

Navigating COVID-19: A Socio-Emotional Guide for Families

(Compiled by Hannah Kohn, LLMSW)

This is a living, collaborative document. If there are additional helpful resources that you have found or topics you would like to see covered as information develops, please submit your suggestions to be considered [here](#).

Section 1: Facts about and Preparing for Coronavirus

- [CDC Talking with Children about Coronavirus and Facts to Know](#)
 - **What is COVID-19?**
 - COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Doctors and scientists are still learning about it.
 - Recently, this virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick.
 - Doctors and health experts are working hard to help people stay healthy.
 - **What can I do so that I don’t get COVID-19?**
 - You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19:
 - Cough or sneeze into a tissue or your elbow. If you sneeze or cough into a tissue, throw it in the trash right away.
 - Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.
 - Wash your hands with soap and water for at least 20 seconds. Follow 5 steps—wet, lather (make bubbles), scrub (rub together), rinse and dry. You can sing the “Happy Birthday” song twice.
 - If you don’t have soap and water, have an adult help you use a special hand cleaner.
 - Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.
 - If you feel sick, stay home. Just like you don’t want to get other people’s germs in your body, other people don’t want to get your germs either.
 - **What happens if you get sick with COVID-19?**
 - COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. From what doctors have seen so far, most children don’t seem to get very sick. While a lot of adults get sick, most adults get better.
 - If you do get sick, it doesn’t mean you have COVID-19. People can get sick from all kinds of germs. What’s important to remember is that if you do get sick, the adults at home and school will help get you any help that

you need.

- If you suspect your child may have COVID-19, call the healthcare facility to let them know before you bring your child in to see them.

- [CDC Frequently Asked Questions regarding Children and COVID-19](#)
- [CDC Checklist for Teachers and Parents](#)

Section 2: Talking to your students about COVID-19

- **Don't be afraid to discuss the coronavirus.** Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- **Be developmentally appropriate.** Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
 - Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and community leaders to prevent germs from spreading.
 - Upper middle school and high school students are able to discuss the issue in a more in-depth fashion and can be referred directly to appropriate sources of COVID-19 facts. Having such knowledge can help them feel a sense of control.
- **Take your cues from your child.** Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to [avoid encouraging frightening fantasies](#).
- **Deal with your own anxiety.** "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues.
- **Be reassuring.** Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.
- **Focus on what you're doing to stay safe.** An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The [CDC recommends](#) thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, ***explain that those people are being extra cautious***.
- **Stick to routine.** "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of

the basics just like you would during a spring break or [summer vacation](#). Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

- **Keep talking.** Tell kids that you will continue to keep them updated as you learn more. “Let them know that the lines of communication are going to be open,” says Dr. Domingues. ***“You can say, ‘Even though we don’t have the answers to everything right now, know that once we know more, mom or dad will let you know, too.’”***
- **[Avoid excessive blaming.](#)** When tensions are high, sometimes we try to blame someone. It is important to avoid stereotyping any one group of people as responsible for the virus. Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.
- **[How to Talk to Your Little Kids about Coronavirus](#)**
 - **“Mommy was talking about something she was worried about but I’m OK and I’m still going to take care of you, you don’t need to worry.”**
 - **Use a song to teach them how long they should be washing their hands for**
- **[A Comic for Kids Explaining the Coronavirus](#)** (printable copy [here](#))
- **[What is the Coronavirus? Social Story](#)**

