

**Resources for
Counties**

Child Advocacy Center

Columbia and Greene



of Columbia-Greene Counties

Columbia County

Food Services:

- **Columbia Opportunities Food Pantry & Emergency Assistance** (Please call ahead for an appointment)
(518) 828-4611
540 Columbia Street, Hudson, NY, 12534
- **Rock Solid Church Food Pantry**
2nd and 4th Friday of the month from 10-12 noon, adding 1st and 3rd Thursday from 4-5pm
Pre-packaged groceries
(518) 828-2444
334 Union St., Hudson, NY 12534
- **Salvation Army Food Pantry**
Monday, Wednesday, Friday, 8am-10am. Pre-packed groceries
Pre-packaged groceries. Monday - Friday, 11:30-12:30
(518) 822-1602
40 S. Third St., Hudson, NY 12534
- **St. Mark's Lutheran Food Pantry**
Mon and Thurs, 9-12 noon
Pre-packed bags of groceries going forward
(518) 822-1688
200 Fairview Ave., Hudson, NY 12534
- **Time & Space Limited**
5:30 PM comfort food suppers for pick-up or delivery
\$5, or pay what you can
Order ahead of time: (518) 822-8100 or jeff@timeandspace.org
434 Columbia St., Hudson, NY 12534
- **Zion Community Food Pantry**
2nd and 4th Tuesday of the month from 5:30pm - 6:30pm, and 1st and 4th Friday of the month from noon to 1pm. They offer grocery bag delivery to Providence Hall on 3rd Tuesday; available to 70+, and handicapped. Please sign up on the sheet in Providence Hall
(518) 610-1980
Bliss Towers; 41 N. Second St., Hudson, NY 12534

Restaurants Offering Take-Out/Delivery:

- **Blue Plate**
 - 1 Kinderhook Street, Chatham, NY 12037
 - (518) 392-7711
 - Hours for take-out: Wednesday - Sunday 5pm-8pm

- Open Wednesday through Sunday, 5pm – 8pm
- **The Berry Farm**
 - 2309 NY rt 203, Chatham, NY 12037
 - (518) 392-4609
 - Groceries, takeout,
 - Daily 8-6
- **Ca'Mea**
 - 333 Warren St., Hudson, NY 12534
 - (518) 822-0005/<http://www.camearestaurant.com/>
 - Order online for curbside pick-up: Tuesday-Sunday 12pm-8pm
- **Copake General Store**
 - 518-329-3663/info@copakegeneralstore.com
 - 171 County Rt 7A, Copake NY, 12516
 - Call ahead to pre order groceries, or call for takeout
 - Tuesday – Saturday 9am–6pm, Sunday 9am–3pm
- **Clock Tower Pub and Grill**
 - 1682 County, Co Rd 7, Copake, NY 12516
 - Hours for takeout: Monday-Sunday 11am-8pm
- **Church St. Deli**
 - 518-329-4551
 - 1677 Columbia County Rd 7A, Copake, NY 12516
 - Takeout & delivery (within 5 mile radius)
 - Monday-Sunday 8am-8pm
- **Dad's Diner**
 - 178 County RT 7A, Copake, New York 12516
 - (518) 329-3237
 - Groceries, takeout, and local deliveries available
 - Monday-Sunday 7am-8pm
- **East Chatham Food Company**
 - 1267 State Route 295
 - 518-392-5065
 - Order online, takeout, delivery (8 mile radius)
 - Thurs-Mon 3-9
- **The Farmer's Wife**
 - 3 Co Rd 8, Ancramdale, NY 12503
 - (518) 329-5431
 - Curbside pick up & takeout
 - Wednesday-Sunday 8:30am-3pm
- **The Flammerie**
 - 7 Hudson St, Kinderhook, NY 12106
 - 518-758-1509
 - Takeout Friday-Sunday 11am-7pm
- **The Greens**
 - 44 Golf Course Rd, Craryville, NY 12521

- 518-325-4338
- Takeout Thursday-Friday 5pm-7pm & Saturday-Sunday 1pm-7pm
- **Kozel's**
 - 1006 NY-9H, Ghent, NY 12075
 - (518) 828-3326
 - Takeout Monday, Wednesday - Saturday 4pm-8pm & Sunday 1pm-7pm
- **Local 111**
 - 111 Main St, Philmont, NY 12565
 - (518) 672-7801
 - Takeout Wednesday-Sunday 5pm-8pm
- **Main Street Goodness**
 - 20 Main St, Chatham, NY 12037
 - 518-392-2988
 - Takeout Monday-Sunday 8am-3pm
- **O's Hillsdale Diner**
 - 9276 NY-22, Hillsdale, NY 12529
 - (518) 325-1150
 - Takeout - call ahead to check hours of operation

NYS Unemployment and Emergency Assistance Information:

Go to the NY Department of Labor to get the information you need on unemployment benefits, including applying. New York State has waived the 7-day waiting period for those affected by COVID-19 and there are special provisions for teachers and school workers. For other employment services, you can also call Columbia County DSS at (518) 828-941 for more information.

