

COVID-19 Emergency Relief Resources for PDX

-This list of resources was compiled and is being updated by Congressman Earl Blumenauer and his team in Portland, Oregon. Please share with your networks: www.earlblumenauer.com/coronavirus

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Name	Area Served	Support Offered	Website	Notes/Additional Info
Food Access/Resources				
Oregon Food Bank Statewide Food Finder	Oregon	Type in zip code and access free groceries, meals, produce, and other programs in your area. Note: Food pantries and food assistance sites across the state remain open with increased cleaning and changes in service to help minimize contact among large groups of people. Though hours of operation are updated as frequently as possible, please call ahead before visiting a partner agency.	https://www.oregonfoodbank.org/find-help/find-food/	
School Food Access Sites	PPS, Centennial, David Douglas, Gresham-Barlow, Parkrose, Reynolds	Food and meal distribution at local schools.	https://multco.us/file/86763/download	Subject to change, visit https://multco.us/sun for updated list.
SnowCap Food Pantry	East Multnomah County, note: Generally, they serve East Multnomah County (east of 82nd) but will not turn anyone away right now.	SnowCap is the largest food pantry distributor in Oregon and services thousands of people in Portland/Gresham. They will be distributing pre-packed boxes and as much fresh/frozen food as possible. Food is being given outside of front doors so dress warm.	http://www.snowcap.org/	17805 SE Stark St., Portland, OR 97233 (directly behind Rockwood Center), (503) 674-8785, info@snowcap.org
Sunshine Division	Portland metro area	Open at both locations for clients to continue receiving emergency food. Food boxes are served near the entrances (outside) in a manner that ensures the safety and precautions to thoughtfully care for clients and staff. For hours and locations, click link to the right.	https://sunshinedivision.org/get-help/	687 N. Thompson Street Portland, OR 97227 (503.823.2102), 12436 SE Stark Street Portland, OR 97233 (971-255-0834)
Preston's Pantry (Lift Up)	NW and Downtown Portland	Food pantry located at First United Methodist Church.	http://www.lifturbanportland.org/	1838 SW Jefferson St. (First United Methodist Church). In response to the COVID-19 pandemic, Preston's Pantry will remain open during regular hours. We have adjusted the way we are distributing food to neighbors. Please check website for the most updated information.
Free Meals Calendar	Portland metro area	Calendar listing times, locations, and dates for free food.	https://calendar.google.com/calendar/embed?src=ohf9hp9nrkmgj378b0utr7mk@group.calendar.google.com&ctz=America/Los_Angeles&fbclid=IwAR0kXZWxOx6YfZZLwX6sJ02YSmkzp7phrBCnwWNNWmleZi4PKW5IAQqXJ30&pli=1	
SUN Service System	Multnomah County	Food access sites for both children and adults.	https://multco.us/file/86771/download	
Partners for a Hunger-Free Oregon	Oregon	Partners for a Hunger-Free Oregon actively works to end hunger before it begins by promoting the well-being and economic security of all Oregonians and eliminating the underlying causes and consequences of hunger.	https://oregonhunger.org/?fbclid=IwAR04KAPaNUCpvzK75yvvaDx5yktClRoGRyIj1SD6jWvmEe6CLYajEA87I	(503) 595-5501
Blanchet House of Hospitality	Portland	Anyone in need of a free hot meal can visit Blanchet House of Hospitality at 310 NW Glisan. All are welcome. You will be served with dignity and respect. Breakfast: 6:30-7:30. Lunch: 11:30-12:30. Dinner: 5:00-6:00.	https://blanchethouse.org/covid-19-update/	310 NW Glisan St Portland, OR 97209 503-241-4340 info@blanchethouse.org
Mainspring Community Pantry	Portland metro area	Mainspring Community Pantry will continue to provide food to community members and schools. They will also continue their mobile food pantry and senior food delivery program. They are working on a plan to increase food delivery to affordable housing program sites in the event of school closures and additional ideas that limit the impact of food insecurity. They plan to have more accessible community food pop-up pantries and will post updates as they confirm sites.	http://www.mainspringpdx.org/	3500 NE 82nd Ave, Portland, OR 97220 Client Service Hours: M/T/W 9:30AM to 12:00PM, (503) 233-5533
Catholic Charities Food Pantry	Portland	The Food Pantry is hosted on the first floor of Catholic Charities' Clark Family Center (2740 SE Powell Blvd.) every Wednesday from 12-2 PM.	https://www.catholiccharitiesoregon.org/events/ongoing/food-pantry/	2740 SE Powell Blvd Portland, OR 97202 (503) 231-4866
Sisters of the Road Cafe	Portland	Sisters of the Road is a nonprofit Cafe in Portland's Old Town/Chinatown neighborhood working to create systemic change that will end poverty and homelessness by providing nourishing meals in a safe, dignified space.	https://sistersoftheroad.org	info@sistersoftheroad.org (503) 222-5694
Outside In	Portland	Drop in day program provides services like meals and showers and helps you connect with a supportive and caring community. Join them for three healthy meals each day, enjoy a hot shower, do some laundry, check your mail, and learn about available housing options – all in a safe and affirming place.	https://outsidein.org/young-adult-services/meals-housing-and-support/ , Health Clinic: https://outsidein.org/health-services/ , Pharmacy: https://outsidein.org/health-services/pharmacy/ , Needle Exchange: https://outsidein.org/health-services/needle-exchange/	Day Program: 1132 SW 13th Ave, 2nd Floor, Portland, OR
New Avenues for Youth Drop-In Center	Portland Multnomah, Washington, Clark County	A safe space where youth experiencing homelessness can receive three meals a day, six days a week, as well as access to showers, laundry, clothing, drug and alcohol recovery and mental-health supports, computers and internet, free legal counsel, monthly veterinary clinics for those with pets, and engagement activities focused on skill-building, music and art, health and wellness, recreation, and self-empowerment.	https://newavenues.org/dropin	314 SW 9th Ave Portland, OR 97205, (503) 432-3986
Meals on Wheels	Portland	Provides meals to vulnerable seniors	https://www.mowp.org/what-we-do/meals-on-wheels/	503-953-8111, COVID-19 Hotline - 503-953-8158
Street Roots	Portland	Distributing info/supplies to homeless community Working in partnership with Multnomah County Joint Office of Homeless Services and coordinating with community partners to provide outreach and supportive services that prioritize the safety of our homeless neighbors.	https://news.streetroots.org/2020/03/06/street-survival-age-coronavirus	
JOIN	Portland		https://joinpdx.org/covid-19-response/	(503) 232-2031, info@joinpdx.org
SNAP	Oregon	SNAP provides a monthly supplement for purchasing nutritious food.	https://apps.state.or.us/onlineApplication/	

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Senior and Vulnerable Shoppers - Special Hours	Oregon/Nationwide	Many stores are opening early or offering special shopping times for seniors and vulnerable shoppers. See list to the right and be sure to check with individuals stores in your area to verify.		Albertsons and Safeway stores nationwide will be open for 'senior shopping' on Tuesdays and Thursdays from 7 a.m. to 9 a.m., Dollar General has asked its network of stores to reserve the first hour of operation each day for seniors and vulnerable shoppers, New Seasons stores are extending their senior discount day to all open hours and incorporating a special hour from 8 a.m. to 9 a.m. every weekday for seniors and vulnerable shoppers, Target stores will reserve the first hour of operations each Wednesday for the elderly and people with underlying health conditions, Whole Foods stores in the U.S. and Canada will serve adults ages 60 and older for one hour before opening stores to the general public.