Section 3: Navigating the extended break

- Developing Routines
 - Social Stories
 - [Home Visual Scheduling PPT](#)
 - [When I Have a Big Break from School PPT](#)
- [Mental Health Experts Share Tips on Keeping Calm - And Not Scaring Your Kids](#)
 - To manage fears, Noreika advises doing simple things like **taking deep breaths and engaging in enjoyable activities —go for a walk outside, read a book, watch your favorite movie, cook a nice meal** — to help keep negative thoughts at bay. He also urges those nervous about coronavirus to engage in **positive self-talk, and said along with washing your hands and covering your mouth, people should keep hand sanitizer on them and stay home if one is feeling sick.**
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)
 1. **Normalize Anxiety**
 - Anxiety can be healthy. But not all adolescents, or adults, know that it typically acts as a useful and protective emotion. Accordingly, teenagers sometimes fear that their heightened nerves signal the onset of a full-blown anxiety disorder. They become worried about the fact that they are worried.
 - Adults can help young people appreciate that [healthy anxiety has a purpose](#): It alerts us to potential threats and helps us move toward safety. “Feeling some anxiety,” we might say calmly, “makes sense right now. You’re having the right reaction to the emerging news about the coronavirus.”
 - From there, we can encourage teenagers to channel their discomfort into useful action, such as learning about and following the [recommended health guidelines](#).
 2. **Offer Perspective**
 - For psychologists, anxiety is unhealthy only when it occurs in the absence of a threat — when there is nothing to be worried about at all — or when it reaches heights that are grossly out of proportion to the threat involved, such as when a teenager experiences a panic attack over a minor quiz. We can help adolescents keep their worries about the coronavirus at an appropriate level by making sure they don’t [overestimate the dangers or underestimate their ability](#) to protect themselves from those dangers.
 - Toward this end, we might say, “Right now, the health risk from coronavirus is [very low](#) for most Americans.” To this we can add, “And there’s a lot you can do to lower your risk even further: Keep your hands clean and away from your face, avoid anyone who might be coughing or sneezing and protect your immune system by getting enough sleep.”
 3. **Shift the Spotlight**
 - During difficult times, research suggests that teenagers feel better when they turn their attention to supporting others. After a 2006 flood destroyed a small town in southern Poland, [one study found](#) that the teenagers who provided the highest levels of social support to fellow flood victims were the ones who went on to express the most confidence about their ability

- to face challenges in their own lives.
 - Knowing this, we can remind teenagers that we wash our hands and follow other health recommendations not only to protect ourselves, but also to help to ease the [strain on local medical systems](#). Along the same lines, adults can note that making personal sacrifices — such as postponing a vacation or staying home if we're not feeling well — helps to reduce the chance of carrying illness into our own communities. If you are stocking up on groceries in case of being asked to self-quarantine, take the opportunity to talk to your kids about the challenges faced by people in need and consider donating nonperishables to a local food bank.
4. Encourage Distraction
- When we [fixate on dangers](#), anxiety grows, and when we turn our attention elsewhere, it shrinks. That said, it might be hard for some teenagers *not* to obsess about Covid-19 given that the topic pervades headlines and social media, and that concerns about disease spread have been closing schools and causing the cancellation of long-scheduled events.
 - Further, the constant availability of fresh information about the coronavirus may spur some teenagers (and adults) to compulsively check for news updates. This, however, may offer little emotional relief. [Research shows](#) that obtaining clear information about a potential threat helps people feel better, but ambiguous information does nothing to reduce anxiety or the urge to seek reassurance. Remind them [not to rely on rumors](#) or unreliable sources.
 - So long as the updates remain vague, teenagers who are feeling highly anxious about Covid-19 should be encouraged to take a break from seeking, or even accidentally encountering, information about the virus. For example, we might ask teenagers to consider scaling back how often they check their phones for information updates, or to trust that we'll share any significant news should it arrive. Similarly, we might encourage finding distractions, such as doing their homework or watching a favorite show, while shielding themselves from digital intrusions.
5. Manage Your Own Anxiety
- Anxious parents are [more likely to have](#) anxious teenagers. This research finding has [many possible explanations](#), but here's one: young people look to adults for cues about how nervous or relaxed they should be when encountering something new. Wittingly or not, parents are sometimes fearful in a way that puts their children on edge.
 - Teenagers can tell when adults are saying one thing and feeling another. Offering reassuring words won't do much good when our own anxiety is riding high. And being worn thin by tension leaves us less able to comfort teenagers and young adults who feel upset about missing events or [enjoying spring on their college campuses](#).
 - Before trying to support a fretful teenager, tense adults should take steps to calm their own nerves. To do so, they can use the same strategies outlined above.
 - Modeling a level-headed response is the best way to keep anxiety from getting the better of our teenagers as we all find our way through this new

and uncertain challenge.