Greene County Food Services:

- **Salvation Army Food Pantry**
Monday, Wednesday, Friday, 8am-10am. Pre-packed groceries
Pre-packaged groceries. Monday - Friday, 11:30-12:30
(518) 822-1602
40 S. Third St., Hudson, NY 12534
- **Soup Kitchen, Camp Grace, Inc. Food Pantry**
Tuesday-Friday 12pm-1pm
310 Main St., Catskill, NY 12414
(518) 249-7009
- **Catholic Charities Food Pantry**
Tuesday's 9am-12pm
66 William St., Catskill NY 12414
(518) 943-1462
- **Matthew 25 Food Pantry**
Wednesday 6pm-8pm, Sunday 1pm-3pm.
8 Union St., Catskill, NY 12414

(518) 821-7298

- **Community Action Food Pantry**
Monday, Thursday, & Friday 2pm-4pm
7856 Route 9W, Catskill, NY 12414
(518) 943-9205
- **God's Storehouse Food Pantry**
Tuesday 2:30pm-4pm & 6pm-7:30pm
Wesleyan Church, Bogardus Ave, Catskill, NY 12414
(518) 943-2709
- **Athen Zion Lutheran Church Food Pantry**
Tuesday 2pm-3pm & Thursday 4:30pm-5:30pm
102 Washington St., Athens
- **Leeds-Athens @ High Hill**
Wednesday 3pm-4:30pm & Friday 11am-12pm
Schoharie Turnpike, Athens
(518) 821-9889
- **Cairo Resurrection Lutheran Church**
Tuesday 6:30pm-7:30pm & Friday 10am-11am
186 Main St., Cairo
(518) 622-3286
- **Coxsackie Hamilton Steamer #2 Firehouse**
Tuesday 1pm-2pm, Thursday 7pm-8pm, Saturday 10am-11am
117 Mansion St., Coxsackie
(518) 731-8603

Restaurants Offering Take-Out/Delivery:

- **Barnwood Restaurant**
 - 14 Deer Ln, Catskill, NY 12414
 - (518) 943-2200/barnwooddining.com
 - Takeout Monday-Sunday 11am-8pm
- **Millrock Restaurant**
 - 5398 NY-23, Windham, NY 12496
 - (518) 734-9719/millrockrestaurant.com
 - Takeout Friday & Saturday 5-8pm
- **Vesuvio**
 - 49 Co Rd 65, Hensonville, NY 12439
 - (518) 734-3663
 - Takeout and delivery (within 15 mile radius) Monday-Sunday 4pm-8pm
- **Creekside Restaurant**
 - 160 W. Main Street, Catskill, NY 12414
 - 518-943-6522
 - Offers family style dinners and regular menu (Closed Sundays)
- **The Mermaid Cafe**
 - 374 Main Street, Catskill, NY 12414

- 518-217-8811
- Takeout and delivery Open Tuesday-Saturday 12-7 for pick up and 12-2 delivery / 5-7 delivery
- **Murphy's Law Public House**
 - 1147 Main Street, Leeds, NY 12451
 - 518-719-8226
 - Takeout and delivery. Closed on Mondays.
- **The Juice Branch**
 - 65 Bridge Street, Catskill, NY 12414
 - 518-291-2612
 - Call ahead for curbside delivery or local delivery.
- **Pomodoro's Italian Restaurant**
 - 90 Catskill Commons, Catskill, NY 12414
 - 518-943-4446
 - Takeout and delivery available. Open 11-8 daily.

Unemployment and Emergency Assistance Information: Please call Greene County Department of Social Services if you are in need of employment or other emergency assistance at (518) 719-3700

Capital District YMCA providing childcare for emergency personnel: (518) 439-4394
 \$250 per week 7-6pm or \$48 p/day Not accepting DSS, Scholarship www.cdymca.org
 (available at any branch)

Hotline/Crisis Information

NYS Residents can call: 211 for information

Reach/CAC Hotline : (518) 828-5556 or (518) 943-4482

Mobile Crisis: (518) 943-5555

Columbia County Public Health Department: (518) 828-3358

Greene County Public Health Department: (518) 653-5165

www.columbiacountynyhealth.com

www.greenecountynyhealth.com

www.cdc.gov (Center for disease control)

www.omh.ny.gov (Office of Mental Health)

Resources for free virtual Family Support Meetings, All Recovery Meetings, Harm Reduction Meetings and more during social distancing:

Visit: <https://www.ourwellnesscollective.com/>

Online Storytelling:

Visit: <https://www.storylineonline.net/>

Educational Support:

Visit: <https://www.naminys.org/>

Or call: (518) 248-7634

Virtual Field-Trips:

https://docs.google.com/document/u/0/d/1qpFAQz_QJt0ZTVTixAyuGRjsKGYI23CjlaO9eLBkThE/mobilbasic



Self Care for Adults

Anxiety and stress related to the coronavirus is to be expected

Social distancing is considered critical to slowing the spread of the coronavirus. However, it can understandably lead to loneliness

With the awareness of these mental health risks, we can work towards coping with this challenging situation and reduce the potential impact on our mental health.

