

# List of Resources for Hostos Students

Courtesy of CUNY Start Academic Advisors

We know that this is a very sudden transition and we want to thank you all for being so flexible! This is a list of resources and information for how to stay safe and get resources you may need at this time. **We urge you to call these resources before you go there to see if they are still open!**

Here are the categories:

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## 1. Free Internet

- 2 Months of Free Internet From Comcast: <https://www.internetessentials.com/>
- **If you receive HRA**, Optimum Online is making free Internet available: [www.internetessentials.com](http://www.internetessentials.com)
- **Spectrum** is now offering free installation and 2 months free service for all students (K - 12 and college): <https://www.instagram.com/p/B9znHBllrhJ/?igshid=rqjob10a6oo1>
- **Xfinity** is now making all of their Wifi hotspots free for **everyone**: <https://wifi.xfinity.com/>
- **Article with more information re: free internet:**  
<https://www.pcworld.com/article/3532817/which-internet-providers-are-lifting-data-caps-during-the-coronavirus-and-which-arent.html>

## 2. Healthcare

These websites have options for students who are uninsured or undocumented. **Everyone has a right to healthcare.** If you are undocumented, you can **use your college ID** at the clinic.

Your advisor has a much longer list of places in each borough! Reach out to us if you want more information!

- A list of hospitals citywide: <https://www.nychealthandhospitals.org/hospitals/>
- Health clinic in Midtown Manhattan: <https://ryanhealth.org/locations/ryan-chelsea-clinton-community-health-center>
- CDC Fact Sheet for Covid 19  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

### 3. Mental Health Resources

- Mental Health Help and Information for Seniors, Veterans, Students and Young People, People Harmed by Violence, People with Disabilities, and City Government Employees  
[https://thrivenyc.cityofnewyork.us/mental\\_health\\_support\\_while\\_home](https://thrivenyc.cityofnewyork.us/mental_health_support_while_home)
- NYS Mental Health Hotline  
New York State has launched the COVID-19 Emotional Support Hotline. Trained volunteers are standing by to provide free counseling and emotional support during the COVID-19 emergency. Please call the hotline to schedule an appointment at 1-844-863-9314.
- NYC Well Hotline (provides voice and chat support) -- <https://nycwell.cityofnewyork.us/en/>
- Blueprint Supported Education (provides one-on-one support for students while they're in college) -- <http://www.blueprintsed.org/>

### 4. Food Access

- Free Meals in Bronx, Queens, Harlem, Brooklyn, and Newark, NJ from #Chefs for America:  
<https://wck.org/news/ny-nj>

#### Free meals for all New Yorkers

- The New York City Department of Education is providing 3 meals per day that students can eat at home. Use this link to **choose your borough** to see where meals can be picked up:  
<https://www.opt-osfns.org/schoolfoodny/meals/default.aspx#Result>
- Red Rooster, Harlem -- Meal distribution -- Red Rooster, located on Lenox Avenue and near 126th Street, will be distributing free to-go meals every Monday through Saturday starting at noon until all meals are given out.  
<https://patch.com/new-york/harlem/harlems-red-rooster-offers-free-food-during-coronavirus-outbreak>
- National Action Network and World Central Kitchen -- Meal distribution, Monday - Saturday, 12-4 pm while supplies last (began March 21st). House of Justice, 106 West 145th Street, Harlem, NY 10039. Phone: 877-626-4657. <https://nationalactionnetwork.net/>
- New York Common Pantry -- <http://nycommonpantry.org/home/what-we-do/programs/>
- SNAP -- <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>  
Keep monitoring the site especially the Online Purchasing Program

- Contact your local Area Agency on Aging -- <https://www.n4a.org/>  
Call them even if you are young. Ask them if they know of any assistance for: transportation to grocery stores, home aides who can shop for you, local volunteer programs that help people who are low-income or disabled, any other ideas for groceries.
- List of food pantries by borough --  
<https://docs.google.com/spreadsheets/d/11sRdUqjlWg7gqZBNVq87Y7Hnfrf4s3fBnbANoxeWUSI/edit#gid=273331901>
- Free meals in the Bronx  
<https://www.instagram.com/p/B90SueIJBzg/?igshid=12qb200k61qn1>

## 5. Employment

- A number of companies are still hiring employees right now. Please see this article for more information: <https://www.cnn.com/2020/03/23/business/coronavirus-companies-hiring/index.html>
- NYC Workforce 1 Virtual Career Center System: Bronx, Brooklyn, Manhattan, Queens, and Staten Island <https://www1.nyc.gov/site/sbs/careers/virtual-wf1cc.page>
- Unemployment and Health Insurance FAQs  
<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-unemployment-health-insurance.pdf>

