



## IS YOUR HOUSING AT RISK BECAUSE OF COVID-19?

Are you a tenant OR landlord? FREE community mediation services may help you prevent an eviction.



Department of Housing and  
Community Development

If you are facing a housing crisis due to COVID-19, FREE mediation services are available for tenants AND landlords.

### HOW CAN MEDIATION HELP?

Trained mediators can help tenants and landlords find a solution that works for everyone to keep households in their home.

### WHEN CAN MEDIATION HELP?

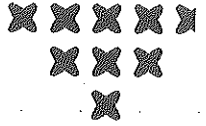
Mediation can be used **BEFORE** an eviction is filed or **DURING** the legal process.

Find your local Community Mediation Center at [www.resolutionma.org](http://www.resolutionma.org).

IF YOU NEED HELP PAYING FOR HOUSING COSTS  
CALL 2-1-1  
VISIT [WWW.MASS.GOV/COVIDHOUSINGHELP](http://WWW.MASS.GOV/COVIDHOUSINGHELP)



PROJECT  
BREAD



# Can't afford enough food? Let's chat.

**CALL: 1 (800) 645-8333**

**Hotline Hours** Mon-Fri: 8am-7pm Sat: 10am-2pm

No matter what you're going through, we understand that food is a must. We want to help you. PROJECT BREAD can connect you to programs that will help you afford groceries and put food on the table. Always free & confidential for all Massachusetts residents, our counselors are ready to assist callers in 180 languages.

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## **SNAP (Supplemental Nutrition Assistance Program)**

SNAP is a federal nutrition program that provides monthly financial assistance for groceries. Could you be eligible? Find out today and get help applying.

## **Free Meals for Kids & Teens**

All children ages 0-18, and in some locations up to age 21, can receive free meals for pick-up at hundreds of locations around the state. No registration or I.D. is required. Find a free meal site near you.

## **Food Pantries**

If you need food right now, we can direct you to emergency food programs near you, including food pantries and meal programs.

## **Referrals to Additional Resources**

We can help you find additional support, including referrals to WIC (a federal nutrition program for Women, Infants, and Children), housing, and utility assistance.

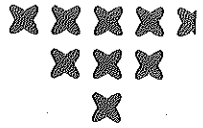


**Call today or learn more at [projectbread.org/gethelp](https://projectbread.org/gethelp)**





PROJECT  
BREAD



# ¿No le alcanza su presupuesto para comprar comida? Charlemos.

## LLAME AL: 1 (800) 645-8333

Lu-Vie: 8 a.m. - 7 p.m.    Sáb: 10 a.m. - 2 p.m.

Cuales sean las dificultades que esté enfrentando, alimentarse es indispensable. Queremos ayudarle. PROJECT BREAD puede conectarle con programas que le ayudarán a pagar por sus alimentos y poner comida en la mesa. Nuestro servicio siempre es gratuito y confidencial. Nuestros consejeros están aquí para ayudarle en 180 idiomas.

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### **SNAP (Programa Suplemental de Asistencia Nutricional)**

Es un programa federal de nutrición (anteriormente conocido como "cupones de alimentos") que brinda asistencia financiera, cada mes, para comprar alimentos. Averigüe hoy si es elegible y obtenga ayuda para presentar su solicitud.

### **Comidas Gratuitas Para Niños y Adolescentes**

Todos los niños de edades 0 a 18 años, y en algunos lugares de hasta 21 años, pueden recibir comidas gratuitas hasta el final de agosto del 2021. No se requiere identificación ni inscripción.

### **Despensas de Alimentos**

Si necesita comida en este momento, podemos dirigirle a programas de alimentos de emergencia cerca de usted, como centros y despensas de alimentos.

### **Referencias para Recursos Adicionales**

Podemos ayudarle a encontrar apoyo adicional, por ejemplo, referirle al programa WIC (un programa federal de nutrición para mujeres, bebés y niños), de vivienda o para acceder a servicios públicos.



**Llámenos hoy. Para obtener más información visite**  
**[projectbread.org/obtenga-ayuda](http://projectbread.org/obtenga-ayuda)**

