

Nutrition Supports

North					
	Town/City	Days	Times	Meal Type	Comments
First Baptist Church 88 South Street	North Adams		11-12:30	Meal Site	
Hoosac Valley Elementary School 14 Commercial St. Adams	Adams	M-F	9:00-11:00	Grab-and-Go	school aged children
Brayton Elementary School	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children
Colegrove Park Elementary School	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children
Mohawk Forest Apartments	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children
Greylock Valley Apartments,	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children
Cheshire Food Pantry	Cheshire	1st Saturday of the month	11:00-12:00	Pantry	
Lanesborough Elementary School	Lanesborough	M-F	9:30-10:30	Grab-and-Go	call (413) 458-9582 or email lunches@mgrhs.org with the # of lunches need
Williamstown Elementary School	Williamstown	M-F	9:30-10:30	Grab-and-Go	call (413) 458-9582 or email lunches@mgrhs.org with the # of lunches need
Central					
	Town/City	Days	Times	Meal Type	Comments
CHP Mobile Food Unit	Dalton			Pantry	Beginning March 23rd Dalton- 4th Wednesday 11-12 GB 1st Tuesday
St. Agnes Church Food Pantry 489 Main St	Dalton	Thursday	10:00-11:00	Pantry	Dalton & Hilltown Residents
Dalton United Methodist Church Food Pantry 755 Main St	Dalton	Tuesdays	12:30-1:00 4:00-6:00	Pantry	For all Berkshire County residents (413)684-0521
Nessacus Regional Middle School 35 Fox Rd	Dalton	M-W-F	11:30-12:30	Grab-and-Go	
Kittredge Elementary School 80 Maple St	Hinsdale	M-W-F	11:30-12:30	Grab-and-Go	Front Lobby
Becket Federated Church parish House 3381 Main St	Becket	1st & 3rd Saturday of the month	9:00-11:00	Pantry	413-841-1701
Becket Washington Elementary School	Becket	M-W-F	11:30-12:30	Grab-and-Go	Cafeteria
Berkshire Dream Center (held at the Morningside Baptist Church) 475 Tyler Street	Pittsfield	Tuesdays	3:00-4:00	Pantry	
Christian Center 193 Robbins Avenue	Pittsfield	M-F	12:00-1:00	Pantry	Bag lunches only
First Baptist Church 88 South Street	Pittsfield	Tuesdays	10:30-12:30	Pantry	
St. Joseph's Church (Held at the Parish Center) 414 North Street	Pittsfield	Wednesday	9:00-10:00	Pantry	
St. Mark's Church 400 West Street	Pittsfield	Last 2 Fridays of the month	9:00-11:00	Pantry	
The Salvation Army 298 West Street	Pittsfield	M-F	9:00-3:00	Pantry	access once per week
South Congregational Church 110 South Street	Pittsfield	Wednesday and Thursday only	8:00-11:00	Pantry	
South Congregational Church Mobile Food Delivery 110 South Street	Pittsfield				Deliveries as needed; call (413) 442-7357
Morningside Community School 100 Burbank Street	Pittsfield	M-F	11:30-2:30	Grab-and-Go	school aged children
Conte Community School 200 West Union Street	Pittsfield	M-F	11:30-2:31	Grab-and-Go	school aged children
Dower Square Housing Village 253 Wahconah Street	Pittsfield	M-F	11:30-2:32	Grab-and-Go	school aged children
The Berkshire Family YMCA 292 North Street	Pittsfield	M-F	11:30-2:33	Grab-and-Go	school aged children

Wilson Park Housing Memorial Drive	Pittsfield	M-F	11:30-2:34	Grab-and-Go	school aged children
Boys & Girls Club of the Berkshires 16 Melville Street	Pittsfield	M-F	11:30-2:35	Grab-and-Go	school aged children
The Brattlebrook Apartments April Lane	Pittsfield	M-F	11:30-2:36	Grab-and-Go	school aged children
Berkshire Peak Apartments 341 West St	Pittsfield	M-F	11:30-2:37	Grab-and-Go	school aged children
Lenox Ecumenical Food Pantry in United Methidish Church 6 Holmes Rd	Lenox	Saturdays	10:00-11:00	Pantry	

South

	Town/City	Days	Times	Meal Type	Comments
Lee Public Schools/Town of Lee	Lee	M-F	after 11:30	Delivery	Beginning March 24th- weekly packages of 5 days worth of meals for Lee residents and LPS students in Tyringham; call (413) 243-0336 X3333 or email lunches@leepublicschools.net and provide name, address, phone number, # of meals need and ages of children.
Richmond Consolidated School	Richmond	M-F	8:30-9:30	Grab-and-Go	call or email Tammy at (413) 698-2207 or tjervas@richmondconsolidated.org the night before with the number of lunches needed
Undermountain Elementary School	Sheffield	M-F	11am-1pm		For Southern Berkshire Families only. Can contact Jeremy Wells for more information: meals@sbrsd.org or call 413-248-0727- no registration or ID needed.
Undermountain Elementary School	Sheffield	Friday			For Southern Berkshire Families only. Can contact Jeremy Wells for more information: meals@sbrsd.org or call 413-248-0727
Monument Valley Middle School (in the main loop)	Great Barrington	M-F	11:30-12:30	Grab-and-Go	Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up
GB fire station (in the back parking lot)	Great Barrington	M-F	11:30-12:30	Grab-and-Go	Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up
Housie Dome (front entrance)	Housatonic	M-F	11:30-12:30	Grab-and-Go	Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up
Stockbridge Town Hall (back entrance)	Stockbridge	M-F	11:30-12:30	Grab-and-Go	Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up
Shaker Mill Tap House	West Stockbridge	Monday	11 - 1:00		Free lunch for any adult or child, menu will change weekly
Farmington River Elementary School	Otis	9:00-10:00	M-F	Grab-and-Go	Brown Bag Meals. Email: tdellagiustina@frrsd.org for info. Delivery available

