

Resources for UPCS Families

Basic Needs

Breakfast and Lunch meals: Grab and Go meals will be distributed Monday-Friday 11:00am-1:00pm in any local Pittsburgh Public school through March 20th. Deliveries of food to the East Hills Community Center, Northview Heights Recreation Center and Housing Authority in Glen Hazel will also take place.

Pa211sw.org OR text your zip code to 898-211: Choose *Get Help* and then *Search Services*. Enter zip code and choose a *Guided Search* to get connected to resources for your needs.

Health Care (be sure to contact your Primary Care Physician if you are experiencing symptoms like fever and cough)

Highmark amwell.com OR doctorondemand.com: available virtual doctors 24/7

UPMC AnywhereCare app: 24/7 online virtual medical visits and care plans.

Internet

Comcast Internet 1-800-934-6489: unlimited data for 60 days with no additional charge. There will be no disconnects or late fees.

Internetessentials.com: Comcast Internet Essentials new customers will receive 60 days of complimentary internet service which is normally available at \$9.95/month.

xfinity.com/wifi: Wifi hotspots will be available for everyone for free, including non-Xfinity internet subscribers. Once at a hotspot choose the *xfinitywifi* network name and launch the browser.

Taxes

Myfreetaxes.com: Every household with a simple return can file federal and state taxes FREE.

Utilities

Columbia Gas 1-888-460-4332: suspending shut offs for nonpayments for residential, commercial and industrial customers until further notice. Late payment charges will also be suspended until May 1st. Call to inform of financial hardship.

Duquesne Light Company 412-393-7100: discontinuing service shut offs through at least May 1st.

PA American Water 1-800-565-7292: discontinuing service shut offs at this time. Any service that has been turned off will be restored.

Pittsburgh Water & Sewer Authority 412-255-2423: discontinuing service shut offs until May 31st and waiving the income qualification criteria to ensure no customer is without water.

Please do not hesitate to reach out to anyone in the Counseling/School Support Services department for any additional support:

Ty Beck, Transition and Internship Counselor - tybeck@upcs.net

Jessica Crislip, School Psychologist - jcrislip@upcs.net

Melissa Fratangelo, School Counselor in Training - mfratangelo@upcs.net

Lisa Hunter, School Nurse - lhunter@upcs.net

Kevin Reevey, School Counselor - kreevey@upcs.net