Restaurants:				
Laughing Planet Cafe	Portland, Eugene, Corvallis, Bend	Free kids meals to those participating in meal-assistance programs during school closures. Students can get a quesadilla or burrito along with a side and a drink and are not required to show proof that they are part of a meal program.	https://www.wweek.com/restaurants/2020/03/14/laughing-planet-offers-free-lunches-to-children-on-meal-assistance-programs-during-school-closures/ , https://laughingplanet.com/locations/	
Pita Pit	Oregon City	They are offering up to four free pitas per week to Oregon City students who are part of a free or reduced lunch program. They are asking students to message them if you are in need of food. Only messages received from students will be able to take advantage of this offer.	https://katu.com/news/local/oregon-city-pita-pit-offers-free-food-to-students-in-need-during-statewide-school-closure	(503) 518-7482, 423 Beaver Creek Road, Oregon City, OR 97045
Lionheart Coffee	Beaverton	Offering brown bag lunches every day from every location.	http://www.lionheartcoffee.com/	Lionheart Scholls – 11421 SW Scholls Ferry Road, Beaverton OR 97008, 503-521-7051, Lionheart Watson – 4590 SW Watson Ave, Beaverton OR 97005
Ps and Qs Market	Portland	Feed it forward: Go in and mention that you're there for a feed it forward meal. No questions asked.	http://www.psandqsmarket.com/	1301 NE Dekum St, Portland, OR 97211
Bless Your Heart Burger	Portland	Free burgers/dogs for students on free/reduced lunch. Order "HOT LUNCH" at either location. No questions asked.	https://www.instagram.com/p/B9uEKWTFsfa/	5410 NE 33rd Ave, Portland, OR 97211 and 126 SW 2nd Ave, Portland, OR 97204
Grain & Gristle	Portland	Free lunch for students on free/reduced lunch. Bring your student to Grain and Gristle to order a "school lunch special".	https://www.instagram.com/p/B9wvDCBj6O/	1473 NE Prescott St, Portland, OR 97211
KACHKA	Portland	While Portland area schools are closed, all children under the age of 12 can choose one item off our new kids menu for free, no strings attached.	https://www.instagram.com/p/B9xJnPOBDiY/	960 SE 11th Ave, Portland, OR 97214
Sugar Street Bakery & Bistro	Portland	Brown bag lunches at no charge to children and families who need them.	https://www.instagram.com/p/B9vKW2ABck3/	1430 SE Water Ave, Portland, OR 97214
Hana's PDX	Portland	Friday, March 20, 2020 they will be feeding 100 kids a meal. They will be in front of Woodlawn School (501 N Dixon St, Portland, OR 97227) from 12-3pm or until all the food is passed out. It's preferably for the kids but they won't turn anyone away.	https://www.facebook.com/hanaspdx/posts/2692255800822481?_tn_=-R	Hana's PDX (971) 409-7097
JoJo Food Truck	Portland	Free kids' meals, you MUST call ahead (503) 309-4768.	https://jojopdx.com/	3582 SE Powell Blvd Portland OR 97202
PDX Sliders	Portland	Free meals for kids in need, call (971) 717-5271 for availability.	https://www.instagram.com/p/B92i2EDB27p/	1605 SE Bybee, Portland, OR and 3111 SE Division, Portland, OR
Portland SOS	Portland metro area	Portland's small businesses need our support now. Many are offering specials and discounts. Purchase gift certificates from your favorite businesses today.	https://www.pdxsos.com/	
PDX2GO	Portland metro area	This resource was created to help the Portland community find restaurants, food carts, wineries, and breweries that are providing their normal or special takeout and delivery options during the COVID-19 pandemic. Help support these small businesses by placing to-go orders or purchasing gift cards to use at a later date.	https://pdx2go.com/	
Shelters				
City Team Ministries	SE Portland	Is continuing to provide hot meals, safe shelter, showers, clean clothing, recovery programs and other essential care while taking precautions to reduce spread of the virus.	https://www.cityteam.org/portland	https://www.cityteam.org/portland/ , 526 SE Grand Ave. Portland, OR 97214, (503) 231-9334
Portland Rescue Mission	NW Portland	Continuing to provide services. Serve up to 700 meals per day. Clothing, showers and shelter for 120 men each night. Restrooms.	www.portlandrescuemission.org	111 W. Burnside St Portland, OR 97209, 503-906-7690
Salvation Army Female Emergency Shelter	SW Portland	Continuing to deliver services during COVID-19. Emergency female shelter, showers, restrooms, lockers, telephone, resting areas, laundry, on-site support groups, activities, case management, information, referrals, snacks and advocacy.	http://www.safes.salvationarmy.org	30 SW 2nd Ave Portland, OR 97204, 971-202-5360
VETS (Veterans Emergency Transitional Shelter)	SW Portland	Continuing to deliver services during COVID-19. Short-term case management and transitional housing for veterans. Accepts men, women, and families for up to 9 months for veterans that qualify with TB card.	www.tsascascade.org	30 SW 2nd Ave. Portland, OR 97204, 503-239-1259
Transition Projects (TPI) Day Center	NW Portland	Continuing to deliver services during COVID-19. The Transition Projects Day Center is open seven days a week, 365 days a year. The Day Center is the point of access to all other services TPI offers, and is the first place people should visit if they are looking to meet basic needs or be connected to emergency or residential shelter services.	http://www.tprojects.org/	650 NW Irving Street Portland, OR 97209, (503) 280-4700
