



**VitalVillage**  
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NETWORKS

# WELLNESS BANK

August 2021 Resource Guide

## RESOURCE GUIDE



Dear Reader,

The Wellness Idea Bank is a comprehensive and community-driven guide for those in the Greater Boston Area that helps to aggregate resources, ideas, and events for supporting wellness and social connections.

All resources on the Wellness Idea Bank are curated and submitted by members of the VVN community, and it is our community that makes this project possible. If you would like to see a new resource added, you can do so at <https://bit.ly/WellnessIdeasSubmit>.

Thank you for reading, and we hope that the Wellness Idea Bank proves itself useful to you!

**The VVN Staff**



# I. Back to School Resources

## Big Summer Blowout

The Roslindale Community Fridge is hosting a back-to-school summer drive! They are currently collecting donations for school supplies, pantry food items, sanitizer, face masks, and reusable containers & ice packs. Monetary donations also accepted via Venmo or their website.

Families can collect items for their child on Saturday August 22nd from 10AM-5PM at the Roslindale Community Fridge behind the farmer's market at 4140 Washington St.

Available in: English  
Available to: Everyone  
[MBTA Directions](#)

## Mattapan Back to School Vaccination Clinic

In partnership with Boston Medical Center, Join us for a COVID-19 vaccination clinic near you! Pfizer and J&J vaccines will be available and individuals 12+ are eligible to get vaccinated. All are welcome regardless of insurance or immigration status. The COVID-19 vaccine is free.

Ice cream truck, shaved ice, Music, Games and Activities will be available!

The event will be Sunday August 22nd from 12PM-6PM at 1602 Blue Hill Ave.

Available in: English, Spanish, Haitian-Creole  
Available to: Everyone  
[MBTA Directions](#)

## Whittier Street Health Center Back to School BBQ

Join us on Friday, August 20th at 2pm for Whittier Street Health Center's annual Back To School BBQ! This year's event will include a cookout, inflatable bounce houses, school supplies giveaways along with fun and entertainment!

Available in: English  
Available to: Everyone  
[MBTA Directions](#)

## Back to School Bash

Come join us for a day of fun, with bouncy houses food, raffles and games. We will have school supplies for first come first serve. Try to come early. We will have different type of vendors. Show support to our black owned business. Admission is \$5 access to everything. When arriving location head towards the rear part of the building.

This event will take place on Sunday September 5th from 12PM-5PM at 622 Dudley Street.

Available in: English  
Available to: Everyone  
[MBTA Directions](#)

## Covid-19 Vaccine for People under 18

People age 12 and older who live, work, or study in Massachusetts can get vaccinated against COVID-19. People ages 12-17 can only get the Pfizer vaccine. People age 18 and older can get any vaccine. The vaccine is safe and effective. You don't need an ID or insurance to get it.

Available in: Various languages  
Available to: Massachusetts residents

# II. Time Sensitive Resources

## [Sitters for Scholars](#)

Sitters For Scholars (formerly Sitters Without Borders, Inc.) provides free evening babysitting sessions to low-income parents enrolled in an evening college or certificate program.

Are you a parent and a student in the Boston area? Do you need help with childcare while you go to class at night? Do you qualify as low-income? [Register here](#) for the next info session.

Available in: English  
Available to: Massachusetts residents

## [New Parent Group with BPL](#)

Was your baby born in 2020 or 2021? Are you looking for a way to connect with other new parents? Want to learn more about early literacy or chat about parenting triumphs and challenges?

Join BPL children's librarians for our weekly New Parents Group on Zoom! We meet on Tuesday afternoons from 12:00 -1:00 PM. [Register online](#) at New Parent to receive emails each week with recommended resources and the link to our Zoom room.

Available to: Anyone

## [Childcare Finder](#)

The Department of Early Education and Care EEC created a geographic search tool to help you find licensed child care programs. You can search by both geographic area and child care program type.

Available to: Anyone

## [Boston Universal Pre-K 2021-2022](#)

Prepare your child for success! Prekindergarten gets your child ready for school with a strong foundation for learning now.

All Boston children who are four years old on or before September 1 are eligible. The preschool program is a 6.5-hour school day at either a BPS school or a UPK community-based early learning center for 180 days per year. A pilot program for 3-year-olds will begin in the 2021-22 school year; students must turn three years old on or before September 1. Not all Boston UPK sites may serve 3-year-olds in the initial pilot program.

Caregivers should submit an application and will be contacted in the days following about next steps.

[Apply here!](#)

Available in: Multiple languages  
Available to: Massachusetts residents

## [ABCD Career Opportunities](#)

ABCD is hiring for the 2021-22 school year. Visit their [job listings](#) and share with others who may be interested in direct service or organizational support for the families and children of Boston.

Available in: English  
Available to: Boston / Massachusetts residents, Anyone

# III. COVID-19 Resources

## [COVID-19 Resource Map](#)

This is the map sharing COVID-19 related resources in the city of Boston that are accessible by visiting. The information may change rapidly. Please contact each location before visiting. We will add more resources and keep this page updated as we receive more information.

Available in: English  
Available to: Boston Residents

## [Map of COVID-19 Testing Sites](#)

Some information from the City of Boston regarding COVID-19 testing and a map to look up testing locations.