- [7 Ways to Help Kids Cope with Coronavirus Anxiety](#)

Section 4: Community Resources for Food/Supplies

- [AAPS Community Resource List](#) - will continue to be updated
- [Food Gatherers "Need Food?" Brochure](#)
- [Friends In Deed Guide to Community Services](#)

Free Hot Meals (uncertain if hours will remain the same during this state of emergency)

Ann Arbor Community Center

Days/Times: Tuesdays and Thursdays 11:45am-12:45pm

Address: 625 North Main, Ann Arbor, MI 48105

Phone: (734) 662-3128

More Info: Call 24 hours in advance for reservations - ask for Linda McKinney. \$2 suggested donation for 65+.

Ann Arbor Senior Center

Days/Times: Mondays, Wednesdays, Fridays at 11:30am-12:00pm

Address: 1320 Baldwin, Ann Arbor, MI 48104

Phone: (734) 769-5911

More Info: Call two business days in advance for reservations. \$2.50 over 60 yrs, \$5 under 60 yrs.

Brown Chapel A.M.E Church

Days/Times: Fridays 11-12:30pm

Address: 1043 W. Michigan Avenue, Ypsilanti, MI 48197

Phone: (734) 482-7050

Website: www.bcamecy.org

Calvary Bible Church

Days/Times: Hot Meal Sunday, 11:30AM - Noon.

Contact: Contact: Mary Mohrbach

Address: 8318 Carpenter Rd., Ypsilanti, MI 48197

Phone: 734-972-3797

Congress Street Senior Center

Days/Times: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays from 11:45am-12:45pm

Address: 1015 Congress, Ypsilanti, MI 48197

Phone: (734) 483-5014

More Info: Must make reservations 24 hrs in advance, \$2.50 suggested for 60+ seniors., Center is open from 10:00 a.m.-2:00 p.m., Monday thru Friday.

Emmanuel Lutheran Church

Days/Times: Mon-Thu, 3-3:45pm

Address: 201 N. River St., Ypsilanti, MI 48197

Phone: (734) 482-7121

Website: www.emmanuelypsi.org

More Info: For information about the Meal Program, call (734) 483-5014, For information about the Food Pantry, call (734) 482-7121, Need to have referral & current ID. Limit is once every

three months.

First United Methodist Church

Days/Times: Saturday Bag Lunch Program Lunches distributed at St. Andrews Breakfast Program on Saturdays during breakfast hours.

Address: 306 N Division St Ann Arbor, MI 48104

First Baptist Church of Ann Arbor

Day/Time: Tuesdays 5:30pm

Address: 517 E. Washington St., Ann Arbor, MI 48104

Phone: (734) 663-9376

Website: www.fbca2.org

First Presbyterian Church

Day/Time: Wednesdays 5-5:30pm

Address: 300 N. Washington St., Ann Arbor, MI 48104

Phone: (734) 482-1525

Website: www.fpcy.org

Full Circle Community Center

Days/Times: Breakfast, Lunch, and Snacks provided MONDAY-FRIDAY. Dinner served WEDNESDAY starting at 4:15PM. For further information please call.

Contact: Contact Cheryl Weber

Address: 750 Towner St., Ypsilanti, MI 48198

Phone: (734) 485-2020

Hope Center

Days/Times: Saturday & Sunday 4-5pm

Address: 518 Harriet, Ypsilanti, MI 48197

Website: www.thehopeclinic.org

Lincoln Senior Center

Days/Times: Lunch: Tuesdays, Wednesdays, Thursdays, Fridays from 12:00pm-1:00pm

Address: 8970 Whittaker, Ypsilanti, MI 48197

Phone: (734) 483-8366

More Info: Must make reservations 2 days in advance, \$2.50 for 60+, \$5 for 59 and under.

