



In response to school closures and extensions of Spring Break for many local ISD's and colleges, NCTC has compiled the following list of relevant resources to assist during this challenging time. This list will be updated as new resources or services become available.

For more specific questions or assistance during NCTC's Extended Spring Break and period of all online instruction, please contact advising@nctc.edu or text (940) 580-1687-questions will be responded to daily while staff are working remotely due to campus closures. You may also locate additional needed resources through this extensive [NCTC COMMUNITY RESOURCE LIST](#).

FOOD, CHILDCARE, HOUSING, & FINANCIAL RESOURCES:

- [The Hope Center College Student COVID-19 Survival Guide](#) is a must with great tips and resources!
- Apply for [NCTC Scholarships](#) or complete a request for [NCTC Student Emergency Funds](#)
- [Serve Denton](#) and [Denton County United Way](#) maintain updated webpages with agencies providing food, childcare, and financial assistance, and support several non-profits offering help year-round.
- [Texas 2-1-1](#) and [Find Help](#) connect you with needed resources all over the state-search by zip code.
- [Texas Department of Housing and Community Affairs](#) to locate short and/or long-term housing or rental assistance.
- [Texas Network of Youth and Family Services](#) also has a searchable database.
- [AID Network of Denton](#) has links to local agencies providing emergency rental assistance.
- [Texas Workforce Commission](#) offers benefits to those whose income has been impacted, and the [City of Denton has several resources](#) listed to help locate employment, benefits, and to help employers
- [North Texas Food Bank](#), [Tarrant County Food Bank](#), and [Wichita Falls Food Bank](#) serve multiple counties and each site has a food pantry locator by zip code.
- [Christian Community Action Food Pantry](#): 200 Mill St. Lewisville, TX 75057 or (972) 221-1224
- [Salvation Army Food Services and Emergency Assistance](#): Multiple locations
- [Grace Like Rain and local churches partnering to provide childcare](#) for working parents with children impacted by extended Spring Break/school closures
- [Woman 2 Woman Pregnancy Resource Center](#) will be open Monday-Thursday for limited hours to distribute diapers and formula. Call (940)383-4494 in advance to request needed items for pickup.
- **Most ISD's are offering food service while schools are closed-if you don't see your ISD listed below please check your school's website or [locate them here](#):**
 - [Denton ISD](#) now has a once a day carry out from Noon-1:00 p.m. at all 15 locations and via bus delivery-this will include lunch and breakfast for the following day. Morning breakfast service is discontinued.
 - [Lewisville ISD will serve meals](#) via drive through, grab & go only, to all students who wish to participate at 8 campus locations.
 - [Lake Dallas ISD](#) will provide "drive-through" meals for students during weekdays at Lake Dallas Elementary School.
 - [Sanger ISD serving "curbside" breakfast and lunches](#) at the Sixth Grade Center. Contained in the meal will be a lunch for the day and a breakfast for the following day.
 - [Gainesville ISD will provide free curbside grab-and-go meals](#) to all children 18 years and younger-3 meals daily per visit, and 9 meals on Friday for the weekend.
 - [Bowie ISD is providing breakfast and lunch](#) Monday-Friday from 9:30-10:00 a.m. Friday pickup includes meals for Saturday and Sunday.
 - [Graham ISD's Free Curbside Meal Program](#) for children age 2-18 will begin on Monday, March 23rd.

MENTAL HEALTH, STRESS MANAGEMENT, & SAFETY:

- [JED Foundation](#) has links to several resources for managing stress, anxiety, and depression which can be created or exacerbated in times of uncertainty
- [NAMI \(National Alliance for the Mentally Ill\)](#) COVID-specific resource articles and links
- [Centers for Disease Control](#) stress and wellness tips
- [American Psychological Association](#) strategies to deal with pandemic stress and psychologist locator
- [Coronavirus and Grief](#) – The Grief Recovery Method
- Online [AA \(Alcoholics Anonymous\)](#) and [NA \(Narcotics Anonymous\)](#) meetings
- [National Domestic Violence Hotline](#): 1-800-799-SAFE (7233)
- [Denton County Friends of the Family Crisis Line](#): 940-382-7273 or 1-800-572-4031
- [Abigail's Arms](#) (Cooke County Family Crisis Center): 940-665-CURE (2873)
- [Wise Hope Shelter & Crisis Center](#) Hotline: 940-626-4855
- [National Parent Helpline](#) offers emotional support from trained advocates as parenting is even more difficult during times of crisis.

BOOKS, INTERNET, & MISCELLANEOUS SERVICES/DISCOUNTS:

- [NCTC Online Bookstore](#) now offering free shipping and eBooks and online tutoring is available through [NCTC Student Success!](#)
- [All three City of Denton Library locations are now closed](#), however if you live in the city limits of Denton, are 18 or older and have never had a Denton Public Library card, you're eligible for an eCard which lasts 60 days and give you access to the online resources.
- [Gainesville/Cooke County library](#) is closed but offering free access to Wifi from their parking lot (network is CCPL and the password is C00kectyLIB) and [Nortex has several Wifi hotspots](#) as well.
- [Federal Communications Commission \(FCC\)](#) has an updated, detailed list of all internet service providers offering discounts or free access.
- [Charter and Spectrum offering free internet access](#) to K-12 and College Students
- [Suddenlink is also offering 60 days of free service](#) to new qualified customers
- [Comcast](#) has free WiFi for 60 days to low income families plus all Xfinity hot-spots are free to the public during this time.
- [AT&T](#) is offering open hot-spots, unlimited data to existing customers, and \$10/month plans to low income families and all providers must abide by the [FCC agreement](#) stating that they will waive late fees, not cutoff service for lack of payment, and open hot-spots.
- [T-MOBILE](#) unlimited smartphone data for the next 60 days for current customers.
- [SPRINT](#) will give customers on metered data plans unlimited data for 60 days and provide an additional 20 GB Mobile Hotspot per month per line.
- [METRO](#) customers will have unlimited smartphone data for the next 60 days.
- [CRICKET](#) is waiving re-activation fees.
- [VERIZON](#) is waiving certain fees and adding more data to current plans.
- [UHAUL](#) is offering one month of free storage space for students.
- [Frontier Airlines](#) is allowing students to fly free to over 100 destinations.

FOR PARENTS WITH KIDS AT HOME:

- [Movement and Mindfulness Videos](#)
- [DFW Child's List of Online Field Trips!](#)
- [Scholastic Learn at Home Resources](#)
- [Actors reading their favorite children's books](#)
- [Talking to your kids about the Coronavirus](#)