Goose Hollow Family Shelter	SW Portland	Continuing services with precautions during COVID19. Sleeping space where the family gets to stay together, not separated as in other shelters; Dinner and breakfast; Showers with all toiletries and hygiene products provided; Laundry facilities; Access to computers, a telephone, and a mailing address	www.pdxhfs.org	1838 SW Jefferson Portland, OR 97201, 503-595-9390 5003 W Powell Blvd Gresham, OR 97030, (503) 492-3046
My Father's House Community Shelter	Gresham	A family shelter for 30 families located in East Multnomah County, Oregon.	http://www.familyshelter.org/	11130 SW Greenburg Rd. Tigard, OR 97223, (503) 443-6084
Good Neighbor Center	Tigard	Continuing the provide services, enrichment events are being postponed. A family emergency shelter open from 6am-10pm 365 days a year.	www.goodneighborcenter.org	
Rose Haven Day Shelter for Women and Children	Portland metro area	Rose Haven will be continuing to offer services. Hours of operation will be 8:30-11am and 1-3pm Monday through Friday until further notice. Services include: Food, water, emergency clothing, diapers, wipes, hygiene products, mail service, pet food, bathrooms and sink usage, outdoor supplies including tents, tarps, sleeping bags (as supplies last), additional direct service allocations for rental and utility assistance.	https://rosehaven.org/	(503) 248-6364, 627 NW 18th Ave., Portland, OR 97209
Utilities/Rent				

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Home Forward	Portland metro area	Home Forward works with local community agencies to provide a range of services — emergency hotel vouchers, rent payment, help with eviction prevention, and help with housing placement — to people who are homeless or at risk of eviction.	http://www.homeforward.org/find-a-home/get-help-paying-rent/short-term-help	
Impact NW	Portland metro area	Impact NW provides a safety net for families in crisis, with services that connect them to housing and energy assistance while supporting them as they move toward independence.	https://impactnw.org/programs/housing-and-safety-net/	
211 Utility Assistance Programs	Multnomah, Clackamas, Washington County	Online database to find utility assistance programs in Oregon and Southwest Washington.	https://www.211info.org/energy#Multnomah	
Portland General Electric	Portland	They have suspended non-payment disconnection. Urging customers to call them if you need help with your bill so they can work with you to find a solution that fits your needs. You can request a payment extension 24/7 by logging in to your account or calling their automated phone system. Offices are closed through 4/1 and they are encouraging customers to use self-service options.	https://www.portlandgeneral.com/our-company/newsroom/covid-19	503-228-6322 or 800-542-8818 Monday through Friday, 7 a.m. to 7 p.m.
NW Natural Gas	Oregon	Will not disconnect customers who can't make utility payments due to the impacts caused by Coronavirus.	https://www.nwnatural.com/ContactUs	503-226-4211 or 800-422-4012
Portland Water Bureau	Portland	Will not disconnect service of Bureau of Environmental Services and Water Bureau customers for nonpayment. Customers will continue to be responsible for sewer/stormwater/water charges due now and accrued during this time. The Bureau of Environmental Services and the Water Bureau offer financial assistance in the form of: Payment arrangements, Bill discounts for sewer and water charges, Crisis vouchers, The Utility Safety Net program.	portlandoregon.gov/water/financialassistance	For more info or to work out a plan: 503-823-7770, PWBCustomerService@portlandoregon.gov
Pacific Power	Oregon	Temporarily suspending disconnections and late fees for non-payment for customers.	https://www.pacificpower.net/about/newsroom/news-releases/pacific-power-to-suspend-disconnections-in-response-to-covid-19.html	888-221-7070,
Verizon, AT&T, T-Mobile, NW Fiber and more (see list at website on the right)	Nationwide	FCC Chairman Pai has asked phone companies to pledges for the next 60 days (until mid-May) to: (1) not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic; (2) waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic; and (3) open its Wi-Fi hotspots to any American who needs them	https://www.fcc.gov/document/chairman-pai-launches-keep-americans-connected-pledge	
Charter Communications	Oregon	Starting on March 16, Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with a K-12 student or college student who do not already have a Spectrum broadband subscription. Installation fees will be waived for new student households as well. To enroll, call 1-844-488-8395.	https://www.myoregon.gov/2020/03/13/oregon-utilities-companies-extend-service-during-covid-outbreak/	Call 1-855-846-8376 for English or 1-855-765-6995 for Spanish
Comcast	Oregon	They will make it easier for low-income families who live in a Comcast service area to sign up by offering new customers 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95 /month. They are also increasing Internet speeds for the Internet Essentials service from 15/2 Mbps to 25/3 Mbps for all new and existing customers, which will be the speed of the service going forward.	https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic	To sign up, applicants can simply visit www.internetessentials.com . The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.