## 6. Financial Assistance

- \$2000 - \$5000 interest-free loans: <https://hfls.org/loan-programs/coronavirusfinancialimpactloan/>
- New York State Unemployment Assistance: <https://labor.ny.gov/unemploymentassistance.shtm>
- AccessHRA Cash Assistance: Apply, Recertify, One Shot Deal, Special Grant  
<https://a069-access.nyc.gov/accesshra/>
- What to do if you can't pay rent: [https://www.housingjusticeforall.org/faq-what-to-do-on-april-1?link\\_id=3&can\\_id=b54c7b66ee04705e6f79beb81835fcf8&source=email-membership-bulletin-run-to-represent-your-branch-organize-your-building&email\\_referrer=email\\_764174&email\\_subject=membership-bulletin-run-to-represent-your-branch-organize-your-building](https://www.housingjusticeforall.org/faq-what-to-do-on-april-1?link_id=3&can_id=b54c7b66ee04705e6f79beb81835fcf8&source=email-membership-bulletin-run-to-represent-your-branch-organize-your-building&email_referrer=email_764174&email_subject=membership-bulletin-run-to-represent-your-branch-organize-your-building)

## 7. Domestic/Partner Violence Resources

- Anti-Violence Project (For LGBTQ+ People): (212-714-1141) or [www.avp.org](http://www.avp.org)
- NYC 24-Hour Hotline for Domestic Violence Survivors: 800-621-HOPE (4673)
- Queens Family Justice Center: 718-575-4545 (available weekdays 9 a.m. – 5 p.m.)
- Safe Horizon one-on-one online chat system: [www.safehorizon.org/safechat](http://www.safehorizon.org/safechat) (weekdays 1 p.m. – 6 p.m.)
- Safe Horizon 24-Hour Hotline for all crimes, including support for family members of homicide victims: 866-689-HELP (4357)

- Safe Horizon 24-Hour Hotline for Rape and Sexual Assault: 212-227-3000
- NYC's 311 -- **\*\*In an emergency, call 911.**

## 8. Education Resources For Children

- Free Audiobook Subscriptions for Children and Young Adults  
[https://stories.audible.com/start-listen?mi\\_cmp=21b6d7d8b2f846dc&mi\\_ecmp=486622220&mi\\_sc=t&mi\\_u=amzn1.account.AFLZ4OXJY7QBIBNQXSWP6XQHIEFQ](https://stories.audible.com/start-listen?mi_cmp=21b6d7d8b2f846dc&mi_ecmp=486622220&mi_sc=t&mi_u=amzn1.account.AFLZ4OXJY7QBIBNQXSWP6XQHIEFQ)
- This link will bring you to the DOE's website section "Learn at Home" which provides supplementary learning resources. <https://www.schools.nyc.gov/learning/learn-at-home>
- The New York Public Library is offering online tutoring for elementary and high school students daily from 2-11pm, in English and Spanish. <https://www.nypl.org/about/remote-resources/kids-and-teens/homework-help-brainfuse>
- Need access to some culture?  
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

### Online Learning Resources

- ABC Mouse  
[https://www.abcmouse.com/abt/homepage?8a08850bc2=T1149344002.1584314845.5388&gclid=Cj0KCCQjwpLfzBRCRARIsAHuj6qXs-WkSQ9OagTqu1kLvHPZIK42OejseeZYuDbBI-01oSzfdORFzNoaAuO5EALw\\_wcB](https://www.abcmouse.com/abt/homepage?8a08850bc2=T1149344002.1584314845.5388&gclid=Cj0KCCQjwpLfzBRCRARIsAHuj6qXs-WkSQ9OagTqu1kLvHPZIK42OejseeZYuDbBI-01oSzfdORFzNoaAuO5EALw_wcB)
- ABCYA <https://www.abcya.com/>
- Adventure Academy <https://www.adventureacademy.com/>
- Adventure Online  
[https://www.adventureacademy.com/?src\\_tag=nonbrand:goog&utm\\_campaignid=6492870376&utm\\_adgroupid=78324307632&utm\\_adextensionid=&utm\\_targetid=kwd-298014079905&utm\\_matchtype=b&utm\\_network=g&utm\\_device=c&utm\\_devicemodel=&utm\\_creativeid=381641567973&utm\\_placement=&utm\\_adposition=&utm\\_geo=US&gclid=Cj0KCCQjwpLfzBRCRARIsAHuj6qWxWbGc0nqavvAnuGg1mIUr93xf-DvliXRAYLsG-EEMvqjXklxyPUaAihrEALw\\_wcB](https://www.adventureacademy.com/?src_tag=nonbrand:goog&utm_campaignid=6492870376&utm_adgroupid=78324307632&utm_adextensionid=&utm_targetid=kwd-298014079905&utm_matchtype=b&utm_network=g&utm_device=c&utm_devicemodel=&utm_creativeid=381641567973&utm_placement=&utm_adposition=&utm_geo=US&gclid=Cj0KCCQjwpLfzBRCRARIsAHuj6qWxWbGc0nqavvAnuGg1mIUr93xf-DvliXRAYLsG-EEMvqjXklxyPUaAihrEALw_wcB)
- Arcademics <https://www.arcademics.com/>
- BBC History for Kids <https://www.bbc.co.uk/history/forkids/>
- Book Creator <https://bookcreator.com/2020/03/support-for-schools-affected-by-coronavirus/>
- Brainpop <https://www.brainpop.com/>
- Breakout Rooms <https://www.breakoutedu.com/funathome>
- Constitution Center <https://constitutioncenter.org/interactive-constitution>
- Cookie <http://www.cookie.com/kids/games/viewallgames.html>
- Crick Web <http://www.crickweb.co.uk/>

