



# Provincetown COVID-19 Resource Guide

We all need help sometimes.  
It's ok to ask for it.

**LET'S GET CONNECTED.**

September 2020

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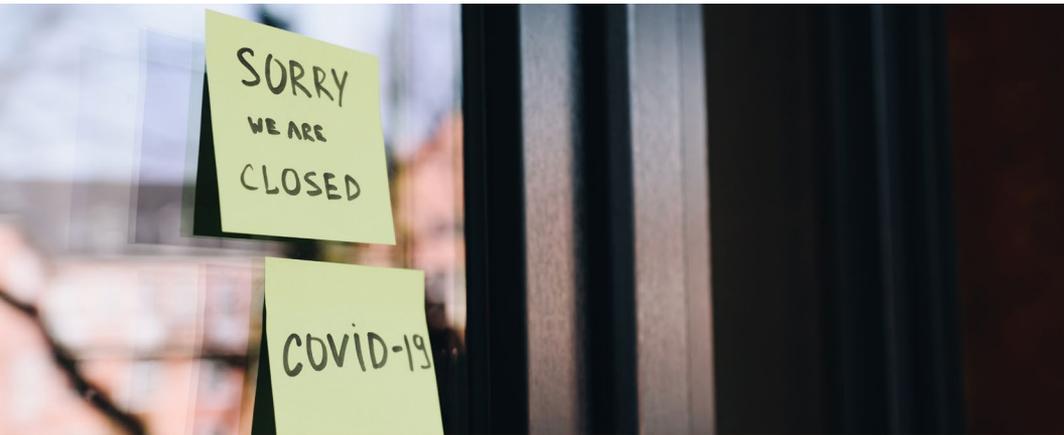
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Accessing resources can be time-consuming and/or confusing.

If you're not already connected to a social service agency in town, and you're wondering where to start, Provincetown's Community Support Liaison, Alex, is here to help you through the process.

**Don't know where to start?**

**Contact Alex at:**

**(508) 237-7042**

**[Alex@HPCCapeCod.org](mailto:Alex@HPCCapeCod.org)**



## FOOD PROGRAMS

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCApeCod.org](mailto:Alex@HPCCApeCod.org)

### FOR EVERYONE

#### **Council on Aging**

Food pantry and programs for residents of all ages

508-487-7080

#### **Crop Swap**

Provincetown's produce swap shop provides free veggies & fruit, when available, outside the doors of the Library at 356 Commercial Street

508-487-7094

[araff@clamsnet.org](mailto:araff@clamsnet.org)

#### **Family Pantry of Cape Cod**

Serves Provincetown residents Tues-Thurs & Sat. who have transportation to their location, 133 Queen Ann Road, Harwich

508-432-6519

[thefamilypantry.com](http://thefamilypantry.com)

#### **Lower Cape Outreach Food Pantry**

Open Wednesdays at the Provincetown United Methodist Church, 20 Shank Painter Road

516-974-1524

*Call for an appointment.*

#### **Soup Kitchen in Provincetown (SKIP)**

Serves free lunches Mon-Fri, 12:30-1:30PM at 20 Shank Painter Road, from November 2, 2020-April 30, 2021

508-487-8331

[skipfood.org](http://skipfood.org)

*(for latest info)*

### FOR CLIENTS

#### **AIDS Support Group of Cape Cod**

Food pantry and meal program for clients

508-487-9445

#### **Helping Our Women Food Pantry**

Call ahead to plan pick-up of free groceries and personal care products

508-487-4357

[helpingourwomen.org](http://helpingourwomen.org)

#### **Provincetown Public Schools**

Call for information about food programs for children in school or early childhood programs

508-487-5020

[provincetownschoools.com](http://provincetownschoools.com)



## FINANCIAL ASSISTANCE & UNEMPLOYMENT

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCapeCod.org](mailto:Alex@HPCCapeCod.org)

