



# UJA ON LONG ISLAND

## LONG ISLAND COVID-19 RESOURCES

At this unprecedented time, many people may find themselves with unexpected challenges. Below, you will find a consolidated list of Long Island resources so you, your family, or your friends can access support easily and quickly.\*

### LOOKING FOR FOOD?

#### **THE MARION & AARON GURAL JCC — THE S.H.O.P.**

The S.H.O.P. is a social services hub that provides perishable and non-perishable kosher food, clothing, social work support services, counseling, and community referrals. 516.234.6020 or click [here](#).

#### **SUFFOLK Y JCC — KOSHER SENIOR LUNCH PROGRAM**

For seniors over 60 years old who are residents of Suffolk County. For more information, call Monday-Friday, 631.462.9800 ext. 147 or ext. 146 or click [here](#).

#### **SUFFOLK Y JCC — FOOD PANTRY**

Call the warm line to be connected to a broad array of community resources for shopping, meal delivery, and stable food. Serves Suffolk County. To access services, call 631.351.6610.

#### **THE MID-ISLAND Y JCC — RUDMAN FAMILY FOOD PANTRY**

Call the warm line to be connected to a broad array of community resources for shopping, meal delivery, and stable food, including through the Rudman Family Food Pantry. Serves Nassau County, with a focus on Plainview, Old Bethpage, Syosset, and surrounding communities. To access services, please call 516.545.9534. Or by email at [here4you@miyjcc.org](mailto:here4you@miyjcc.org) or click [here](#).

### LOOKING FOR MENTAL HEALTH SERVICES?

#### **CENTRAL NASSAU GUIDANCE — NASSAU COUNTY**

Central Nassau Guidance is providing tele-mental health treatment over the phone or via computer/smartphone. For more information, please call 516.822.6111 or click [here](#).

#### **FAMILY SERVICES LEAGUE — SUFFOLK COUNTY**

Family Services League is providing tele-mental health treatment over the phone or via computer/smartphone. For more information, please call 631.427.3700 or click [here](#).

#### **OHEL**

For those in crisis or with mental illness, Ohel provides support for the mental health and emotional needs of families and individuals of all ages. For more information, call 800.603.OHEL or click [here](#).

#### **COVID-19 RELATED STRESS AND ANXIETY SUPPORT GROUP — SUFFOLK Y JCC**

For those who are experiencing social isolation, adjusting to changing work or parenting situations, and adjusting to a new “normal.” This eight-week group will help members process and work through the stressors and anxiety unique to our current times. For more information, please click [here](#).

#### **MEMORY LOSS CAREGIVERS SUPPORT GROUP — BARRY AND FLORENCE FRIEDBERG JCC**

For those caring for individuals with dementia and other cognitive disorders. Free and open to the community. Fridays at 10:30 am. For more information, contact [glebeaux@friedbergjcc.org](mailto:glebeaux@friedbergjcc.org) or 516.582.5313.

#### **MEMORY LOSS SUPPORT GROUPS — MARION & AARON GURAL JCC**

A support group for individuals with Traumatic Brain Injury: contact [lisa.barnett@guraljcc.com](mailto:lisa.barnett@guraljcc.com) or call 516.569.6733. A support group for individuals with Parkinson's: contact [cathy.byrne@guraljcc.org](mailto:cathy.byrne@guraljcc.org) or 516.569.6733 x 220.

#### **ANXIETY AND COPING SUPPORT GROUP — MARION & AARON GURAL JCC**

Dealing with loss, isolation, and anxiety during Covid-19. Mondays at 11:00 am. For more information, call 516.569.6733 ext. 224 or email [judy.goldberg@guraljcc.org](mailto:judy.goldberg@guraljcc.org).

#### **CANCER WELLNESS — SID JACOBSON JCC**

Ongoing virtual exercise, discussion groups and support for those in recovery. For more information, contact [rhigh@sjcc.org](mailto:rhigh@sjcc.org).

## NEED LGBTQ SUPPORT?

### ESHTEL

Eshel provides support for LGBTQ individuals and their family members. Programs include peer-led phone-in support groups for traditional and Orthodox parents of LGBTQ individuals. Please call 724.374.3501 or click [here](#).

### JQY

JQY (Jewish Queer Youth) is a nonprofit organization supporting and empowering LGBTQ youth with a special focus on teens and young adults from Orthodox, Chasidic, and Sephardic communities. For more information, call 551.JQY.HOPE or click [here](#).

## EXPERIENCING DOMESTIC OR FAMILY VIOLENCE?

### THE SAFE CENTER — PROJECT HOPE

Project HOPE (in partnership with The Safe Center LI) provides domestic violence case management specifically for Jewish women at a site that is easily accessible to them and provides them with the full spectrum of services. For help, contact their 24/7 emergency confidential hotline at 516.542.0404 or click [here](#).