Messias Temple Church

Days/Times: Tuesdays 11-12:30pm, (October-May)

Address: 200 Harriet St., Ypsilanti, MI 48197

Phone: (734) 483-8092

Website: www.messiastemple.org

New Testament Baptist Church

Day/Time: Thursdays 12-1pm

Address: 1230 W. Michigan Ave., Ypsilanti, MI 48197

Phone: (734) 485-3456

Pittsfield Township Senior Center

Days/Times: Tuesdays, Thursdays from 11:45am-12:45pm

Address: 701 W. Ellsworth, Ann Arbor, MI 48108

Phone: (734) 822-2117

More Info: Call 2 days in advance for reservations, \$2.50 suggested donation for 65+, \$3.50 for under 65.

Robert J. Delonis Center

Days/Time: Lunch: M-F 12-1pm, Sat. & Sun. 2:30-3:30pm

Dinner: M-F 5:30-6pm

Address: 312 W. Huron St., Ann Arbor, MI 48104

Phone: (734) 662-2829

Website: www.annarborshelter.org

Salvation Army

Days/Times: Lunch: Wednesday 11:30-12:30pm

Dinner: Monday & Thursday 5-6pm

Address: 9 S. Park St., Ypsilanti, MI 48197

Phone: (734) 482-4700

Website: www.sawashtenaw.org

St. Andrews Episcopal Church

Days/Times: Breakfast: 7:30-8:30am 7 days a week

Address: 306 N. Division St., Ann Arbor, MI 48103

Phone: (734) 663-0518

Website: www.standrewsaa.org

St. John the Baptist Catholic Church

Days/Times: Call Ahead for Day & Time (September-May)

Address: 411 Florence St., Ypsilanti, MI 48197

Phone: (734) 483-3360

Website: www.ypsilanticatholic.com

Vineyard Church

Provides free pizza each Friday at 7pm at Liberty Plaza in downtown Ann Arbor.

Website: www.annarborvineyard.org

Ypsilanti Township Community Center

Days/Times: Lunch: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays from 12:00pm-12:30pm

Address: 2025 E. Clark, Ypsilanti, MI 48198

Phone: (734) 544-3838

More Info: Must make reservations 24 hours in advance. \$2 donation suggested for 60+.

Emergency Grocery Food Banks (uncertain if hours will remain the same during this state of emergency)

Active Faith Community Center

Days/Times: Second Monday of every month from 1:00pm-7:00pm, Fourth Monday of every month from 1:00pm-7:00pm

Address: 401 S. Washington, South Lyon, MI 48178

Phone: (248) 437-9790

More Info: Call first for more information.

Aid in Milan

Days/Times: Emergency Food: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays @9:00am-3:00pm

Food Distribution: Fourth Saturday of every month @10:00am-1:00pm

Address: 89 West Main St., Milan, MI 48160

Phone: (734) 439-8420

More Info: Must be in Milan Area School District. For emergencies, call and leave a message. Monthly assistance provides perishables.

Ann Arbor Community Center

Days/Times: Perishables 1st Wednesday & Thursday of the month at 10am.

All other days by appointment

Address: 625 N. Main St., Ann Arbor, MI 48104

Phone: (734) 662-3128

Website: www.annarbor-communitycenter.org

Ann Arbor Second Baptist Church

Days/Times: Fridays, 11:00am-12:30pm (on weeks where a holiday occurs, please call for schedule)

Address: 850 Red Oak Road, Ann Arbor, MI 48103

Phone: (734) 663-9369 ext. 7

More Info: Bring picture ID, Limit once/month

Bryant Community Center

Days/Times: Can utilize twice per month. Food bank 1st & 3rd Thursday of each month. Open at 8:30am, food distributed 10-10:30am. Emergency food Mon., Tues. & Fri. 10-5pm. Wed. & Thurs. 8:30am-5pm. *Wednesday morning is best.*

Address: 3 W. Eden, Ann Arbor, MI 48108

Phone: (734) 477-0292

Website: www.hvcn.org/info/can/bryant.html

Calvary Baptist Church

Days/Times: Sundays from 12:00pm-1:00pm, Sundays from 5:00pm-8:00pm, Wednesdays from 5:30pm-8:00pm

Address: 7527 Whitmore Lake Road

Whitmore Lake, MI 48189

Phone: (734) 449-2342

More Info: Open distribution. Additional hours available by appointment.

