

## **COVID-19 & Other Community Resources**

As of 8/18/22

### **Federal Resources:**

- **CDC** [cdc.gov/COVID-19es](https://www.cdc.gov/COVID-19es)
- **CDC / Mental Health**
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Coronavirus.gov** <https://www.coronavirus.gov/>
- **FEMA** [fema.gov](https://www.fema.gov)

### **FEMA Resources**

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#### **Ready Seniors August 2022 (English)**

**Tuesday, August 23, 2022 9:30:00 AM EDT**

**Duration: 3 hour(s) 30 minute(s)**

Please join FEMA Region 2 National Preparedness Division and Administration for Community Living (ACL) for a Ready Senior Workshop.

Many older adults depend on community service providers for necessities and psychosocial support. However, these crucial services may be disrupted during disaster, impacting seniors in your community. Please join FEMA Region 2 and the Administration for Community Living (ACL) for a virtual Ready Seniors Workshop in English and Spanish. This workshop prepares Area Agencies on Aging (AAAs) and other organizations that provide critical support services to senior citizens.

The Ready Seniors Workshop has two parts: a presentation and a tabletop exercise. The presentation will discuss continuity of operations, preparedness planning for seniors, disaster mental health issues and case studies from State Units and Area Agencies for Aging. The tabletop exercise will examine a tropical storm scenario to test your organization's preparedness.

Who should attend? Emergency planners for nursing homes, assisted living facilities, senior community centers, senior housing, adult day care centers, home meal delivery services, charitable organizations, and others who provide services to senior citizens.

**Register Now**

#### **My Emergency Backpack is Ready... I am Stress Free!**

**Tuesday, August 30, 2022 4:30:00 PM EDT**

**Duration: 1 hour(s) 15 minute(s)**

Please join the Region 2 National Preparedness Division in partnership with Americares for a webinar discussing strategies for children and young people to prepare for disasters.

Disasters can produce different types of emotional reactions in children and adolescents such as stress, anxiety, fear, insecurity, feelings of loss, frustration, anger, intolerance and trauma which could affect their self-esteem and normal development. This workshop offers strategies (such as the emergency backpack) so that children and young people can know how to prepare for a disaster and thus avoid anxiety at the time of the event. It also teaches them to recognize how they react to stress in disaster events and how to properly cope with these events.

**Register Now**

### **House of Worship Security Self-Assessment**

The Department of Homeland Security Cybersecurity and Infrastructure Security Agency has developed a [baseline security self-assessment](#) for houses of worship. It is designed for a person with little to no security experience.

Additional Information: This [user guide](#) provides further details about how to use the results of the self-assessment.

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### **Support After Violence**

SAMHSA DTAC provides materials, training, and technical assistance to the entire United States, its territories, and federally recognized tribes for all-hazards disaster behavioral health preparedness, response, and recovery. SAMHSA has compiled a list of resources for those struggling to cope with the recent mass shootings:

- Information related to incidents of violence
- Resources for children, youth, parents and other caregivers, and schools
- Traumatic Stress and Retraumatization Resources
- Additional Resources for Acute Needs

**List of Resources:** [Read more.](#)

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### **Prepare Emotionally for Hurricanes**

Following are resources for disaster behavioral health professionals, parents and families, and the public about preparing for a hurricane. The resources discuss steps to take in preparing for hurricanes, as well as common mental health and substance use-related reactions to hurricanes.

[This web page](#) from the National Child Traumatic Stress Network provides an overview of hurricanes and suggests steps to take before, during, and after a hurricane to stay as safe as possible and support children and other family members.

[This fact sheet](#) from the Substance Abuse and Mental Health Services Administration explores possible emotional, physical, and behavioral reactions to a disaster or traumatic event to highlight signs of stress for disaster survivors. It provides practical tips for relieving stress such as focusing on physical health and developing coping skills, and it includes helpful resources for those seeking further support.

FEMA works to ensure equitable access for all too any services and programs that are provided by the agency. If you need a reasonable accommodation, please make your request in an email to [fema-r2-prepares@fema.dhs.gov](mailto:fema-r2-prepares@fema.dhs.gov). Last minute requests will be accepted, but may not be possible to fulfill.

**Do you have a friend, family member or coworker who would like to subscribe to FEMA Region 2 Individual and Community Preparedness Division news, events and updates?**

**[Click Here to Subscribe](#)**

## **New Jersey State Resources:**

- **NJ COVID-19 Information:** COVID19.nj.gov
- **NJ COVID-19 Jobs & Hiring Portal** https://jobs.covid19.nj.gov
- **COVID-19 Text Alerts** Text: **NJCOVID** 898-211
- **New Jersey Department of Health** has set up a COVID-19 24-Hour Public Hotline 800-222-1222
- **NJ COVID-19 & Poison Control Center Public Hotline** 800-962-1253
- **NJ 211** Dial 211; NJ211.org
- **New Jersey Mental HealthCare's Disaster Line:** 866-202-HELP (4357)  
For free, confidential support. NJ Mental Health Cares will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists.  
NJ Human Services' Division of Mental Health and Addiction Services provide support to the Mental Health Association of New Jersey (MHANJ) to operate the line.
- **NJ Department of Health** [nj.gov/health/cd/topics/ncov.shtml](https://nj.gov/health/cd/topics/ncov.shtml)
- **NJ Human Services** [nj.gov/humanservices/coronavirus.html](https://nj.gov/humanservices/coronavirus.html)
- **SNAP** 800-687-9512  
To apply online: [oneapp.dhs.state.nj.us](https://oneapp.dhs.state.nj.us)
- **SJLS (South Jersey Legal Services)** <https://www.lsnj.org/sjls/>  
Call Centralized Intake Unit at 800-496-4570 M-F, 8:30am to 4pm

## **NJ COVID-19 Updates and More**

Do you have questions about when and where you can receive the COVID-19 vaccine, mask requirements, or how to get a COVID-19 test? The State of New Jersey offers up-to-date information, resources, and guidance at our [COVID-19 Information Hub](#).

**Everyone 6 months or older is eligible for a COVID-19 vaccine in New Jersey and encouraged to get vaccinated as soon as possible.**

COVID-19 vaccines are safe and highly effective at preventing you from getting sick. They are one of the most important tools to ending the COVID-19 pandemic and getting back to what you love.

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## **Governor Murphy Signs Executive Order Lifting Routine COVID-19 Testing Requirements for School Districts, Child Care Settings, and State Contractors**

**TRENTON** – Following recent updates to COVID-19 guidelines from the Centers for Disease Control (CDC) in advance of the upcoming school year, Governor Phil Murphy today signed an executive order lifting the requirement that school districts, child care settings, and state contractors maintain a policy

requiring their unvaccinated workers undergo routine testing. The change will apply to school districts and child care settings immediately, and to state contractors as of September 1, 2022.

As of June 17, 2022, anyone aged 6 months or older is eligible for the COVID-19 vaccine. At this time, more than 18.4 million doses of the COVID-19 vaccine have been administered in New Jersey, with more than 1.9 million doses having been administered to children under the age of 18.

"Today's executive order follows guidance from public health officials at the CDC regarding responsible steps states can take as we continue to adjust to the endemic reality of COVID-19," **said Governor Murphy**. "With children as young as 6 months old now eligible for vaccines and millions of New Jerseyans vaccinated and boosted, more of our residents are safe from severe illness due to COVID-19. As always, I encourage everyone to stay up-to-date on their vaccination and take other precautions as necessary to protect themselves and their loved ones from this virus."

This executive order lifts the testing requirements put into place for school districts, child care settings, and state contractors via previous executive order numbers [253](#), [264](#), and [271](#), respectively. Nothing in today's order prevents these settings from maintaining a vaccination or testing policy as they see fit going forward.

Schools and child care facilities will still be required to report vaccination and testing data to the Department of Health, as per Executive Directive No. [21-011](#), to allow the State to continue to monitor COVID-19 and make data-driven decisions to keep residents safe.

Covered workers in congregate care, health care, and correctional facility settings will still be required to be up-to-date on their COVID-19 vaccinations, including the first booster dose, as per prior executive orders.

Separate of today's executive order, the New Jersey state employee testing program will also come to an end on September 1, 2022.

For a copy of Executive Order No. 302, [clickhere](#).

## Where can I get free, public COVID-19 testing or treatment?

*Last Updated: 08/18/2022*

**Free COVID-19 testing is available at many locations across the state.**

Free, at-home COVID-19 saliva PCR tests are available to every New Jersey resident who thinks they need a test. **Order your test by visiting [learn.vaultthehealth.com/nj](https://learn.vaultthehealth.com/nj).**

Free, at-home rapid antigen tests are available from the federal government. Order one set of 4 free at-home tests from [special.usps.com/testkits](https://special.usps.com/testkits).

Below, you can find a list of free public testing locations in New Jersey by county, including short-term pop-up testing sites.

In addition, free COVID-19 testing and treatment is available at Community Health Centers, also known as Federally Qualified Health Centers (FQHCs), to all people whether you have health insurance or not and

regardless of your immigration status find an FQHC near you [with this search tool](#) or [on 211's online list of community clinics](#).

Individuals with urgent symptoms may also continue to access services at acute care hospitals. The COVID-19 testing cost will be waived for uninsured individuals eligible for charity care. Information on the Charity Care Program can be found at: <https://www.nj.gov/health/charitycare>. You should talk to a medical provider before going to your local hospital.

For additional testing locations and information on COVID-19 testing in New Jersey, visit [covid19.nj.gov/testing](https://covid19.nj.gov/testing).

## **Insurance Coverage for COVID-19 Testing**

### **COVID-19 and Health Insurance FAQs**

#### **Will my insurance cover testing for COVID-19?**

The State of New Jersey has instructed state-regulated health insurance companies to waive consumer cost-sharing (co-payments, deductibles or co-insurance) for medically necessary COVID-19 testing. This means that consumers may not be charged out of pockets costs for medically necessary COVID-19 testing.

This waiver covers emergency room, urgent care, and office visits related to COVID-19 testing for the following groups:

- the state's individual, small and large group markets;
- the State Health Benefits and School Employee Health Benefits Plans;
- NJ FamilyCare populations; and
- those eligible for the Charity Care program.

Additionally, to ensure that individuals who are uninsured have access to testing for COVID-19, the Murphy Administration required hospitals and Federally Qualified Health Centers (FQHCs) to [waive patient fees for testing](#) and related diagnostic services for those who lack health insurance.

#### **What do I do if my health coverage is through a self-funded plan, a federal health plan (military or veteran), or a health-sharing ministry?**

The Department does not regulate self-funded plans, federal health plans or health-sharing ministries. However, note that the Families First Coronavirus Response Act establishes requirements for providing coronavirus diagnostic testing at no cost to consumers in certain plans not regulated by the Department. Contact your employer or health insurer to find out what is covered by your health plan.

#### **What should I do if I don't have health insurance or if I lose coverage?**

As part of the state's overall response to the coronavirus pandemic, New Jersey opened a new COVID-19 Special Enrollment Period for New Jerseyans who need coverage to enroll in a health plan until May 15, 2021. All eligible residents can enroll now through [Get Covered New Jersey](#), the state's official health insurance marketplace, and coverage will start on the first day of the month following your plan selection.

Start now at [GetCovered.NJ.gov](https://GetCovered.NJ.gov)

The press release announcing the COVID-19 SEP may be found [here](#).

If you do not have health insurance, or lose coverage, you may be eligible for free or low-cost coverage ([www.njfamilycare.org](http://www.njfamilycare.org)) through NJ FamilyCare, New Jersey's publicly funded health insurance program. NJ Family Care includes CHIP, Medicaid and Medicaid expansion populations and covers doctor visits, prescriptions, vision, dental care, mental health and substance use services and even hospitalization.

Visit [GetCoveredNJ](http://www.getcovered.nj.gov) ([www.getcovered.nj.gov](http://www.getcovered.nj.gov)) for more information.

***Note:** State and federal law also require that most employees and dependents who lose health coverage under an employer's group health plan be given the opportunity to continue coverage for a period of time. Under the federal law (COBRA) and state law, the person electing to continue coverage can be required to pay the full premium plus a 2% administrative fee. You can contact your employer or benefits administrator for more information.*

**Who should I contact if I need assistance with information about my health coverage options?**

Health insurance can be confusing, and sometimes it's hard to choose between all the plans that are available. GetCoveredNJ, the state's official health insurance marketplace, has a network of trained professionals who can help you enroll at no cost. You can find a certified Assister or Broker in your area who can guide you through the application and help you find the right plan on the Get Covered New Jersey website: <https://nj.gov/getcoverednj/help/local/>

**Who should I contact about my health insurance complaints?**

Residents who have questions or concerns about insurance or any entity regulated by the Department may contact the our Consumer Hotline at 1-800-446-7467 (8:30 am to 5:00 pm EST Monday-Friday), or go to the department website and click on Consumer Assistance - Inquiries/Complaints, at <https://www.dobi.nj.gov>

**Where can I go to learn more about the spread of COVID-19 and the measures I can take to protect myself and my family?**

Residents may visit the New Jersey Department of Health website ([www.nj.gov/health](http://www.nj.gov/health)) for COVID-19 updates and information on how to prevent the spread of the virus. For more information on the coronavirus, including testing and vaccine locations, visit the New Jersey COVID-19 Information Hub at <https://covid19.nj.gov/>

## 10 Reasons to Contact the Disaster Distress Helpline (1-800-985-5990)

### **#10: Memorial Dates & Activating Events**

Memorial dates of disaster events can renew feelings of fear & sadness, & can be very emotional for disaster survivors & loved ones. Certain smells, sounds, & other sensations can activate feelings that make it seem like the disaster is happening all over again. If you are struggling with these or similar experiences, we want to help. Call or text us to connect with a DDH counselor.

**Disaster Distress Helpline**

Call or Text 1-800-985-5990 || [disasterdistress.samhsa.gov](https://disasterdistress.samhsa.gov)



## ~ Welcome Faith-Based Community Leaders ~

We invite you to join our NJ Faith Leaders Fellowship for a twice monthly open door opportunity for conversation about the daily challenges you are facing. We welcome clergy of all denominations to stop in, talk and support each other during these unique and difficult times.