Resources for Businesses/Workers				
Business Oregon	Oregon	They offer direct loan programs (OBDF, ORF, and EDLF) that can help with access to capital.	http://www.oregon4biz.com/How-We-Can-Help/Finance-Programs/	
Oregon Work Share Program	Oregon	Small businesses that have had to reduce the amount of hours employees work by 20 to 40 percent may be eligible to participate in the Workshare program. This program enables employees to receive unemployment benefits while they are still working under reduced hours	https://www.oregon.gov/employ/Unemployment/Pages/Work-Share-Program.aspx	
Oregon Employment Department's COVID page	Oregon	Information for workers, job-seekers and employers.	https://www.oregon.gov/employ/Pages/COVID-19.aspx	Info@oregon.gov
Oregon Employment Department	Oregon	Website to file unemployment claims.	https://secure.emp.state.or.us/ocs4/index.cfm?f=F20200317A055946B89883528.6819&lang=E	
State of Oregon Workplace Safety and Unemployment	Oregon	COVID-19 Related Business Layoffs, Closures, and Unemployment Insurance Benefits	https://www.oregon.gov/employ/Pages/COVID-19.aspx	
State of Oregon Employment Department	Oregon	Employment Department Temporary Rules for Unemployment Insurance Benefits Flexibility	https://www.oregon.gov/employ/Documents/OAR%20471-030-0070-temporaryrule.pdf	
State of Oregon Sick Time Info	Oregon	COVID-19/Coronavirus in Oregon: Facts about Sick Time	https://www.oregon.gov/BOLI/WHD/OST/Pages/index.aspx	
CDC Interim Guidance for Businesses and Employers	Nationwide	This interim guidance is based on what is currently known about the coronavirus disease 2019 (COVID-19). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available.	https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html	
Restaurant Workers Community Foundation	Nationwide	Information and links to resources that will help restaurants and workers deal most effectively with the COVID-19 Emergency	https://www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency	info@restaurantworkerscf.org
U.S. Department of Labor Unemployment Insurance	Nationwide	New guidance on unemployment insurance flexibilities during COVID-19 outbreak.	https://www.dol.gov/newsroom/releases/eta/eta20200312-0	
U.S. Small Business Administration Disaster Assistance	Nationwide	The SBA provides low-interest disaster loans to help businesses and homeowners recover from declared disasters.	https://www.sba.gov/disaster-assistance/coronavirus-covid-19	Disaster Customer Service Center - 1-800-659-2955 (for the deaf and hard-of-hearing 1-800-877-8339), Monday through Friday from 8:00 am to 8:00 pm ET, or email: disastercustomerservice@sba.gov
Oregon Health Authority Guidance for Employers	Oregon	Guidance for employers based on CDC guidelines.	https://sharedsystems.dhscha.state.or.us/DHSF/forms/Served/fe2266.pdf	

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The Nonprofit Association of Oregon	Oregon	COVID-19 guidance for nonprofits in Oregon	https://nonprofitoregon.org/news/covid-19-resources	
Prosper Portland	Portland	Business resources through Prosper Portland include information about commercial rent freezes, and deferral of loan payments.	https://prosperportland.us/covid-19-business-resources/	
APANOs Jade District-Oldtown COVID-19 Small Business Response Fund	Portland's Jade District and Old Town Chinatown	\$190,000 will be available for disbursement. These resources are intended to be an additional short-term tool to support local businesses and not in place of other government intervention to support Portland and Oregon's broader economy. For small businesses located in the Jade District or Old Town Chinatown with a priority on Asian and Pacific Islander owned businesses.	https://www.apano.org/jade-district-covid-19-small-business-response-fund/?emci=0bcef294-7769-aa11-a94c-00155d03b5dd&emdi=a36c694a-8069-aa11-a94c-00155d03b5dd&ceid=7227597	
Freelance Artist Resources	Nationwide	Aggregated list of free resources, opportunities, and financial relief options available to artists of all disciplines.	https://covid19freelanceartistresource.wordpress.com/	
Resources for Musicians and Live Music Professionals	Nationwide	List of resources for musicians and live music professionals during COVID-19, as well as ways fans can support artists right now.	https://sheshredsmag.com/covid-19-resources-for-musicians/	
Various Freelancer Resources	Nationwide	Everything from emergency funding to remote job opportunities.	https://covid19freelanceartistresource.wordpress.com/	
Resources for College Students				
Hope Center Guide for Supporting College Students	Nationwide	Guide to help colleges and universities keep their students, faculty, and staff healthy, safe, and educated during the COVID-19 pandemic.	https://hope4college.com/supporting-students-during-covid-19/	
SNAP for College Students	Nationwide	SNAP can be used to buy groceries at over 246,000, authorized retailers, grocery stores, and other places that sell food, including discount stores, bodegas, and farmers markets.	https://www.clasp.org/sites/default/files/publications/2017/10/SNAP%20for%20College%20Students-An%20Overview.pdf	
Edquity	Nationwide	Provides online emergency support for students during COVID-19 outbreak by providing online access to emergency funding and other resources.	https://edquity.co/COVID-19.pdf	david@edquity.co
U-Haul	Nationwide	30-days free storage for college students impacted by campus closure.	https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak?utm_campaign=uhaulsm&utm_source=twitter&utm_medium=pr&utm_content=20200312-uhaulisoffering30	800-GO-UHAUL, uhaul.com
Lowering College Students' Bills with Energy Assistance Programs	Nationwide	Guide to help students navigate programs offered by utility companies to lower bills to help avoid financial distress.	https://hope4college.com/beyond-the-food-pantry-lowering-college-students-bills-with-energy-assistance-programs/	
State/City/County Resources				
Oregon Employment Department's COVID page	Oregon	Information for workers, job-seekers and employers.	https://www.oregon.gov/employ/Pages/COVID-19.aspx	OED_COVID19_Info@oregon.gov
Oregon Health Authority's COVID-19 page	Oregon	COVID-19 updates and info from Oregon Health Authority.	https://govstatus.egov.com/OR-OHA-COVID-19	
Multnomah County's COVID-19 Page	Multnomah County	COVID-19 updates and info from Multnomah County.	https://multco.us/novel-coronavirus-covid-19	
Clackamas County's COVID-19 page	Clackamas County	COVID-19 updates and info from Clackamas County.	https://www.clackamas.us/alert	
Business for a Better Portland COVID-19 Switchboard	Portland	List of community resources and support.	https://bbpdx.switchboardhq.com/	
Oregon Closures	Oregon	Oregon Live's list of closures and business hours.	https://www.oregonlive.com/coronavirus/2020/03/coronavirus-response-public-venues-omsi-childrens-museum-ohs-close-for-2-weeks.html	
Governor Brown's Resource Page	Oregon	Various COVID-19 resources from Kate Brown's office.	https://www.oregon.gov/gov/Pages/coronavirus2020.aspx	
Oregon DMV	Oregon	To slow the spread of COVID-19 (coronavirus), the Center for Disease Control and Prevention has recommended social distancing. Effective immediately, DMV is limiting customer entrance in our offices and cancelling all behind-the-wheel drive tests scheduled from March 16, 2020 through April 7,	https://www.oregon.gov/odot/DMV/Pages/offices/index.aspx	Please go online at www.oregondmv.com/dmv2U if you need to do the following: Vehicle Registration Renewal, Change of Address, Report of Vehicle Sold, Purchase a Trip Permit. If your transaction requires a visit to DMV, please know our wait times may be longer than normal. If you are ill, please visit the office another day.
