



## RESOURCES FOR HARMONY FAMILIES

### FOOD SERVICE:

**Harmony Campuses:** During the Harmony Campus closures, both breakfast and lunch are available via curbside for any individual age 18 and under between the hours of 11 a.m. and 1 p.m. at our Harmony Science Academy Laredo campus each Monday, Wednesday.



**Laredo Regional Food Bank:** Families can call in and provide their zip code to find the closest food resource location. Hours of operation: 8 a.m. - 8 p.m.

956-723-3725

[lrfb@sbcglobal.net](mailto:lrfb@sbcglobal.net)



**The South Texas Food Bank:** 956-726-3120

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

### **Catholic Social Services of Laredo (Catholic Charities)**

Food and Clothing Distribution, Referral to other community resources

Phone: (956) 722-2443 [www.csslaredo.org](http://www.csslaredo.org)

**Meals on Wheels** - Elderly Nutrition Project (Meal Delivery for Elderly)

Phone: (956) 722-4664



**Paws Hunger Program** for families struggling to also feed their pets. Depends on availability of pet food. Owner must provide proof of rabies vaccine.

**HEALTH, MENTAL HEALTH, COUNSELING:**

**Centro Comunitario El Cenizo**

Medical Service/Clinic and Lab

956-523-3646



**Gateway Community Health Center**

Medical Service/Clinic, Prescription, Lab, Dental and

Urgent Care

956-795-8100

956-795-8130

<https://gatewaychc.com/contact-us/>



**United Way** Information and Referral: 956-723-9113

**Texas Department of Human Resources**

1500 Arkansas ----- Phone: (956) 764-6200

4410 Hwy 359 ----- Phone: (956) 791-5203

3804 Casa Blanca Rd. -- Phone: (956) 722-0571



**SCAN.Inc:** Traumatic stress response center providing counseling services for youth between 3-17 who have experienced a traumatic event.

956-724-3177

<https://www.scan-inc.org/>



**PILLAR Mental Health Counseling**, substance abuse counseling and treatment facility with a goal to reduce bullying, suicide incidents, substance abuse/use behaviors and increase access to services.

956-615-6953 (temporary number)

<https://pillarstrong.org/>

**Texas Child Abuse Hotline** 1-800-252-5400

### **Crisis Text Line**

Text home to 741741 when going through any kind of emotional crisis and a crisis counselor will respond via text.



**National Suicide Prevention Lifeline:** 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

Phone: 1-800-273-8255

**EDUCATIONAL RESOURCES/INTERNET/OTHER:**



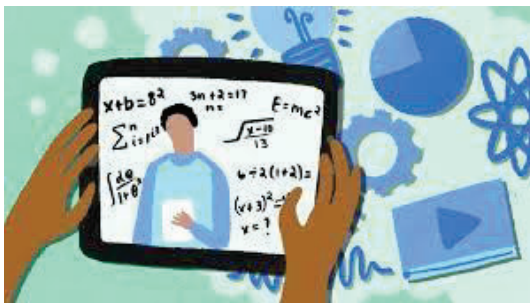
## Free Internet Service

[www.spectrum.com/internet/covid-19-internet-offer-students](http://www.spectrum.com/internet/covid-19-internet-offer-students)

Call 1-844-579-3743 to enroll.

<https://www.spectrum.com/>

<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>



To sign up, applicants can simply visit [www.internetessentials.com](http://www.internetessentials.com). The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

**(After 60 days cost is \$9.95 Per Month + Tax)**

<https://corporate.comcast.com/covid-19>

For a map of Xfinity Wi-Fi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi)



Laredo Bibliotech: Educational online resources

<https://laredobibliotech.org/>

AT&T

<https://about.att.com/pages/COVID-19.html#latest>

As of Friday, March 27, AT&T PREPAID will help with the following:

- The new \$15 plan for 2GB of data with unlimited talk and text will be available to new and existing customers with no activation fee.
- An automatic 10GB per month of additional data is being added temporarily to all capped phone plans for 60 days
- Customers with an Unlimited Plus plan with tethering will receive 10GB of additional tethering per month for 60 days

### **Discounted Telecommunications Service**

<https://www.fcc.gov/consumers/guides/lifeline-support-affordable-communications>

<https://www.att.com/home-phone/lifeline/>

<https://www.t-mobile.com/offers/lifeline-program>

<https://www.verizonwireless.com/solutions-and-services/lifeline/>

<https://www.entouchwireless.com/states/texas-lifeline-free-phone-service>



### **Google Classroom Parent Tutorial**

#### **ENGLISH VERSION:**

- [Link to Google Classroom PowerPoint - English](#)
- [Link to Google Classroom Video - English](#)

#### **SPANISH VERSION:**

- [Link to Google Classroom PowerPoint – Spanish](#)
- [Link to Google Classroom Video - Spanish](#)