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## Senator Ram Villivalam

*Illinois State Senate  
8th Legislative District*

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Would you like assistance navigating this document? Or otherwise need help? Please reach out to Senator Villivalam's office by calling 872-208-5188, texting 224-592-5819, or messaging at [www.senatorram.com/contact](http://www.senatorram.com/contact) us.

For additional resources, see our other resource sheets:

- [Economic Assistance](#)
- [FAQs](#)
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# PARENTS

## Food

### [SNAP & P-EBT](#)

If you need assistance with food, please apply for SNAP (food assistance), cash, and medical assistance at [ABE.illinois.gov](http://ABE.illinois.gov) or by calling the ABE Call Center at 1-800-843-6154. Check your application status, review benefits, and report changes through Manage My Case on [ABE.illinois.gov](http://ABE.illinois.gov).

Illinois has been approved to provide Emergency Allotments for September to active SNAP households and SNAP applications approved for September benefits. The Emergency Allotments bring the SNAP households current monthly allotment up to the full maximum monthly allotment for the household size.

**Even if you are not eligible for SNAP, if your child receives free or reduced lunch at school, you may be eligible for Pandemic EBT SNAP Benefits (P-EBT), a special benefit that can help buy food for your school age children 3 to 22.** If you are already receiving SNAP Benefits, you will automatically receive P-EBT Benefits.

[To learn more about P-EBT, click here.](#) You can apply online at [ABE.illinois.gov](http://ABE.illinois.gov).

If you have any issues, questions, or concerns please contact Outreach Director Veton Hasku via email at [veton@senatorram.com](mailto:veton@senatorram.com) or call/text 224-592-2819.

#### **UPDATE:**

USDA has given approval to Illinois to issue a second round of P-EBT benefits for certain children for the Fall 2020-2021 school year.

Illinois will issue P-EBT benefits to eligible children in the school year 2020-2021, through September 30.

The child's eligibility through September 30, 2020 depends both on the child's status as a recipient of free or reduced-price school meals and the qualifying status of the school in school year 2020-2021.

Illinois will identify children who would have received free or reduced price meals at the school if not for the school's public health related school closure in school year 2020-2021 through the following:

- § Illinois issued P-EBT benefits to the child for any part of school year 2019-2020,
- § Child is found eligible through the current Direct Certification process between the Illinois State Board of Education (ISBE) and Illinois Department of Human Service (IDHS) for children on SNAP.

#### **P-EBT qualifying school specific scenarios:**

- Ø **The school year begins with in-person instruction but subsequently closes without meal services at the school:**

P-EBT is available to eligible children when a school is physically closed to students for five consecutive days during a public health emergency. This includes when instruction is virtual or temporarily suspended. In these cases, **P-EBT is available to eligible children after the school has been closed for five consecutive days.**

Ø **Schools with entirely virtual operations without meal services at the school:** **P-EBT is available** where the closure of a school building for five consecutive days due to a public health emergency results in entirely virtual operations.

Ø **Hybrid model – school combines in-person and virtual instruction:** Some schools may begin the school year with a hybrid of in-person and virtual operations. For students receiving in-person instruction, NSLP and SBP meals are the appropriate mechanism for providing meals and P-EBT is not available for the students. Students who do not attend class in-person do not benefit from an NSLP/SBP meal service at the school. **P-EBT is available to virtual learning students for virtual learning periods lasting at least 5 consecutive days.**

Districts with a completely virtual schedule will get P-EBT for 9 eligible days in August and 20 eligible days in September.

School Districts with a hybrid schedule will get P-EBT for 5 eligible days in August and 10 eligible days in September.

Families will receive \$5.86/ day for each eligible child

§ (\$5.86 x Number of school days in the month)

§ Calculated for the number of days the schools were closed due to the pandemic.

**There is no IDHS plan to re-open the application process for parents to apply. For those parents who applied by the August 31, 2020 deadline, those applications are being considered.**

**IDHS is still processing the applications for the March-June P-EBT benefits. The issuance of additional P-EBT benefits will allow IDHS to issue benefits for eligible children for August and September, 2020.**

If you have any questions about the P-EBT program, please call the Hunger Hotline at **1-800-359-2163**.