Available in: English  
Available to: Boston Residents

## [NLC COVID-19 Local Action Tracker](#)

The National League of Cities and Bloomberg Philanthropies have teamed up to collect and share actions taken by local leaders in response to the COVID-19 Pandemic.

Available in: English  
Available to: Anyone

## [COVID-19 Eviction Diversion Initiative](#)

A comprehensive set of resources to support tenants and landlords during the financial challenges caused by the COVID-19 pandemic.

Available in: English  
Available to: Massachusetts residents

## [COVID-19 Vaccine FAQ](#)

This has been a stressful a time for many people, but the new vaccine is an exciting step in our fight against COVID-19 and in returning to a more normal way of life. It is natural, as with any new medication or treatment, that people have questions about it. In the age of social media, it is easy for false information to spread quickly. Here are some facts from Tufts Medical Center's Infectious Diseases doctors.

Available in: English  
Available to: Anyone

## [COVID-19 Testing for Early Education & Care Sector](#)

Neighborhood Villages is now offering a FREE weekly pooled testing program to all Massachusetts licensed early education and care programs, both center-based and Family Child Care (FCC).

Available in: English  
Available to: Educators, children under 2

# IV. Volunteering Resources

## [Boston Cares](#)

Boston Cares is the largest volunteer agency in New England, a member of the Points of Light Global Network, and an award-winning leader in the volunteer engagement sector. Filling more than 25,000 volunteer spots annually in support of more than 180 Greater Boston schools and non-profit agencies, we offer a wide array of programs and opportunities that make it simple for you to volunteer no matter how busy your schedule. Both virtual and in-person volunteering is available!

Available to: Boston Residents

## [FriendshipWorks](#)

For 36 years, FriendshipWorks has worked to reduce social isolation in Boston by matching volunteers to older adults in need of assistance. FriendshipWorks is continuing to support elders with regular phone calls and the addition of virtual visiting with online technology. To refer an elder or to become a virtual volunteer, please fill out a form or contact the appropriate staff person on the Contact Us page.

Available to: Boston Residents

## [Habitat for Humanity - Greater Boston](#)

Habitat for Humanity Greater Boston is now welcoming volunteers back to our Build Sites and ReStore. Because of COVID-19 requirements for social distancing, Build Days will be offered only to groups of no more than five participants. Individual volunteers will be accepted, but only at the ReStore location in West Roxbury. Individual construction opportunities may arise in the fall and winter, please check the Individual volunteering page for more information.

Available to: Boston Residents

## [Red Cross - Donate Blood](#)

Right now, eligible and healthy donors are strongly urged to make an appointment to provide lifesaving blood products to patients. Please give now.

Available to: Anyone

## [Somerville Homeless Coalition - Project Soup](#)

The Somerville Homeless Coalition's Project Soup is in need of volunteers to help pack bags of food or deliver groceries to those who are unable to get to its food pantry. Volunteers can also work with their church or another group to cook a Monday night meal, held at the First Congregational Church of Somerville.

Available to: Boston Residents

## [Victory Programs](#)

Victory Programs is hosting a limited number of volunteers at two of its programs in Boston, the Boston Living Center and ReVision Urban Farm. Volunteers at the Boston Living Center can help serve meals in a limited-capacity room from 10 a.m. to 2 p.m. Monday through Friday. At ReVision Urban Farm, help is needed harvesting food and preparing growing beds, with shifts available Monday through Friday from 9 a.m. to 4 p.m. Victory Programs has virtual volunteer opportunities, from job readiness programs to art and yoga classes.

Available to: Boston Residents

# V. Vital Village Volunteering

## [Boston Breastfeeding Coalition Volunteer Opportunities](#)

### [Lactation Counselor Virtual Support Group Volunteer](#)

Join our volunteer team of Peer Counselors, Certified Lactation Counselors, and International Board Certified Lactation Counselors. We provide free, professional lactation counseling and support to anyone struggling with the ups and downs of breastfeeding or parenting. All of our support groups are currently virtual and held over Zoom.

- Time Commitment: Weekly, 1.5-2 hour shifts available. Attendance for every week is not necessary as long as your availability is communicated.
- Dates and Times: Virtual groups offered Monday-Friday at the same time each week. View the website here to see the options for each day.
- Qualifications/Requirements: Must have completed a Certified Lactation Counselor Training or ROSE (Reaching Out Sisters Everywhere) Training. A brief orientation and meeting with current lactation counselor volunteers will occur prior to volunteering.
- Contact Information: Please contact [bostonbreastfeeding@bmc.org](mailto:bostonbreastfeeding@bmc.org) if you are interested in volunteering. We will let you know when the next volunteer orientation will be held. You may use the following message:
  - I am interested in volunteering for the [Day, time] lactation support group. I have [X] qualifications and am wondering when the next volunteer orientation is being held.

Learn More: <https://bostonbreastfeeding.weebly.com/virtual-support-groups.html>

## [Mental Health Committee](#)

We welcome you to join the Mental Health Committee! We are a group of individuals who are passionate about enacting change in their community and promoting positive social and emotional wellbeing and mental health. This is a group that meets biweekly, and you are not required to attend each meeting. Please reach out to the contact below if you are interested!

Questions/Email: [amainaris.sanchez@bmc.org](mailto:amainaris.sanchez@bmc.org)