

***Disclaimer:** Please note that this is a rapidly evolving situation. Resources may change hour by hour. Please contact the resource directly to verify that they are still providing the resource.*

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General Website Links for Facts on COVID-19

- [COVID-19 information from Spectrum Health](#)
- [Use this link to sign up to get COVID-19 updates from Kent County Health Department](#)
- [COVID-19 information from the CDC](#)
- [COVID-19 information for Michigan](#)
- [COVID-19 MDHHS Fact Sheet](#)
- [COVID-19 information for Kent County](#)
- [Kent County Health Department on Facebook](#)
- [USCIS Public Charge](#)
- [CDC Information on Pregnancy & Breastfeeding](#)

Main Resource Hub for Kent County

Heart of West Michigan United Way 2-1-1 is the primary hub of resource information.

- <https://www.navigateresources.net/hwmi/> - This link contains a comprehensive list of resources for food, housing, finances, health and more.
- [State COVID-19](#) - COVID-19 specific resources and updates across the state.
- Call 211 if you cannot find the information you are looking for. Call specialists have resources unlisted in this database and are regularly made aware of additions, changes, and updates.

Food Resource Navigators

ENTF – Essential Needs Task Force

[This interactive map](#) from ENTF shows every location where organizations are offering food, shelter, safety and other services for those affected by COVID-19. Input your address and it can show where there are food sites close to you. Call 2-1-1 for more information.

Access of West Michigan

Contact info: erin@accessofwestmichigan.org

[A list](#) from Access of West Michigan with the changing hours/availability of local food pantries in West Michigan.

Local Community Resource Lists

West Michigan Center for Arts & Techonlogy (WMCAT) has an [organized resource guide](#) for anyone to utilize at this time.

Grand Rapids African American Health Institute (GRAAHI) has released [a list of community resources](#) with trustworthy sources to help the African American community and others address specific needs.

First Steps Kent [has a resource list](#) with helpful information for children and families.

Michigan Bridge [has released a list of resources](#) where families can get food, cash, and internet during the COVID-19 pandemic

Additional Community Resources

Grand Rapids Area Mutual Aid

[Grand Rapids Area Mutual Aid](#) is a community fund to get cash into hands of people who need it most for housing, child-care, medical needs, or other. You can request or donate money. You can also find more resources on their FB page, such as grocery delivery.

You can request funds anonymously. [Grand Rapids Mutual Aid Network on Facebook](#)

Help Kent County

Households experiencing an increased financial hardship who meet the criteria below are eligible for \$500 cash. Folks can contact helpkc@streamsofhope.org to get connected!

- o Live in Kent County, MI and are 18 years or older and are head of household or main income earner (not intended for traditional college students or similar)
- o Laid off or have experienced at least a 50% reduction in work hours since March 1, 2020

- o Previously employed or employed by a small business (local operation with less than 250 employees)
- o 2019 household income was less than or equal to \$50K

Internet Access

Effective Monday, March 16, 2020, [Comcast is offering 2 months free](#) to new Internet Essentials (low income) customers in response to recent and anticipated emergency measures associated with the Coronavirus (COVID-19)

Also, [Internet companies](#), including AT&T, Comcast, Charter, Cox, Google Fiber, Sprint, Verizon and T-Mobile, will not disconnect people for unpaid bills for 60 days, according to the FCC

The Rapid and RideLink

Effective Monday, April 6, 2020, [the Rapid will implement changes to bus service](#) to minimize crowding, maximize social distancing, and meet ridership demands. Check website for details.

The Rapid also participates in RideLink offers transportation to persons aged 60 or older to any destination, including doctor visits, recreational visits, and shopping trips within Kent County. [Pre-register for transportation here.](#)

Health Net of West MI

Health Net is providing transportation coordination to pick up food, since this has been noted as one of the biggest barriers people are facing right now. Health Net will arrange transportation through one of our vendors to take clients to and from the site they are picking up food. The eligibility criteria are as follows: Client resides in Kent County, Food site is in Kent County, and Client passes COVID-19 phone screening provided by Health Net Intake staff. Referrals can be made to Health Net Transportation line at (616) 632-1015

Hope Network

Hope Network Transportation will continue its transportation to medical appointments, trips to pharmacies and grocery stores and transportation to work. They are following the latest guidelines for cleaning and social distancing protocols.

Hope Network added "Red Bus Relief" to the list of services during the crisis. They are offering use of their buses for organizations needing transportation assistance. Contact foundation@hopenetwork.org for availability.