## [FOOD PANTRIES & FOOD DELIVERY](#)

If you are experiencing food insecurity, you can [click here](#) to view a map of the food pantries in District 8 or all food pantries in the Chicagoland area at [this website](#).

### **Nile Township Food Pantry**

- 5225 Main Street, Annex Building, Skokie, IL. 60077
- Hours:
  - Monday, Wednesday, Thursday, and Friday 9:30am-11:30am; 1:00pm-3:30pm
  - Tuesday 9:30am-11:30am; 1:00pm-3:30pm; 4:30pm-6:30pm
  - Please be advised that last entries are 10 minutes before closing.
  - The food pantry is closed on the last two business days of every month to clean and restock shelves.

- 847-983-0073
- ID Requirements: Current IL state ID or Driver's License AND must be Niles Township Resident

### **The Harvest Food Pantry + Clothing Assistance**

- 2945 Howard Street, Evanston IL. 60202 (behind Jewel-Osco on McCormick and Howard)
- Hours:
  - Wednesday 6:00pm-8:00pm
  - Third Saturday of the month 10:00am-12:00pm
- 847-328-4544
- ID Requirements: Must have current and valid photo ID or driver's license with IL address.

### **Bene Shalom (Skokie Residents Only)**

- 4435 W. Oakton St., Skokie, IL 60076
- Hours: Thursday 11:00am-1:00pm
- 847-677-3330
- ID Requirements: Current photo ID showing or driver's license showing Skokie residency

### **Mihut's Romanian Mission Food Pantry**

- 7301 N. Caldwell Ave., Niles, IL 60714 (behind Bethany Church) Enter through door #3
- Hours:
  - Thursday 6:30pm-8:30pm
- 773-255-4828
- ID Requirements: Current photo ID or driver's license showing IL residency.

### **Increasing the Number of Meal Sites Throughout the City for CPS Families**

Beginning Tuesday, September 8, there will be more than 450 meal sites for the 2020–21 school year. Students, parents, or guardians may pick up free meals at the nearest school from 8 a.m. – 1 p.m. Monday through Friday. Please find the nearest meal distribution site using [this map](#) which will be updated this Friday (9/4) with the latest set of meal sites. If families are unable to visit a meal site in-person, the district will continue to provide free delivery for those who need additional support.

The district's 277 summer meal sites will be closed this Friday, September 4 and Monday, September 7 so that our nutrition staff can spend Labor Day at home with their families

## *Childcare*

### [Finding Childcare](#)

[Childcare.gov](#) helps parents access safe and quality childcare services in their community. It allows you to search for quality childcare centers in your area and access financial assistance information.

The Illinois Department of Children and Family Services has a search engine that allows you to search for day care in your area. Click here to access [DCFS sunshine](#).

## [Chicago Public Schools Childcare](#)

CPS is working on a plan to provide free child care for at least the first quarter of this school year. [Fill out this survey](#) to learn more about tentative plans and to express interest and share feedback. Feedback is due by September 1, 2020. This sheet will be updated as more details are available.

## [Assistance Navigating Childcare Options](#)

Illinois Action for Children can help caregivers find reliable, quality childcare for free. POaren Consultants provide free, customized list of child care referrals. They can be reached at 312.823.1100 (press 3) or email [referrals@actforchildren.org](mailto:referrals@actforchildren.org).

## [Albany Park Community Center \(APCC\)](#)

The Albany Park Community Center offers comprehensive, high-quality pre-k & childcare for children 2-5 years of age. They provide affordable pricing options for all families based on household income. Their team of Family Service Workers can provide service to parents and families interested in enrolling and answer any questions they may have. To get in contact with the APCC, please visit their website at <https://www.apccchgo.org/early-education>.

## *Childcare Financial Assistance*

### [Child Care Assistance Program \(CCAP\)](#)

The Illinois Department of Human Services Child Care Assistance Program may be able to help you pay for childcare. To qualify, you must: live in Illinois, be employed or going to an eligible educational activity, have children younger than 13 (children with special needs may be eligible up to the age of 19), and have family income below allowable limits.