Additional Grocery Store Hours for Seniors

	Times	Days	Comments
Big Y	7am - 8am	7 days a week	Regular hours are 7:30am - 8pm
Price Chopper/Market 31	6am - 7am	7 days a week	Regular hours are 7am - 10pm
Stop and Shop	6am - 7:30am	7 days a week	Regular hours are 7:30am - 8pm
Guidos	9am - 10am	7 days a week	Regular hours Sunday 10am - 6pm Monday - Saturday 9am - 6pm

Financial & Utility Supports

	Contact Information	Comments
Emergency child care services for essential employees	https://eeclead.force.com/resource/1584913293000/EEC_EmergencyProviderList	Please visit this website for a contact list of all emergency child care services.
The Department of Public Utilities	(617)305-3500	Suspending all shut-offs of gas and electric utilities, including municipal light and gas plants, for residential customers during the #COVID19 State of Emergency.
National Grid	ngrid.com/covid-19	Temporarily suspended collections-related activities, including service disconnections, to lessen any financial hardship. This will stay in effect at least until the end of April.

Berkshire Community Action Council	(413)663-3014	If you were recently laid off apply for fuel assistance through BCAC by calling the number provided.
Spectrum	1(800)488-8398	Free internet access for students.
Honda Financial Services	1(800)457-9929	If in need and cannot pay car payment - call number given and they will allow 3 month of non payment with no penalty.
Covid-19 Emergency Response Fund for Berkshire County	To apply, email requests to berkshireuw@email.com They will require you answer a few questions.	Berkshire Taconic Community Foundation and Berkshire United Way has launched resources for 501c organization working with communities who are disproportionately impacted by the coronavirus and the economic consequence of this outbreak
Substance Use Supports		
	Contact Information	Comments
Pause A While	(425)436-6360 Access Code 422932#	Free conference call for AA meetings @2pm everyday.
1 Day at a Time	https://zoom.us/j/773878425 Or call in 1(646)876-9923 Meeting ID: 773 878 425	Zoom meeting for AA. 10pm EST 7 days a week. featuring a 15 minute speaker or topic followed by group discussion.
SROL (Smart Recovery Online Community)	https://www.smartrecovery.org/community	Warm and caring online community where participant interact and help one another recover from addictive behaviors. Registration is required to access SMART recovery online message board, chat room, and online meetings.
Narcotics Anonymous	https://www.na.org/meetingsearch/	Online meetings
Spectrum Health Systems	(413)442-0402	Still currently seeing patients
SaVida Health in Pittsfield	(413)236-9100	Monday - Thursday 8am-6pm, still seeing patients.
Savida Health in North Adams	(413)398-5180	Tuesday - Friday 8:30am - 5:30pm, still seeing patients.
CleanSlate Addiction Treatment Centers	(413)347-4088	Still seeing patients, will move to telehealth in future if necessary with pharmacy pick up for medications.
Brien Center	(413)499-0412	Using telehealth and phone based therapy. Injection clinic is still open, only one patient at a time. Day treatment programs and on hold.
Tapestry Health	(413)443-2844	Needle Exchange: Still open for needle exchange and naran. Willing to give more supplies than normal to limit visits. No current testing Preventative Health: using telehealth with no in-person visits, can provide birth control and support for other that may have been exposed to an STI.
Mental Health Supports		
	Contact Information	Comments
Crisis Text Line	Text "Connect" to 741741 www.crisistextline.com/textline	Text line if you are anxious about COVID-19
North Berkshire EOC Hotline	(413)662-3614 email: nbcovid@gmail.com	8am - 5pm Monday through Friday answering questions related to COVID-19, regarding what services you may need as well as additional resources in your community

Parent Support Groups	<p>https://zoom.us/j/6607380697 or Dial in 1(646)558-8656 Meeting ID 6607380697#</p>	<p>Mon 3/23 at 9am & 4:30pm Tues 3/24 at 8am & 6pm Wed 3/25 at 9am & 4pm Thur 3/26 at 12pm & 5pm</p>
Parental Stress Line	(800)632-8188	<p>24-7 Free & Confidential hotline for parental anxiety. Which can help address the following questions How do I protect my children? what do I tell them? or simply, how do I keep them busy when thier is no school?</p>
Coping Skills tool-kit	www.virusanxiety.com	Resources to help you manage anxiety and stress during this time
National Alliance on Mental Illness	https://namimass.org/online-and-phone-support-options/	Many in-person peer and family support options have een temporarily suspended. Please visit this website to find options accessible during this time.
Veterans Crisis Line	(800)273-8255 and Press 1, or text 838255 to connect	Free confidential recourse for Veteran in crisis and their families and friends, incuding veterans not registered with the VA

*** This is a working Document, not a Comprehensive list, Last Updated 3/23/2020 ***