Grocery Stores

Spartan Nash

Contact Info: Hotline (866) 586-2798

Participating Spartan Nash Stores (plus some independent stores!) have increased their Double Up learning limit to \$50/day (vs. \$20). To find the store closest to you and for more information, [check out their store locator.](#)

Grocery Store Special Hours

Grocery stores including Walmart, Meijer, Aldi, and Target have special hours Reserved for vulnerable customers such as senior citizens, expectant mothers, and those with health concerns. [A full list of these special hours here.](#)

Health Care/Hygiene

Spectrum Health COVID-19 Hotline

616.391.2380

Oasis of Hope

Contact info: Call 616-451-8868 to schedule

[Oasis of Hope \(522 Leonard St NW, Grand Rapids, MI 49504\)](#) is scheduling no cost remote medical and counselling visits for people without health insurance. They will reopen normal clinic hours when the stay at home order is lifted.

Help Crisis Center

Contact info: 705 Bridge St NW Grand Rapids MI 40504 616-459-9139

Help Crisis Center is giving away diapers, wipes, and formula. Parent must call facility before going to pick up. They are also delivering these items for those with transportation barriers.

Pharmacy/Medication Delivery

Many pharmacies are offering free delivering during the COVID-19 Pandemic.

[CVS Pharmacy](#)

[Get My RX](#)

[Walgreens](#)

Find more info on their website or calling the pharmacy directly.

From Meijer Pharmacy:

Meijer Pharmacy announced home delivery from the location at Butterworth Hospital and 189 other Meijer locations, with more stores in our Meijer footprint rolling out in the coming weeks. A delivery fee of \$8.00 will be waived during the Covid-19 pandemic.

Fitness/Wellness

City of Grand Rapids Parks and Rec

City of Grand Rapids Parks and Recreation are offering [free virtual fitness classes](#) for anyone via Zoom

YMCA Virtual Fitness Classes

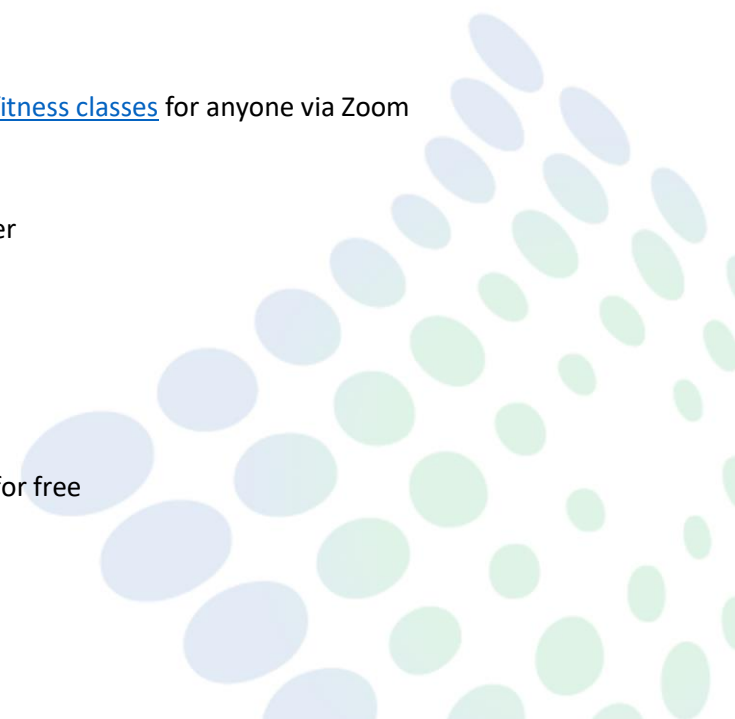
FREE [virtual fitness classes](#) for anyone—do not have to be a member

Free Yoga App through Down Dog

[Free for all until April](#), free for students and teachers until July

Planet Fitness

Planet Fitness is offering [streamed FB live classes](#) available for ALL for free



Resources for Parents/Families/Children

Grand Rapids Public Library

[GRPL is closed](#), but they have many online resources

Update: We are living through a historical moment and the Grand Rapids Public Library want to collect people's stories so that future researchers will have a better understanding of the impact COVID-19 made on our community.

Want to share your story? Visit [their website and fill out the form](#) – they'll be taking quotes from people's stories and

sharing them on our website. Stories will then be archived at the library – they are looking for what is not reported in the news.

ECIC 4 Kids [released resources for early childhood.](#)

Free Educational Sites

A Google Document of [free educational sites.](#)

Cincinnati Zoo

Cincinnati Zoo is doing [a Home Safari on Facebook Live](#) every weekday at 3pm where they will highlight one animal and include an activity you can do from home. If people do not have access to Facebook, it is also on YouTube and activities on their website

Scholastic

Scholastic [has a free website](#) with educational resources for students.

Grand Rapids Kids

[21-day Home for the Day Challenge](#): 15-20 minute activities for kids streamed on FB Live

Emotional/Mental Health Support

COVID-19 Screening Hotline

A menu has been added to the COVID-19 screening hotline (833.559.0659) with the following options:

- If you are calling to schedule a COVID-19 screening, press 1.
- If you are experiencing increased anxiety or depression related to COVID-19, press 2.
- This menu will be active from 7 a.m. to 11 p.m. Between 11 p.m. and 7 a.m. the screening hotline will default to the previous set up without this menu.

