COVID-19 INFO.
- Symptoms: fever, dry cough, shortness of breath, tiredness, loss of smell/taste, GI pain, pink eye
- Seek medical attention if: high fever, difficulty breathing, chest pain, bluish lips/face, suspected dehydration
- Drive-Thru test sites: philagov/covid-19
- Call 311 to find the nearest urgent care center
- COVID Hotline: 800.722.7112

WOMEN IN TRANSITION
Empowering people to move forward in their lives free of domestic violence and substance abuse. Free counseling, virtual support groups & training, WAVE Self Defense program, and more.

@WomenInTransitionPhilly
WIT LifeLine: 215.751.1111
witservices@helpwomen.org
helpwomen.org

WOMEN'S ZOOM AA
(Alcoholics Anonymous)
Community of women offering each other support through recovery, with virtual support during quarantine.
Private FB Group:
https://www.facebook.com/groups/137901084293868/
MEETING ID: 844 415 1666
PASSWORD: WomenAA20
(same for all meetings)

SUNDAY
9:00am T.B.D (Allison L)
12:00pm TOPIC (Ali)
6:00pm SPEAKER DISCUSSION (Gillian)
10:00pm SPEAKER DISCUSSION (Michelle K)

MONDAY
9:00am GRAPEVINE (Courtney)
12:00pm ROTATING TOPIC/LIT/SPEAKER (Kara)
7:30pm BIG BOOK STUDY (Britt/Lynz)
10:00pm BEGINNERS (Jess S)

TUESDAY
9:00am DAILY REFLECTIONS (Teresa S)
12:00pm TOPIC/SPEAKER (Shell Lee)
6:00pm DAILY REFLECTIONS (Krista)
10:00pm SPEAKER DISCUSSION (Erin H)

WOMEN'S ZOOM AA
FRIDAY
9:00am BIG BOOK TOPIC (Courtney)
12:00pm T.B.D (Anonymous)
6:00pm SPEAKER DISCUSSION (Savannah)
10:00pm GOD AS I UNDERSTAND HIM (Britt B)

SATURDAY
9:00am T.B.D (Sam)
12:00pm LITERATURE (Sarah D)
6:00pm SPEAKER/LITERATURE (Katie)
10:00pm BIG BOOK/LITERATURE (Dana S)

WOMEN IN RECOVERY
Supportive online community for women recovering from substance abuse disorder. No 12-step affiliation is needed! A place to share struggles, stories, advice, and empowerment.
Private FB Group:
https://www.facebook.com/groups/224219741293858/

WAA-WOMEN AGAINST ABUSE
Philadelphia Domestic Violence Hotline for 24/7 confidential support (translation available), crisis intervention, safety planning, Protection from Abuse Order help, housing, legal, and more.
@womenagainstabuse
866.723.3014
info@womenagainstabuse.org
womenagainstabuse.org

WOAR–PHILADELPHIA CENTER AGAINST SEXUAL VIOLENCE – WOMEN ORGANIZED AGAINST RAPE
Rape crisis center, 24-hour confidential hotline (call/text), free trauma-focused counseling, support groups, medical and/or court accompaniment, reporting resources, and education/prevention training.
@WOARphila
215.985.3333
woar.org

"I Will Breathe, I Will Survive"

V.O.I.C.E—VICTORY OVER INCONCEIVABLE COWARDLY EXPERIENCES
Network to empower and unite survivors of sexual violence through virtual and live events, private facebook group, newsletters, and more.
@Asurvivorsvoice
info@asurvivorsvoice.org
asurvivorsvoice.org
Take Back the Night Philly Resource List

"It takes courage to ask for help."

SAVAGE SISTERS:
Provide a safe, structured sisterhood for women in recovery, especially during the isolation of quarantine. Resources that encourage spiritual, physical and mental growth, harm reduction and long-term recovery tools. Join "Mental Health Check-in" private FB group for support in safe, judgement-free space:
facebook.com/groups/1257391141318179
@savagesistersLLC
610.818.7888
sarah@savagesisters.org

PROJECT SAFE
Direct-service, peer-based advocacy organization of: women, non-binary, gender non-conforming, and trans people in Philadelphia’s sex trade.
@safephila
safephila@gmail.com
projectsafully.org

RUA – RED UMBRELLA ALLIANCE
All-volunteer collective dedicated to ending stigma and violence towards sex workers through labor organizing, advocacy, and decriminalization. Visit website to apply for the Sex Worker Relief Funds.
@PhillyRUA
philaswfund@gmail.com
bit.ly/PHLSFund

PREVENTION POINT
Empowering communities affected by drug use and poverty through support, counseling, and access to food, supplies, and other resources.
@preventionpointphiladelphiaHome
215.634.5272
clayton@ppponline.org
ppponline.org

PAVE – PROMOTING AWARENESS FOR VICTIM EMPOWERMENT
Empowers students, parents, and leaders to end sexual violence through prevention education, creating safer spaces for survivors to thrive after trauma. Access PAVE University trainings through website. Youtube Educational Series (@angelorosePAVE).
@PromotingAwarenessVictimEmpowerment
877.399.1346
Info@ShatteringTheSilence.org
shatteringthesilence.org