[To learn more and apply click here](#). Paper and online applications are available; online applications are recommended.

### [Niles Township Child Care Scholarship](#)

Financial assistance is available to eligible Niles Township residents for childcare. Scholarships are awarded based on income eligibility and residential requirements for children up to 5 years of age. The daycare/childcare facility must be a state approved and or licensed facility/program. For additional information please call: 847-673-9300 or direct your questions by e-mail to:

[ldavis@nilestownshipgov.com](mailto:ldavis@nilestownshipgov.com).

[Apply for the scholarship here](#).

# Housing

## [Emergency Mortgage Assistance Program](#)

With increased funding to the Illinois Housing Development Authority, IHDA will provide \$15,000 grants to Illinois homeowners who are struggling to pay their mortgage. The governor's office believes the Emergency Mortgage Assistance Program will help about 10,000 renters who are struggling to pay their bills.

The grants will launch on August 24 and run through the end of the year.

Website to apply: <https://ema.ihda.org/>

## [Lawyer's Committee for Better Housing](#)

Lawyers' Committee for Better Housing (LCBH) is the only non-profit law firm in the Chicago area that focuses solely on low and moderate income renters in the private housing market. LCBH empowers truly disadvantaged renters, prevents wrongful eviction, and fights sub-standard living conditions to ensure all our Chicago neighbors can have a safe and decent place to live.

LCBH is available to help for free with eviction and other housing-related matters.

[Click here for the LCBH website](#) and [click here to access FREE LCBH legal help](#).

## [Eviction](#)

[Click here for a helpful graphic that walks you through the eviction process](#) and helps you answer the question: Can I be evicted?

The graphic was created by Legal Aid Chicago. [Click here for more resources from LAC](#).

## [Financial Assistance \(Niles Township ONLY\)](#)

Niles Township has created a fund to specifically respond to the needs of our residents that have experienced personal and financial hardship. If you would like to apply, please see the documents below for more information on eligibility requirements and how to apply.

[Eligibility Requirements](#)

[Application](#)

## [Chicago](#)

Chicago Homelessness Prevention Call Center: Dial 3-1-1 or 312-744-5000 and ask for "Short-Term Help." (TTY Access is available for callers using specialized TTY equipment due to hearing problems: 312.948.6817.) Call Center staff will assess your eligibility for financial assistance and other community resources, then refer you to partner agencies that can help. The Call Center is open Monday through Thursday, 8:30 a.m. to 4:30 p.m.

## [Suburban Cook County Homeless Prevention](#)

[Suburban Cook County Homeless Prevention Call Center](#): If you need financial assistance with Mortgage, Rent Payments, Rent Deposits, Utility Payments, or other housing issues please call the Homeless Prevention Call Center at 1-877-4-Cook-15 (1-877-426-6515). Listen carefully to the prompts to choose which kind of help you need.

# School Supplies

## [Vietnamese Association of Illinois - Back to School Kits](#)

VAI is giving away 400 complimentary back to school kits on October 1 from 4-7PM. If you cannot make that time, email [lynn.barlow@hnvi.org](mailto:lynn.barlow@hnvi.org) to arrange another pick up time.

Families are eligible if they qualify for Medicaid, free or reduced lunch, SNAP, or HUD. There are 4 types of kit: PK-1st grade, 2nd-5th grade, 6th-8th grade, 9th-12th grade.

[Click here to learn more.](#)

## [Albany Park Community Center School Supply Giveaway](#)

The Albany Park Community Center will host a contact-free School Supply Pick-Up at the center (5101 N Kimball Ave, Chicago, IL 60625) on September 10 from 5:00 - 7:00pm (while supplies last).

# Internet Access

Various broadband providers and mobile carriers are offering free or low-cost access in response to the COVID-19 pandemic. The National Digital Inclusion Alliance has [information on providers and programs offering free or low-cost broadband](#). Please visit the [DCEO](#) website for more information.