*This is an open forum for respectful and confidential conversation for NJ clergy facilitated by Marie Argibay- Boccasino, MHA/COAD.  
There will always be complete privacy.  
Meetings will not be recorded and notes will not be taken.*

**All meetings are via Zoom on Wednesdays:**

**Aug. 10 & 24, Sept. 7 & 21, Oct. 19, Nov. 2, 16 & 30, Dec. 14**

**Please join us (login details will be the same for all meetings):**

<https://us02web.zoom.us/j/89249484033?pwd=R2NkM1h0R2FJZGRNdEEeZ0lrQUpWdz09>

**Meeting ID: 892 4948 4033 Passcode: 398827**

**Dial by your location: +1 929 205 6099 US**

**Meeting ID: 892 4948 4033 Passcode: 398827**

For further information please contact:

Marie Argibay-Boccasino: [mboccasino@mentalhealthmonmouth.org](mailto:mboccasino@mentalhealthmonmouth.org)

Shelley Feingold: [shelley.feingold@co.monmouth.nj.us](mailto:shelley.feingold@co.monmouth.nj.us)

Sponsored by NJ Voluntary Organizations Active in Disaster (VOAD),  
Monmouth County Community Organizations Active in Disaster (COAD) Emotional & Spiritual Care Group  
and the Mental Health Association of Monmouth County.



## **Monmouth County Resources:**



### **COVID-19 Information**

#### **Health-Related COVID-19 Resources**

- [Monmouth County's COVID-19 Pandemic Resource Guide](#) provides information about a range of necessary services including food pantries, designated senior store hours, food delivery and curbside service, pharmacies, crisis counseling, behavioral health services, health department and poison control, caregiver support, disability services, veterans and first responders support and benefits as well as financial assistance.
- [Serious Adverse Health Events Associated with Methanol-based Hand Sanitizers \(CDC\)](#)
- [Watch the proper way to put on, remove and disinfect a face mask if not disposing of a medical mask.](#)
- [COVID-19 Resources for Uninsured or Undocumented Individuals](#)
- [Knowing when to get tested for COVID-19](#)
- [Centers for Disease Control - Info & Resource](#)
- [NJ Dept. of Health – Info & Resources](#)
- [Find your local health department - New Jersey Department of Health](#)

#### **Community Resources**

- [Travel to Mass Gatherings](#)
- [Spring Break 2022 Resources from NJ Dept. of Health](#)

#### **Resources**

- [Power of Attorney Guidance for Families](#)
- NJ Family Helpline is available 24/7 at 1-800-843-5437 and 1-800-THE-KIDS. Trained counselors are available to support parents and families.
- [Jersey Central Power & Light - Message to Customers](#)
- [New Jersey Natural Gas Information](#)

#### **School Resources**

- [Childcare Programs and K-12 Schools](#)

#### **Posters & Flyers (PDF):**

- Additional resources, infographics, etc. can be found on NJDOH webpage, COVID-19: Information for Communities and the General Public: [https://www.state.nj.us/health/cd/topics/covid2019\\_community.shtml#1](https://www.state.nj.us/health/cd/topics/covid2019_community.shtml#1)

[COVID-19 Testing Information](#) | [COVID-19 Business and Employment Resources](#) | [COVID-19 Frequently Asked Questions](#)

## **Monmouth County COVID-19 Testing Information**

If you need to get tested for COVID-19, [testing information](#) is available so you can learn about what to expect.

Monmouth County offers a free COVID-19 testing program, at clinic locations in the County. These clinics are offered only on certain days and times. The program is open to Monmouth County residents only. Each clinic has 200 tests and once those are completed, the clinic will close for the day. **Residents must fill out the [Testing Requisition Form](#)** prior to testing.

## **Free Public Testing Locations in Monmouth County**

- Freehold Family Health Center - 597 Park Ave, **Freehold**
  - 10 am to 3:30 pm, Monday, August 22
- Red Bank Primary School - 222 River Ave, **Red Bank**
  - 2pm to 4pm, Monday, August 22
- Lenna W Conrow Elementary School - 335 Long Branch Ave, **Long Branch**
  - 2 pm to 4 pm, Tuesday, August 23
- Howell Senior Center - 251 Preventorium Road, **Howell**
  - 4 pm to 7 pm, Wednesday, August 24
- Keyport Primary Care Center - 35 Broad Street, **Keyport**
  - 10 am to 3:30 pm, Thursday, August 25
- Asbury Park Community Health Center - 1301 Main St, **Asbury Park**
  - 10 am to 3:30 pm, Friday, August 26
- Mercy Center - 1106 Main St, **Asbury Park**
  - 11 am to 5 pm, Friday, August 26

## **Monmouth County COVID-19 Vaccination Information**

The County is offering free COVID-19 vaccines at our pop-up clinics. Walk-ins are welcome. The Moderna, Pfizer, and the Johnson & Johnson vaccines are available. Everyone 6 months or older is eligible to receive the COVID-19 vaccine. Anyone under 18 **MUST** be accompanied by a parent or guardian.

**Everyone 6 months or older is eligible for a COVID-19 vaccine in New Jersey and encouraged to get vaccinated as soon as possible.**

We have a weekly vaccine clinic every Tuesday from 2:00 p.m. to 6:00 p.m. at our Brookdale Community College vaccination site (Montessori Children's Learning Center located between Lots 4 and 5 on the Brookdale Community College campus). Information about more of our vaccine and testing clinics can be [found here](#).

**Everyone 5 and older should get a booster shot**

If it has been at least 5 months (3 months for immunocompromised children and adults) after your primary Pfizer or Moderna series, or at least two months after your one dose J&J shot.

The Moderna Booster Dose is half the amount of vaccine as the primary series.

The J&J booster dose can be received at least 2 months after the 1st dose. The CDC recommends getting mRNA vaccines (e.g., Pfizer-BioNTech and Moderna), which are preferred over the J&J vaccine for the prevention of COVID-19.

A second booster shot is also available for the following groups:

- **Everyone ages 50 and older** can get a second booster shot with Pfizer or Moderna at least 4 months after their first booster shot
- **Everyone ages 18 and older who got their primary J&J shot and J&J booster** at least months ago can get a second booster shot with a Pfizer or Moderna COVID-19 vaccine.
- **Persons 12 and older who are moderately to severely immunocompromised** can get a second Pfizer or Moderna booster shot at least 4 months after their first booster shot. [Learn more.](#)

For more information regarding the State's COVID-19 Vaccination approach, go to [covid19.nj.gov](https://covid19.nj.gov).

## **Monmouth County Vaccine Locations**

<b>Name</b>	<b>Location</b>	<b>Phone Number</b>	<b>Website</b>
Bayshore Medical Center	727 North Beers Street Holmdel		<a href="https://hackensackmeridianhealth.org/covid19/">hackensackmeridianhealth.org/covid19/</a>
CentraState Medical Center	901 West Main Street Freehold		<a href="https://www.centrastate.com/covid-19-vaccine-walk-in-events/">https://www.centrastate.com/covid-19-vaccine-walk-in-events/</a>
Community Health Center of Asbury Park	1301 Main Street Asbury Park	732-774-6333	<a href="https://vnachc.org/">vnachc.org/</a>
CVS Pharmacy	Hazlet	800-746-7287	<a href="https://cvs.com/immunizations/covid-19-vaccine">cvs.com/immunizations/covid-19-vaccine</a>
CVS Pharmacy	Highlands	800-746-7287	<a href="https://cvs.com/immunizations/covid-19-vaccine">cvs.com/immunizations/covid-19-vaccine</a>
CVS Pharmacy	Long Branch	800-746-7287	<a href="https://cvs.com/immunizations/covid-19-vaccine">cvs.com/immunizations/covid-19-vaccine</a>
Freehold Family Health Center	579 Park Avenue Freehold	732- 294-2540	<a href="https://vnachc.org/">vnachc.org/</a>
HMH Jersey Shore U.M.C.	1945 Route 33 Neptune	732- 897-7926	<a href="https://hackensackmeridianhealth.org/covid19/">hackensackmeridianhealth.org/covid19/</a>
Keyport Community Health Center	35 Broad Street Keyport	732- 888-4149	<a href="https://vnachc.org/">vnachc.org/</a>
Monmouth Medical Center	300 Second Ave Long Branch		<a href="https://rwjbh.org/covid19vaccine">rwjbh.org/covid19vaccine</a>
Monmouth Medical Center Southern Campus	600 River Avenue Lakewood		<a href="https://rwjbh.org/covid19vaccine">rwjbh.org/covid19vaccine</a>
Ocean Health Initiative	3600 Route 66 Neptune	732- 363-6655	<a href="https://ohinj.org">ohinj.org</a>
Red Bank Primary Care Center	188 East Bergen Place Red Bank	732- 219-6620	<a href="https://vnachc.org/">vnachc.org/</a>
Rite Aid Store 00695	1360 Route 36 Hazlet		<a href="https://riteaid.com/pharmacy/covid-qualifier">riteaid.com/pharmacy/covid-qualifier</a>
Rite Aid Store 01778	596 Shrewsbury Avenue Tinton Falls		<a href="https://riteaid.com/pharmacy/covid-qualifier">riteaid.com/pharmacy/covid-qualifier</a>
Rite Aid Store 01796	4057 Asbury Avenue, Suite 8 Tinton Falls		<a href="https://riteaid.com/pharmacy/covid-qualifier">riteaid.com/pharmacy/covid-qualifier</a>
Rite Aid Store 10424	75 South Main Street Neptune		<a href="https://riteaid.com/pharmacy/covid-qualifier">riteaid.com/pharmacy/covid-qualifier</a>
Rite Aid Store 10425	200 Wilson Avenue Port Monmouth		<a href="https://riteaid.com/pharmacy/covid-qualifier">riteaid.com/pharmacy/covid-qualifier</a>
Rite Aid Store 10510	149 Main Street Manasquan		<a href="https://riteaid.com/pharmacy/covid-qualifier">riteaid.com/pharmacy/covid-qualifier</a>
Riverview Medical Center	1 Riverview Plaza Red Bank	732- 741-2700	<a href="https://hackensackmeridianhealth.org/covid19/">hackensackmeridianhealth.org/covid19/</a>
ShopRite Pharmacy #193	280 Route 9 Morganville		<a href="https://vaccines.shoprите.com">vaccines.shoprите.com</a>
ShopRite Pharmacy #299	Neptune		<a href="https://vaccines.shoprите.com">vaccines.shoprите.com</a>
ShopRite Pharmacy #620	Shrewsbury		<a href="https://vaccines.shoprите.com">vaccines.shoprите.com</a>
ShopRite Pharmacy #626	3120 Route 35 Hazlet		<a href="https://vaccines.shoprите.com">vaccines.shoprите.com</a>
ShopRite Pharmacy #631	Howell		<a href="https://vaccines.shoprите.com">vaccines.shoprите.com</a>

MENTAL HEALTH ASSOCIATION  
OF MONMOUTH COUNTY



Stop and Shop Pharmacy  
#0801

Keyport

Wegmans Pharmacy  
Manalapan

Manalapan

Wegmans Pharmacy #09

Ocean

[stopandshopsched.rxtouch.com/rbssched/  
program/covid19/Patient/Advisory](https://stopandshopsched.rxtouch.com/rbssched/program/covid19/Patient/Advisory)

[https://www.wegmans.com/news-  
media/articles/covid-19-vaccines/](https://www.wegmans.com/news-media/articles/covid-19-vaccines/)

[https://www.wegmans.com/news-  
media/articles/covid-19-vaccines/](https://www.wegmans.com/news-media/articles/covid-19-vaccines/)

## MONMOUTH COUNTY COVID-19 CLINICS

August  
2022

**Free At-Home Testing:**  
Visit [learn.vaulthealth.com/nj/](https://learn.vaulthealth.com/nj/) for  
free saliva tests, shipped directly to  
your home at no cost.

Visit [www.covidtests.gov](https://www.covidtests.gov) for 4 free  
at-home COVID-19 tests for every  
home in the U.S.

**COVID-19 Vaccines** are  
safe, free, & effective

Pfizer, Moderna, &  
Janssen available for 1st,  
2nd, 3rd & booster doses  
Walk-ins welcome ages  
6 months & up

ID documentation and  
health insurance not  
required. No impact on  
immigration status

For free transportation:  
To your vaccination, enter "VAXRIDE" promo  
into your NJ TRANSIT app or call NJ TRANSIT at  
973-275-555. Get free Lyft rides by calling 2-1-1  
&  
Monmouth County Division of Transportation  
SCAT: 732-431-6480

## DATES & TIMES



### Testing and Vaccine Clinics

- August 3, 4pm-7pm, Asbury Park  
Transportation Center, 1 Municipal Plaza,  
Asbury Park 07712
- August 8, 4pm-7pm, Union Beach Municipal  
Building, 650 Poole Avenue, Union Beach  
07735
- August 10, 4pm-7pm, Neptune Senior Center,  
1607 NJ-33, Neptune City, 07753
- August 17, 4pm-7pm, Monmouth County  
Health Dept., 50 East Main Street, Freehold  
07728
- August 24, 4pm-7pm, Howell Senior Center,  
251 Preventorium Road, Howell 07731

### Brookdale Community College Clinic - Vaccine Only

- Every Tuesday, 2pm-6pm, Brookdale  
Community College, 765 Newman Springs  
Rd., Lincroft- Children's Learning Center  
(CLC) Parking Lots 4 & 5

FOR FURTHER INFORMATION & INQUIRES, VISIT  
[WWW.VISITMONMOUTH.COM/HEALTH](https://www.visitmonmouth.com/health) OR  
DOWNLOAD THE MONMOUTH COUNTY HEALTH  
DEPARTMENT APP OR CALL 732-431-7456



**\*PLEASE DO NOT GO TO THE HEALTH DEPARTMENT LOCATED AT 50 EAST MAIN  
STREET IN FREEHOLD FOR A VACCINE.\***



**FOR IMMEDIATE RELEASE:**  
**July 18, 2022**

**Board of County Commissioners reminds residents about mental health services available**

FREEHOLD, NJ – The Monmouth County Board of County Commissioners is reminding residents that there are mental health services available through the Monmouth County Department of Human Services.

“With the 988 National Suicide Prevention Hotline launching nationwide, we want residents to remember that Monmouth County stands ready to help anyone who may need assistance coping with a mental health issue or emergency,” said Commissioner Director Thomas A. Arnone. “Mental health is an essential part of overall health and well-being, and we encourage those who need help to take advantage of the numerous resources that the County has to offer.”

According to the National Suicide Prevention Lifeline, 988 has been designated as the new three-digit dialing code that will route callers to trained counselors who will listen, understand how the caller’s problems are affecting them, provide support, and connect them to resources if necessary. The current Lifeline phone number (1-800-273-8255) will remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

“Monmouth County is proud to offer mental health resources and services through our Stigma Free program, which is a county-wide initiative that aims to reduce or eliminate any negative beliefs or stereotypes associated with mental illness and substance use disorders,” said Commissioner Deputy Director Susan M. Kiley, liaison to the Department of Human Services. “One in four adults experience a diagnosable mental disorder each year (approximately 61.5 million Americans) and 1 in 17 adults live with a serious mental illness such as schizophrenia or bipolar disorder. Anyone who would like to learn more is strongly encouraged to visit our website, [stigmafree-monmouth.org](https://stigmafree-monmouth.org).”