### CASE WORKERS/ADVOCATES

*These are agencies that help you access resources:*

#### **Gosnold**

Their Human Services Advocate can help with: applying for food stamps, Medicaid, fuel assistance, disability benefits, emergency financial applications, Social Security, health insurance, and more. Mon-Fri, 9AM-12PM

508-487-2449, x6024

#### **Helping Our Women**

Assists women who have chronic health conditions with transportation, financial assistance, benefit applications, and social connection. Referrals and information are available for all community members, as well as tablets for households without internet

508-487-4357  
[helpingourwomen.org](http://helpingourwomen.org)

#### **Provincetown Council On Aging (COA)**

Assists older adult residents and their families and caregivers

508-487-7080  
[chottle@provincetown-ma.gov](mailto:chottle@provincetown-ma.gov)

#### **Homeless Prevention Council**

Provides case management to prevent homelessness and assist with budgeting, housing, transportation, or other related needs

508-255-9667  
[info@HPCCapeCod.org](mailto:info@HPCCapeCod.org)

#### **AIDS Support Group of Cape Cod**

Medical Case Managers assist clients with a range of services, including: applying for disability, unemployment, SNAP benefits, fuel assistance, emergency financial assistance, health insurance

508-487-9445

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## FINANCIAL ASSISTANCE & UNEMPLOYMENT (CONTINUED)

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCApeCod.org](mailto:Alex@HPCCApeCod.org)

### FINANCIAL ASSISTANCE

**Cape Cod Times Needy Fund (CCTNF)** is coordinating the Major Disaster Relief Fund from the United Way, so make one call to CCTNF to request financial assistance for help paying rent or other bills

508-778-5661  
or 1-800-422-1446

**John A. Henry Trust Fund**  
For those with children ages 0-18

(508) 487-7080  
[chottle@provincetown-ma.gov](mailto:chottle@provincetown-ma.gov)

**Housing Assistance Corporation**  
Provides government funds for rent assistance

508-771-5400, x210  
[haconcapecod.org](http://haconcapecod.org)

**Lower Cape Outreach Council**  
Can provide funds, but due to tremendous demand, they request that you first call the Cape Cod Times Needy Fund or Housing Assistance Corporation

508-240-0694

**Restaurant Strong Fund**  
Full-time, tipped restaurant workers can apply for funds

[restaurantstrong.org/  
index.html](http://restaurantstrong.org/index.html)

**St. Mary's Church**  
For emergency relief funds

508-487-2622  
[stmaryoftheharbor.org](http://stmaryoftheharbor.org)

**St. Vincent De Paul**  
Assistance with rent and other bills

508-487-0095, x4

**Unitarian Universalist Meeting House of Provincetown** for emergency relief funds

508-487-9344  
[uumh.org](http://uumh.org)

### UNEMPLOYMENT BENEFITS

**The Department of Unemployment Assistance (DUA):** Information and access to on-line application for unemployment benefits, for anyone affected by COVID-19

[mass.gov/dua](http://mass.gov/dua)



## HOUSING AND HOMELESSNESS

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCApeCod.org](mailto:Alex@HPCCApeCod.org)

### **AIDS Support Group of Cape Cod**

Offers housing support services to people living with HIV

508-487-9445

[asgcc.org](http://asgcc.org)

### **Community Development Partnership**

Offers subsidized rental units on the Lower/Outer Cape

508-240-7873 x18

[capecdp.org](http://capecdp.org)

### **Community Housing Resource, Inc.**

Offers subsidized and affordable rental units in Provincetown/Truro

508-487-2426

[www.chrgroup.net](http://www.chrgroup.net)

### **Homeless Prevention Council**

Can assist anyone facing housing instability and will help with applications for affordable/subsidized housing

508-255-9667

[hpccapecod.org](http://hpccapecod.org)

### **Housing Assistance Corporation**

Provides help with applications, access to rentals, government funds for rent assistance, and more

508-771-5400

[haconcapecod.org](http://haconcapecod.org)

### **Provincetown Housing Authority**

Develops and manages decent, safe, affordable rental housing for low income households and special needs groups