### SHALOM TASK FORCE

At this time, if you or a loved one is in an abusive or unhealthy relationship, please call Shalom Task Force's confidential hotline at 888.883.2323 or click [here](#).

### AMUDIM

Amudim provides a 24/7 hotline with a Jewish-focused approach to child abuse. For more information call 646.517.0222 or click [here](#).

## DO YOU NEED HELP WITH ADDICTION?

### JACS/OUR JEWISH RECOVERY/THE T'SHUVAH CENTER

To accommodate the recent COVID-19 crisis, [JACS](#), [Our Jewish Recovery](#), and [The T'Shuvah Center](#) are holding weekly virtual meetings for those in recovery and their loved ones. These meetings are open to the Jewish community across the country who want to meet and discuss.

### AMUDIM

Amudim provides a Jewish-focused approach to substance abuse. Their 24/7 hotline provides an extensive network to address crisis situations with speed, skill, and compassion. For more information, please call 646.517.0222 or click [here](#).

## NEED UNEMPLOYMENT ASSISTANCE?

### NEW YORK STATE — UNEMPLOYMENT BENEFITS

New York State is waiving the seven-day waiting period for unemployment insurance benefits for people who are out of work because of coronavirus (Covid-19) closures or quarantines. For more information and to file an unemployment claim, click [here](#).

### DEPARTMENT OF LABOR — EMPLOYMENT RESOURCE

For additional employment resources and support, contact your local New York State Department of Labor location. To find your local location, click [here](#).

### NEW YORK LEGAL ASSISTANCE GROUP (NYLAG)

NYLAG is providing free financial counseling from a certified financial counselor. Legal services include your Covid-19 rights in the workplace, housing, and eviction. For more information, call 212.613.5000 or click [here](#).

### CAREER CONNECT — SID JACOBSON JCC

Career Connect is now providing services remotely. To schedule a phone appointment with our Career Services Specialist, Heather Rottmund, MHA, CPRW, email Heather [hrottmund@sjcc.org](mailto:hrottmund@sjcc.org).

## SEEKING EMERGENCY FUNDING AND LOANS?

### THE MARION & AARON GURAL JCC

Provides one-time emergency funding. For more information, please call 516.569.6733 or click [here](#).

### HATZILU AT MID-ISLAND Y JCC

Provides one-time emergency funding. For more information, call 516.822.3535 ext.335 or click [here](#).

### HEBREW FREE LOAN SOCIETY (HFLS)

[HFLS Coronavirus Financial Impact Loans](#) provide interest-free loans of up to \$5,000 to residents of NYC's five boroughs, Westchester, or Long Island who are facing financial challenges caused by the coronavirus outbreak. Other [HFLS](#) interest-free loans offering more than \$5,000 include Health Care Loans, Small Business Loans, General Needs Loans, Undergraduate Loans, and Vocational Training Loans. Loan repayments will begin in August 2020 or later. Please visit the links above to learn more about eligibility and loan terms and to apply click [here](#).

## NEED SUPPORT WITH BEREAVEMENT AND BURIAL?

### HEBREW FREE BURIAL ASSOCIATION (HFBA)

HFBA is dedicated to assuring that every Jew in the greater New York metropolitan area, regardless of financial means or religious affiliation, receives a dignified, traditional Jewish funeral and burial. For more information, call 212.239.1662. Phone is answered 24/7 for burial calls or click [here](#).

### BEREAVEMENT GROUP FOR COVID 19 – RELATED DEATHS — SUFFOLK Y JCC

This group support is for those who are isolated from others and are missing the usual rituals of saying goodbye, such as funerals and other gatherings. They may be grieving other losses — our typical routines, work and home situations, and overall sense of security. This eight-week group provides an opportunity to process your grief with those in similar circumstances. For more information, including Covid-19 related groups as well as separated & divorced, bereavement, and next steps groups, click [here](#).

### BEREAVEMENT GROUP FOR SPOUSES — BARRY & FLORENCE FRIEDBERG JCC

Moving Forward Bereavement Group, a support group for spouses who have been bereaved over a year. Meeting weekly on Tuesdays at 3:00 pm. Free to Barry & Florence Friedberg JCC members; \$10.00 for non-members. Register online, [friedbergjcc.org](http://friedbergjcc.org).

### COVID-19 LOSS SUPPORT — SID JACOBSON JCC

For those who have experienced a loss due to the pandemic, please call 516.484.1545 ext. 196 and leave a brief message. A licensed social worker will get back to you as soon as possible to provide you with needed care.