The Monmouth County Stigma-Free Action Committee believes that every individual deserves to be treated with respect and that every person needing treatment regardless of the type of injury or condition should be able to get help without the fear, and the stigma of reaching out for help. There are also a wide variety of resources available through community-based organizations to help those in need of mental health or related services.

If you or someone you know is in need of immediate access to mental health counselors, dial 988 to be connected to the National Suicide Prevention Lifeline. If there is an emergency, dial 911.





Talk with us.



There is hope



If you or someone you know  
needs support now,  
call or text **988**  
or  
chat **988lifeline.org**



## **Mental Health Resources:**

- **Monmouth County Division of Behavioral Health**

**(Mental Health and Addiction Services)**

**3000 Kozloski Road Freehold, NJ 07728**

**732-431-6451 Fax 732-683-8730 [www.visitmonmouth.com](http://www.visitmonmouth.com) Monday-Friday 8:30 a.m. - 4:30 p.m.**

The Monmouth County Division of Behavioral Health serves residents through mental health and addiction services resources. In 2020, the Monmouth County Board of County Commissioners combined the offices of mental health and addiction services as a step towards becoming stigma free.

Learn more at <https://www.stigmfree-monmouth.org/>.

Specifically, it provides:

- Advocates on behalf of all residents who require assistance in accessing services and /or responding to consumer complaints.
- Serves as a liaison to mental health agencies between local, county and state agencies.
- Convenes the County Interagency Coordinating Council (CIACC) which monitors and assesses the needs of children and adolescents with special behavioral and emotional needs.
- Convenes the Traumatic Loss Coalition for Youth (TLC), a state grant funded, school based planning, training and crisis response service.
- Responsible for the training and deployment of a Disaster Response Crisis Counselor Team (DRCC) that responds to natural and man-made disasters in our County.
- Provides information and referral services for addiction services.
- Administers County and State funds for alcoholism and drug abuse prevention and treatment projects and programs, including the municipal Alliances to Prevent Alcoholism and Drug Abuse.
- Coordinates planning for treatment and prevention services including the development and distribution of the "Annual County Comprehensive Alcoholism and Drug Abuse Plan."
- Monitors funded projects and programs; disseminates the "Guide to Alcoholism and Drug Abuse Services in Monmouth County."
- Operates the County's Intoxicated Driver Resource Center (IDRC) for persons convicted of an alcohol/drug-related motor vehicle or boating offense (which includes education, screening and monitoring of convicted offenders.

*Due to confidentiality and HIPAA federal and state regulations, you need to include a telephone contact number and/or address when you email us. No responses by the County potentially revealing Protected Health Information can be made via email.*

### **The Prevention Coalition of Monmouth County (PCMC)**

PCMC, an affiliate of Prevention First, is committed to reducing substance abuse in Monmouth County by providing advocacy, awareness and education through collaborative efforts in order to ensure drug-free, healthy and safe lives for all residents. The Coalition exists to meet the need for comprehensive substance abuse awareness planning and programming to create change and reduce stigma in Monmouth County. Focus areas include underage drinking, opioid abuse and emerging drug trends. For more information and resources, visit <https://www.pcofmc.org/> and learn how to get involved.

- [Behavioral Health Reference Guide](#)
- [Children and Youth Behavioral Resource Guide for Monmouth County](#)
- [GIS Map of Mental Health and Addiction Services](#)

## **Additional Mental Health Resources:**

- **Mental Health Association Of Monmouth County**  
[mentalhealthmonmouth.org](http://mentalhealthmonmouth.org)

**732-542-6422**

**MHA of Monmouth County** is assisting callers with questions or concerns about COVID-19.

As you can imagine, many callers are still experiencing increased anxiety, fear, and worry about COVID-19.

**In collaboration with the Monmouth County Board of Chosen Freeholders and Monmouth Acts, the Mental Health Association of Monmouth County is connecting residents to a licensed counselor who can provide up to 6 free telephone emotional support sessions**  
For more information, please call **732-542-6422, Monday – Friday, 9am – 5pm**

**Additional services through MHA include: Outpatient Services, Intensive Family Support Services, Community Support Services, as well as housing assistance, homeless assistance, etc.**

Mental Health Association  
of Monmouth County

**MHA**  
Mental Health America

NAVIGATE WELLNESS COUNSELING presents

## NAVIGATING EMOTIONS

Navigating Emotions helps you take ownership of your life, and participants will learn skills to regulate their thoughts and feelings, which are key to having a successful relationship with yourself and others. By joining with other people, you will find that you are not alone in your search for meaningful connections.

This supportive counseling group assists people 18+ years old who are struggling with depression, anxiety, trauma, and other emotional and relational concerns.

**SESSION AGENDA**

- Introduction
- Agenda Setting
- Review of Group Norms
- Check-in
- Topic Discussion
- Session Takeaways

**MEETING DETAILS**

- Wednesdays (Weekly)
- 12:00 - 1:30 PM
- Telehealth (Virtual)  
(Limited to 10 participants)
- Donation based.  
(No insurance needed)

Facilitated by:  
**BOB BAKER, LAC**  
Mental Health Counselor

Note: Continued participation in the group is at the clinician's discretion.

**FOR REGISTRATION OR MORE INFORMATION:**  
Marta Argibay-Gonzalez  
Information and Referral Specialist  
[marta.argibay@mentalhealthmonmouth.org](mailto:marta.argibay@mentalhealthmonmouth.org)  
phone: 732-542-6422 | cell: 888-311-0812

[www.mentalhealthmonmouth.org](http://www.mentalhealthmonmouth.org) | Connect with us!



**WE'RE LISTENING:**

**(732) 542-6422**

**We're helping  
Monmouth  
County residents  
navigate the  
COVID-19 crisis.**



In collaboration with the Monmouth County Board of County Commissioners and Monmouth ACTS, the Mental Health Association of Monmouth County is connecting residents to a licensed counselor who can provide supportive counseling.

Sessions are available in English, Spanish, and Portuguese.



**Whether you need guidance, resources, mental health support,  
or just someone to talk to, we are here for you.**

Call (732) 542-6422 Mon-Fri 9am-5pm

**STAY SAFE. STAY WELL. STAY CONNECTED.**

**CRISIS SERVICES:** *On site mental health crisis assessment and stabilization*

- **Psychiatric Emergency Screening Services (PESS)** 732-923-6999
- **Children's Mobile Response and Stabilization Services** 877-652-7624
- **Early Intervention Support Services (EISS)** 732-922-1042

**HOTLINES / Supports:**

- **NJ HOPELINE:** Suicide prevention hotline 855-654-6735
- **Cop 2 Cop:** Helpline for law enforcement & their families 866-cop-2cop
- **Mom 2 Mom:** Peer support for Moms 877-914-6662
- **Vet to Vet:** Helpline for veterans 866-838-7654
- **2<sup>nd</sup> Floor Youth Helpline:** Helpline for youth 888-222-2228
- **180 Turning Lives Around:** Helpline for abuse 888-843-9262
- **The Trevor Project:** Helpline for self-harm for LGBTQ young people 866-488-7386  
\_\_\_\_\_[thetrevorproject.org](https://thetrevorproject.org)
- **SAMHSA's National Helpline:** 1-800-662-HELP (4357)
- **SAMHSA's Disaster Distress Helpline:** 1-800-985-5990 or text TalkWithUs to 66746
- **Partnership for Drug-Free Kids:** Call 1-855-378-4373 or visit: <https://drugfree.org/>
- **National Suicide Prevention Lifeline:** Call 1-800-273-8255 or visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- **Veterans Crisis Line:** Call 1-800-273-8255 and press 1 or visit [veteranscrisisline.net](https://veteranscrisisline.net)

**Rutgers UBHC** offers telephonic peer support lines. They are a resource for individuals with struggling with substance use, are in recovery, or need support and may feel isolated at this time.

- **New Jersey Peer Recovery** 8AM-8PM on 3/26/20 the hours are being extended to 10PM for individuals with substance abuse problems or those in recovery needing support: 1-833-422-2765
- **Vets4 Warriors-** 24/7 National Program for veterans who have served in wars-1-855-838-8255
- **Vet 2 Vet-** any NJ veteran 24/7 1-866-838-7654
- **Mom 2 Mom-**mothers with special needs children 8AM-8PM -1-877-914-6662
- **Care 2 Caregiver-** with family members who are caring for family member with memory loss, Alzheimer's, dementia or a related disorder 8AM-8PM 1-800-424-2494
- **Cop 2 Cop-** 24/7 law enforcement officers 1-866-267-2267
- **Worker 2 Worker** for DCP and P workers 8AM-8PM-1-855-327-7482
- **Aid NJEA-** school staff members and their families Monday-Thursday 12PM-8PM; Fridays 12PM-6PM 1-866-243-6532





Joining NAMI provides membership in the national organization, as well as state and local affiliates, NAMI New Jersey and NAMI Greater Monmouth.

Regular membership dues are \$40.00 (\*). Click [here](#) to join NAMI online and pay by credit card, or send a check payable to *NAMI Greater Monmouth* to the following address:

NAMI Greater Monmouth

PO Box 6212, Freehold, NJ 07728

Questions or comments? E-Mail us at [namigreatermonmouth@gmail.com](mailto:namigreatermonmouth@gmail.com)

732-4NAMI-4U (732) 462-6448

(\*) For individuals who cannot afford regular membership, we offer a discounted Open Door membership. Send an email to us if you need information about how to establish an Open Door membership.

### **NAMI Greater Monmouth runs two types of Support Groups:**

- **NAMI Connection** - For individuals pursuing recovery from mental health conditions and emotional issues
- **Family Support** - For people who care for or about individuals with mental health conditions

### **Meeting Locations and Times:**

#### **Virtual Meetings**

Register online to reserve your spot!

#### **NAMI Connection**

Meetings are held on the **1st and 3rd Sundays** of each month.

Meetings start at **1:00 pm** and end at **2:30 pm**.

#### **Family Support**

Meetings are held on the **2nd Monday** of each month.

Meetings start at **7:00 pm** and end at **8:30 pm**.

#### **Colts Neck**

Colts Neck Community Church  
25 Merchants Way, Colts Neck NJ



MENTAL HEALTH ASSOCIATION  
OF MONMOUTH COUNTY



**NAMI Connection and Family Support groups** (meet in separate rooms)  
Meetings are held on the **4th Monday** of each month.  
Meetings start at **7:00 pm** and end at **8:30 pm**.

**Neptune City**  
CARE Community Wellness Center  
80 Steiner Ave., Neptune City.

**NAMI Connection** meets the **1st Friday** of each month.  
Meetings start at **10:00 am** and end at **11:00 am**.

**PROUD TO BE STIGMA-FREE**

A Proud Partner in the Monmouth County Storm Risk Zone and the Nation

Visit our website to access our resources and subscribe to this update.

Follow us on Social Media

[f](#) [t](#) [i](#)

**NAMI Greater Monmouth**

PO Box 6212 • Freehold NJ 07728  
732-4NAMI-4U • [www.namimgo.org](http://www.namimgo.org)  
[nami.greatermonmouth@gmail.com](mailto:nami.greatermonmouth@gmail.com)

**YOU ARE NOT ALONE**

**Special Update – July 23<sup>rd</sup>, 2022**

NAMI Greater Monmouth Support Groups Coming up			
		<p><b>NAMI Family Support Group.</b> Designed for adult family member/caregiver of anyone with a mental health issue</p>	
			<p><b>NAMI Connection Support Group.</b> Designed for any adult with a mental health issue.</p>
Monday, July 25, 7-8:30PM, then the fourth Monday of every month		In-person "side-by-side" groups, Colts Neck Community Church, 25 Merchants Way. "Walk right in," no registration needed.	
Friday, August 5, 10:15-11:15AM, <sup>1</sup> then the first Friday of every month			In-person, CARE Center, 80 Steiner Ave, Neptune City. "Walk right in," no registration needed.
Sunday, August 7, 1-2:30PM, then the first & third Sundays of every month			Zoom meeting. If you are not already registered for the series. <a href="#">Register Once Using This Link</a>
Monday, August 13, 7-8:30PM, then the second Monday of every month		Zoom meeting. If you are not already registered for the series. <a href="#">Register Once Using This Link</a>	

Wednesday, July 27, 2-3PM	Ocean Family Success/Open Door	Senior Support Group	1004 Comstock St, Asbury Park	<p><b>All content in yellow highlight is new since our last issue.</b></p> <p>NAMI support groups continue to operate at both the local and state level. NAMI Greater Monmouth runs NAMI Connection group for any adult with any kind of mental health concern AND NAMI Family Support Group for any adult who considers himself the family caregiver of a person with an ongoing mental health issue: <b>Please register once on our website for the online groups – your</b> If you are planning to attend a NAMI support group in person and the weather looks tough, please text 732-682-5875 at least 2 hours before the meeting. We will let you know if the meeting is shifting to Zoom, and provide the Zoom ID.</p> <p>Additional groups are run by our state association weekly, and also include a new weekly Tuesday evening Connection group, monthly sibling and spouse Family Support Groups, groups in Spanish &amp; Mandarin, and a monthly LGBTQ+ Connection group. Details/registration <a href="#">online</a>.</p> <p>The NAMI Greater Monmouth Board meets via Zoom, generally on the first Monday of each month at 7PM. Next meeting TBD. Please contact us to sit in.</p>
Wednesday, July 27, 6-7PM	Hinkle Prior & Fischer, Attorneys	Veterans Support Group	732-455-5272 <a href="mailto:info@OpenDoorMonmouth.com">info@OpenDoorMonmouth.com</a>	
Thurs, July 28, 7-8:30PM		Turning 18: What Every Special Needs Parent Needs to Know	Zoom	
Friday, July 29, 3:30-4:30PM	NAMI NJ Hearts & Minds Program	Fun Day: "Happy Music"	Zoom & in-person (Freehold)	
Friday, August 5, 3:30-4:30PM	NAMI NJ Hearts & Minds Program	Controlling Impulse	Zoom & in-person (Freehold)	
Friday, August 12, 3:30-4:30PM	NAMI NJ Hearts & Minds Program	Positive Psychology, Gratitude, and their role in dealing with impulse and addiction	Zoom & in-person (Freehold)	
Friday, August 26, 3:30-4:30PM	NAMI NJ Hearts & Minds Program	Gratitude Songs	Zoom & in-person (Freehold)	

**NAMI Walks YOUR WAY**

We invite you to join or sponsor our team, **Mental Health Warriors - Greater Monmouth**. Some of us will walk that day in Duke Island Park in Bridgewater Twp., while others will walk virtually. Still others from other NAMI NJ organizations and affiliates, will walk that day at Giampietro Memorial Park, Vineland.