Crisis Hotlines				
Lines for Life Suicide Lifeline	Oregon	24/7 free, confidential, and anonymous help. Highly trained staff and volunteers provide immediate assistance, compassionate support, and resource referrals that can put you on a path to healing.		Call 800-273-8255 (24/7/365), Text 273TALK to 839863 (8am-11pm PST daily)
Lines for Life Alcohol & Drug Helpline	Oregon	For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information.		Call 800-923-4357 (24/7/365), Text RecoveryNow to 839863 (8am-11pm PST daily)
Lines for Life Military Helpline	Oregon	Support for service members, veterans, and their families that is independent of any branch of the military or government.		Call 888-457-4838 (24/7/365), Text MIL1 to 839863 (8am-11pm PST daily)
Lines for Life Senior Loneliness Line	Oregon	Support for seniors in our community who are feeling lonely and having difficulty connecting.		Call 503-200-1633
Lines for Life Youthline	Oregon	A teen-to-teen crisis and help line. Contact us with anything that may be bothering you; no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).	www.oregonyouthline.org	Call 877-968-8491, Text teen2teen to 839863, Chat at www.oregonyouthline.org
Lines for Life Ayuda En Español	Oregon	Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.		888-628-9454
Multnomah County Crisis Line	Multnomah County	24/7 crisis and support line.		503-988-4888, Hearing-impaired dial: 711
Clackamas County Crisis Line	Clackamas County	24/7 crisis and support line.		503-655-8585
Washington County Crisis Line	Washington County	24/7 crisis and support line.		503-291-9111 (se habla español), TDD 1-800-735-2900
Coronavirus Anxiety Resources	Nationwide	The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care For Your Coronavirus Anxiety as your mental health toolkit during this time.	https://www.virusanxiety.com/?fbclid=IwAR2FFrgYGPUB8a_dfy9-bxxYUCBzxFIJMsSjqq5qb1YP8QgLB3QRHHA	
National Domestic Violence Hotline	Nationwide	24/7 support for victims and survivors.		Call 800-799-7233, if you are unable to speak safely, log onto thehotline.org or text LOVEIS to 22522.

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National Sexual Assault Hotline (R.A.I.N.N. Rape Abuse and Incest National Network)	Nationwide	24/7 help via phone and online chat for survivors and their loved ones. Free and confidential.	Live chat: https://hotline.rainn.org/online , rainn.org . En español: https://hotline.rainn.org/es	Call 800-656-HOPE (4673)
Self-injury Hotline	Nationwide	S.A.F.E. ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.		Call 800-DONT-CUT (366-8288)
The Trevor Project	Nationwide	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.	https://www.thetrevorproject.org/get-help-now/	Call 866-488-7386, text START to 678678
Health/Wellness/Fitness				
Oregon Health Authority's COVID-19 page	Oregon	COVID-19 updates and info from Oregon Health Authority.	https://govstatus.egov.com/OR-OHA-COVID-19	
Multnomah County's COVID-19 Page	Multnomah County	COVID-19 updates and info from Multnomah County.	https://multco.us/novel-coronavirus-covid-19	
Clackamas County's COVID-19 page	Clackamas County	COVID-19 updates and info from Clackamas County.	https://www.clackamas.us/alert	
CDC's COVID-19 page	Nationwide	COVID-19 updates and info from the Center for Disease Control	https://www.cdc.gov/coronavirus/2019-ncov/index.html	
WHO's COVID-19 page	Worldwide	COVID-19 updates and info from the World Health Organization	https://www.who.int/emergencies/diseases/novel-coronavirus-2019	
Portland Emergency Hygiene Stations	Portland	Handwashing stations.		