[Getting Connected to the Internet Guide](#) from Chicago Public Schools  
[Here is a map of drive-up internet hotspots throughout the state.](#)

## [Connecting CPS Families to High-Speed Internet Service for FREE](#)

Tell Your Friends, Family, or Students About Chicago Connected

Eligible CPS families can now receive high-speed internet in their homes immediately at no cost for up to four years. There are no installation or upfront equipment fees and families are not required to provide a social security number.

Families can find out if they are eligible through [Chicago Connected's eligibility tool](#). If eligible, families will be provided an activation code for Comcast or RCN. Families can also connect with their child's school to confirm their eligibility and receive an activation code.

If You Are a CPS Parent, Do You Know Your Child's CPS Email?

Your child will need to access their CPS account for the first day of school. Attendance and classroom participation will be tracked through their CPS email. If you do not know your child's CPS login, connect with your school and ask for assistance as soon as possible. This is how your child will access their classroom instruction and assignments while learning at home.

## [Lifeline \(Phone & Internet\)](#)

The Lifeline program is a federally-funded program to provide reduced cost phone and internet service to eligible families and individuals so that they can stay in touch with loved ones, medical professionals, employers, and more. The benefit may be used on one the following: one landline telephone, one cell phone with or without internet access, or one home broadband subscription per household.

You can find participating companies by [using this tool](#) from the FCC or on this [list of participating companies](#) from the ICC. Many Lifeline providers have the application process built into their website, but consumers may also apply directly through the National Verifier. To apply using the National Verifier, use the FCC's [online verification portal](#) at <https://www.lifelinesupport.org/>

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## [Learning Technology Center of Illinois](#)

Learning Technology Center of Illinois is available to support you through technology initiatives, services, and professional learning opportunities. Their website is [www.ltcillinois.org](http://www.ltcillinois.org) and their phone number is (217) 893-1431. The Center is headquartered out of Regional Office of Education #9 in Champaign, but its 20 staff members are stationed around the state. A list of the staff and what they do is available at <https://ltcillinois.org/about/team>.

## *Immigrant and Refugee Resources*

### [Resource for Immigrants During the COVID-19 Crisis](#)

[Click here for a comprehensive resource list for immigrants and refugees](#) during the COVID-19 crisis. This list was created and is maintained by the Illinois Coalition for Immigrant and Refugee Rights.

### [One Fair Wage Emergency Fund](#)



The One Fair Wage Emergency Fund provides cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers, and more who need the money they are getting to survive. [Click here to learn more and to apply for help.](#) [Ayuda en Espanol.](#)

## [Healthcare Clinics for Immigrants and Refugees](#)

[Click here for an interactive map of all the health clinics in Illinois](#) that are available to all regardless of documentation status and are low cost or free, created by the Illinois Coalition for Immigrant and Refugee Rights.

# TEACHERS

## *Teaching Resources*

### [Teacher Resources from Autodesk](#)

Autodesk offers a free online collection of software tools on [Tinkercad](#) that help students, teachers and parents think, create and make. It is intended to teach core skills and abilities, such as creating designs for anything they can imagine, developing circuits online and even coding, in fun and engaging ways - all virtually! Autodesk also offers free online resources for

teachers by teachers that offer instructions for hands-on projects and labs that K-12 students can make in the classroom or home! Teachers can search [HERE](#) for instructions on how to build circuits, physics labs at home, and art projects.

## [Library Resources](#)

**[Chicago Public Libraries](#)** - [Click here to browse](#) the Chicago Public Library's incredible range of online resources.

**[Lincolnwood Public Library](#)** - The Lincolnwood Public Library has put together a [teacher resource guide](#).

**[Morton Grove Public Library](#)** - The Morton Grove Public Library has a wide range of services for educators, including school assignments with library resources, extended loans, and more. [Click here for a full list](#) and to request materials, and contact 847-929-5102 or email [ysinfo@mgpl.org](mailto:ysinfo@mgpl.org) for more information.

**[Niles-Maine Public Library](#)** - The Niles-Maine public library has research tools for lesson planning and curriculum development, as well as resources for students [available here](#). [Click here](#) for contact information for the library's preschool, school, and teen liaisons.

