

## **Pardes provides assistance for our families in need**

Families all over the country, including right here in our community, are feeling the emotional and financial stress brought on by the Coronavirus. If you are one of those families, please reach out to us for support. Let us shoulder some of the burden by, in some cases, providing direct assistance, or at the very least, walking you through the complex and stressful process of accessing resources.

Any information you provide will be held in strict confidence.

Access our **CONFIDENTIAL Family Assistance Request Form** here:

<https://forms.gle/ZKFDhyaanRm5XJoQA>

Here are other resources available throughout our community:

Assistance specifically for members of the Jewish Community:

Jewish Family and Children's Service - Provides a range of services from medical services to home-bound senior support to emergency financial aid:

<https://www.jfcsaz.org/programs-services/jewish-community-services/>

Jewish Free Loan Association - Provides interest-free loans with flexible repayment terms to Jewish community members in need:

<https://jewishfreeloan.org/>

Financial assistance/Income support:

[https://des.az.gov/sites/default/files/media/Unemployment\\_Insurance\\_Fact\\_Sheet\\_032320.pdf](https://des.az.gov/sites/default/files/media/Unemployment_Insurance_Fact_Sheet_032320.pdf)

Food assistance:

<http://www.azfoodbanks.org/index.php/covid-19>

<https://kjzz.org/content/1486956/list-arizona-schools-offering-meals-during-closures>

<https://www.susd.org/Meals>

[https://www.pvschools.net/sites/default/files/About%20PV/Health%20and%20Nutrition/Serving\\_Meals\\_During\\_District\\_Closure\\_English.pdf](https://www.pvschools.net/sites/default/files/About%20PV/Health%20and%20Nutrition/Serving_Meals_During_District_Closure_English.pdf)

Mental health resources:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Other assistance:

<https://211arizona.org/covid-19/>