Calvary Bible Church

Days/Times: 1st & 3rd Sunday 11:30-12pm (All Yr), Wednesday 6-6:30pm (Oct.-April)

Address: 8318 Carpenter Rd., Ypsilanti, MI 48197
Phone: (734) 434-4044
Website: www.calvary-bible.org

Cathedral of Deliverance
Days/Times: 1st, 2nd, and 3rd Tuesday from 6pm-7pm. Open Distribution.
Address: 580 1st Ave., Ypsilanti, MI 48197
Phone: (734) 483-2560

Christian Life Center Church
Days/Times: 2nd & 4th Tuesday 10am-1pm. Open Distribution.
Contact: Valerie Powell
Address: 2146 Moeller Ave., Ypsilanti, MI 48198
Phone: (734) 485-4670

Christian Love Fellowship
Days/Times: 2nd & 3rd Wednesday 3pm-4pm. Open Distribution
Contact: Denise Northington
Address: 1601 Stamford Rd., Ypsilanti, MI 48198
Phone: (734) 483-7967

Collaborative Outreach Board (Community Church of God)
Days/Times: Fridays from 1:00pm-3:00pm
Address: 565 Jefferson Street, Ypsilanti, MI 48197
Phone: (734) 272-1552

Corner Health Center ****Must be a Client****
Days/Times: Monday-Thursday 9am-6pm
Contact: Vicki Degraffnried
Address: 47 N. Huron St., Ypsilanti, MI 48197
Phone: (734) 484-3600

Emmanuel Lutheran Church
Days/Times: Monday-Thursday 3pm-3:45pm
Contact: Patti Gardner
Address: 201 N. River St., Ypsilanti, MI 48198
Phone: (734) 482-7121

Faith in Action- Chelsea
Based on household income, primarily non-perishable foods and household items. Call for eligibility requirements. Must qualify for free or reduced lunch.
Days/Times: Mon, Tues, Thu, Fri 9am-7pm.
Contact: Nancy Paul
Address: 603 S. Main 603 S Main St, Chelsea, MI 48118
Phone: (734) 475-3305

Faith in Action- Dexter
Based on household income, primarily non-perishable foods and household items. Call for

eligibility requirements. Must qualify for free or reduced lunch.

Days/Times: Weds, 12PM-7PM

Contact: Nancy Paul

Address: 2740 Baker Road, Dexter, MI 48130

Phone: (734) 426-7002

Family Inc.

Days/Times: Last Saturday of the month, 11AM - 1PM. Open distribution.

Contact: Brenda Simmons

Address: 983 E Michigan Ave, Ypsilanti MI 48198

Phone: (734) 480-4470

Greater Faith Mission

Days/Times: First Tuesday of every month from 1:00pm-3:00pm, Fourth Tuesday of every month from 1:00pm-3:00pm, First Tuesday of every month from 8:00pm-9:00pm, Fourth Tuesday of every month from 8:00pm-9:00pm

Address: 670 Onandaga, Ypsilanti, MI 48198

Phone: (734) 217-9014

More Info: Perishable & non-perishable. No requirements. Some clothing items available

Holy Trinity Chapel

Days/Times: Thursday 9:30-11am.

Address: 511 W. Forest Ave., Ypsilanti, MI 48197

Phone: (734) 482-1400

Website: www.catholicsoncampus.org

More Info: Need referral. Must be resident of Ypsilanti or Belleville. Must have picture ID and proof of income.