- Curriki <https://www.curriki.org/>
- Discovery Education <https://www.discoveryeducation.com/>
- DOGO News <https://www.dogonews.com/>
- E Learning <https://www.e-learningforkids.org/>
- Edpuzzle <https://edpuzzle.com/>
- Education Perfect <https://epforlearning.com/ep-for-classroom/>
- Education Place  
<http://www.eduplace.com/index.jsp?state=ny&audience= t&submit.x=34&submit.y=18>
- Elementari <https://www.elementari.io/>
- Epic Books  
[https://www.getepic.com/?utm\\_channel=search&gclid=Cj0KCQjwpLfzBRCRARIsAHuj6qXYkxGksXM1tRfN20coxp7tMhg1imsHG4hnQS9Aur940CKRg3tRI5UaArtiEALw\\_wcB](https://www.getepic.com/?utm_channel=search&gclid=Cj0KCQjwpLfzBRCRARIsAHuj6qXYkxGksXM1tRfN20coxp7tMhg1imsHG4hnQS9Aur940CKRg3tRI5UaArtiEALw_wcB)
- Exploratorium <https://www.exploratorium.edu/education/designing-teaching-learning-tools>
- Farmer's Almanac <https://www.almanac.com/kids>
- Flipgrid <https://info.flipgrid.com/>
- Freckle <https://www.freckle.com/>
- Funbrain <https://www.funbrain.com/>
- Gamequarium <https://www.gamequarium.com/>
- Gamilab <https://gamilab.com/>
- Help My Kid Learn <http://www.helpmykidlearn.ie/>
- Highlights Kids <https://www.highlightskids.com/>
- Hippocampus <https://hippocampus.org/>
- Icompute <http://www.icompute-uk.com/news/covid-19-get-free-access-to-icompute/>
- ICT Games <http://www.ictgames.com/index.html>
- Interactive Sites <http://interactivesites.weebly.com/>
- Invention Stories <https://invention.si.edu/explore/invention-stories>
- Izzit <https://www.izzit.org/index.php>
- Kami <https://blog.kamiapp.com/remote-learning-with-kami-during-school-shutdowns/>
- Kahn Academy <https://www.khanacademy.org/>
- KidsDiscoverOnline <https://www.kidsdiscover.com/kids-discover-online/>
- Kognity <https://kognity.com/support-coronavirus/>
- Learning Games for Kids <https://www.learninggamesforkids.com/>
- Little Golden Books <http://www.littlegoldenbooks.com/activities/>
- Met Kids <https://www.metmuseum.org/art/online-features/metkids/>
- MobyMax <http://www.mobymax.com>
- Music First <https://www.musicfirst.com/>
- Mystery Science <https://mysteryscience.com/school-closure-planning>
- NASA <https://www.nasa.gov/kidsclub/index.html#.U1NsxPldWSo>
- National Geographic Kids <https://kids.nationalgeographic.com/>
- NEWS ELA <https://newsela.com/>
- Parlay <https://parlayideas.com/school-closure-support/>
- PBS Kids <https://pbskids.org/>
- PBS Learning Media <https://ny.pbslearningmedia.org/>

- Reading Bear <https://www.readingbear.org/>
- Reading IQ <https://www.readingiq.com/>
- Rozzy <https://www.rozzycareeradventures.com/>
- Science Bob <https://sciencebob.com/>
- Scholastic <https://classroommagazines.scholastic.com/support/learnathome.html>
- Scholastic <https://kids.scholastic.com/kids/home>
- Sesame Street <https://www.sesamestreet.org/>
- Seussville <https://www.seussville.com/>

## 9. Exercise Resources for Young Children

### Let's get Physical

- [https://www.youtube.com/watch?v=3\\_oIssULEk0](https://www.youtube.com/watch?v=3_oIssULEk0)
- [https://www.youtube.com/watch?v=6u9dtrZ\\_cxs](https://www.youtube.com/watch?v=6u9dtrZ_cxs)
- <https://www.youtube.com/watch?v=N5gX--B1jIc>

### Workout with your Child

- [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)