**[Skokie Public Library](#)** - The Skokie Public Library works with educators to supplement classroom instruction and help students engage with the library. [Click here for resources](#) and contact Lorrie Hanson, School Services Librarian, at 847-324-3119 or email [schoolservices@skokiellibrary.info](mailto:schoolservices@skokiellibrary.info).

## *Mental Health*

### [Peer Services](#)

Peer Services is offering free and virtual support in groups for community members struggling with drug or alcohol use on Wednesdays at 11:00 AM to 12:00 PM. Open to adults (18+) in all stages of substance use and recovery. It is confidential, judgement-free and "drop-in" type of participation. Groups are facilitated virtually by PEER counselors via Zoom. To join, please contact Gabriela at [ggarcia@peerservices.org](mailto:ggarcia@peerservices.org). View updated flyers for their services as of April 2020 by clicking [here](#) and [here](#). Website: [www.peerservices.org](http://www.peerservices.org)  
Phone: 847-492-1778

### [Illinois Warm Line](#)

A mental health service to anyone in Illinois. Phone lines are open Monday - Friday 8:00am-5:00pm.

FREE resource for:

- Mental Health
- Substance Use
- Suicide Prevention
- Community Resources
- Emotional Support

Phone: 866-359-7953

## *Union Resources*

[Illinois Federation of Teachers](#)

[Illinois Education Association](#)

[Chicago Teachers Union](#)

STUDENTS

*Extra Help*

## Chicago Public Library

Most Chicago Public Library locations have reopened. You can find [COVID-19 FAQs](#) and find [library locations and hours here](#).

[Click here for online learning resources](#), including homework help from 11AM to 11PM daily, resume assistance, and more.

## Lincolnwood Public Library

The Lincolnwood Public Library building is open to Lincolnwood residents. [Click here for hours and details](#).

The Library has a wide range of resources for students, parents, and educators. [Find the library's website with resources here](#).

[Click here for Lincolnwood Public Library's homework help resources, including online tutoring, databases, help with language classes, study guides, and more.](#)

## Morton Grove

The Morton Grove Public Library put together an extensive list of resources for students [found here](#).

## Niles-Maine Public Library

Technology appointments are available for Niles-Maine residents (and a first-come first-serve basis for non-residents). You can use a computer, make copies, and fax/scan documents.

The Niles-Maine Public Library has put together [online resources for teens](#) and [younger students, including preschoolers and babies](#). The library pays for subscriptions that all are able to use and includes homework help.

The Library is hosting a Virtual School 101 Workshop for parents of children in PK-5th Grade on Sunday, 9/6 from 1:30-3PM.

## Skokie Public Library

The Skokie Public Library has a wide range of resources for students, parents, and educators. [Find the library's full list of resources here](#).

[Click here for Skokie Public Library's homework help resources.](#)

## *Fun Activities*

### [Emily Oaks Nature Trail](#)

The nature trail is located at 4650 Brummel St. Skokie IL. and offers a fantastic outdoor scene. You can walk the trails before sunset to get some fresh air.

**The Trail is open the following hours:**

Monday-Saturday: 8 a.m. – sunset

Sunday: 10 a.m. – sunset

The gate closes promptly at sunset, daily.

### [Exploratorium At Home Creative Constructions](#)

Exploratorium's website has a tab that allows you to create models at home using common materials. This activity is sure to keep you busy and leave you with an exciting masterpiece!

### [Senator Ram Villivalam Art Contest](#)

State Senator Ram Villivalam (D-08) is hosting an art contest with the theme Community! Entries should represent the artist's community or what community means to the artist or artists. This could include physical locations within the community or more abstract representations of community. All students in grades 6-12 are encouraged to provide submissions until April 15. Group entries are welcome. Click [HERE](#) for directions

### [Chicago Virtual Events Calendar](#)

Chicago is home to awe-inspiring museums, iconic architecture, and world-famous sites — and you can explore them all from the comfort of your home. These digital resources allow you to experience Chicago in a new way, from virtual tours to digitized art collections.

