

# Resources for Loudoun Families

## Loudoun County Public Schools

- **Expanded School-Based Meal Services:** school based meal service will be provided from 8:00am to 1:00pm at all LCPS schools. Students will be allowed to receive two meals daily (a breakfast and a lunch) and can choose to take both meals at the same time. Students can receive meals at the school of their choice, not just the school they attend.
- **Expanded Community-Based Meal Services:** Meals are being delivered to community locations between 10:00am and 1:00pm on weekdays. You can view the interactive map for locations and scheduled times of “meal stops” [here](#).

## Food and Meal-Based Community Resources

- **Mobile Hope** is a local non-profit organization. They are providing food assistance, personal hygiene products, and diapers to community locations in Leesburg, Lucketts, Purcellville, Hillsboro, Ashburn, Sterling, South Riding, and Middleburg. Please see the attached flyers for their schedule and where you can find the Mobile Hope bus.
  - o To keep up-to-date on their schedule and learn how to get involved, please visit Mobile Hope on [Facebook](#).
- **Loudoun Hunger Relief** provides food assistance to all residents in need. They are remaining open for normal service and providing emergency preparedness food bags during this crisis (limit 2 per household).
  - o Their regular food distribution is located at 750 Miller Drive, Suite A-1, Leesburg, VA 20175. Their hours are from 10:00am – 12:45pm on Wednesday, Friday, and Saturday. You can also call to schedule an appointment at 703-777-5911.
  - o To keep up-to-date on their schedule and learn how to get more involved, please visit Loudoun Hunger Relief on their [Website](#), [Blog](#), and [Facebook](#).
- **Women Giving Back** is a local nonprofit organization dedicated to supporting women and children in crisis. They are working with local schools and agencies to provide food for families in need.
  - o To keep up-to-date and learn how to get involved, please call 703-554-9386 or visit Women Giving Back on [Facebook](#).
- **Tree of Life Ministries** will continue to offer weekly free community meals in Leesburg and Purcellville. They also offer weekly food deliveries from their food pantry, food “to-go” meals available in Leesburg (Tuesdays) and Purcellville (Thursdays), financial assistance, and health/medical vouchers.
  - o For more information or assistance please call 540-441-7920, email [info@tolministries.org](mailto:info@tolministries.org), or visit their [website](#).
- **The Community Church Messiah’s Market Food Pantry** offers food assistance to anyone in need. They are offering a special shopping opportunity on Sunday March 22 from 3:00 – 4:00pm. They are located at 19790 Ashburn Road, Ashburn, VA 20147.
  - o For more information and schedules, please call 571-209-5000 or visit their [website](#).
- **Dulles South Food Pantry** provides food, personal supplies, and other assistance to those in need in the Dulles South area. They offer food distribution hours on Wednesday by appointment. Supplemental food will be provided to families with children on LCPS’s free and reduced meals program.
  - o For more information please call 703-507-2795 or go to their [website](#) or [Facebook](#).

- **Faith Chapel Church Operates the Lucketts Community Food Pantry** and remain open on the second Saturday of each month from 9:30 – 11:00am. Please call 703-608-8616 or visit their [website](#) for more information.
- **The Lovettsville Food Pantry** provides food assistance at the New Jerusalem Lutheran Church on Lutheran Church Road. For people in the Lovettsville area in need, please contact the church at 540-822-5576.

### **Coordination Resources**

- **Loudoun County Information and Referral Program (I&R)** connects individuals to resources in Loudoun County, including child care assistance; health and dental care; mental health, substance abuse, and developmental services; financial assistance, housing assistance, and public benefits. You can call 703-777-0420 (Monday to Friday, 8:30am – 5:00pm).
- **Loudoun Cares** is a nonprofit organization working to centralize information about how to access community resources and get involved.
  - o To access their referral helpline, please call 703-669-4636.
  - o To remain up-to-date on additional community resources or ways to get involved, please visit Loudoun Cares on [Facebook](#).

### **Internet Assistance**

- **Comcast Internet** is offering families with limited income 60 days of free internet service. To sign up, call 855-846-8376 (English) or 855-765-6995 (Spanish). You can also visit their [website](#).

### **Healthcare Resources**

- **Healthworks of Northern Virginia** provides healthcare, dental care, and behavioral healthcare to anyone, with or without insurance.
  - o If you are experiencing a fever, cough, shortness of breath, or have come in contact with someone confirmed to have COVID-19 (and are already an existing patient of HealthWorks OR do not have a primary care provider), please call their office at 703-443-2000 and select option 1 to be screened before going to the office for an appointment or going to the hospital for testing. You can also visit their [website](#) for more information.
- **Loudun Free Clinic** provides healthcare services for Loudoun County residents.
  - o Please call 703-779-5416 to be triaged for an appointment. You can learn more about their services at their [website](#).
  - o Please note they are not accepting walk-in patients and are not offering testing or treatment for COVID-19 at this time. All no-show fees are waived if you need to cancel your appointment.
- **Simplicity Health Clinics** provide primary care services at affordable fees for adults who do not qualify for Medicaid, do not get health insurance through work, or have insurance with high copays and deductibles. Their Sterling office is located at 46440 Benedict Dr., Suite 208, Sterling, VA 20164. Please call 571-665-6500 for appointments and more information.

### **Resources for Talking about COVID-19 and Helping Children and Teens Cope**

- [Talking with Children about COVID-19: Messages for Parents, School Staff, and Others Working with Children – CDC](#)
- [Talking to Children about COVID-19: A Parent Resource](#) – National Association of School Psychologists

- Available as a handout in English, Spanish, Amharic, Chinese, Korean, French, and Vietnamese
- [How to Talk to your Kids about Coronavirus](#) – PBS Kids
- [How you and your Kids can De-Stress during Coronavirus](#) – PBIS Kids
- [Talking to Kids about the Coronavirus](#) – The Child Mind Institute
- [Helping Children and Teens Cope with Anxiety about COVID-19](#) – Seattle Children’s
- [Tips on Managing Anxiety and Stress](#) – Centers for Disease Control and Prevention (CDC)
- Additional handouts are available

### **Mental Health and Crisis Resources**

- Many mental health agencies are offering Telehealth appointments during this time. If your child already sees a private psychotherapist, please contact their office to determine continuity of care.
- **In an emergency, call 911 and ask for a Crisis Intervention Team (CIT) deputy or officer.**
- **There are also resources available 24 hours/ 7 days a week for youth experiencing depression, suicidal thoughts, or other behavioral crises. Please visit [LCPS’s Suicide Prevention Website](#).**
- **Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline** provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. The toll-free, multilingual, and confidential crisis support services is available to all residents in the United States. To connect with a trained crisis counselor, call 1-800-985-5990 (Spanish-speakers can press “2” for 24/7 bilingual support). Callers to the hotline can also connect with counselors in over 100 other languages via third-party interpretation services; simply indicate your preferred language to the responding counselor. You can also text “TalkWithUs” for English-speakers or “Hablanos” for Spanish-speakers to 66746. You can learn more about this service at their [website](#).