

VOYAGE CHURCH

Covid-19 Assistance

We understand that these are unprecedented times and you may have needs that you've never experienced before. Here is a list of community resources with links to help make things a little easier.

This list is not intended to be fully representative of all community resources nor is it intended to be an endorsement. To maintain the integrity of the embedded links, sharing electronically is recommended.

2-1-1 is the local organizing entity for resources in our area. To get connected to local resources, call 2-1-1's 24/7 local hotline that will connect you with local resources, especially related to food insecurity, child care, and issues with housing during the crisis. They will connect callers to nonprofit that are receiving emergency funds. You can locate a list of COVID-19 (Coronavirus) Resources [here](#).

FOOD

[Kalamazoo Loaves and Fishes](#)

[12 Baskets](#)

[Senior Services Meals on Wheels](#)

[Kalamazoo Gospel Mission](#)

[Ministry with Community](#)

[Valley Family Church Tuesday Grocery](#)

[Distribution](#)

[Centerpoint T/TH Food Distribution](#)

DIAPERS, WIPES, AND FORMULA

[St. Luke's Diaper Bank](#)

[Alternatives of Kalamazoo](#)

SHELTER

[Kalamazoo Gospel Mission](#)

[Ministry with Community](#)

[The Ark Shelter for Homeless Youth](#)

[Housing Resources Inc.](#)

MENTAL HEALTH, SUBSTANCE RECOVERY & DOMESTIC RESOURCES

It is important to practice self care during these times; physical, spiritual, and especially, emotional care is very important right now. Here are some links from organizations on dealing with stress and anxiety during the COVID-19 outbreak:

[Coronavirus Anxiety - Helpful Expert Tips and Resources: Anxiety and Depression Association of America](#)

[Coronavirus Anxiety: American Psychological Association](#)

[Five Ways to View Coverage of the Coronavirus Outbreak: American Psychological Association](#)

[Managing Anxiety and Stress: Centers for Disease Control](#)

[Autism Alliance of Michigan MiNavigator](#)

[Alzheimer's Association Tips for Dementia Caregivers](#)

[CDC: Talking to Children about Coronavirus](#)

[National Suicide Prevention Lifeline](#) or 1-800-273-8255

[Recovery Institute of Southwest MI Online Meetings & Support](#)

[YWCA KALAMAZOO \(ABUSE SUPPORT SERVICES ARE STILL AVAILABLE\)](#)