The **NAMI NJ Hearts & Minds** program conducts weekly "wellness topic discussions for members of the Freehold Community Wellness Center and the larger community. Most Fridays, 3:30-4:30PM. Session dates and topics in the chart. You may join using the FCWC Zoom link Meeting ID: 525 538 7967, or come to the center at 17 Bannard St.

NAMI Greater Monmouth is partnering with our statewide **NAMI NJ en Español** program to provide more supports to the Spanish-speaking community in and around Monmouth County. The program offers NAMI Family Support Group and NAMI Connection in Spanish, and plans to run NAMI Family-to-Family education in the fall. If you need help in Spanish, please contact them by calling 888-803-3413 or emailing [espanol@namimgo.org](mailto:espanol@namimgo.org). They have a detailed monthly newsletter, a [Facebook page](#) with a decent amount of content, and a toll-free line, 888-803-3413.

NAMI Greater Monmouth is proud of our effective community outreach efforts, supported by our award-winning **County Mental Health Miniside**. We currently have a vacancy for a paid outreach associate (stipended), to support outreach and related efforts for 4-10 hours/week. Please email us if you might be interested. Otherwise, we run entirely with the help of dedicated volunteers. We have something for everyone! Whether your skills are manual, strategic, creative or you just like to help others, we can find a volunteer opportunity for you. There is no set time commitment required. You give the time you can to the events and initiatives that are most important to you. We are specifically opening one internship for an undergraduate (Junior or above) or graduate student interested in community development and outreach. Please respond to the volunteer interest form [online](#). Item last. [Let's be careful out there](#)

<sup>1</sup> This group may shift to run 11AM-noon. Please text 732-682-5875 to verify time.

- **Stephy's Place, a support center for grief and loss** offers in person group with some that have a virtual option.

**Please call 732-614-1142 or email: [stephysplace15@gmail.com](mailto:stephysplace15@gmail.com) with questions.**

Registration is mandatory for all groups.

**Our Support Groups include:**

- Loss of Spouse/Partner - weekly, call/email for day & time
- Loss of Child - weekly, call/email for day & time
- Loss due to Suicide - Group #1
- Loss due to Suicide - Group #2
- Loss of Sibling - 8 weeks
- (Adult) Loss of Parent (Kristine) 10 weeks
- (Adult) Loss of Parent (Kerry) 10 weeks
- (Young) Loss of Parent (Kerry)
- Divorce Support - on hold
- Infant Loss - Tuesday

Again, we offer weekly day & evening groups, M-Th. If you are interested in joining one of our groups, please [click here](#) or call 732-614-1142. Please note: email will render the quickest response.

**Registration for All groups is Mandatory. You must receive an email response to your request or a phone call in order to attend a group session.**

## **RWJ Barnabas Health Institute for Prevention and Recovery**

### **For You/Your Families/Your Students' Families:**

**NIDA's Toolkit for Out of School Time** offers science-based activities and resources on drug use and addiction for educating teens during out of school time (OST). The OST setting—before and after school, in the summer, or any time teens attend a supervised program outside of the typical school time—offers a unique opportunity for STEM (science, technology, engineering, and math) learning.

- <https://teens.drugabuse.gov/teachers/out-of-school-time-toolkit>

**Lesson Plan and Activity Finder** from NIDA – you name it, it is there

- <https://teens.drugabuse.gov/teachers/lessonplans>

### **Managing Stress and Anxiety during COVID-19**

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://emergency.cdc.gov/coping/index.asp>

### **Wellness Apps/Courses**

- Headspace <https://www.headspace.com/headspace-meditation-app>
- Calm <https://www.calm.com/>
- Yale University's The Science of Well-Being: <https://www.coursera.org/learn/the-science-of-well-being?>

**Shape America** (check out the Mind and Body Calendars, At-Home Fitness Ideas)

- <https://www.shapeamerica.org/covid19-resources.aspx>

### **Home workout Streaming Services**

- YMCA (free): <https://ymcanyc.org/ymca-home>
- Paid Services w/free trials: <https://www.cnbc.com/2020/03/16/best-home-workout-streaming-services-to-try-during-covid-19-pandemic.html>

### **National Center for Families Learning**

- <https://www.familieslearning.org/resources/out-of-school-time>
- <https://www.familieslearning.org/resources>

### **Teaching From Home**

- <https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>
- <https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-coronavirus/>

### **Family Dinner Conversation Starters**

- <https://redtri.com/20-questions-to-ask-at-the-dinner-table/>
- <https://redtri.com/26-great-conversation-starters-for-honest-family-discussions/>
- <https://www.urbanmommies.com/36-family-dinner-questions/>

**Zoom Tutorial** to host or join meeting

- <https://www.youtube.com/watch?v=JIRfIUH8ENw>

### **For Your YPC and Students:**

#### **Incorruptible.us**

- <https://incorruptible.us/>
- <https://www.tobaccofreenj.com/>

**Drug Facts Challenge** an interactive game using scientific facts about the brain and addiction, marijuana, vaping, and more

- <https://teens.drugabuse.gov/teens/games/drug-facts-challenge>

**National Drug & Alcohol IQ Challenge** a short quiz available in English and Spanish which tests students' knowledge about drugs and alcohol

- [https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2019?utm\\_source=ndafwebblast&utm\\_medium=email&utm\\_content=nf&utm\\_term=NPnp&utm\\_campaign=ndafw-NDAFW2020](https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2019?utm_source=ndafwebblast&utm_medium=email&utm_content=nf&utm_term=NPnp&utm_campaign=ndafw-NDAFW2020)

**SmokeSCREEN** addresses the range of challenges that young teens face, with a dedicated focus on youth decision-making about smoking and vaping (conventional cigarettes, electronic cigarettes, flavored tobacco products), and includes strategies for both smoking

prevention and cessation. The play2PREVENT Lab at the Yale Center for Health & Learning Games received funding from the NIH and the FDA and generous support from the CVS Health Foundation to develop the program.

- <https://www.smokescreengame.org/>
- Request Access (free): <https://yale-medicine.secure.force.com/learninggames?origin=smokescreengame>

**National Institute on Drug Abuse Kahoots** covering a wide range of topics (substance use, vapes, stimulants, marijuana, prescription drugs)

- [https://create.kahoot.it/pages/test/dea33ab0-584e-4ed0-9464-5a1ec01b22aa?\\_id=1584372908](https://create.kahoot.it/pages/test/dea33ab0-584e-4ed0-9464-5a1ec01b22aa?_id=1584372908)

**MindMatters Series** developed by NIDA covers a wide variety of topic areas via different booklets, with each devoted to a specific drug or drug group. A teacher's guide is also included. The program is also available in Spanish.

- <https://teens.drugabuse.gov/teachers/mind-matters>

**Choose Your Path Videos** developed by NIDA which allow the viewer to determine the path of the teenager in the depicted situation based on their selected choices

- <https://teens.drugabuse.gov/videos/choose-your-path>

**Physical and Mental Health:**

- YMCA At Home (free videos) <https://ymcanyc.org/ymca-home>
- Headspace <https://www.headspace.com/headspace-meditation-app>
- Calm <https://www.calm.com/>



Join Mental Health America and IDONTMIND for Our Future In Mind 2022: Local Edition for youth leaders in Pennsylvania, New Jersey, Maryland, Delaware, and Virginia.

Our Future In Mind 2022: Local Edition is a free, three-part virtual training where current and recent high schools students will:

- learn the advocacy skills to make a concrete difference in their schools,
- meet leaders in their state and community,
- and make friends and build relationships with other young people passionate about mental health.

All levels of experience are welcome. Students do not need to be seasoned mental health activists to participate in this training. They only need a passion for mental health advocacy to apply.

The training will take place on Saturdays from 12:00 pm - 4:00 pm ET. The dates are Oct. 15, Nov. 19, and Dec. 17.

For questions about the application, please contact [events@mhanational.org](mailto:events@mhanational.org).

[Learn More and Apply](#)

Deadline to apply is Aug. 31 at 11:59 pm

**Mental Health America**

500 Montgomery Street, Ste 820 | Alexandria, Virginia 22314

(703) 684-7722 | [info@mhanational.org](mailto:info@mhanational.org)



# GREATER MONMOUTH COUNTY BEHAVIORAL HEALTH COMMUNITY RESOURCES



## CALL TO REPORT ABUSE

1-877-NJ ABUSE (652-2873)

24 hours a day – 7 days a week

Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to the Division of Child Protection and Permanency (formerly DYFS). Calls can be made anonymously. Anyone who makes a good faith report based on reasonable grounds is immune from prosecution.



## RESOURCES FOR HEALING

### Perform Care

1-877-652-7624

Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.

### YMCA of Greater Monmouth County Outpatient Services

(732) 290-9040

Provides mental health counseling and substance abuse services for children, adolescents and adults.

#### Monmouth County Counseling Locations Include:

- > Asbury Park School District
- > Eatontown Public Schools
- > Freehold Borough School District
- > Freehold Township School District
- > Howell Township Public Schools
- > Keansburg School District
- > Keyport Public Schools
- > Long Branch Public Schools
- > Matawan-Aberdeen Regional School District
- > Middletown Township Public Schools
- > Neptune Township School District
- > Red Bank Borough Public Schools
- > Union Beach School District

#### YMCA Outpatient Sites:

- > Matawan Outpatient Office
- > Eatontown Outreach Office
- > Temple Shalom, Aberdeen
- > Union Beach Memorial Library
- > VNA Children & Family Health Institute, Freehold



## CRISIS SERVICES

### Mobile Response

to access Mobile Response call

1-877-652-7624



## HELPLINES

### National Suicide Prevention Life Line

1-800-273-8255  
or text 741741

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

### 2<sup>nd</sup> Floor Youth Helpline

1-888-222-2228

This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges. Anonymity and confidentiality are assured except in life-threatening situations.

### Family Helpline

1-800-THE-KIDS (843-5437)

A hotline for families who are trying to prevent a crisis from occurring. Parents may be provided with parenting resources and community referrals.



## ADDITIONAL RESOURCES

### Bayshore Family Success Center

(732) 497-3811

### Monmouth Family Support Organization Family Based Services

(732) 571-3272

### Statewide Parent Advocacy Network (SPAN)

1-800-654-SPAN (7726)

### County Mental Health Board

Monmouth Co. Div. of Behavioral Health

(732) 431-6451

\*\* For additional information and to access services call (732)290-9040

## YMCA OF GREATER MONMOUTH COUNTY

### Counseling & Social Services

166 Main Street  
Matawan, NJ 07747

732.290.9040  
counseling@ymcanj.org

YMCANJ.org



### Here for all.

Financial assistance is offered  
based on availability of funds.

621-4881-CSS



## **Additional Family and Community Resources**

- **PerformCare:** Full-service, behavioral health managed care organization for youth and families dealing with behavioral health, intellectual, developmental disability service's needs & substance use treatment. 24 Hours a Day / 7 Days a Week 877-652-7624
- **SPAN:** Parent Advocacy Network. 8 am - 4pm 800-654-7726  
Link: <https://spanadvocacy.org/about>
- **AA meetings** are being held online and can be found through the following  
Link: <http://aa-intergroup.org/directory.php>
- **CARC** 732-774-3282
  - 913 Sewall Av, Asbury Park
  - [carcnj.org](http://carcnj.org)
- **Monmouth Arts** resource link: <https://www.monmoutharts.org/resources>



# Jersey Shore Yoga on the Beach

By [MAY Blog](#)

Heading to the shore this summer? Who doesn't love to roll their mat out on the sand, breathe in the sea air, tune into the sound of the surf and flow with some great yoga?

Whether you're spending the whole summer or just a few days, you can catch a class somewhere on the beach. Here's a few options for you:

## Monmouth County Area Beaches

**Serene Yoga in Highlands**: Classes at Popomora Point on Mondays

**Sea Bright Beach Yoga**: Classes at 7am and 7pm most days

**Asbury Park Bazaar**: Register for special events

**Yoga Peace Kula**: On the Asbury Park Boardwalk – Thursday, Saturday and Sunday from 7:30-8:30am. Proceeds for local charity

**Yoga on the Beach – Belmar, Avon, Bradley Beach**: Daily yoga classes at 7:30am

**Sea of Abundance Yoga**: Beach yoga weather depending

**Yoga Anjali**: The longest running beach yoga program at the Jersey shore – Avon by the Sea

**Sea Girt Beach Yoga**: Daily Yoga. Cash only

**Local Beach Yoga**: Saturday and Sunday classes in Point Pleasant

**Twisted Guru**: Early morning class at Jenkinson's North





## Welcome School Friends

Please join us for a special virtual webinar FOR YOU

## FROM CRAPPY TO HAPPY

### School Edition

*This webinar's goal is to help you prepare emotionally for the new school year as Covid continues to impact students and all school staff*

**Monday, August 22, 2022 9:30am – 11:00am**

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/WN\\_H1VG0d7oQnOsbg72VBG7zw](https://us02web.zoom.us/webinar/register/WN_H1VG0d7oQnOsbg72VBG7zw)

*After registering, you will receive a confirmation email containing information about joining the webinar.*

### Presenters and Agencies

Shelley Feingold, Monmouth County Division of Behavioral Health

Chris Kalinski, BA, Special Education Certification, Collier Middle School

Jaclyn Puglisi, MSW, LSW, School Based Youth Services, Keansburg High School

Dustin Knoblauch, LCSW, MSW Mental Health Association of Monmouth County

Marie Argibay-Boccasino, BA, Mental Health Association of Monmouth County

Mary Fowler, DRCC, Positive Difference PD



## Introducing the **Monmouth County Special Needs Registry**

The **Monmouth County Special Needs Registry** is a **voluntary** service open to all citizens with special needs who reside, attend school or are employed in Monmouth County. The registry was created to help police officers and other emergency service personnel better assist residents with special needs in the event of an emergency by providing those first responders with vital information regarding a registrant's special needs, emergency contact information, physical description and current photograph of the registrant.

**Information about a SNR registrant shall be kept strictly confidential.**

All registrants will be issued window decals to be placed prominently on the front entrance of their residence as well as on their personal vehicle. The presence of the SNR decal should signify that someone in the residence/vehicle has some degree of special need and first responders should respond accordingly.

The Monmouth County Special Needs Registry is a joint collaboration between the Monmouth County Prosecutor's Office, the Monmouth County Sheriff's Office and the Monmouth County Police Chiefs Association.