White Bird Clinic / HOOTS	Eugene	Mental health support by phone, for students, families, and staff of Eugene-area schools. In light of school closures due to COVID-19 HOOTS (Helping Out Our Teens in Schools) will be offering mental health support by phone for students, families, and staff of high schools in the 4J, Springfield, Bethel and Oakridge school districts.	https://whitebirdclinic.org/hoots-offering-mental-health-support-by-phone/	
Portland Street Medicine	Portland	Distributing info/supplies to houseless community.	https://www.facebook.com/PortlandStreetMedicine/photos/a.1214856378655768/1641815072626561/?type=3&theater	
Headspace	Online Resource	Free online guided meditations.	https://www.headspace.com/covid-19	
AFSP	Online Resource	Resources for mental health during this time.	https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/	
NASP	Online Resource	Free tips and resources for how to talk to your kids about Coronavirus	https://www.nasonline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource	
CDC	Online Resource	Free tips and resources for how to talk to your kids about Coronavirus	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	
Fitness:				
Planet Fitness	Online Resource	Planet Fitness, one of the country's largest chain gyms, is offering free online classes for the next two weeks, starting March 16. The daily workout will be 20 minutes and will not require any equipment.	https://www.youtube.com/user/planetfitnessnh/videos	
Yoga With Adriene	Online Resource	Free yoga classes.	https://www.youtube.com/user/yogawithadriene	
CorePower Yoga	Online Resource	This popular yoga studio is offering free access to a selection of their online classes while they are closed to help stop the spread of COVID-19. Starting on Thursday, March 19, they will also be hosting live online classes that will be available to members. The series of yoga and meditation classes will be taught by CorePower trainers.	https://www.corepoweryogaondemand.com/keep-up-your-practice	
Grokker	Online Resource	Free access to online fitness / wellbeing classes through April 30.	https://grokker.com/individuals	
Encore	Online Resource - Instagram	They've been posting links to dance classes on their Instagram stories.	https://www.instagram.com/encorepacnw/	
NYCDA	Online Resource - Instagram	Free dance classes posted on their Instagram.	https://www.instagram.com/nycda/	
CLI Studios	Online Resource - Instagram	Free dance classes.	https://www.instagram.com/clistudios/	
Francisco Gella Dance Works	Online Resource - Instagram	Free dance classes - See Instagram post for schedule of live classes.	https://www.instagram.com/p/B9z7HCHMjDH/	
Stretch and Grow of the Rockies	Online Resource	Stretch and Grow of the Rockies is a kids health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines. Jillian Sterner is the CEO and has started uploading daily "Brain Breaks" on YouTube that include a 10-minute video of yoga poses, breathing techniques, and exercises.	https://www.youtube.com/results?sp=mAEB&search_query=stretch+and+grow+of+the+rockies	
Cosmic Kids	Online Resource	Cosmic Kids offers yoga lessons working on balance and strength on YouTube. Episodes range between 2 minutes and 1 hour.	https://www.youtube.com/user/CosmicKidsYoga	
Fitness Blender	Online Resource	Fitness Blender offers hundreds of free workout videos ranging in difficulty, length, and body focus.	https://www.fitnessblender.com/videos	
Down Dog	Online Resource	Down Dog maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout. Down Dog is making the apps free until April 1. Students and K-12 teachers have free access until July 1.	https://www.downdogapp.com/	
YMCA 360	Online Resource	YMCA 360 is an "on-demand" healthy living network. The YouTube channel offers several 15-minute workout routines.	https://www.youtube.com/channel/UCOGt_lpeP_xQhhCMCrut_A/videos	
Volunteer/Donate				
PPE (Personal Protective Equipment) needed ASAP	Portland	Nationwide, medical-grade PPEs (Personal Protective Equipment), which include things like masks, gloves, gowns and other items, are running dangerously low. In an effort to preserve these items, Oregon Governor Kate Brown Wednesday directed hospitals, outpatient clinics, dentists, veterinarians and other healthcare providers to cease all non-emergency procedures.	https://www.kgw.com/article/news/health/coronavirus/clinics-closed-donations-requested-to-boost-dwindling-supply-of-medical-equipment/283-8be4f5ce-c512-411e-839e-e14147d53045	Multnomah County has several drop-off locations -Portland Fire & Rescue logistics warehouse - 1300 SE Gideon St., Multnomah County Health Department - 619 NW 6th Ave, JOIN - 1435 NE 81st Ave #100, and Q Center - 4115 N Mississippi Ave

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APANO Covid-19 Volunteer Sign-Up	Jade District, Portland	APANO is compiling a volunteer list to share with groups and community based organizations that are doing mutual aid work around COVID-19 for their neighbors within and adjacent to the Jade District. The Jade District is a neighborhood in SE Portland at the intersection of SE 82nd Ave. and SE Division St.	https://docs.google.com/forms/d/e/1FAIpQLScJcNxxzb_hx1QJezysF3qYMZiKJ9VSecZUL6D9lSbA9rg/viewform?emci=8fc56e9e-2c66-ea11-a94c-00155d03b5dd&emdl=ea000000-0000-0000-0000-000000000001&ceid=(ContactsEmailID)	
APANO Jade District Covid Relief Fund	Jade District, Portland	This fund will help impacted workers at Jade District small businesses who have been experiencing reduced hours and layoffs for many weeks.	https://secure.everaction.com/8/JaX0fbQU5i4t66rExsw2?emci=8fc56e9e-2c66-ea11-a94c-00155d03b5dd&emdl=ea000000-0000-0000-0000-000000000001&ceid=(ContactsEmailID)	