OPIMBY – OPERATION IN MY BACK YARD
Inclusive Harm Reduction street outreach group serving people who use drugs and engage in sex work. Meals, injection supplies, sex work kits, sober living scholarships. Support folks who engage in behaviors that society may not support.
@OPIMBY
operationimby@yahoo.com
Venmo (@Oplmby)

REAL TALK RECOVERY
Remain connected to the recovering community is a 12-step fellowship daily meeting that is trauma-informed and allows cross-addicted sharing! We meet every night at 7pm. Join private FB group:
facebook.com/groups/400033587374768
Meeting ID: 733 134 420
Password: 2020

PHILADELPHIA HEALTH DEPARTMENT
Get answers to questions during COVID-19, including access to resources, health information, and more. Check out the Philly Take Back the Night Resource Google Doc for public health information.
https://docs.google.com/document/d/1_cBQYVvrc83Y5b9tWnXVspQo_eRXDwFipMFaapDeUg/edit?usp=sharing
@phillyhealth
215.686.5200
phila.gov/departments/department-of-public-health

NAASCA – NATIONAL ASSOCIATION OF ADULT SURVIVORS OF CHILD ABUSE
Resources and education for adult survivors of childhood sexual abuse.
Virtual Daytime Recovery Meetings (Q&A Discussion): Every Sun, Tues, and Thurs, 2pm EST. Led by Bill Murray & Linda Vidi. Registration required.
zoom.us/webinar/register/WN_lES7QufkTha0_-Rs7DCh-w
@NAASCA
323.552.6150
Bmurray3rd@aol.com
naasca.org

document design: preetispurpose.com
**FOOD NOT BOMBS**
We call Fri. between 4-7pm, 5-30 mins. before delivery
Expect calls from strange numbers and different drivers
Share your specific drop-off instructions
Driver will ring doorbell/knock/text after drop-off (wait for them to leave door)
Pickup food while protecting workers
Waves & smiles are always appreciated!

**HEALTH AND WELLNESS RESOURCES**
- Virtual Yoga Classes: Tuesdays at 6, Wednesday at 10am and Fridays at 6pm.
- Home Workout Database - nonnormativebodyclub.com/home-workouts
- Mindfulness Meditation: Monday & Wednesday 9-9:45am and Fridays at 4pm, (contact for Zoom Link)
- Send email for guidance on herbalism and using herbs to support health, to be connected to resources through the Community Herbalists Extending Resources.

**MAZZONI CENTER**
Provider of quality comprehensive health and wellness services in an LGBTQ-focused environment. Mazmoni Center Healthline, Gender Affirming Services, Mazmoni Center Food Bank open MWF 9-3.
@MazzoniCenter
855.462.9966 (855-4MAZZON)
transcare@mazzonicenter.org
mazzonicenter.org

**GEMMA SERVICES**
Provider of outpatient behavioral health services for children, adolescents, & families. Call to schedule an intake appointment.
@GemmaServices.org
Services Intake 215-730-2326
outpatient@village1877.org
village1877.org

**ECC – EDUCATORS FOR CONSENT CULTURE**
Educators working to build a movement that disrupts rape culture and promotes consent culture in Philly schools through community engagement, education, and organizing.
- Consent for Kids Storytime FB Live events on Thursdays at 11 AM
- Let’s Talk About Sex Parent/Caregiver Webinars on Tuesdays at 6 PM
@Ed4Consent
teachingconsent215@gmail.com
ed4consent.org

**CRSH – COALITION FOR RESTAURANT SAFETY & HEALTH**
Service workers and allies organizing to create safer, harassment-free work cultures in food service & hospitality industries. Know Your Rights Webinars, Sexual Harassment trainings, and more.
@CRSHphilly
Helpline - Worker Rights: 267-571-6720
contact@saferestaurantsphilly.org
saferestaurantsphilly.org

**LUTHERAN SETTLEMENT HOUSE**
LSH’s Food Pantry is still open from Monday-Fridays (9am-3pm) at our site on 1340 Frankford Avenue. No ID or income verification is required. Our Jane Addams Family Shelter is still open, as well as access to our Bilingual Domestic Violence Program (BDVP).
@LutheranSettlementHouse
Jane Addams Family Shelter 215-426-8610, ext. 1200
Bilingual Domestic Violence Program 215-426-8610 x1236
lutheransettlement.org

**FOOD NOT BOMBS**
**HELP KEEP DELIVERIES SAFE**
- We call Fri. between 4-7pm, 5-30 mins. before delivery
- Expect calls from strange numbers and different drivers
- Share your specific drop-off instructions
- Driver will ring doorbell/knock/text after drop-off (wait for them to leave door)
- Pickup food while protecting workers
- Waves & smiles are always appreciated!

**COMHAR – ENHANCED OUTPATIENT SERVICES**
Provider of health and human services that empower individuals, families and communities.
- Latino Treatment Program (LTP) 2600 American Street, Philadelphia, PA - 215-739-2669
- Specialized Services for LGBTQ community (PACTS) - 100 S. Broad Street, Philadelphia, PA 19110 - 215-569-8414
@comharorg
Central Registration: 267.861.4382
central_registration@comhar.org
comhar.org/services

**You Matter: Your Story, Your Journey, Your Destination...**