For further information about the program please contact (732) 431-7160 ext. 7500,  
Email: [SNR@mcponj.org](mailto:SNR@mcponj.org), or contact your local police department.

[www.MCSNRNJ.org](http://www.MCSNRNJ.org)



## PerformCare

### Helping families across New Jersey

PerformCare is the single point of entry for the New Jersey Children's System of Care (CSOC). Help is available for children, adolescents and young adults (up to age 21) seeking behavioral health, intellectual/developmental disability, or certain substance use treatment services.

#### **Available 24 hours a day, 7 days a week — 1-877-652-7624**

Families should call if their child's behavior has changed or if they are overwhelmed by challenges at home or in the community. Some common reasons to call PerformCare include:

- Depression and/or anxiety.
- Bullying or being bullied.
- Physical or verbal aggression.
- Intellectual/developmental disabilities.
- Substance use.
- Inattention or hyperactivity.
- Oppositional or defiant behavior.
- Grief from major trauma.
- Concerns from teachers.

Families can also visit PerformCare's website at [www.performcarenj.org](http://www.performcarenj.org).

#### **Child-centered care in the right place**

No matter what the challenge, the Children's System of Care can help put your child on the path to a better quality of life. Depending on your child's needs, CSOC services include:

- Referral to counseling services.
- Mobile response to stabilize crisis situations.
- Care management for intense and complex needs.
- Assessments to determine your child's needs.
- Behavioral supports for activities of daily living.
- Family support for education and advocacy.
- Respite services for families.
- Substance use treatment (up to age 18).

PerformCare is available 24 hours a day, 7 days a week, 365 days a year. Contact us toll-free (parents, guardians and youth):

**1-877-652-7624 or TTY: 1-866-896-6975**  
**[www.performcarenj.org/families](http://www.performcarenj.org/families)**



**PerformCare associates  
are available 365 days  
a year to connect  
eligible children to  
individualized care.**

**NJ Children's System of Care**  
Administered by PerformCare\*

**[www.performcarenj.org](http://www.performcarenj.org)**

\*All images are used under license for illustrative purposes only.  
Any individual depicted is a model.

6005PC-1522-23

# NJ Children's System of Care

Administered by PerformCare®

## Online Portal for Developmental Disability Eligibility

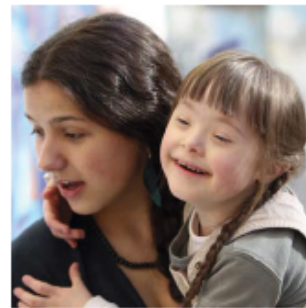
PerformCare connects families to a full array of integrated services for children with developmental and intellectual disabilities. Working together with the New Jersey Children's System of Care, PerformCare has launched a new online portal at [www.performcarenj.org](http://www.performcarenj.org). It provides families with easy access and is the first step to become eligible for developmental disability services.

**The portal on [www.performcarenj.org](http://www.performcarenj.org) will help streamline the eligibility application process. This new online portal includes:**

- A Web-based application process.
- Requests for application tracking.
- Contacts for support.
- Frequently asked questions.
- Community information and resources.
- Printable application forms to apply by standard mail.

### **Available for your family 24 hours a day, 7 days a week**

With the online portal or a phone call, PerformCare can help connect an eligible family to the developmental disability services their child needs to thrive. PerformCare staff is available to help support families 24 hours a day, 7 days a week, at 1-877-652-7624.



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For more information,  
visit [www.performcarenj.org](http://www.performcarenj.org).





**MonmouthCares has joined  
up with PFLAG Jersey Shore to  
offer a free LGBTQ social  
group for teens!**

**LGBTQ+ Teens 13-18 years old are invited to come hang  
out with us and connect with other peers in the area!**

**Group meets the 3rd Monday of every month, from 7pm-9pm.**

**How to register (\*Individuals do not have to be enrolled in MonmouthCares to join):**

1. Visit [MonmouthCares.org](http://MonmouthCares.org) and visit the Your Authentic Self tab under Resources on the toolbar.
2. Click on [the link to receive emails/texts from PFLAG Jersey Shore](#) (this is how invitations and meeting notifications will be shared with participants).
3. Fill out the Informed Consent at the bottom of the webpage and hit submit!

*Questions? Contact Amy Newhart at [anewhart@monmouthcares.org](mailto:anewhart@monmouthcares.org)*





2021-2022	Activity	Time	To Register
Monday	Spanish Group "Nunca Solos"	6:00pm to 7:30 pm	Call Martha at 908-309-0212
Tuesday	Youth Partnership	6:00pm to 8:00pm	Call Shatiya at 732-754-8426
Tuesday	YP Parents Group Mix & Mingle	6:00pm to 8:00pm	Call Cinaida at 732-491-1077
Wednesday	Parent Focus Group	6:30pm to 8:30pm	Call Marie at 732-492-6239
Wednesday	Parents/Caregivers of <b>LGBTQ</b> Youth	6:00pm to 8:00pm	Call Jennifer At 732-491-1596
Thursday	Support Group	5:00pm to 7:00 pm	Call Dawn at 732-589-6937

### Our Mission

Family Based Services Association of NJ (FBSA) provides peer support, educates, and advocates on behalf of Monmouth County, NJ parents and families of children and youth with emotional, behavioral, mental health, or developmental disabilities and substance use.

### Support... Educate... Advocate...

Support Groups are a place where families, parents, and caregivers can come to be encouraged, laugh, cry, and share with other families whose children are experiencing emotional and behavioral challenges.

If you have any questions or concerns, please contact Cinaida Anthony at 732-491-1077 or email [canthony@fbsanj.org](mailto:canthony@fbsanj.org)

*Please register to receive zoom link invitation or information on when groups may be meeting at local parks (weather permitting) during the months of July through September.*

## **Housing & Rental Assistance Resources and Information**

### **Affordable Housing Alliance**

Housing Intake and Referral Assistance

59 Broad Street

Eatontown, NJ 07724

Phone: (732) 876-3601

Phone: (732) 389-2958

[aha-capintake@housingall.org](mailto:aha-capintake@housingall.org)

<https://ahacap.com/>

### **Ocean Inc. Community Partners Relief and Recovery**

Ocean County Administrative Office

40 Washington Street

P.O. Box 1029

Toms River, NJ 08753

Phone: (732) 244-5333

Fax: (732) 349-4227

<http://www.oceaninc.org/>

### **MHA of Monmouth County**

106 Apple Street; Suite 110

Tinton Falls, NJ 07724

Phone: (732) 542-6422

Fax: (732) 542-2477

[www.mentalhealthmonmouth.org](http://www.mentalhealthmonmouth.org)

### **Red Bank Resource Network / MHA of Monmouth County**

103 Dr. James Parker Blvd.: Suite B

Red Bank, NJ 07701

Phone: (732) 383-5135

Fax: (732) 542-2477

[www.mentalhealthmonmouth.org](http://www.mentalhealthmonmouth.org)

### **Community Affairs & Resource Center**

Executive Office

913 Sewall Ave

Asbury Park, NJ 07712

Phone: (732) 774-3282

Fax: (732) 502-8955

<http://carcnj.org/>

### **Love INC**

PO Box 847

Eatontown, NJ 07724

Telephone: (732) 542-7012

Fax: (732) 542-7315

[info@loveincnj.org](mailto:info@loveincnj.org)

<http://www.loveincnj.org/> .

**Interfaith Neighbors**

810 4th Ave, Asbury Park, NJ 07712

Phone: (732) 775-0525 ext. 205

<http://www.interfaithneighbors.org/>

**St. Vincent DePaul / St. Dorothea's**

240 Broad Street

Eatontown, NJ 07724

Phone: (732) 939-6225

**Saint Marks**

247 Carr Ave,

Keansburg, NJ 07734

Phone: (732) 787-1075

**Our Lady of Perpetual Help - Saint Agnes Church**

141 Navesink Ave,

Highlands, NJ 07732

Phone: (732) 291-0272

**Open Door**

39 Throckmorton St,

Freehold, NJ 07728

Phone: (732) 780-1089

**HABCORE**

Phone: (732) 544-1975 ext.1

[www.habcore.org](http://www.habcore.org)

**Lunch Break**

Phone: (732) 747-8577



## ***Division of Social Services***

### **Housing Services**

#### **MONMOUTH COUNTY PUBLIC HOUSING AGENCY (MCPHA)**

The Monmouth County Public Housing Agency, as part of the Monmouth County Division of Social Services, was authorized by the U.S. Department of Housing and Urban Development (HUD) on July 5, 1977 to provide rent subsidies to Monmouth County Residents. MCDSS is proud to be one of the few county welfare agencies in the state to be designated as a public housing agency.

The MCPHA provides HUD-funded rent subsidies including:

- Family Self Sufficiency Program
- HOME (for graduates of transitional housing)
- Family Unification Program (with DYFS)
- Housing Choice Vouchers (HCV) (formerly called Section 8 vouchers)
- Housing Opportunities for People with AIDS (HOPWA)
- Kershaw Commons (a partnership with the MS Society)
- Mainstream (for disabled),
- Shelter Plus Care (10 separate projects for homeless and disabled)



The agency provides case management services to the programs identified, and provides HCV tenants the opportunity to participate in the Family Self-Sufficiency Program (FSS). FSS is a seven-year mutual contract to enhance personal and marketable skills and to increase household income. Successful participants develop an escrow account. MCPHA is located within the Monmouth County Division of Social Services. Some other towns in Monmouth County maintain their own Public Housing Authorities.

### **Emergency Home Repair/Barrier Free Program**

This program is designed to help low income homeowners, and some tenants, with home repair emergencies. The purpose is two-fold: 1) to remedy health/safety code violations and 2) to maintain the housing stock in Monmouth County. Additional services provided are:

- Barrier free bath modifications
- Boiler/furnace repair
- Carpentry
- Chimney Liners

- Electrical Upgrades
- Plumbing
- Ramps (including modular ramps)
- Roofs/gutter repair
- Stair Glide installations
- Water Heaters
- Water proofing
- Well/Septic installations

These services are for income eligible individuals/families in need of home or apartment modification, making it more accessible to their physical limitations.

## HOMELESS SERVICES

Rents in Monmouth County are extremely high and the available rental units are few. The Emergency Assistance units of MCDSS provide the following services only to individuals who are **TANF, GA or SSI** eligible and their families:

- intake/screening, placement services, liaison services to transitional housing sites/shelters and rooming/boarder homes, housing search assistance
- Temporary Rental Assistance (TRA),
- extended services to the chronically ill/impaired through the Housing Assistance Program (HAP), and
- links to Substance Abuse Initiative (SAI), the Behavioral Health Initiative (BHI) and the Legal Service SSI Initiative.

## 24 Hour Homeless Emergency Phone Line

Monmouth County Division of Social Services provides an after-hours number for homeless housing-related emergencies. The number is 732-431-6000.

**Housing website** - [www.njhousing.gov](http://www.njhousing.gov)

The State of New Jersey updates this site regularly with rentals statewide and is for property owners and consumers. A special feature of the site is housing information for persons with disabilities.

## Additional Housing/Homeless Services

- Shelter referrals are made for homeless adults, families and youth for temporary emergency placement
- **Emergency Family Shelter Program** – Provides homeless families who are SNAP recipients with temporary housing and/or security deposit for permanent housing.



## **Utility / Bills Assistance**

- **AHA Utility Assistance** 732-982-8710
  - [NjPowerOn.org](http://NjPowerOn.org)
  - [utilityinfo@housingall.org](mailto:utilityinfo@housingall.org)
- **United Way COVID-19 Community Economic Relief Fund** 866-211-9966  
They will help with bills, rent & food. Provide zip code and they will give a list of local agencies providing assistance.
- **Red Bank Resource Network / MHA of Monmouth County** 732-383-5135

[www.mentalhealthmonmouth.org](http://www.mentalhealthmonmouth.org)

### **FINANCIALLY AFFECTED BY COVID-19?**

- MHA of Monmouth County's Financial Success Center is here to help!
- Find out if you are eligible to receive a gift card for food, personal items or transportation. Need help finding the services that you are eligible for right now?
- Looking to talk to someone that can help you budget your current income?
- Need to look for work or update your resume?
- **MAKE AN APPOINTMENT:** Please contact Carmen Rivera at 732-788-6029  
[crivera@mentalhealthmonmouth.org](mailto:crivera@mentalhealthmonmouth.org)

## **Monmouth County Pantries / Soup Kitchens**

### **Aberdeen**

**Matawan United Methodist Pantry | 478 Atlantic Av, Aberdeen | (732) 566-2996**

- 2<sup>nd</sup> and 4<sup>th</sup> Tuesday 6:30pm-7:30pm
- Thursday 10am-11:30am

**St. Joseph Church Pantry | 42 Wooley St, Aberdeen | (732) 290-1878**

- 1<sup>st</sup> Thursday 9am-1pm
- No Delivery Service

### **Allentown**

**Allentown Food Pantry | 20 High Street, Allentown (609) 259-7289**

- Mondays 10am-2pm
- Wednesday 10am-12pm
- No Delivery Service

### **Asbury Park**

Dinners for Your Neighbors

- Asbury Park Dinner Table has partnered with three local churches FREE – NO QUESTIONS ASKED – NO QUALIFIERS – NO ONE WILL BE TURNED AWAY
- You can pick up meals for yourselves and your families every evening between the hours of 5:00 – 6:00pm at the following locations... First come first serve
- Second Baptist Church  
124 Atkins Av
- St. Stephens Amez  
1001 Springwood Av
- United Fellowship Baptist Church  
603 3<sup>rd</sup> Av

**Free Food in Springwood Park Asbury Park | Drive up or Walk up | No ID required**

- Fridays 10:30am-12:30pm
- 25lb box of produce plus milk available

**Bethel Food Pantry | 119 Atkins Av, Asbury Park | (732) 918-2600 (Fulfill)**

- Wednesday and Friday 10am-11:30 am

**CARC | 913 Sewall Av, Asbury Park | (732) 774-3282**

- **FREE Mini Markets – Pop-ups**
  - *Will update as information becomes available*

**Faith Food Pantry | 1209 Bangs Av, Asbury Park | (732) 988-1816**

- 2<sup>nd</sup> and 4<sup>th</sup> Saturday 9-11am

**First United Methodist A.P. Pantry | 906 Grand Av, Asbury Park | (732) 775-2693**

- Closed

**Jewish Family Services | 705 Summerfield Av, Asbury Park | (732) 774-6886**

- Outdoor Food Pantry on the corner of Summerfield Avenue & Main
- Every Friday 10am-12pm

**Lutheran Church of Atonement Pantry | 308 First Av, Asbury Park | (732) 776-5727**

- 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 10:30am-12:30pm
- No delivery service

