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|   | TCAPS Families and Staff,TCAPS is making every effort to support families during this time. We know that uncertainty can cause a sense of vulnerability, which can lead to increased stress and anxiety. We want you to know that we are here for you. Because we understand the need to connect and support each other, our staff and community partners are working to help in various ways.If your child needs to talk to one of our social workers or counselors we ask that you [**complete this form**](http://docs.google.com/forms/d/e/1FAIpQLSfPA2yWZ6udvpfC7yC6eb_uDgHdbO6C9jqtnDT0Vv9UgetBMw/viewform). Certified staff will reach out to you within 24 hours via a phone call or a Google hangout (through an email invite).  Partnerships that support families if needed:* [Food Bank and Food Pantry List](https://drive.google.com/open?id=1QwkYn6wfFjDgy8m84C5aJuu3IzvPIVrP)
* Food Delivery (as appropriate and possible)
	+ Those who may not have transportation to pick up food may email info@tcaps.net. The district will work to deliver food to identified and vulnerable students and families with no transportation option.
* Students in Transition Empowerment Program (STEP) - If you are eligible for STEP and have unmet needs please, contact Abby Jordan at 231-933-5901.
* Bill Payment Supports
	+ [Consumers Energy News Release](https://www.consumersenergy.com/news-releases/news-release-details/2020/03/16/12/36/consumers-energy-to-suspend-shutoffs-for-seniors-low-income-customers-in-wake-of-covid-19)
	+ For other utility and service provider bill postponement inquiries please call the company directly (some are offering temporary bill postponement due to COVID-19)
* Unemployment Information
	+ Michigan Unemployment benefits (recent expansion of qualifiers due to COVID-19): 1-866-500-0017
	+ For the fastest assistance submitting claims, go [online](https://www.michigan.gov/leo/0%2C5863%2C7-336-78421_97241---%2C00.html)
* United Way of Northwest Michigan
	+ United Way (all general community resource inquiries): Call 2-1-1
	+ Or visit [COVID-19 Action Page](https://www.unitedwaynwmi.org/covid-19)
* Home Internet Services
	+ Spectrum/Charter (FREE internet service for 2 months for students grades K-college): 1-866-866-4959
	+ [Comcast Internet Essentials](https://corporate.comcast.com/covid-19) - A low cost internet service for qualifying families, now free for 2 months.
	+ [Access from AT&T](https://about.att.com/pages/COVID-19.html) - A low cost home internet package for qualifying families.

In addition, the following free community supports are available for families as needed: * OK2SAY: <https://www.michigan.gov/ok2say>
* National Domestic Violence Hotline (24/7, for survivors & victims): 1-800-799-7233, or text LOVEIS to 22522
* Substance Use/Substance Use Disorder recovery support: <https://m.facebook.com/groups/388460735141614?view=permalink&id=492835488037471>
* Psychology Today/find counselors or therapists: <https://www.psychologytoday.com/us/therapists/mi/traverse-city>
* Michigan DHHS Coronavirus Hotline: 1-888-535-6136, 8 a.m.-5 p.m., 7 days/week

Sincerely, Jim PavelkaInterim Superintendent Traverse City Area Public Schools |   |