

TAMWORTH DAILY BULLETIN

Published by the Cook Memorial Library, Monday through Friday afternoons during the COVID-19 pandemic.

Send updates for the next edition to mary@tamworthlibrary.org or call 323-8510 and leave a message.

Find previous editions at www.tamworthlibrary.org

Friday, April 17, 2020

Tri-County CAP Fuel Assistance Program news: We understand that the uncertainty of getting your necessities can weigh heavily. If you are worried about your heating bill we may be able to help. **Our Fuel Assistance Program has been extended into May** and our Certifiers are working hard to assist everyone. Please contact your county outreach office with any questions or submit your application through the channels listed below.

The application can be found at:

<http://www.tccap.org/services/housing-and-energy/energy-assistance-services/>

(Click on link "Mail-in Application for EAS FY20".) The application can be mailed, faxed or emailed to: Carroll County Outreach Office, 448 White Mountain Highway, Tamworth, NH 03817 Ph: 603-323-7400 Fax: 603-323-7411 Email: carrollcc@tccap.org.

Important Changes to Domestic Violence Policy During COVID-19

Protective orders scheduled to end during the period of the governor's stay-at-home order **will remain in place** until the order is over.

Protective orders **can now be filed online**, at the NH courts' website courts.state.nh.us
People without internet access can **contact their local crisis center** at one of the numbers below and someone can help them access the necessary forms.

Emergency hearings **are still being held** for victims of domestic violence & stalking.

Shelters are open and have an exemption from the governor's hotel closure order. Where they are full, **they are still able to house victims** in hotel rooms.

If you or someone you know is experiencing domestic violence or stalking, call **1-800-799-SAFE (7233)** or **1-866-644-3574**

nhpr

Governor Sununu issues Emergency Order #32: Announced on April 16, 2020, “All public school districts within the state of New Hampshire shall maintain their provision of temporary remote instruction and support ... through the end of each school district’s school year.”

Carroll County Coalition for Public Health invites the public to an online program, **Parenting Through a Pandemic: The Do's and Don'ts of Being Stuck in the House** with Lynn Lyons, LICSW, on Thursday, April 30, 7:00-8:30 p.m.

Families are on a roller coaster of emotions as we continue to isolate. Lynn Lyons, a therapist and expert on anxiety in families, will share ways that parents can help themselves and their children navigate the uncertainty, irritation, worry, and loss that we’re all experiencing. She’ll also cover opportunities in front of us, too, including the importance of play and connection that will help sustain us.

Go to <https://zoom.us> or use the Zoom app on a mobile device.

Meeting ID: 861 3889 5854

Password: 002284

To RSVP, or ask questions, contact Liz at ebrochu@cadyinc.org.

Mental Health resource for the day:

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911
- Visit the Disaster Distress Helpline, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224

Questions about COVID-19? Call the NH Hotline at 2-1-1.