**Salvation Army Pantry | 605 Asbury Av, Asbury Park | (732) 775-8698**

- Monday and Friday 9am-11am
- No delivery service

**Second Baptist Church Pantry | 124 Atkins Av, Asbury Park | (732) 774-5347**

- 2nd and last Saturdays 12pm-1:30pm
- Springwood Park

**St Augustine's Soup Kitchen | 155 Prospect Av | Asbury Park | (732) 774-3069 Ms. Lucas**

- Bagged lunch distributed in parking lot
- Sundays 12pm-1pm

**St Peter Claver Pantry | 1419 Springwood Av, Asbury Park | (732) 775-4157**

- Thursday 10am-1pm

**Trinity Last Resort Pantry | 503 Asbury Av, Asbury Park | (732) 775-5084**

- Tuesday 11am-1pm
- Saturdays hot meals served @ 11:30am-1pm

**Victory Tabernacle of Prayer Pantry | 1325 Asbury Av, Asbury Park | (732) 455-5836**

- 2nd and 4<sup>th</sup> Wednesdays 10am-1pm

**Atlantic Highlands / Highlands**

**Our Lady of Perpetual Help Church | 141 Navesink Avenue (Rte. 36), Highlands | (732) 291-0272**

- ***Shop a complete list of grocery items for curbside pick-up.***
- This is a unique Food Pantry where clients can "choose" their groceries.
- Summer Hours:
  - Sundays: 10:30 am to 11:30 am
  - Mondays: 5:30 pm to 6:30 pm

**Navesink United Methodist Church | 96 3<sup>rd</sup> Av, Atlantic Highlands | (732) 291-0485**

***Emergency food bags available for residents of Highlands or Atlantic Highlands***

- Monday/Thursday 9am-11:15am @ church parking lot on 3<sup>rd</sup> Av
- Thursday 4:30-6pm @ lot in front of skate park between Snug Harbor Av and Central Av
- Please call and check their Facebook page for further information
- Handing out pre-bagged items only

### **Belmar**

**Calvary Baptist Church | 600 13<sup>th</sup> Av Belmar | (732) 681-0940**

- Tuesday 10am-12pm

**Belmar Food Pantry | 1000 17<sup>th</sup> Av, Belmar | (732) 681-4413**

- Tuesday, Wednesday and Thursday 10am-12pm

### **Bradley Beach**

**Bradley Food Pantry | 605 4<sup>th</sup> Av, Bradley Beach | (732) 775-0161**

- Monday- Friday 10am-12pm
- Thursdays 6pm-7pm
- Handing out pre-bagged items only
- No Delivery Service

### **Cliffwood Beach**

**Providence Baptist Pantry | 15 Lincoln Av, Cliffwood | (732) 566-4430**

- 3<sup>rd</sup> Saturday 8am-12pm
- No Delivery Service

### **Cream Ridge**

**Emley's Hill Good Samaritan Pantry | 69 Emley's Hill Rd, Cream Ridge | (609) 259-2166**

- Call first until further notice

### **Eatontown**

**Eatontown Food Coop | 15 Meridian Dr. Eatontown | (732) 547-8359**

- Open every other Wednesday 12pm-3pm
- No delivery service

**St. Dorothea's Pantry | 240 Broad St, Route 71 Eatontown | (732) 542- 0148**

- Now offering Masses
- Open 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month, Hours: 5pm-6:30pm
- 2<sup>nd</sup> & 4<sup>th</sup> Saturdays of the month, Hours: 9am-10:30am
- Delivery may be made available for vulnerable and disabled residents

### **Farmingdale / Howell**

**Howell Senior Center** will deliver food to seniors from food pantry  
Please call for more information (732) 938-4500

**The Mews Pantry | The Mews 2 Liron Lane, /Farmingdale (732) 919-6227**

- 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 2:30pm-4:30pm

**Christ Church Pantry | 71 Oak Glen Rd, Howell | (732) 938-7500**

- 2nd Saturday 8:30am-12:30pm
- No Delivery Service

**Howell Food Pantry | 449 Adelphia Rd, Howell | (732) 938-2368**

- Please call first! Pick- ups are for registered clients only

**Freehold**

**St Rose of Lima Parish | 16 McLean St, Freehold | (732) 462-0859 or (908) 839-8508**

- [www.stroseoflime.com](http://www.stroseoflime.com)
- Non - emergency hotline for information assistance and referrals.
- Comfort calls or food assistance
- **Spanish and English**

**Neighbor Connections to Health/Fulfill**

**Freehold Family Health Center | 597 Park Av, Freehold**

- Week to week operation
- All distribution locations listed on website with days and times
- Check "Where to get help flyer" at: [www.freeholdboroughnj.org](http://www.freeholdboroughnj.org) under: **food updates**
- English contact Carly Trill (908) 692-7338 or email [Carly.trill@vnahg.org](mailto:Carly.trill@vnahg.org)
- Spanish contact Karen Ubeda (732) 547-7274

**NCTH Mobile Pantry:**

- 2nd Wednesday of each month at:
  - **Freehold Family Center Parking Lot**
  - 597 Park Ave, Freehold
  - Hours: 2pm-3pm
- 4th Friday of each month at:
  - **St. Rose of Lima Parking Lot**
  - 16 Mc Lean Street, Freehold
  - Hours: 1:30pm-2:30pm
- All volunteers and participants must abide by social distancing recommendations.
- Large crowds not allowed
- We ask if you are sick or in a high-risk category, please stay home
- If at all possible, please leave children / additional family members home

**Freehold Food Pantries** – Due to recent changes in scheduling and distribution, please check Freehold Borough website for updates on the following at this time:

- New Hope Pantry | 28 First St, Freehold | (732) 780-9210
- Open Door Pantry | 39 Throckmorton St, Freehold | (732) 780-1089
  - Tuesday and Thursday 10am-12pm in Broad St. parking lot
  - Monday and Wednesday 10:30-2:30 by appointment only
- Casa Freehold Pantry | 4 Jackson Street, Freehold | (732)409-3111
- YMCA | 41 Center Street, Freehold | (732) 845-5273
  - Monday/Wednesday/Friday 10am-1pm in Vineyard Park

### **Hazlet**

**St. John's UMC Pantry | 2000 Florence Avenue, Hazlet | (732) 264-1236**  
**Facebook page is [facebook.com/StJohnsUMCFoodPantry](https://facebook.com/StJohnsUMCFoodPantry)**

- Thursdays 5:30pm – 7pm

### **Holmdel**

**St Benedict |165 Bethany Road, Holmdel | (732) 264-5578**

- **St Vincent de Paul Society**, extension 34
- Call ahead for information

### **Keansburg**

**Project Paul | 211 Carr Avenue, Keansburg | (732) 787- 4887**

- Wednesday & Friday 9:45am -12:45am
- No Delivery Service

**St. Marks | 247 Carr Avenue, Keansburg | (732) 787- 3520**

- Serving lunch outside daily 12pm -1pm ( takeout only)
- Pantry open Tuesday and Saturday 9am- 11am
- No Delivery Service

### **Keyport**

**Keyport Ministerial Food Pantry | 42 Elizabeth St, Keyport | (732) 888-1986**

- Tuesday and Thursday 9:30am-11:30am

**Keyport Delivery Resource | PO Ken Tiejen Memorial Foundation | (732) 795-0800**

- Grocery delivery, Prescriptions, volunteers
- Assistance offered with grocery delivery and prescriptions for elderly seniors and homebound residents.

### **Little Silver**

- **Volunteer resource | PO Ken Tiejen Memorial Foundation | (732) 795-0800**
- Shopping and delivering meals for seniors and those who are homebound. Foundation has partnered with local police to provide service. Call for details

### **Long Branch**

**Christ the King Pantry | 408 Prospect St, Long Branch | (732) 222-3216 x116**

- Wednesdays 11:30am-1pm

**First Baptist Pantry | 499 Bath Av, Long Branch | (732) 229-1453**

- 2<sup>nd</sup> Thursday 12pm-4pm
- 4<sup>th</sup> Thursday 12pm-4pm



- No Delivery Service

**St. Brigid's Pantry | 300 Broadway, Long Branch | (732) 222-1411**

- Mondays and Wednesdays 11am-1:30pm
- Soup Kitchen Wednesdays 11am-1:30pm
- Please call to check times

**St. Luke's United Methodist Pantry | 535 Broadway, Long Branch (732) 222-1341**

- Every Friday 3pm-5pm
- Soup kitchen - Tuesdays 4pm-5pm (takeout only)
- No Delivery Service

**St Michael's | St. Vincent De Paul Pantry | 800 Ocean Av, Long Branch | (732) 483-0360**

- 3rd Saturday 12pm-4pm

**Manalapan / Marlboro / Morganville**

**Samaritan Center Food Pantry | 211 Route 522, | Manalapan | (732) 446-1142**

- Open every other Saturday from 10-11am

**Community Refuge Church | 4 Sobechko Rd | Manalapan | (732) 446-2230**

- Host Pop-up Pantries periodically
- We will update when information is available

**Monmouth Worship Ctr. Pantry | 37 Vanderburg Rd | Marlboro | (732) 332-9600**

- Sundays 1pm-3pm
- And by appointment
- No Delivery Service

**Hindu American Temple & Cultural Center | 31 Wooleytown Road, Marlboro | (732) 972-5552**

- Call between 8:30-11:30am or 4:30-8pm to register
- Daily 5:30pm-7:30pm
- Packaged food available for drive-thru pick-up
- **NOTE:** Enter the 31 Wooleytown Rd. gate for pick-up & exit the same way

**Manasquan**

**Hope Pantry Community Church | 23 Taylor Av, Manasquan | (732) 223-4115**

- Sundays 1-2pm and by appointment

**Manasquan Food Pantry | 16 Virginia Av, Manasquan | (732) 223-0898**

- Monday and Tuesday 10am-1pm
- Thursday and Friday 1pm-4pm
- 3<sup>rd</sup> Thursday open until 6pm
- No delivery Service

### **Matawan**

**Matawan United Methodist Pantry** | 478 Atlantic Av, Matawan | (732) 566-2996

- Thursday 10am-11:30am
- 2<sup>nd</sup> and 4<sup>th</sup> Tuesday 6:30pm-7:30pm

**Matawan Food Pantry** | 201 Broad St, Matawan | (732) 566-2663

- Last Saturday of the month 8am-12pm

### **Middletown**

**Calico Cat Pantry** | 96 Kings Highway, Middletown | (732) 671- 8775

- Wednesday 9:30-11am
- Pre-packaged bags for pick up outside only

**Township of Middletown | Middletown Helps its Own** | (732) 787-3604

[www.mhio65@gmail.com](mailto:www.mhio65@gmail.com)

### **Neptune**

**FPC Food Outreach** | 142 Oxonia Av, Neptune | (732) 775-8174

- 1<sup>st</sup> and 3<sup>rd</sup> Monday 5pm-7pm
- Wednesday 12pm-2pm
- Saturday 12pm-2pm

**Greater Emanuel Food Pantry** | 423 Drummond Av, Neptune | (732) 774-1963

- 2<sup>nd</sup> Tuesday of the month 11am-3pm

**Mt. Olivet** | 1707 Washington Av, Neptune | (732) 775-4333

- 1<sup>st</sup> Wednesday
- Please call to register first
- No delivery service

**Jersey Shore Dream Center** | 1710 Columbus Av, Neptune | (877) 391-5732

- Tuesdays and Wednesdays 11am-1pm

**St Peter's Primitive Baptist Church** | 211 Belmont St, Neptune | 732-988-3910

- 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 10am – 2pm

### **Oakhurst**

**Sephardic Bikur Holim Pantry** | 200 Norwood Av, Oakhurst | 732-531-1117

- Call for food assistance

### **Ocean Grove**

**St. Paul's Ocean Grove** | 81 Webb Av, Ocean Grove | (732) 775-1125

- Thursday 2:45-4:45 pm

## **Red Bank**

### **BPC Food Pantry | 247 Broad Street, Red Bank | (732)747-0446**

- Monday 5:30pm-7:30pm
- Pre-packaged only
- Curbside pick-up only
- Only 1 family member per pick-up
- All are welcome / No proof of residency required
- No Delivery Service available

### **JBK Soul Kitchen | 207 Monmouth Street, Red Bank | (732) 842-0900**

**For information refer to the website: [jbksoulkitchen.org](http://jbksoulkitchen.org)**

- Lunch: 11:30am – 1:30pm; Friday & Saturday
- Dinner: 5:00pm – 7:00pm; Wednesday – Saturday
- Brunch: 11:30am – 1:30pm; Sundays
- Closed: Monday & Tuesday
- No reservations

### **Lunch Break | 121 Dr. James Parker Blvd, Red Bank | (732)747- 8577**

- Non-perishable and monetary donations only
- Claire's Closet is suspended until further notice
- Food Pantry (bagged groceries distributed at back door only of the Client Choice Pantry)
- Monday-Friday 10am-2:45pm  
Saturday 9am-12pm
- No Delivery Service available

#### **Lunch Break Soup Kitchen**

- Meals distributed "to go" at the blue doors of the dining room
- Continental Breakfast, Monday - Friday 7:30-10am
- **Hot Lunch, Monday – Friday 10am-1pm**
- Community Dinner, Fridays 6pm-8pm
- Saturday Breakfast, 10am-12pm

### **Parker Family Health Center | 211 Shrewsbury Ave, Red Bank | (732)212-0777**

- "Mobile Pantry hosted by PFHC & Fulfill
- Every 1<sup>st</sup> Thursday of the Month
- Hours: 1pm-2pm
- Please bring your own bags
- Everything is offered for free
- No ID required

### **Pilgrim Baptist Church | 172 Shrewsbury Ave, Red Bank | (732)747-2343**

- Host Pop-up Pantries periodically
- We will update when information is available

### **Red Bank Family YMCA | 166 Maple St, Red Bank | (732) 741-2504**

- No service available at this time

### **Salvation Army | 180 Newman Springs Rd, Red Bank | (732) 747-1626**

- Food- Pantry preferred by appointment only
- Now offering "Choice Pantry" rather than pre-bagged
- Office hours are Monday-Friday 9am-4pm

**St. Anthony's Pantry | 121 Bridge Av, Red Bank | (732) 747-0813**

- Mon-Tues 6pm-7pm

**Tinton Falls**

**Glad Tidings Pantry | 4012 Asbury Av, Tinton Falls | (732) 922-9189 Ehesek Hill**

- 2<sup>nd</sup> Tuesdays 5-7pm
- 4<sup>th</sup> Mon 5-7pm

**Collingwood SDA Pantry | 276 Shark River Road, Tinton Falls | (732) 922-1675**

- 4<sup>th</sup> Monday 2pm-6pm

**Union Beach**

**Faith Chapel | 1015 Union Av, Union Beach | (732) 264-5248 Ruth Allen**

- **Loaves and Fishes Emergency Pantry**
  - 3<sup>rd</sup> Saturday 9am-1pm

**Friends of Bayshore | (732) 320-2441 John Merla**

- Delivery and food services
- Deliver meals, medicine, groceries and may pay for medication

**RAINE Foundation | Reaching All In Need Every Day | (732) 865-3555**

- Contact [www.rainefoundation.com](http://www.rainefoundation.com)
- **RAINE** is a foundation created to assist children in crisis providing assistance with food, clothing, emergency housing and other necessities (732) 865-3555
- Serving the Bay Shore area including Keyport, Keansburg, Union Beach, Hazlet, Holmdel, Matawan and Middletown.