Hope Center

Days/Times: Food Pantry: Fridays, Saturdays from 10:00am-12:00pm, Wednesdays from 2:00pm-4:30pm

Produce Distribution: Mondays from 2:00pm-3:00pm, Thursdays from 5:30pm-7:00pm

Address: 518 Harriet St., Ypsilanti, MI 48197

Phone: (734) 484-2989

Website: www.thehopeclinic.org

More Info: For Produce: Clients must pre-register by calling Hope Clinic the Friday before the week of distribution. Clients can only attend one produce distribution per week.

For Food Pantry: Call first to make an appointment. Clients must have appointment to pick up food. Limit once every two months. If you are in a food emergency, call us at (734)484-2989 to receive immediate assistance

Jewish Family Services

Address: 2245 S. State, Ann Arbor, MI 48104

Phone: (734) 769-0209

More Info: Must be a client of JFS. If you are a client, you can receive food by appointment only. Call first for more information.

Manchester Community Resource Center

Days/Times: MONDAY-FRIDAY 9am-Noon and 1PM-4PM
Contact: Laura Seyfried
Address: 410 City Road. P.O. Box 433. Manchester, MI 48158
Phone: 734-428-7722

Manchester Family Service
Days/Times: 3rd WEDNESDAY 1PM - 3PM Call first for information.
Contact: Mary Sue Moore
Address: Parish Center 110 E. Madison Manchester, MI 48158
Phone: 734-428-7183

Messias Temple Church
Days/Times: Thursday 11-12:30pm (June-September)
Address: 200 Harriet St., Ypsilanti, MI 48197
Phone: (734) 483-8092
Website: www.messiastemple.org

Metropolitan Memorial Baptist
Days/Times: TUESDAY 1:30PM-3PM. Call first for information.
Contact: Idella Phillips
Address: 431 Hawkins St Ypsilanti, MI 48197
Phone: (734) 483-0092

Northfield Human Services
Days/Times: Mondays, Tuesdays from 11:00am-5:00pm
Address: 10 Jennings Rd., Whitmore Lake, MI 48189
Phone: (734) 449-0110
More Info: Must be a resident of Whitmore Lake or Northfield Twp. Must have picture ID and proof of income, residency, children, and home.

Northside Community Center-Catholic Social Services
Days/Times: Thursdays 9:00am-3:00pm, Saturdays 1:00pm-4:00pm, Tuesdays 3:00pm-7:00pm
Special Produce Distribution: Second Thursday of every month from
9:00am-3:00pm
Address: 815 Taylor St., Ann Arbor, MI 48105
Phone: (734) 662-4462
Website: www.csswashtenaw.org
More info: Must be Washtenaw County resident. Can only visit pantry once per month. Can only get extra produce on the second Thursday once per month.

North Sharon Baptist Church
Days/Times: Sundays from 12:00pm-1:00pm, Wednesdays from 7:00pm-8:30pm
Address: 17999 Washburn Rd, Grass Lake, MI 49240
Phone: (734) 945-0857

Packard Health
Days/Times: Contact Patient Advocate for times.
Contact: Contact Patient Advocate. Must be a client of Packard Health to receive food.

Address: 3174 Packard St, Ann Arbor, MI 48108
Phone: (734) 971-1073

Packard Health West

Days/Times: Contact Patient Advocate for times.

Contact: Contact Mia Moyad, Patient Advocate, LLMSW. Must be a client of Packard Health to receive food.

Address: 501 N. Maple Road, Ann Arbor, MI 48103
Phone: (734) 971-1073.

Peace Neighborhood Center

Days/Times: Available September - June; Fridays 10:00am-12:00pm

Address: 111 N. Maple Rd, Ann Arbor, MI 48103
Phone: (734) 662-3564

POWER, Inc.

Days/Times: MON - THUR 9AM-Noon and 1PM-4PM.

Contact: Contact: Renette Hicks

Address: 103 Arnet Ypsilanti, MI 48198
Phone: (734) 961-1900

Saline Area Social Services

Days/Times: Mondays from 10:00am-5:30pm, Tuesdays, Wednesdays, Thursdays from 10:00am-3:00pm

Address: 131 E. Michigan, Saline, MI 48176
Phone: (734) 429-4570

More Info: Please call first. Must be in Saline School District. Non-perishable foods.

