



## Sharing Resources

We hope that you and your loved ones are doing well this month. It has been a challenging few weeks for our communities and the world. Over the next few weeks, we will be sharing information about financial support, access to food, city and state guidelines, and other resources for assistance during the COVID-19 pandemic. Be sure to follow us on [Instagram](#), [Facebook](#), and [Twitter](#) for additional information and updates.

We want to say thank you to our network and other non-profit organizations that have sent important information so that we can provide these resources to our clients and followers. If you or someone you know is in need, be sure to share posts and contact information with them.

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## When Home Isn't a Comfort

For victims of domestic violence, the closure of non-essential businesses and schools has forced them to remain in unsafe situations. For many of our clients, their partners, parents, and caregivers are also their abusers. School and employment provided a respite from the abuse. In Washington, D.C., there are resources available during this time, including Amara. You can call us at 240-257-6492 or email us at [info@amaralegal.org](mailto:info@amaralegal.org). For domestic violence matters, please reach out to the following organizations. If the situation is an emergency, please call 911.

- **Ayuda:** 202-387-4848
- **Bread for the City:** 202-386-7616
- **D.C. SAFE Call Response Line:** 1-800-407-5048
- **D.C. Volunteer Lawyers Project:** 202-425-7573
- **Legal Aid Society of the District of Columbia:** 202-628-1161
- **Neighborhood Legal Services Program:** 202-832-6577
- **Network of Victim Recovery of D.C.:** 202-742-1727

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## Protecting At-Risk Communities

Seniors and those who are immunocompromised are the most at risk. Grocery stores around the country have created special shopping hours for seniors 60+, pregnant women, people with disabilities, and other at-risk groups in these select hours. See the list [here](#) and share it with those who may need this information.

For those looking for food resources in Virginia, [the Federation of Virginia Food Banks](#), which serves seven sectors of the state, is standardizing low- and no-touch distribution, pre-boxed items, and drive-through distribution mechanisms. You can text FOOD or COMIDA to 877-877 to find the meal sites nearest to you.

Many schools throughout Prince George's County are offering meals for students including [Kettering Middle](#), [William Paca Elementary](#), [Martin Luther King Jr. Middle](#), [Langley Park-McCormick Elementary](#), [Laurel Elementary](#), and more. You can see the full list [here](#).

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## Your Continued Support

We understand that this is a challenging time for everyone, but if you are able to donate, consider making a tax deductible donation today. If you cannot donate, remember that at no cost to you, you can support Amara when you shop on Amazon through Amazon Smile. You can make Amara your program of choice using this shortcut [here](#).

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