**Wall**

**Abundant Grace Pantry | 4041 Squankum-Allenwood Rd, Wall | (732) 835-2726**

- Wednesdays 3:30pm-5:30pm
- No Saturdays

**West Long Branch**

**Ezekiel's Wheels | (732) 618-2440 | Rev. Sue**

- Care packages, grocery shopping for homebound

**Reformation Food Pantry | 992 Broadway, West Long Branch | (732) 229-9180**

- Tuesday
  - Hours: 7pm-8:30pm
- Saturday
  - Hours: 8:30am-10am
- No Delivery Service

**BLESSING BAG BRIGADE NJ** | 125 Red Hill Road, Holmdel NJ

A non-profit organization dedicated to showing compassion and humanitarianism toward the homeless and those in need.

- They collect and distribute men's socks, snack foods, including breakfast bars, water bottles, shampoo, body soap, toothbrushes, travel sized toothpaste, lotion, deodorant, razors and more.
- They have more than 20 drop off locations in Monmouth County.
- Currently serving GRAB N GO lunches at St. Peters in Freehold Wednesday and Thursdays from 12pm-1pm.
- Please sign up at: <https://www.sighupgenius.com/go/60b084fa9a92da4f49-stpeters>

**Blessing Bag Brigade will work with volunteers to deliver food to the elderly by request only, at: [www.blessingbagbrigadenj.org](http://www.blessingbagbrigadenj.org)**

For more information follow them on FACEBOOK | Founder is Kevin P. Garrison





Every  
**TUESDAY**  
(May 3, 2022 - October 25, 2022)  
at 11:00am

Keyport Elks Lodge  
249 Broadway, Keyport, NJ, 07735

Supplies are limited  
**PLEASE PRE-REGISTER BY CONTACTING**  
732-495-9500



**THIS TUESDAY EVERY TUESDAY**

# **FREE FOOD DISTRIBUTION**

**Tuesday 4:30-6:30 PM**  
**RAIN OR SHINE**



**NEW LOCATION**

**First Baptist Church**  
**508 3rd Ave, Asbury Park, NJ 07712**

EVERY TUESDAY WITH NEW 7 DAY MENU  
USDA SFSP FOOD BOXES ARE FREE AND AVAILABLE TO ANYONE  
WITH CHILDREN UNDER THE AGE OF 18 WHO HAVEN'T RECEIVED  
FROM OTHER GOVERNMENT SCHOOL MEAL PROGRAMS

\*While supplies last, No ID or registration required, No charge  
Offering Halal and Kosher certified food

## School Summer Feeding | Breakfast | Lunch | After-School Meals Program Information for Monmouth County

Hunger Free New Jersey | [hungerfreenj.org](http://hungerfreenj.org)



### Kids Eat Free!

Summer meals served free to children and  
teens 18 and under in communities across New Jersey.

No enrollment, no I.D. required.

To protect the health and safety of residents during the pandemic,  
many sites will serve grab-n-go meals for parents to pick up.

#### To find a site near you:

- ☀ Text "food" to 877-877
- ☀ Visit [summerfoodrocks.org/sitefinder](http://summerfoodrocks.org/sitefinder)
- ☀ Call 1-866-3-HUNGRY or for Spanish 1-877-8-HAMBRE

#### Need more info?

Visit [njfoodforthought.org/summermeals](http://njfoodforthought.org/summermeals)  
or call the New Jersey Department of Agriculture at (609) 292-4498.







August 18, 2022

## Back to School Success with Team Nutrition's Menu Planning Tools and Resources Webinar

Registration Now Open!

August 31, 2022

2:00 – 3:00 pm Eastern Time



Please join Team Nutrition for an informational webinar detailing Team Nutrition's many tools and resources to enhance your knowledge of school menu planning and school nutrition operations. Have your mobile devices ready as we take a tour of resources using hands-on activities to showcase the Food Buying Guide for Child Nutrition Programs (FBG) digital resources, Child Nutrition (CN) labels, Product Formulation Statement (PFS), USDA standardized recipes, USDA approved software and more.

[Register Here](#)

**Do you need an alternative format or accessibility tools to help you participate in this event?** The USDA Child Nutrition Programs would like to share that this webinar will be offered with closed captioning. Participants who require a different accessibility tool to participate in this webinar, please reach out by Wednesday, August 24, 2022 to Sheila Kopczynski, FNS-RAC, our event accessibility point of contact for assistance at [sheila.kopczynski@usda.gov](mailto:sheila.kopczynski@usda.gov) or (208) 202-2811.



## **Food Delivery/Pick-up Resources & Services in the Monmouth County Area**

### **Meals on Wheels | (732) 775-0525 | [www.interfaithneighbors.org](http://www.interfaithneighbors.org)**

- Meals on wheels is providing a Noonday meal.
- In response to the COVID 19 health crisis, many enhanced personal facility and vehicle safety protocols have been added to ensure safety of all volunteers, staff and seniors.
- Please understand that the delivery system is under stress at the moment.
- Contact Meals on Wheels to join their program.

### **Umbrella | (844) 402-2480 | <https://www.askumbrella.com/services>**

- Contact-free grocery & medication delivery available nationwide
- Individuals can provide shopping list or ask for a pick-up for an order already placed
- They will charge your credit card the cost of the essentials (if they shop for you) plus a \$10 suggested contribution to support their COVID response efforts after the delivery is completed
- To request a delivery or to find out if service is available in your area:
  - Call: (844) 402-2480
  - Sign-up online : <https://www.askumbrella.com/request-delivery>

### **Instacart.com | [www.instacart.com](http://www.instacart.com)**

- Instacart now has "Leave at My Door Delivery" available to all customers.
- With Instacart, you can shop at the following:
  - Acme,
  - Aldi
  - BJ's
  - Costco
  - CVS
  - Foodtown
  - Petco
  - Sam's Club,
  - Shoprite
  - Target
  - Wegmans
  - Deans Market

### **Peapod.com | [www.peapod.com](http://www.peapod.com)**

- Operated by Stop 'n Shop

### **Uber Eats Delivery**

[www.ubereats.com](http://www.ubereats.com)

### **Grub Hub Delivery**

[www.grubhub.com](http://www.grubhub.com)

### **Door Dash Food Delivery**

[www.doordash.com](http://www.doordash.com)

### **Bring Me That Food Delivery**

[www.bringmethat.com](http://www.bringmethat.com)

### **Steaks and Seafood delivered to your door**

[www.madeyouhungry.com](http://www.madeyouhungry.com)

### **Healthy Meals delivered ready to eat**

[www.mamasezz.com](http://www.mamasezz.com)

### **Healthy Meal Kits ready to cook:**

[www.hellofresh.com](http://www.hellofresh.com) & [www.homechef.com](http://www.homechef.com)

## **Food Delivery/Pick-up Businesses in the Monmouth County Area**

### **MV Silveri and Sons Inc. | 1095 Towbin Ave, Lakewood | (732) 818-0107**

Wholesale Produce Distributor providing Home Bulk Delivery services to families.

To set up an account - Please email them your full name, delivery address, and phone number.  
They'll create an account number for you.

Their online store is open you can shop away, checkout, and pay by credit card.

After your order is placed allow 2-4 Business Days for delivery of your products.

Click on "Direct to Consumer" <https://www.mvsilveri.com/>

You can also follow them on Facebook for news & updates. <https://www.facebook.com/mvsilveri/>

- Office Hours 8am-4pm
- Tel. 732-818-0107 / Fax 732-818-0109 / Email [mikejr@mvsilveri.com](mailto:mikejr@mvsilveri.com)

### **A&J Produce Co. | 506 Atkins Ave, Neptune | (732) 774-7755**

Local and family owned produce distributor open to the public

- [ajproduceco@yahoo.com](mailto:ajproduceco@yahoo.com)
- <https://ajproduceco.wixsite.com/home>

### **Cutler Produce Wholesale and Delivery | 749 Hope Rd, Eatontown | (732) 380-0620**

- [www.cuttlerproduce.com](http://www.cuttlerproduce.com)
- Order online
- Delivery available

### **JBj Soul Kitchen | 207 Monmouth Street, Red Bank | No calls please**

**For information refer to the website: [jbjsoulkitchen.org](http://jbjsoulkitchen.org)**

- You can now enjoy **JBj Soul Kitchen** meals at home and continue to support their mission of helping feed families in the community.
- They now offer delicious and healthy three-course meals TO GO via GloriaFood's online ordering system.
- The Link is: <https://jbjsoulkitchen.org/to-go-meals/>
- Choose your favorites and pick them up curbside at either location:
  - Red Bank
  - Toms River
- **Each \$20 entree comes with your choice of soup or salad AND one dessert. In addition, kid entrees are now complimentary with a purchase of one regular entree.**
- *Please note, when ordering on this system you must purchase at least one entrée for your order to be accepted in the system*

**Water Witch Coffee | 67 Waterwitch Av, Highlands | (732) 204-2694**

- [www.waterwitchcoffee.com](http://www.waterwitchcoffee.com)
- Local and family owned café currently providing produce and prepared meals for sale
- Open 7am – 5pm everyday

***Important: NJ SNAP recipients will be able to use their benefits card to order groceries from Amazon starting on May 27.***

***Walmarts, ShopRites and The Fresh Grocers that provide online shopping will also accept online ordering with SNAP benefits starting on May 28.***

- Recipients will be able to use their Families First Electronic Benefits Transfer card to purchase eligible groceries from the participating retailers.
- Under federal rules, SNAP benefits cannot be used to pay for delivery fees.
  - For Amazon, recipients can visit [Amazon.com/SNAP](https://www.amazon.com/SNAP) to register their EBT card.
  - For Walmart, recipients can visit <https://www.walmart.com/ideas/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/355540> to learn about Walmart's SNAP online program.
  - For ShopRite, recipients can visit <https://shop.shoprite.com/globaldata/banner-pages/shoprite-from-home>
  - For The Fresh Grocers, recipients can visit <https://shop.thefreshgrocer.com/>
- Any Walmart, ShopRite or The Fresh Grocers that currently provides online shopping will also accept online ordering with SNAP benefits.
- "For those New Jersey families who may have difficulty getting to the grocery store - and that may be for a variety of different reasons -- using SNAP benefits online can make the basics of feeding yourself or your family a little less complicated," said **Human Services Assistant Commissioner Natasha Johnson, who directs the Division of Family Development that oversees NJ SNAP**. "We continue to urge residents to visit [njhelps.org](http://njhelps.org) to learn more and apply for food assistance and other benefits."

**Walmart**

- Grocery delivery orders taken between 11am-7pm
- Place orders online or by using Walmart app choose pick up or delivery

**Target**

- Orders placed online only

**ShopRite**

- Delivery orders placed online only
- Must sign up using ShopRite card number

**Foodtown**

- **Foodtown On the Go store** now available for home delivery services
- To place an order, contact your local Foodtown for more information
- Orders can be placed on-line

**Stop and Shop**

- Delivery and pick up orders operated by Pea Pod

**Lidle Market**

- Delivery available with a membership at Shipt.com.
- Membership fee is now \$49.00, regularly priced at \$99.00

**Aldi Grocery Stores**

- Delivery operated by Instacart.com

**Dearborn Market**

- Regular delivery of gift baskets (including dry food)
- No grocery delivery or pickup service

**Dean's Market**

- Order online at [shrewsburyorders@deansnaturalfoodmarket.com](mailto:shrewsburyorders@deansnaturalfoodmarket.com)
- Delivery service operated by Instacart.com

**Delicious Orchards**

- Mail order department operating as scheduled
- No perishable items shipped
- Regular store hours 9:30am-6pm (closed Monday)

**Wegmans**

- Delivery Service operated by Intacart.com

**Whole Foods**

- Delivery available through Amazon Prime
- Sign onto prime account and click Whole Foods

**Eat Clean Bro | 260 South St, Freehold | (866) 258-1890**

**[www.eatcleanbro.com](http://www.eatcleanbro.com)**

- View menu online and choose from selection of over 50 meals
- Free delivery within 15 miles of local kitchens.
- Any delivery over 15 miles will charge a \$10.00 fee
- Delivery and pickup schedule available online

**Two River Dairy LLC | 517 S 7<sup>th</sup> Av, Long Branch | (732) 973- 4818**

[www.tworiverdairy.deliverybizpro.com](http://www.tworiverdairy.deliverybizpro.com)

- Sign up for service and choose your product online
- Delivered to your door.
- Details available on website

**Wild Alaskan Company | [www.wildalaskancompany.com](http://www.wildalaskancompany.com)**

- Wild Alaskan Company is a Delivery Service that connects you to quality seafood. Sign up for a monthly seafood membership on their website.

**Wildzora will stock your pantry | [www.wildzor.com](http://www.wildzor.com)**

- Wildzora offers freeze dried real food meals and snacks.
- Backordered products shipping in 4-8 weeks until further notice

**Thrive Market | [www.thrivemarket.com](http://www.thrivemarket.com)**

- Your favorite organic & non-GMO brands up to 50% off delivered to your door.
- Every paid membership sponsors a free one for a low income family.
- 100% recyclable packaging and zero-waste warehouses
- One year membership is \$5.00 per month billed yearly

**Freshii | 838 State Route 35 Middletown 07748 | [www.orderfreshii.com](http://www.orderfreshii.com)**

- Offering curbside pickup

**Monmouth Meats | Monmouth Street, Red Bank | [www.monmouthmeats.com](http://www.monmouthmeats.com)**

- Call in order at (732) 741-5292
- Offering curbside pickup
- Menu available online

**Belford Seafood Co Op | 901 Port Monmouth Rd, Belford | (732) 787-6508**

- Call in order at (732)787-6508
- Curbside pickup only

**Absurd Organics | [www.absurdorganics.com](http://www.absurdorganics.com)**

Absurd Organics usually does not do “grocery” delivery but during COVID19, we’ve paused to assist in stopping the spread with a Market/Supermarket hybrid grocery delivery service.