Salvation Army

Ypsilanti Office

Days/Times: Tues 9-11am & 1-3pm, Thurs 1-3pm (FRESH PRODUCE)

Address: 9 South Park, Ypsilanti, MI 48197
Phone: (734) 482-4700

Ann Arbor Office

Days/Times: Tues & Thurs 10-11:15am and 1-2:15pm

Address: 100 Arbana, Ann Arbor MI 48103
Phone: (734) 668-8353

**Picture ID required. Call ahead to determine if other documentation is needed.

Website: www.sawashtenaw.org

Second Baptist Church

Day/Time: Friday 11am-12:30pm

Address: 850 Red Oak, Ann Arbor, MI 48103
Phone: (734) 663-9369

Website: www.sbcannarbor.com

Second Baptist Church- Care and Share Ministry

Day/Time: Monday 5-6pm
Address: 301 S. Hamilton, Ypsilanti, MI 48197
Phone: (734) 483-4342
Website: www.sbcypsi.org

Second Baptist Church- Ann Arbor
Days/Times: Distributions Friday 11AM – 12:30PM. Call for eligibility requirements.
Contact: Contact Harvey Glaze
Address: 850 Red Oak Rd, Ann Arbor, MI 48103
Phone: (734) 663-9369 ext. 7

SOS Community Service
Day/Time: Tuesday 10am-6:30pm
Address: 114 River St., Ypsilanti, MI 48197
Phone: (734) 484-4300
Website: www.soscs.org/housing-services/food-pantry

St. Clare's Episcopal Church
Day/Time: Thursday 4-7pm
Address: 2309 Packard, Ann Arbor, MI 48104
Phone: (734) 662-2449
Website: www.saintclareschurch.org

St. John the Baptist Catholic Church
Day/Time: Thursday 6-7pm
Address: 411 Florence St., Ypsilanti, MI 48197
Phone: (734) 483-6378
Website: www.ypsilanticatholic.com
More Info: Must call first. Available once every 6 Months. Need agency referral. Must get a referral letter and have current picture ID.

Victorious Life Church of God
Days/Times: Food Pantry: 2ND & 3RD TUESDAY 6PM Open distribution.
Contact: Contact Johnny Bishop
Address: 860 E. Clark Rd Ypsilanti, MI 48198
Phone: (734) 482-4293

Vineyard Church of Milan
Days/Times: Saturdays from 10:00am-12:00pm
Address: 424 Hurd St., Milan, MI 48160
Phone: (734) 439-2400
More Info: Must be a resident of Washtenaw County or live in Milan School District.

Word of Deliverance Church
Days/Times: Food Pantry: 1ST TUESDAY 11:30 AM-1PM Open distribution
Contact: Contact Bishop Holmes.
Address: 1005 Midway Rd. Ypsilanti, MI 48198
Phone: (734) 483-6110

Other Food Sources:

Ann Arbor Meals on Wheels

Non-profit, volunteer driven agency, partially supported by the U of M Health Systems that provides home delivered meals for the frail, elderly and disabled in the Ann Arbor area.

Address: 2025 Traverwood Dr., Suite F, Ann Arbor, MI 48105

Phone: (734) 998-6686

Website: www.med.umich.edu/chs/meals.htm

Grace Groceries

Calvary Presbyterian Church's discount grocery program. Bridge cards accepted. No income requirements.

Address: 2727 Fernwood Ave., Ann Arbor, MI 48104

Phone: (734) 971-3121

Website: www.calvarya2.com/gracegroceriesmenu.html

Jewish Community Center

Days/Times: Tuesday and Thursday lunch served from 12 - 12:30 p.m.

Fees: \$ 3.00 for lunch. Cost may be lower if qualified for food assistance or live in subsidized housing. Lunch is open to all.

Address: 2935 Birch Hollow Drive, Ann Arbor, MI 48108

Phone: (734) 971-0990

Website: www.jccannarbor.org