Meals on Wheels	Multnomah, Washington, Clark County	Provides meals to vulnerable seniors.	https://www.mowp.org/	
Oregon Food Bank	Oregon	They need all hands on deck as they adjust our food distribution efforts to meet complex and evolving public health needs. They have retooled our operation to account for social distancing to the extent possible, so if you don't face higher risks for coronavirus, please sign up for an individual volunteer shift.	https://www.oregonfoodbank.org/get-involved/volunteer-2/	
Portland-area COVID-19 "Offer Support" Volunteer Form	Portland metro area	Sign up to offer support, donate money, or request support. They are prioritizing assistance to folks who are sick, unsheltered, disabled, quarantined without pay, elderly, undocumented, refugees and immigrants, Black, Indigenous, People of Color, trans, and/or queer, including those displaced from Portland to the nearby areas.	https://linktr.ee/pdxmutualaid?fbclid=IwAR3DgYtqRMmt3VPTwCc-S0R890_3nz6ikqgh6cAyikGxrVY7JnQ38SXkG4	
Portland Rescue Mission	Portland metro area	They receive no government funding, so they are asking for support to provide care 24/7 for vulnerable neighbors who are most at risk during this crisis.	https://giving.portlandrescuemission.org/f/covid19?sc=D03205	
Red Cross	Nationwide	Severe shortage, donors urgently needed. Right now, eligible and healthy donors are strongly urged to make an appointment to provide lifesaving blood products to patients.	https://www.redcrossblood.org/local-homepage/location/am-red-cross-fixed-site-portland-1.html?utm_source=GMBListing&utm_medium=organic	
Musicians Emergency Healthcare Fund	Oregon and Clark Cou	Musicians (50% of their income comes from working within the music community) can apply for relief funds.	https://charity.gofundme.com/en/campaign/covid-19-oregon-musicians-relief-fund1	
Hands On Greater Portland	Portland metro area	Detailed calendar of volunteer opportunities around the Portland area.	https://www.handsonportland.org/	
Community Organized Food Donation	Portland	Contact them via Instagram if you have food to donate to Oregon Food Bank - they will pick it up from your porch.	https://www.instagram.com/p/B9xBcKrhUud/	
Education				
PPS Computer/Tablet Loans	Portland Public Schools	Portland Public Schools students who need to borrow a computer or tablet can fill out this form to get one.	https://docs.google.com/forms/d/e/1FAIpQLSfR9vU1RGTJqjBOlpYQwi4DHLNbzVJ07PdhAsj3c13VeqMxQ/viewform	
ZOOM	Online resource	Zoom is giving K-12 students and teachers its videoconferencing tools for free. Students or teachers who fill out an online form using their school email addresses and are then verified by Zoom will have any accounts associated with that school's domain also gain unlimited temporary meeting minutes.	https://zoom.us/docs/ent/school-verification.html?zcid=1231&_ga=2.228851412.995105639.1583699918.735451631.1546545079	
Amazing Educational Resources	Online resource	Master list of education companies offering free subscriptions due to school closures.	http://www.amazingeducationalresources.com/	
Scholastic Learn at Home	Online resource	20 days free access to Scholastic Learn at Home (up to 3 hours per day). Full online lesson plans for each grade level.	https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR1IYNA7Jl5g8qcca_8wx5toYiil-Q-h_ZzEx4fdlaBa5Qp6PIQC1w1dNNQZ4	
Mystery Science	Online resource	Free science lessons from Mystery Science (K-5th).	https://mysteryscience.com/school-closure-planning	
Virtual Field Trips	Online resource	Free Virtual Field Trip Google doc.	https://docs.google.com/document/d/1SvldgTx9dJKO6SjyvPDsoGikE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR2459mlmvyjXPKbvNGUJJ9eFQJ0VFX5TCHVjMQzjp07QaCkxhMqwnjHJln8	
Homeschool Resources	Online resource	Homeschool Resources.	https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnlgbRd3TsSgzoJ1gawefZPCNlmAYzdl?fbclid=IwAR3Fsvygo60QAV9YJ_Cq_u_lb0BrDm7puj_rcRyijAh3wzFqquYqr7hoSk	
Principal's List of Things To Do During COVID Closures	Online resource	Kim Jones McClelland, a school principal, shared these brilliant ideas for things to do during COVID closures. These low-tech kid activities are great for elementary kids.	https://www.weareteachers.com/things-to-do-during-covid/?utm_content=1584460940&utm_medium=social&utm_source=facebook	
Multnomah County Library	Multnomah County	The Multnomah Library system has many wonderful offerings and programs.	https://multcolib.org/	
cjnet Article	Online resource	Article: How to get free e-books, magazines, movies, and TV shows from your library.	https://www.cjnet.com/news/how-to-get-free-e-books-magazines-movies-and-tv-shows-from-your-local-library/	
Newsela	Online resource	Current events at a variety of reading levels.	https://newsela.com/?fbclid=IwAR0DU8tyO5FHYpGeBttbZNGupEwpArMBzlu8keF789M9ZHH_V56pp1k9JQE	
Time for Kids	Online resource	Authentic journalism to motivate curious minds.	https://www.timeforkids.com/?fbclid=IwAR3RlVqJyKFNLpKl3v2aUOyX-5ndy7oBbwhkqaAT0qOmaDWhJqbtpt7_o	
BrainPop Educators	Online resource	Lesson planning, professional development.	https://educators.brainpop.com/?fbclid=IwAR2Ob6nUlgGq1drhXhisE1J_zcegS0oV_wWt5GOvt_nz8iqZlHK4Zgz20Dc	
CNN10	Online resource	10 minute news video every weekday appropriate for 4th through 8th grade.	https://www.cnn.com/cnn10	

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Seesaw	Online resource	Online portfolio (and great way for students to share with each other and with teachers).	https://app.seesaw.me/#/login?fbclid=IwAR0xwBilHu7v6NNhDiiKmMzELC6PZoS2de8yJv9v9H81Ny7YocSIFM	
Flipgrid	Online resource	Teachers and students can share short videos.	https://info.flipgrid.com/?fbclid=IwAR1mq_6DyEZXOrbeTY54DObnPtqfMYvylun1HDreSeTnOjzZC_0kLaBEnX8	