508-487-0434

### **St. Joseph House**

The only homeless shelter on the Cape, at 77 Winter Street, Hyannis. Open 24 hours

774-470-5976

### **Town of Provincetown Housing Office**

Michelle Jarusiewicz is Community Housing Specialist

[mjarusiewicz](mailto:mjarusiewicz@provincetown-ma.gov)

[@provincetown-ma.gov](mailto:@provincetown-ma.gov)



## MANAGING STRESS, WORRY, & ANXIETY

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCEapeCod.org](mailto:Alex@HPCCEapeCod.org)

### **Bay Cove (Crisis Intervention and Support)**

Offering telehealth for evaluations 24/7 until the COVID-19 situation stabilizes.

833-229-2683

*(24-hour hotline)*

[baycovehumanservices.org](http://baycovehumanservices.org)

### **Calmer Choice Resource Page**

Online options for mindfulness and stress reduction

<https://calmerchoice.org/news-resources/mindfulness-resources>

### **Independence House**

Domestic or sexual violence counselors are available 24/7 to speak with you

1-800-439-6507

*(24-hour hotline)*

[independencehouse.org](http://independencehouse.org)

### **Lily House**

Offers end-of-life planning consultations to help create peace of mind and a sense of empowerment

508-246-5087

[thelilyhouse.org](http://thelilyhouse.org)

### **NAMI Cape Cod & Islands**

Resources for managing stress and anxiety

508-778-4277

[nami.org/covid-19-guide](http://nami.org/covid-19-guide)

### **Outer Cape Health Services (OCHS)**

Patients can access behavioral therapy and psychiatry via virtual appointments. OCHS is also a test site for COVID-19.

508-487-9395

[outercape.org/contact-us/](http://outercape.org/contact-us/)

OCHS' Community Navigator Program maintains an up-to-date list of local mental health providers. Email for more info

[CRNavigator@](mailto:CRNavigator@outercape.org)

[outercape.org](http://outercape.org)

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## MANAGING STRESS, WORRY, & ANXIETY (CONTINUED)

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCApeCod.org](mailto:Alex@HPCCApeCod.org)

### **Provincetown COVID-19 Task Force**

Stress Support Line is staffed by local mental health professionals. Call or text 7 days a week from 12-7PM.

Online support group run by mental health professionals on Fridays.

Also offers volunteers who are available to shop, pick up medications, and do other tasks for those without other resources

508-309-5848

[facebook.com/ptowntaskforce/](https://facebook.com/ptowntaskforce/)

### **Samaritans on Cape Cod & the Islands**

Outreach programs and crisis line for all ages

508-548-8900

[capesamaritans.org](https://capesamaritans.org)

## SUBSTANCE USE SUPPORTS

*from AIDS Support Group of Cape Cod*

### **Crystal Free**

Support group for gay, bi, trans, and queer men (regardless of HIV status) seeking recovery from crystal meth

508-487-9445

### **Free Syringe Services & NARCAN**

For anyone in Provincetown regardless of HIV status

508-487-8311

### **List of Local 12-Step Meetings**

[asgcc.org/provincetown-online-meetings/](https://asgcc.org/provincetown-online-meetings/)

### **Massachusetts Substance Use Helpline**

Mon-Fri: 8AM-10PM

Sat & Sun: 8AM-6PM

800-327-5050



## FAMILY AND CAREGIVER SUPPORTS

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCApeCod.org](mailto:Alex@HPCCApeCod.org)

### **Alzheimer's Family Support Center**

Individuals & family members living with dementia are welcome to call for support. Messages are checked regularly. Telephone support hours: 7 days, 9AM–5PM

508-896-5170

[alzheimerscapecod.org](http://alzheimerscapecod.org)

### **Cape Cod Children's Place**

Family Support specialists available to help families meet basic needs and discuss child development/behavior strategies during COVID-19. A limited supply of diapers, food and children's books is available. Hours: Mon–Fri, 9AM–5PM