- [Art museums](#)
- [History museums](#)
- [Science museums](#)
- [Zoos & animals](#)
- [Parks & outdoors](#)
- [Architecture](#)
- [Theatre & music](#)

## *Mental Health*

### Rainbows For All Children

Rainbows for all Children has partnered with Mosaic Therapy to offer six (6) free virtual counseling sessions. Anyone can participate, but the target audience is children and families. Therapists provide a safe space for clients to check-in and manage stress & anxiety related to the current national emergency and uncertain times. At this time there is no cost for short term mental health check-ins. Kids and families can receive up to six (6) sessions & they will also work with finding a provider with your insurance for follow up. View updated flyer for their services [here](#), mental health check form [here](#), and their website [here](#). Contact information: 855-455-0636

### [JCFS Chicago](#)

JCFS is here to help people remain healthy and safe during this time by providing services via phone and virtually for our Skokie residents. Virtual Support is being provided by a new private Facebook group that features new daily content for families to access resources, ask questions and share ideas with each other. Link is found [here](#). Feel free to also reach out to the **Warm Line Phone Connection**: Monday- Thursday 9:00 AM-5:00 PM & Fridays 9:00 AM-4:00 PM at 855-275-5237. Emotional support is provided by a chaplain and professionals.

## **Rogers Behavioral Health - Skokie**

### **Virtual support group available for parents of children with autism and mood or anxiety disorders**

Rogers in Skokie offers a free, virtual support group for parents of children struggling with autism and mood or anxiety disorders. Family therapist Julia McAndrews, ALMFT, will start the group with an educational segment focused on the unique challenges parents may face. Parents will also be able to share their experiences and provide support for each other. The group meets the third Tuesday of every month, 7 to 8:30 pm. Please email [MA-ASDparents@rogersbh.org](mailto:MA-ASDparents@rogersbh.org) to sign up.

# COVID-19 RESOURCES

## *COVID-19 Questions Hotline*

If you have questions about Coronavirus, call the Illinois Coronavirus Disease (COVID-19) Hotline

**Phone number: 1(800) 889-3931 or,  
Email: [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV)**

Swedish Hospital's Coronavirus Help Line (773-907-7700) is staffed with clinicians who can help screen symptoms and answer questions on what to do next. Interpretive services are available to assist in most languages.

## *Testing*

The Illinois Department of Health has worked with private industries and health care providers to expand testing in Illinois. Due to this expansion, more people can be tested. You can find a full list of facilities providing this testing in Illinois [here](#). [There is also a map of everywhere you can receive a COVID-19 test in the United States](#). You can find more guidance on testing from the Illinois Department of Public Health [here](#).

**Illinois Community-Based Testing Sites and Mobile Testing Sites are free and open to all, regardless of symptoms.** [Click here to see all state run sites.](#)

**The federal Centers for Disease Control and Prevention (CDC) and the Illinois Department of Public Health (IDPH) are currently covering the cost of the lab test for COVID-19 at other sites.** Yet, hospitals might still charge their own fees for collecting the specimens, which then could be billed to the patient or to the patient's health insurance issuer. Call your insurance provider to discuss available coverage. Also, if you are experiencing symptoms of COVID-19, contact your health care provider or local health department. [The Illinois Department of Insurance \(DOI\) has issued a FAQ regarding insurance coverage and COVID-19.](#)

## *Receiving Care for COVID-19*

[List of all Federally Qualified Health Clinics \(FQHCs\) in Chicago](#)

[Heartland Health Center Wilson](#): 773-751-7800

[All Heartland Health Center Locations](#)

[Chicago Women's Health Center](#): Mon-Fri 9-4pm; 773-935-6126

by appointment only

1025 W. Sunnyside, Suite 201

Chicago, IL 60640

**Sunnyside Health Center:** Mon-Fri 8am-5pm; 773-878-8098

appointments encouraged

4501 N. Sheridan Rd

Chicago, IL 60640

**Planned Parenthood of Illinois (PPIL)**

**PPIL Rogers Park:** 773-942-7193;

5725 N. Broadway

Chicago, IL 60660

[Online Appointments and All locations](#)