Pine Rest, Network180, Forest View Hospital (Don't Go Out, Reach Out)

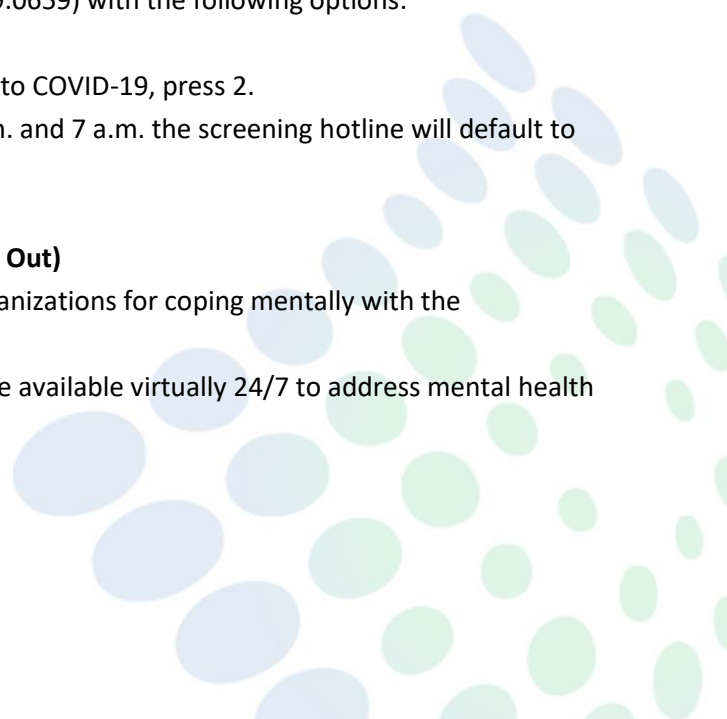
[Pine Rest has many resources](#) for individuals, professionals, and organizations for coping mentally with the coronavirus pandemic.

Each of these agencies (Pine Rest, Network 180, and Forest view) are available virtually 24/7 to address mental health concerns.

Pine Rest: (616) 455-9200

Network180: (616) 336-3909

Forest View: (800) 949-8439



Grand Rapids African American Health Institute (GRAAHI)

is releasing a new online mental health series called “Collectively Coping”. This is to address mental health issues around COVID-19. They are free via Facebook Live, you can watch and ask questions in the comment section.

Session 1: Combatting Isolation and Loneliness, Thursday April 9 at 9 pm

Session 2: Supporting your child(ren)’s wellbeing, Thursday April 16th at 9 pm

Session 3: What has COVID-19 [Find the sessions here.](#)

Be Nice

[Be Nice has released resources](#) on navigating your mental health during a quarantine

Online AA Meetings during COVID-19 A list of [online Alcoholics Anonymous meetings](#) during COVID-19.

The Crisis Text Line

Text TALK to 741-741

Disaster Distress Helpline (Substance Abuse and Mental Health Services Administration).

Contact info: 1-800-985-5990

Government Policy Resources and Announcements

Stay Home Stay Safe Order

Gov. Gretchen Whitmer issued [a ‘stay home, stay safe’ executive order](#) on Monday morning for all Michigan residents starting at 12:01 a.m. on Tuesday, March 24 until April 13 at 11:59 p.m. You will still be able to leave your home for essential duties to sustain life. Update: Governor Whitmer extended to Stay at Home order until April 30th and placed limitations on businesses.

Tax Filing

[The Treasury Secretary announced that](#) the deadline to file 2019 federal income taxes has been delayed until July 15, 2020. In addition, the deadline for federal estimated income tax payments for 2020, which was previously April 15, 2020, has also been delayed until July 15, 2020.

SNAP Benefits Important Update

Households not yet receiving the [maximum amount of SNAP benefits](#) for their household size will receive an additional amount on their EBT card, up to that maximum amount. This is only for households not yet at the maximum about for their family size. March supplemental funds will be provided today, March 30th. April additional amounts will be received the day after the regular disbursement.

State Mandate on Evictions

Governor Whitmer has signed an executive order [putting a temporary suspension on evictions](#) in the state of Michigan. This will stay in effect until April 17

Unemployment Benefits

There is some expansion of benefits; able to receive unemployment if you must be the primary caregiver, benefits are extended to 26 weeks and the in-person component is waived. Online wait times are long, but are up and running. This [Unemployment Toolkit](#) can help navigate the process in order to receive benefits.

Federal Government Stimulus package and COVID-19 Info

[Federal Government information](#) on Coronavirus, Aid, Relief and Economic Security (CARES) Act which was passed March 25 and includes stimulus checks for some families.

