WVU Tech TRIO Upward Bound Program

COVID-19 Community Resources

**Meal Information**

## **Clay County**

**Phone**: 304-587-4266

**Website:**<http://claycountyschools.org/>

Five days of meal packs that include both breakfast and lunch will be delivered on Mondays from 10:30 a.m. to 12:00 p.m. via the bus routes.

Please click [here](http://claycountyschools.org/wp-content/uploads/sites/4/2020/03/Bus-Feeding-Schedule-COV-1.pdf) for the bus route visit. the following link for the bus route schedule

## **Fayette County**

**Phone**: 304-574-1176

**Website**: <https://www.boe.faye.k12.wv.us/>

**Facebook:** <https://www.facebook.com/fayetteschoolswv/>

Five days of meal packs that include both breakfast and lunch will be offered at the following locations on Thursdays from 10:00 a.m. to 12:00 p.m.

* Fayetteville PreK-8
* Meadow Bridge Elementary (which includes Meadow Bridge High School students)
* Midland Trail High School (which includes Ansted and Divide Elementary students)
* New River Primary (which includes New River Intermediate students)
* Oak Hill Middle (which includes Oak Hill High School students)
* Valley PreK-8 (which includes Gauley Bridge Elementary students)

## **Kanawha County**

**County BOE Phone**: 304-348-7770

**Website:**<https://kcs.kana.k12.wv.us/>

**Facebook:** <https://www.facebook.com/KCSWV/>

Five-day meal packs that include both breakfast and lunch will be provided at all bus routes on Monday, except for Sissonville which will be on Tuesday.

For bus terminal information, please click [here](https://kcs.kana.k12.wv.us/Article/3779/bus-terminal-contact-information).

For the most up to date information, please click [here](https://kcs.kana.k12.wv.us/Article/5690/kcs-coronavirus-plan-for-schools).

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## **Food Pantry**

## Warm Hands From Warm Hearts—Center of Hope

## Address: 319 Main Street East, Oak Hill, WV 25901, United States

## Phone: 304-222-0629

## E-mail Address: warmhandswarmhearts.wv@gmail.com

The Center of Hope is open Mondays, Tuesdays, and Thursdays from 5 PM to 8 PM. There are also morning hours on Tuesdays and Thursdays from 9 AM to 12 PM

# **Mental Health Resources**

[7 Cups](https://www.7cups.com) - Free supportive chats and affordable online therapy resources

[Active Minds](https://www.activeminds.org) - Mental health awareness and support for young adults

[HeadSpace](https://www.headspace.com/headspace-meditation-app) - Meditation

[Calm](https://www.calm.com/) - Meditation

[Moodfit](https://www.getmoodfit.com/) - Mood tracking and well-being

[Moodmission](http://moodmission.com/) - Dealing with stress and anxiety

## **Additional Resources**

## Active Southern West Virginia - [Community Outdoor Activities](https://activeswv.org/programs/community-captains/)

## [Running Essential Errand Guidelines from the CDC](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html)

## [How to Stay Safe During Outdoor Activity](https://health.clevelandclinic.org/covid-19-how-to-stay-safe-during-outdoor-activities/)