508-240-3310

[capecodchildrensplace.com](http://capecodchildrensplace.com)

### **Children's Cove**

*(The Cape & Islands Child Advocacy Center)*

Compassionate, comprehensive, and collaborative response services at no cost to survivors of child abuse

508.375.0410

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

### **Elder Services of Cape Cod & the Islands**

Support services for family and caregivers of older adults

508-394-4630

[escci.org](http://escci.org)

### **Independence House**

Domestic or sexual violence counselors available 24/7 to speak with you

1-800-439-6507

[independencehouse.org](http://independencehouse.org)

### **Lily House**

Offers education and support for family, friends, and caregivers taking care of a loved one at the end of life

508-246-5087

[thelilyhouse.org](http://thelilyhouse.org)

### **Provincetown COVID-19 Task Force**

Offers a buddy program

508-309-5848



## SMALL BUSINESS, WORK, OR LEGAL SUPPORT

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCApeCod.org](mailto:Alex@HPCCApeCod.org)

### SMALL BUSINESS SUPPORT

**Community Development Partnership**  
Offers emergency services to small businesses on the Lower/Outer Cape

508-240-7873  
[capecdp.org](http://capecdp.org)

### WORK & LEGAL SUPPORT

**South Coastal Counties Legal Services, Inc.**  
Offers free consultations, Mon-Thur, 9AM-1:30PM

800-244-9023  
[sccls.org](http://sccls.org)

**WE CAN**  
Provides work and legal support services to community women experiencing challenging transitions

508-430-8111  
[wecancenter.org](http://wecancenter.org)



## COVID-19 TESTING

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or [Alex@HPCCapeCod.org](mailto:Alex@HPCCapeCod.org)

The current CDC list of symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Outer Cape Health Services continues to have ample testing capacity for anyone exhibiting symptoms of COVID-19.

**Anyone with these symptoms** is encouraged to call Outer Cape Health Services COVID-19 Line at 508-905-2888 to be screened. COVID-19 testing for those with symptoms or close contacts of those who test positive are medically necessary and covered by health insurance.

**Those without symptoms or known exposures** are able to pay out of pocket for testing at Carewell Urgent Care, Patriot Square, 484 Rte. 134, South Dennis, MA 02660. Carewell offers at least 3 types of testing; only a molecular PCR test is recommended.

Outer Cape Health Services: COVID-19 Line

508-905-2888

Carewell Urgent Care

800-659-5411



WE'RE ALL IN THIS  
TOGETHER.

The Provincetown COVID-19 Resource Guide is a product of the Provincetown Meeting Needs Group. This September 2020 edition was possible due to contributions of time and energy by:

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Rev. Donnie Anderson	Steve Katsurinis	Steve Roderick
Janet Beattie	Andrea Lavenets	Lezli Rowell
Mary Berry	Mary Beth Maloney	Brianne Smith
Eileen Cabral	Barbara Murphy	Cheryl Souza
Morgan Clark	John Morgan	Caroline Thompson
Dan Gates	Charlie Nichols	Nicola Vichert
Gwynne Guzzeau	Pastor David Brown	Dawn Walsh
Philip Franchini	Pastor Frank White	
Chris Hottle	Amy Raff	

Call to confirm business hours of the agencies and resources listed.

Website addresses listed may require a “www.” or “http://” prefix when entered into your browser window.

Funding for this publication was made possible by a grant from Cape Cod Healthcare to Helping Our Women, partnering with Provincetown Health Department, in order to support increased equity and access to healthcare.

**For updated COVID-19 information, please visit:**  
[provincetown-ma.gov](http://provincetown-ma.gov)

Special thanks to the following photographers whose work is included: Martin Adams, Anastasiia Chepinska, Avel Chuklanov, Grant King, Sarah Lee, Hamilton Magri Jr., Alexander Mils, Shelley Pauls, Devon Janse van Rensburg  
Design: Grant King | [grantcking.com](http://grantcking.com)

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