Environmental Games from the EPA	Online resource	Games, quizzes, and videos about the environment.	https://www.epa.gov/students/games-quizzes-and-videos-about-environment?fbclid=IwAR04rhdXdCry_QzB7LQHDtcaH4yXTI1-DTzNxxdYtGvP9IUNsqny-DuA	
Online Music Lessons	Online resource	Paid voice and instrument lessons (to support musicians!).	https://docs.google.com/spreadsheets/d/1k_UVgnaaRjFdxNKRqQv1GhBe03IUJjMGtZz10x0M/edit?fbclid=IwAR39Dc3iakPqN40x2i8RfV7Pa9Pm9FyB_HyuaxWhD_9UJjdd_v1hkDJE#gid=559663854	
Zero to 3	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus	
NASP	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource	
CDC	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	
ReadWorks	Online resource	FREE content, curriculum, and tools to power teaching and learning from Kindergarten to 12th Grade.	https://www.readworks.org/	
CommonLit	Online resource	A reading program that reaches all students.	https://www.commonlit.org/?fbclid=IwAR09cfidaPFb4hSDkl-1c9ioAYcZDOH8Lq8GFIVB9b-bCASUpXCYh2oPPg	
Moby Max	Online resource	Everything you need to find and fix learning gaps. (K-8)	https://www.mobymax.com/?fbclid=IwAR3R4okGQy4m4cyQLo1ndKqnQxOtilaW32f3WCN8zQXlCuQDB0nqO0R3W8	
Macaroni Kid	Online resource	36 Free Educational Resources Kids Can Use At Home.	https://chicagoloop.macaronikid.com/articles/5e6bf4601a3d607e0a5ba06a/school-canceled-36-free-educational-resources-kids-can-use-at-home?fbclid=IwAR2AETCFMHZNYuMTmvprYS_KQiyaPzxS8RPWnC1JGhrdNMDV6eRuAAwlnk4	
Penpal Exchange	Online resource	They will be making connections on a rolling basis based on age and location and they are hoping to get participants from all over the world. It can be a great way to learn about other people's lives and get creative with socializing. Maybe you'll play FaceTime hide and seek! Maybe you'll exchange art projects and favorite recipes! Your imagination is the limit.	https://docs.google.com/forms/d/e/1FAIpQLSdCPRHfGTPP3RNBncGAMkgmzrToOfaSs1gB4-v8jRrW31aHO/viewform?fbclid=IwAR2AtuScMBnEjs3IMGS0QyKaXTzK_5XSD9cp7-Jh-mIPzskAKz65Td9Kug0	
Life Skills for Kids	Online resource	100 Life Skills You Can Teach Your Kids in 5 Minutes or Less.	https://drive.google.com/file/d/1LWbdX8zIbCFSh-LhN5lp2T13QJw5H1K/view?fbclid=IwAR2fCH3o7ruITMQj7V79_ONBAIKkxqht5hw1wBat-Feg2SqsTwmuHkWi0	
Live Streaming Shows & Music Classes for Kids: Online Listings (created by Amelia of Mill's Trills)	Online resource	Streaming kids concerts + lessons.	https://docs.google.com/spreadsheets/d/1cUldDMYYhMy-gBDChEmuWZzxI2TyKp3YrkEsSKcPgs/edit?fbclid=IwAR1rp9Ukg4d6WY6CNMqchmOPaUMVhFd_0ZpB2r-TN-Dci0DDNK21SJS8#gid=0	
What Moms Love	Online resource	87 energy busting activities for kids.	https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/	
Adventure Journal	Online resource	A list of animal cams.	https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR1woJKSe9-Rt75C6rL_zFALH4B-w7JCKSktGqPNp4EuoENXzmPcMmxcDpc	
Travel and Leisure	Online resource	12 famous museums with virtual tours - watch from home.	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	
Google Arts & Culture	Online resource	Free virtual museum tours.	https://artsandculture.google.com/partner?hl=en	
Lynda.com	Online resource	Online learning platform with courses in business, software, technology, and creative skills. Use it to achieve personal and professional goals. Free with library card.	https://www.lynda.com/portal/patron?org=multicolib.org	
Ebooks	Online resource	Free Ebooks	https://earlybirdbooks.com/	
Ebooks	Online resource	Free Ebooks	https://www.bookbub.com/welcome	
Ebooks	Online resource	Free Ebooks	https://www.freebooksy.com/	
Ebooks	Online resource	Free Ebooks	https://www.free-ebooks.net/	
Entertainment				
Pluto TV	Online resource	Free streaming - TV shows for kids.	https://pluto.tv/welcome	
Kanopy "kids-only" TV (library card required) -	Online resource	Free streaming - TV shows for kids (library card required).	https://www.kanopy.com/kids	
Metropolitan Opera	Online resource	Free nightly streaming during COVID-19 closures.	https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure?fbclid=IwAR14mDjOvqBCN9zU1q-SqCia0uf-SjORR1OWxEtk98N3WPUg09B1t6k0	

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Detroit Symphony Opera	Online resource	The Detroit Symphony Orchestra has opened its "Live From Orchestra Hall" webcast archives, DSO Replay, free to the public.	https://livefromorchestrahall.vhx.tv/browse	
Travel and Leisure	Online resource	12 famous museums with virtual tours - watch from home.	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	
Google Arts & Culture	Online resource	Free virtual museum tours.	https://artsandculture.google.com/partner?hl=en	
NPR's list of Virtual Concerts	Online resource	A list of live virtual concerts to watch during the coronavirus shutdown.	https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown	Archives can be found at the bottom of the list.
Adventure Journal	Online resource	A list of animal cams.	https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR1woJKSe9-Rt75C6rL_zFALH4B-w7JCKSktGqPNp4EUqENXzmPcMmxcdPc	
Color Our Collections	Online resource	Free coloring sheets from libraries, archives, and other cultural institutions around the world.	http://library.nyam.org/colorourcollections/	
Aaron Nigel Smith's The Big Up Show	Online resource	Portland musician Aaron Nigel Smith is offering Music & Movement Time for Kids. FRIDAYS@10:30am-LIVE on YouTube! Subscribe at link to the right.	https://www.youtube.com/channel/UCaxyj10xdR4YGSBmBJ5SAVQ	Fridays at 10:30 am
iHeartRADIO	Online resource	24/7 Comedy	https://www.iheart.com/live/247-comedy-4902/	
"Baseball," A miniseries by Ken Burns	Online resource	PBS is streaming Ken Burns' 1994 documentary miniseries Baseball for free. It's 18.5 hours.	https://www.pbs.org/show/baseball/	