**Misfits Market | [www.misfitsmarket.com](http://www.misfitsmarket.com)**

- Ugly, imperfect produce.
- Always fresh, sometimes normal

**Panera | [www.panera.com](http://www.panera.com)**

- Panera Grocery is an alternative to ordering in-demand food items.
- They offer groceries such as the following: Breads, bagels, milk, Greek yogurt, yogurt tubes, cream cheese, apples, avocados, blueberries, grapes, and tomatoes.
- Select the Panera Grocery option on the website.

**Staples | [www.staples.com/freshgroceries](http://www.staples.com/freshgroceries)**

- The office supply store is selling pounds of bananas, oranges and apples starting at \$9.49
- Bagels, cheese, yogurt, other dairy products, bacon, and guacamole also available

**Balance by Bistro MD | [www.mybalancemeals.com](http://www.mybalancemeals.com) (844) 411-2252**

- No minimums
- No memberships
- Prepared meals and snacks delivered to your door
- Dietary needs and allergies can be accommodated

**Local 130 Seafood | 1305 Memorial Drive Asbury Park | (908) 783-2325**

- [www.localseafood.com](http://www.localseafood.com)
- Offering Next Day Delivery Service
- Shop retail in Asbury Park location



## **Baby Formula / Infant Needs /Senior Nutrition Resources:**

**Bayshore Family Success Center** | 945 NJ-36, Leonardo| (732) 497-3811

- [familysuccess@ymcanj.org](mailto:familysuccess@ymcanj.org)
- Located in the Henry Hudson Trail Activity Center
- Pop-up Baby Pantry (diapers, formula and wipes)
- The Pantry is open on the first Friday of every month
- Please call (732.497.3811) or email us ([familysuccess@ymcanj.org](mailto:familysuccess@ymcanj.org)) to register  
Contactless pick up in their parking lot.
  - Next date: Wednesday, September 21, 2022
  - Hours: 1:30pm – 3:30pm
- For more information, visit: [ymcanj.org/event/baby-pantry-contactless/?instance\\_id=2689](https://ymcanj.org/event/baby-pantry-contactless/?instance_id=2689)

**YMCA St. Ann's** | St. Ann's Church, Keansburg| (732) 497-3811

- [familysuccess@ymcanj.org](mailto:familysuccess@ymcanj.org)
- Pop-up Baby Pantry (diapers, formula and wipes)
- Please call (732.497.3811) or email us ([familysuccess@ymcanj.org](mailto:familysuccess@ymcanj.org)) to register by 7pm on the Thursday before each pop up.
- Contactless pick up in their parking lot.
  - Next date: Friday, September 2, 2022
  - Hours: 10am-1pm
- For more information, visit: [ymcanj.org/event/baby-pantry-contactless/?instance\\_id=2689](https://ymcanj.org/event/baby-pantry-contactless/?instance_id=2689)

## **Child Care Resources (Diaper Bank)**

- [www.ccrnj.org](http://www.ccrnj.org)
- Contact person: Chelsea Sheedy
- 732-918-9901 x113
  - Families are eligible to receive diapers on a monthly basis with an agency referral

## **WIC / VNANJ**

88 Main Street, Belford 07718 (732) 471-9301

<http://www.vnahg.org/wic>

- NJ Early Intervention System (NJEIS) is still be offered, which provides services & supports for families with children ages infant to 3 years, who have developmental delays or disabilities via Telehealth. Call the toll-free number, 888-653-4463 or contact Kristina Montague, Referral Unit Manager, via email: [kmontague@cjfhc.org](mailto:kmontague@cjfhc.org) or Cynthia Newman, Regional Director, via email: [cnewman@cjfhc.org](mailto:cnewman@cjfhc.org).
- Pregnancy / Breastfeeding COVID-19 guidance available 202-232-5492
- Further information is available on their Facebook page
- NJ WIC is open for business and services are now available by phone. During the COVID19 pandemic, participants will continue to receive benefits. At this time, WIC is allowing additional food items. Call your local WIC office.

**Similac –**

**Not providing for free at this time**, however working on keeping inventory in stores. There is a samples / savings program parents can sign-up for: <https://similac.com/strongmoms>

Currently still available for direct-ship, home-delivery.

To order Similac, visit major retailers below:

[Walmart.com](https://www.walmart.com)

[Target.com](https://www.target.com)

[Amazon.com](https://www.amazon.com)

[Costco.com](https://www.costco.com)

[Sam's.com](https://www.samsclub.com)

[BJ's.com](https://www.bjs.com)

**A Message from the makers of Similac:**

The safety of our customers is at the forefront of everything that we do. While health and safety standards and procedures are followed daily at our manufacturing facilities, we want to make you aware of the extra precautions we are taking to ensure everyone stays healthy during this heightened concern about COVID19.

**A Message from the makers of Enfamil:**

We have added precautionary measures to every step of our formula making process. We will continue to implement advanced risk management strategies as the situation evolves in order to protect and serve our community. Join Enfamil Family Beginnings program to get baby formula coupons and other savings

Order online at Walmart, Target, or Amazon

**A Message from the makers of Gerber:**

We want to reassure families that we are here to navigate the COVID19 situation and ensure families can access our nutritional formulas, foods and beverages as the response to the pandemic evolves.

Families can find information about discounted products on our website

[www.gerber.com/coupons](http://www.gerber.com/coupons)

**IMPORTANT NOTICE REGARDING BABY FORMULA:**

UNDER NO CIRCUMSTANCES should parents water down baby formula because the exact formulation is needed to give babies enough calories and adding water to formula can cause a dangerous drop in baby's sodium level. This could lead to serious complications such as seizures.

If you find yourself in an emergency where you need formula and are unable to access it through deliver, the American Academy of Pediatrics recommends the following:

Feeding America is a non-profit network of 200 food banks. Many provide free baby food and infant formula. Find your local food bank.

Dial 2-1-1 to be connected to a community resource specialist who can help you find local resources.

## **Farmer's Market (Open Air) in the Monmouth County Area**

### **Asbury Fresh**

Saturday Maker's Market, Select Saturdays starting May 14 from 10 AM-3 PM

Sunday Farmers and Makers Market, Starting May 1 from 10 AM-3 PM

*Kennedy Park, Asbury Park, NJ 07712*

[team@asburyfresh.com](mailto:team@asburyfresh.com)

### **Bell Works Outdoor Markets**

Saturdays from March through November, 11 AM-4 PM

*101 Crawfords Corner Rd, Holmdel, NJ 07730*

*(732) 872-8711*

### **2021 Brielle Fresh Summer Pop-Up At Waterman's Tavern – 2022 information TBA**

Thursdays starting May 20 from 3 PM-7 PM

*403 Higgins Ave Brielle, NJ 08730*

[team@asburyfresh.com](mailto:team@asburyfresh.com)

### **Englishtown Auction Sales/Farmers Market**

Saturdays & Sundays, 8 AM-4 PM

*90 Wilson Avenue, Englishtown, NJ 07726*

*(732) 446-9644*

### **Galleria Red Bank Farmers Market**

May 8 through mid-November, Sundays 9 AM-2 PM

*The Galleria Red Bank Parking Lot*

*Corner of Bridge Ave. and West Front, Red Bank, NJ 07701*

*(732) 530-7300*

### **Highlands Farmers Market- Dates TBA**

Saturdays, 8:30 AM-sellout

*Huddy Park, 301 Shore Drive (GPS address), Highlands, NJ 07732*

*(732) 291-4713*

### **Keyport Farmers Market**

Thursdays from May 5 through October 27, 1 PM-6 PM

*Mini Park*

*55 W Front St, Keyport, NJ 07735*

*(732) 739-5138*

### **Manasquan Farmers Market – (not happening in 2022)**

Thursdays from June to August, 10 AM-3 PM

*Corner of Main St. & Miller Preston Way, Manasquan, NJ 08736*

*(732) 223-8303*

**West End Farmers Market**

Thursdays starting June 23, 9 AM-2 PM

Corner of Brighton and Kossick, Long Branch, NJ 07740

(732) 539-3999

**Sea Bright Farmers Market**

Thursdays May – September, 2 PM -7 PM

1041 Ocean Ave., Sea Bright, NJ 07760

(732) 784-8455

**Know a  
Senior Who  
Needs Food?**



**Fulfill's SENIOR STAPLES Program May Help!**

Seniors 60 years of age and over who meet income requirements  
receive a monthly food box of items like these:



[fulfillnj.org/seniorstaples](http://fulfillnj.org/seniorstaples)

## About the WIC Farmers Market Programs

The New Jersey Department of Health's WIC Office oversees two Farmers Market programs: the WIC Farmers Market Nutrition Program and the Senior Farmers' Market Nutrition Program.

The Senior Farmers Market Nutrition Program caters to qualified state residents aged 60 or older, while the WIC Farmers Market Nutrition Program serves all other eligible state residents.

Updated: 07/27/2022

## Monmouth County

<p><b><i>Asprocolas Acres</i></b> Address: N/A Tailgate Farmers' Market Site</p> <ul style="list-style-type: none"> <li>• <b>Monmouth Beach Farmers' Market</b> 22 Beach Rd, Monmouth Beach, NJ 07750 June – October Saturday: 9AM-1PM</li> <li>• <b>West End Farmers' Market</b> Corner of Brighton &amp; Ocean Blvd. Long Branch, NJ 07740 June – November Thursday: 11AM-6PM <b>** Cash Value Benefits Accepted**</b></li> </ul>	<p><b><i>Farmer Al's Market &amp; Greenhouse</i></b> Address: N/A Tailgate Farmers' Market Site</p> <ul style="list-style-type: none"> <li>• <b>Atlantic Highlands Farmers' Market</b> Veterans Park 111 1<sup>st</sup> Ave, Atlantic Highlands, NJ 07716 June – November Friday: 11AM-5PM</li> </ul>
<p><b><i>Fresh Pik Farms</i></b> Address: N/A Tailgate Farmers' Market Site</p> <ul style="list-style-type: none"> <li>• <b>Asbury Park Farmers' Market</b> Fireman Park 1305 Main St, Asbury Park, NJ 07712 June – October Saturday: 8AM-1PM</li> <li>• <b>Red Bank Galleria Farmers' Market</b> 2 Bridge Ave, Red Bank, NJ 07701 May – November Sunday: 9AM-2PM</li> </ul>	<p><b><i>Hauser Hill Farms</i></b> Address: N/A Tailgate Farmers' Market Site</p> <ul style="list-style-type: none"> <li>• <b>Atlantic Highlands Farmers' Market</b> Veterans Park 111 1<sup>st</sup> Ave, Atlantic Highlands, NJ 07716 June – November Friday: 11AM-5PM</li> <li>• <b>Keyport Farmers' Market</b> Fireman's Park 70W Front St, Keyport, NJ 07735 June – October Thursday: 10AM-6PM</li> <li>• <b>Red Bank Galleria Farmers' Mkt.</b> 2 Bridge Ave, Red Bank, NJ 07701 May – November Sunday: 9AM-2PM</li> </ul>



<p><b>Jeff's Organic Produce</b> Address: 61 Rues Rd, Cream Ridge, NJ 08514 June – October Wednesday: 2PM-6PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• <b>Red Bank Galleria Farmers' Mkt.</b> 2 Bridge Ave, Red Bank, NJ 07701 May – November Sunday: 9AM-2PM</li> <li>• <b>West End Farmers' Market</b> Corner of Brighton &amp; KOSSICK Ave. Long Branch, NJ 07740 June – November Thursday: 11AM-6PM</li> </ul>	<p><b>K &amp; S Farms</b> Address: N/A <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• <b>Englishtown Flea Market</b> 90 Wilson Ave, Manalapan, NJ 07726 Year-Round Saturday &amp; Sunday: 8AM-3PM</li> </ul>
<p><b>Kauffman Farms</b> Address: 93 Squankum Yellowbrook Rd., Farmingdale, NJ 07727 June – October Every Day: 10AM-6PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• <b>Howell Farmers' Market</b> 4567 Route 9 North, Howell, NJ 07731 May - October Sunday: 10AM-2PM</li> </ul>	<p><b>Krackerjack Farm Market</b> Address: 619 Rt. 33 E, Millstone Township, NJ 08535 June – October Every Day: 9AM-6PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>
<p><b>Melick Town Farm</b> Address: 170 Oldwick Rd., Oldwick, NJ 0885 08535 April – December Every Day: 9AM-6PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><b>Peck Farms</b> Address: 2135 Rt. 35 North Holmdel, NJ 08535 May – October Every Day: 9AM-5PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• <b>Marlboro Farmers' Market</b> 438 County Rd. 520 Marlboro, NJ 07746 May - November Sunday: 9AM-2PM</li> </ul>
<p><b>Quail Field Farm</b> Address: 115 Shark River Rd., Tinton Falls, NJ 07753 May – October Every Day: 11AM-6PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• <b>Asbury Park Farmers' Market</b> Fireman Park 1305 Main St, Asbury Park, NJ 07712 June – October Saturday: 8AM-1PM</li> </ul>	<p><b>Samaha's Farm</b> Address: 704 Lloyd Rd, Matawan, NJ 07747 May – September Every Day: 9AM-6PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <p><b>** Cash Value Benefits Accepted**</b></p>

<p><b>Shangri La Farm LLC</b> Address: 1055 Maxim Southard Road, Howell, NJ 07731 May – October Every Day: 9AM-5PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• <b>Asbury Park Farmers' Market</b> Fireman Park 1305 Main St, Asbury Park, NJ 07712 June – October Saturday: 8AM-1PM</li> <li>• <b>Pending Howell Farmers' Market</b> 4567 U.S. 9, Howell Township, NJ 07731 May – October Sunday: 10AM-2PM</li> </ul>	<p><b>The Farm</b> Address: 60Birdsall Road Farmingdale, NJ 07727 May – October Every Day: 9AM-6PM <a href="#">Tailgate Farmers' Market Site</a></p> <ul style="list-style-type: none"> <li>• <b>Howell Farmers' Market</b> 4567 U.S. 9, Howell Township, NJ 07731 May – October Sunday: 10AM-2PM</li> </ul>
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## **Pet Nutrition Resources:**

### **MCSPCA**

- Staff available for pet tips as owners return to work.
- Visit Monmouth County SPCA

***NOTE: ALL of the information listed on this document is updated to the best of our ability. Supply and staff / volunteer challenges may cause changes in resource services periodically. Please be advised that information for all of the listed resources can be changed at a moment's notice and we will continue to strive for the most accurate and up-to-date information as possible.  
Thank you.***