



March 16, 2020

Good morning friends, partners and supporters. I want to take a moment to update you on Sierra Community House's response to COVID-19. We are already seeing the impact on our community with school and ski resort closures, job loss and limited access to basic needs. The ramifications of these disruptions to our lives will have far reaching effects. At Sierra Community House we are concerned about getting food to those who face food insecurity. We are concerned about people's mental health as they face isolation amid increased stress to meet their basic needs. We are concerned about people who may now find it harder to leave an abusive relationship. We are concerned for all of our community members who have lost or experienced a substantial decrease to their income and are worried about paying their rent. We are committed to doing the best we can to serve our community during this precarious time. Below you will find updates to our services:

Hunger Relief

We have canceled our normal on-site distributions. We will now deliver pre-packaged, non-perishable (canned and dried goods) boxes of food to all who sign up.

To sign up for food delivery please leave a message at: 775-545-4083 or send an email to food@sierracommunityhouse.org

Crisis Intervention and Family Support

All offices will remain open until further notice. For folks needing Crisis Advocacy please call our Crisis Line at 1-800-736-1060.

For Suicide Prevention and Support, please call our Crisis Line at 1-800-736-1060 or the National Suicide Hotline at 1-800-273-8255. Please visit the Tahoe Truckee Suicide Prevention Coalition at www.tahoelifeline.org for more resources.

All of our groups, classes and workshops are suspended until further notice. This includes the Family Room.

Legal and Mediation

Legal and Mediation support is available by appointment.

Please check our website and social media for updates.

There is a lot fear and anxiety around the unknown. Images of empty grocery stores and road closures abound. But what I am most struck by is the compassion, generosity and resiliency I have seen over the past few days. Social media has dozens of posts of people wanting to help their neighbors and those most impacted and I have received many messages from people asking how they can help. And this is what we need: love, patience, empathy and compassion, all of which can be practiced and embodied while engaging in social distancing. If we can work with crisis, while not being in crisis, we will be stronger. We must support one another in practicing self/family/community care in order to tap into our most resilient selves.

With love,

Paul Bancroft

Executive Director