

# COVID-19 Community and Educational Resources

## FOOD ASSISTANCE:

- [Manna Food Center](#): 301-424-1130 mannafood.org
- [Women Who Care Ministry](#): 301-963-8588  
montgomerycountymd.galaxydigital.com/agency/detail/?agency\_id=76892
- [Up 2 Us Foundation](#): 703-244-8786  
montgomerycountymd.galaxydigital.com/agency/detail/?agency\_id=106931
- [Shepherd's Table](#): Monday, March 16, through Sunday, March 29, we will continue providing meals twice a day: brunch (10:30am-12:00pm) and dinner (6:00-7:30pm), boxed meals to go. Our Resource Center will be open twice during the day, providing mail, toiletries, bus tokens, blankets and more. shepherdstable.org

## MENTAL & EMOTIONAL HEALTH SUPPORT:

- [Montgomery County Crisis Center](#): 240-777-4000 montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html
- [Family Services, Inc.](#): 301-840-2000 sheppardpratt.org/family-services-inc/
- [EveryMind](#): 301-424-0656 every-mind.org
- [Thrive Behavioral Health](#): 301-493-2400 thrivebh.com

## MEDICAL ASSISTANCE:

- [Catholic Charities Medical Clinics](#) 301-434-8985, 301-740-2523  
catholiccharitiesdc.org/medicalclinics/
- [Community Clinic Inc](#) 301-216-0880, 301-585-1250 cciweb.org

## ONLINE TEACHING/LEARNING RESOURCES

- [Open Culture](#): Use your time in isolation to learn everything You've always wanted to: Free online courses, audio books, eBooks, movies, coloring books & more
  - [1,300 Free Online Courses](#)
  - [1000+ MOOCs](#)
  - [1,150 Free Movies](#)
  - [700 Free Audio Books](#)
  - [800 Free eBooks](#)
  - [200 Free Textbooks](#)
  - [300 Free Language Lessons](#)
  - [150 Free Business Courses](#)
  - [Free K-12 Educational Resources](#)
- **Scholastic**: releases [free daily courses for kids](#) stuck at home amid coronavirus school closures
- **The Science Mom**: A [daily show featuring science and math lessons](#), crafts and games