## ARE YOU A SENIOR AND/OR HOLOCAUST SURVIVOR IN NEED OF HELP?

### SELFHELP HOLOCAUST SURVIVOR PROGRAM

Selfhelp Community Services continues to provide for Holocaust survivors and other low-income elderly, including food and medication, one-month rent stipends, and access to their Virtual Senior Center to alleviate their extreme isolation. Call 516.481.1865 or click [here](#).

### MEALS-ON-WHEELS

For weekly kosher and non-kosher meals delivered to your house, or for more information, please contact Nassau County 516.227.8900. For Suffolk County, please contact 631.853.8200 or click [here](#).

### OFFICE OF THE AGING — CONNECT CARES

For information on all services and support for seniors and their caregivers and family members. For more information for Nassau County, please call 516.227.8900; and for Suffolk County, please call 631.853-8200 or click [here](#).

### PROJECT INDEPENDENCE (TOWN OF NORTH HEMPSTEAD)

The Town of North Hempstead's Project Independence program continues to operate and has expanded and added services to accommodate the needs of seniors during these difficult times. Services include taxi rides, medical and food services, and neighbor-to-neighbor volunteer help. Available for seniors over the age of 60. For more information, please call 311 or 516.869.6311 or click [here](#).

### OHEL LIFETIME CARE

Programs for seniors to assist them with payment of rent, utilities, and medical services; financial planning and trusts; advocacy; and case management. For more information, please call 800.603.OHEL or click [here](#).

### MEMORY LOSS SENIOR SERVICES

Adult day programming for all ages and stages of neurodegenerative conditions like dementia, Parkinson's, Alzheimer's, and other daily programming and caregiver support groups. For more information, please contact [jwasserma@sijcc.org](mailto:jwasserma@sijcc.org).

## ARE YOU A SINGLE PARENT AND NEED SUPPORT?

### KADIMA SINGLE PARENT PROGRAM — THE MARION & AARON GURAL JCC

Kadima continues to provide telephone one-on-one counseling, entitlements assistance, telephone reassurance, and emergency cash assistance. For more information, please call 516.569.6733 ext.222 or click [here](#).

*\*The contents of this notice are for general informational purposes only, and do not constitute a recommendation or an endorsement of any service provider. Information about organizations that have no affiliation with or relationship to UJA-Federation may be included. UJA-Federation has not independently confirmed or verified the information about the organizations listed herein. UJA-Federation assumes no obligation with respect to the health or well-being of the individuals who use the any information contained herein and disclaims all liability for injury or losses that may arise out of the use of information provided by UJA-Federation. Reliance on any information in this notice is at the reader's own risk. The information is not intended to be used to promote, market, or recommend any transaction, service provider or business cited herein.*

## DO YOU NEED SUPPORT FOR SPECIAL NEEDS CHILD OR ADULT?

### ADLER CENTER FOR SPECIAL NEEDS — MID-ISLAND Y JCC

Currently offering interactive virtual classes for teens, young adults & adults. Current class offerings include: music, Fit-tastic, yoga, dance, art/sketching, teaching game strategies, self-advocacy, and theater arts. They also offer weekly support group for adults with special needs and a separate parent support group. For more information please contact Lauren Watling, Adler Center Administrative Assistant, [lwatling@miyjcc.org](mailto:lwatling@miyjcc.org). Pre-recorded classes can be found on their website, [miyjcc.org](http://miyjcc.org).

### OHEL BAIS EZRA

OHEL Bais Ezra provides a full range of outpatient and residential services to children and adults with developmental disabilities and their families. For more information, please call 800.603.OHEL or click [here](#).

### BUTLER CENTER — SUFFOLK Y JCC

They continue to offer an array of community classes from Monday through Friday, virtually. They offer both group and one-on-one classes based on the needs of those attending. Classes include: nutrition with cooking, Fit-tastic fitness & yoga classes, arts university, web design, theater, social sharpener, and cabaret plus. For more information about Butler Center programs, please contact Stacey Astachovsky at [sastachovsky@syjcc.org](mailto:sastachovsky@syjcc.org).

## HELP WITH YOUR CHILDREN

### JEWISH EDUCATION PROJECT

As communities seek to lower the impact of Covid-19, many families are spending a lot of time at home with their kids. Please see available for resources from the [Jewish Education Project](#). For guidance in talking with your children about quarantines and pandemics, visit our page on [How to Talk to Your Kids About Scary Situations](#).



UJA-Federation of New York cares for Jews everywhere and New Yorkers of all backgrounds, responds to crises close to home and far away, and shapes our Jewish future.

 [ujafedny.org](http://ujafedny.org)

   @ujafedny