### Yoga for children

- <https://www.youtube.com/watch?v=X655B4ISakg>

## 10. Meditation Links

Free UCLA Guided Mediations (in English and Spanish) Relaxation video from the Mayo Clinic

- <https://students.tufts.edu/sites/default/files/IntroductiontoMindfulness.mp3>
- <https://students.tufts.edu/sites/default/files/MindfulBreathing.mp3>
- <https://students.tufts.edu/sites/default/files/MindfulWalking.mp3>
- <https://students.tufts.edu/sites/default/files/MindfulCleaning.mp3>
- <https://students.tufts.edu/sites/default/files/MindfulEating.mp3>
- <https://students.tufts.edu/sites/default/files/IntroductiontoProgressiveMuscleRelaxation.mp3>
- <https://students.tufts.edu/sites/default/files/PMRforRejuvenation.mp3>
- <https://students.tufts.edu/sites/default/files/PMRandSleep.mp3>
- <https://students.tufts.edu/sites/default/files/Mountain.mp3>
- <https://students.tufts.edu/sites/default/files/MindfulnessMeditationforAnxiety.mp3>
- <https://www.youtube.com/watch?v=c1Ndym-IsQg&feature=youtu.be>

## 11. Virtual Tours of NYC Parks, Museums, Libraries, and Meeting Groups (and some world sites too)

- Stanley Isaacs Center <https://drive.google.com/file/d/1nOqPWQ8hhuatLNv-d4fjK2ucgtSIRFd/view>
- NYC Parks at Home <https://www.nycgovparks.org/highlights/parks-at-home>
- NY State Park Tours <http://www.nystateparkstours.com/>
- Google Earth National Park Tours  
<https://earth.google.com/web/@34.7325599,-94.20828246,163.06837291a,12000000d,35y,0h,0t,0r/data=Ci0SKxIgmZVhNjc1YmQ0NjVjMTFlOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M>
- NY Public Library <https://www.nypl.org/about/remote-resources>
- \*\*Free book downloads from NYPL  
<http://www.timeout.com/newyork/blog/you-can-now-download-over-300-000-books-from-the-nypl-for-free-071216>
- The Bronx Museum of Arts <http://www.bronxmuseum.org/?no-mobile=true>
- El Museo del Barrio <https://www.elmuseo.org/>
- The Metropolitan Museum of Art <https://www.metmuseum.org/>
- Museum of the City of New York <https://collections.mcny.org/C.aspx?VP3=CMS3&VF=Home>
- Museum of Natural History <https://www.amnh.org/explore>
- Google -- World's Greatest Museums and Heritage Sites  
<https://artsandculture.google.com/project/streetviews>

## 12. Free Offers for Health Care Workers

Starbucks, Crocs, Sweetgreen, Krispy Kreme, Uber, KFC, and Chipotle are among the companies with free offers for Health Care workers.

- <https://www.clickorlando.com/features/2020/03/26/here-are-all-the-companies-giving-free-food-products-to-health-care-workers/>

## 13. Reliable News Sources

- Gothamist provides reliable local coverage on what's happening the city -- [www.gothamist.com](http://www.gothamist.com)
- Vox is providing calm, even-handed coverage of national news -- [www.vox.com](http://www.vox.com)
- CUNY Instagram: @cunyedu <https://www.instagram.com/cunyedu/?hl=en>
- CUNY Twitter: <https://twitter.com/CUNY>

## 14. Miscellaneous Academic, CUNY Start, and MATH Start

### a. Tips for Taking Online Courses and Using Blackboard

- What Happens In An Online Course? (From Hostos): <https://youtu.be/nWZ-uOclhKI>
- The Blackboard App Tour: <https://youtu.be/iYO9y4j3njQ>
- Blackboard Tutorial (Mobile): <https://youtu.be/P2ShJcZ5uM0>

- Tips For Online Student Success: <https://youtu.be/-QHepECV2LY>
- Top Tips For Student Success In An Online Course: <https://youtu.be/yQiWnL0Gh2w>

Need help with Blackboard?

On Monday - Friday, 9 - 5, e-mail Hostos Tech Support

at: [HOSTOSINFORMATIONTECHNOLOGY@hostos.cuny.edu](mailto:HOSTOSINFORMATIONTECHNOLOGY@hostos.cuny.edu)

**When Emailing AFTER HOURS (after 5 pm) SUPPORT**

Be sure to include the following information in your email:

- Your CUNY Login username
- Your Hostos email address
- Your telephone number
- Course Name
- Course number/ID
- Description of the Blackboard Assistance you need

**Dial the following number for After Hours Support:**

**1-646-664-2024**

\*If you call this number between 8:00am and 8:00pm on weekdays, you will hear a message telling you to contact your help desk. Hang up the call and contact the Hostos Service Desk or Blackboard administrator.