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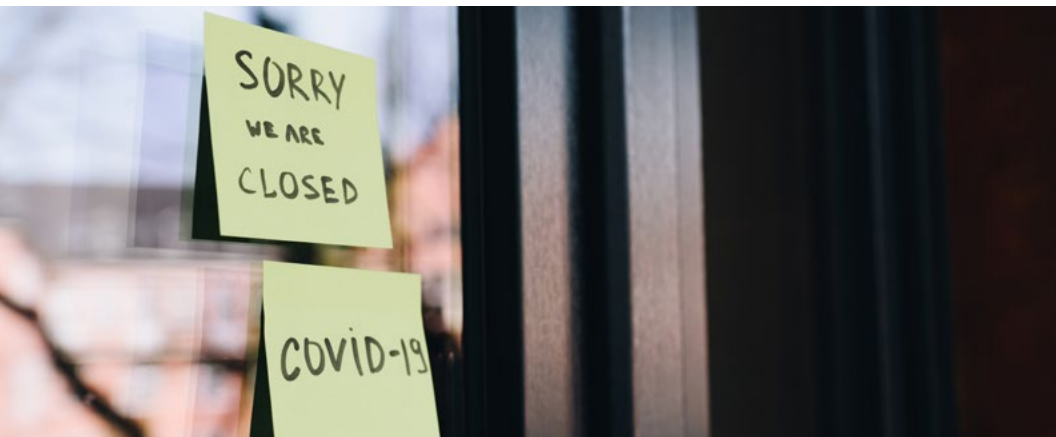
Provincetown COVID-19 Resource Guide

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

LET'S GET CONNECTED.

March 2021

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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



FOOD PROGRAMS

Don't know where to start? Contact Alex, the Provincetown Community Support Liaison, at: 508-237-7042 or 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

Family Pantry of Cape Cod

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

508-432-6519

thefamilypantry.com

Little Free Pantry at the UU Meeting House

Free, non-perishable grocery items, toilet paper, hand sanitizer, and masks, in a shed located to the right of the UU Meeting House door. Drop off donations at 236 Commercial Street: Mon-Thurs, 9:30AM-4:00PM.

508-487-9344

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

(for latest info)

Truro Community Kitchen

Delivers free cooked meals on Tuesdays to those in need in Truro.

973-868-7526

trurocommunitykitchen@gmail.com

trurocommunitykitchen.com

trurocommunitykitchen.com



FOOD PROGRAMS (CONTINUED)

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

FOR CLIENTS

AIDS Support Group of Cape Cod
Food pantry and meal program for clients

508-487-9445

Elder Services of Cape Cod and the Islands
Meals on Wheels program

508-394-4630
escci.org

Helping Our Women Food Pantry
Call ahead to plan pick-up of free groceries and personal care products

508-487-4357
helpingourwomen.org

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

508-487-5020
provincetownschools.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

CASE WORKERS/ADVOCATES

These are agencies that help you access resources:

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

Provincetown Council On Aging (COA)

Assists older adult residents and their families and caregivers

508-487-7080

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

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

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



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

FINANCIAL ASSISTANCE (cont'd)

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

(508) 487-7080
chottle
@provincetown-ma.gov

Housing Assistance Corporation
Provides government funds for rent assistance

508-771-5400, x210
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

St. Mary's Church
For emergency relief funds

508-487-2622
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

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



HOUSING AND HOMELESSNESS

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

AIDS Support Group of Cape Cod

Offers housing support services to people living with HIV

508-487-9445

asgcc.org

Community Development Partnership

Offers subsidized rental units on the Lower/Outer Cape

508-240-7873, x18

capecdp.org

Community Housing Resource, Inc.

Offers subsidized and affordable rental units in Provincetown/Truro

508-487-2426

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

Housing Assistance Corporation

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

508-771-5400

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 the Community Housing Specialist

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

@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@HPCCApeCod.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

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

Lily House

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

508-246-5087

thelilyhouse.org

NAMI Cape Cod & Islands

Resources for managing stress and anxiety, including online support groups

508-778-4277

- nami.org

- 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/

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

CRNavigator
@outercape.org

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

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

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

Alzheimer's Family Support Center

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

508-896-5170

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. Limited supply of diapers, food, and children's books available. Hours: Mon–Fri, 9AM–5PM

508-240-3310

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

Council on Aging

Provides outreach, support services, and programs to family/caregivers of older adults.

508-487-7080

Elder Services of Cape Cod & the Islands

Support services for family and caregivers of older adults

508-394-4630

escci.org

Independence House

Domestic or sexual violence counselors available 24/7

1-800-439-6507

independencehouse.org

Lily House

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

508-246-5087

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

SMALL BUSINESS SUPPORT

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

508-240-7873
capecdp.org

WORK & LEGAL SUPPORT

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

800-244-9023
sccls.org

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

508-430-8111
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

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

Anyone with these symptoms is encouraged to call the Outer Cape Health Services COVID-19 Line at 508-905-2888.

Those without symptoms or known exposures can call Carewell Urgent Care at 800-659-5411 in South Dennis to make an appointment for testing. They offer several types of testing; 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 March 2021 edition was possible due to contributions of time and energy by:

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For updated COVID-19 information, please visit:
provincetown-ma.gov

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

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

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TOC

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We're here to help you. We're all in this together.