Here is a list of coping strategies to help get you through these uncertain times.

Be Mindful Of Your News Consumption

The news can be helpful by encouraging precautions and prevention, but compulsively and obsessively reading and watching about the outbreak can be detrimental to mental health. Here are a few suggestions that may help you follow the news while protecting your mental health.

Limit your sources

Rely on only one or two reliable sources of news as misinformation and bad reporting are rampant. The CDC is a great resource for updates and precautions. You can also select a news medium that allows you to avoid potentially triggering content. For example, when reading from an article on your phone or computer, you can scroll past disturbing photos and quickly reach the information you are interested in.

Practice acceptance

Accept that the news coverage will not answer all your questions or address all your worries. Accept uncertainty. Trust that officials around the globe and the medical community are trying their best to address the situation.

Limit consumption

Establish a reasonable rate of consumption, which may be checking for updates one or two times a day. Consume only what you need to know, what's most relevant to you and particularly what is happening or anticipated in your own community.

Distinguish between global and local

The virus will not necessarily take the same course in the U.S. as it has in other countries. It's important to think critically about the information provided and not jump to conclusions.

Ask someone for help

If you feel you need separation from the news, have a friend or loved one filter the news for you, and give you updates based on a reasonable assessment of what's relevant to you. This will allow you to reduce direct news consumption.

Take an opportunity to **practice mindfulness** when managing anxiety, such as grounding techniques. Get comfortable. Incorporate all 5 senses. You can lie on your back in bed or on the floor with a pillow under your head and knees.

1. **Breathe** in through your nose. Let your belly fill with air. Count to 5.
2. **Breathe** out through your nose. Count to 5.
3. Place one hand on your belly...
4. As you **breathe** in, feel your belly rise. ...
5. Take three more full, **deep breaths**.

Find Things To Do/Distractions

Activities that distract you from current events can be helpful. Here are a few ideas:

- Household chores, such as spring cleaning, will give you a sense of purpose and accomplishment when completed.
- Free online university courses and courses through *couseira*, such as Yale University's most popular class ever: The Science of Well-Being. They offer a great learning opportunity.
- Movies are moving from theaters to online. Netflix is also a good option.
 - TV programming has expanded during the crisis, particularly through streaming services like Netflix. You can also currently stream the Met Opera for free. The NFL and NBA are also offering complimentary access to online streaming platforms.
- Virtual parishes, which the Pope and other faith leaders are offering, can help maintain religious connections.
- Help Others

Take Care of Yourself

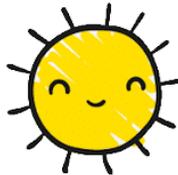
- Exercising and spending some time outside remembering to keep your distance
- Yoga
- Eating healthy
- Sleeping an adequate amount
- Virtually reach out to different types of support groups

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

Encourage journaling and diaries.



Encourage your child to focus on the moment.

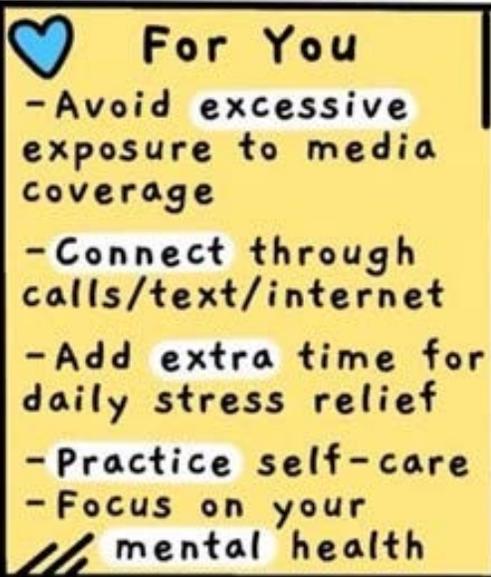
Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

- 
-  For You
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care
 - Focus on your mental health

BlessingManifesting

- 
- For Kids
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
 - Create a routine & structure

- 
- For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
 - Create a daily self-care routine
 - Keep yourself busy: games, books, movies
 - Focus on new relaxation techniques