

COVID-19 Parent Resources List

This following document contains a list of resources to assist our students and families with navigating this challenging time. Each link has a brief description of the information provided. If you have a non-emergency question or concern, please contact the school so that we may assist you or provide you with the appropriate resource.

Community Referrals:

1. **Hughson Family Resource Centers:** The resource centers can offer referrals and linkages to services such as housing assistance, food, diapers, support groups, prenatal care, medical services, and counseling. These services are available to everyone in the community.

<https://www.sierravistacares.org/family-resource-centers>

6940 Hughson Avenue Ste B

Hughson, CA 95326

p. 209-883-2027

f. 209-883-2028

2. **Community Provider Resource List.** This list is provided as a public service to Stanislaus County: Hotlines, Medical Support, Counseling Support Services, Homeless Under Housed, Extra-Support, Substance Use Recover Support.

http://www.stancounty.com/bhrs/pdf/communityresources_eng.pdf

Líneas Directas (hotline), Apoyo Médico, Consejería/Servicio de Apoyo, Sin Hogar, Vivienda Inadecuada, Sustento Adicional, Recuperación/Apoyo extra para uso de sustancias:

- Spanish/Español:

http://www.stancounty.com/bhrs/pdf/communityresources_spn.pdf

3. **Here is a list of Stanislaus County services to help those suffering from COVID-19 hardships-**

You can call 2-1-1 anywhere in the United States to get connected to health and human services in your area 24/7. The program in Stanislaus County:

<https://stanislauscounty211.org/>, provided by United Way of Stanislaus County:

<https://www.uwaystan.org/>, is advising that it is experiencing a higher than normal call volume related to the coronavirus. If you have difficulty accessing 2-1-1 try calling 1-877-211-7826.

The Stanislaus Community Foundation: <https://www.stanislauscf.org/> and The United Way of Stanislaus County have partnered to support the community's most at-risk population. The community foundation expedited a \$100,000 grant for the Meals on Wheels program and the United Way of Stanislaus County created a local COVID-19 fund. To donate, go to www.uwaystan.org/COVID19 or text COVID19UW to 41444.

Opportunity Stanislaus and Valley Sierra Small Business Development have created a one-stop website with information on what is available right now to Stanislaus and

Tuolumne county businesses because of the COVID-19 outbreak. The site www.cabizrelief.org is a clearinghouse for news, services and more, which is all free of charge.

FOR HELP WITH FOOD

- All of the schools in Stanislaus County are offering “grab and go” lunches for their students. For a list of times and locations visit www.stancoe.org/school-lunch.
- Visit www.loveourneighbors.org to get, or assist in giving, services for those suffering hardships related to COVID-19, including delivery of groceries and household supplies.
- To apply for CalFresh (food stamps/SNAP) benefits, visit this website: www.getcalfresh.org.

FOR LOSS OF INCOME

- If an employer has either reduced one’s hours or shut down due to COVID-19, an employee may be eligible for unemployment benefits, even if the worker expects to return to the job.
- If you have to miss work to care for your children due to school closures, and you do not have alternative care or remote work options, you may be eligible for unemployment.
- If you have to miss work to care for someone who is ill or quarantined due to COVID-19, you may be eligible for paid family leave.
- Employers who are experiencing loss of business may also qualify for some benefits through California’s Work Sharing Program.
- The Small Business Administration has Economic Injury Disaster Loans offering up to \$2 million in assistance for a small business. For information, contact the SBA disaster assistance customer service center. Call 1-800-659-2955 (TTY: 1-800-877-8339) or e-mail disastercustomerservice@sba.gov.

FOR HELP WITH INTERNET ACCESS TO DO WORK, SCHOOL FROM HOME

- Comcast Internet Essentials, a low-cost home internet package for qualifying individuals and households, is now available for free for the first two months.
- Access from AT&T is a low-cost home internet package for qualifying individuals and households (no special for COVID-19 but still available at a low cost).

Mental Health Counseling:

If you are feeling overwhelmed with sadness, depression, or anxiety, or feel like you want to harm yourself or others, you can call the National Suicide Prevention Hotline at:

<https://suicidepreventionlifeline.org>

There are additional resources available if you are in crisis:

- <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
- <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

Tips for Anxiety:

- Connect with people
- Physical Exercise
- Express your feelings
- Keep an Eye on People Around You

24-hour Suicide Prevention Lifeline/Hotmail:

1-800-273-8255 or text 838255

National Domestic 24-hour Domestic Violence Hotline:

1-800-799-7233 or click Chat Now

Call 911 if you or the person you are helping is in immediate danger.

- <http://www.stancounty.com/bhrs/>:
County Mental Health Triage Services
Call: (209) 402-0727 for Adult Services
Call: (209) 576-1750 for Children's Services

Substance Abuse and Mental Health Services Administration (samhsa)

<https://www.samhsa.gov> or Call 1-800-985-5990 or text 66746

Activities to do with children:

- **Playbook: Stress Relief for Caregivers and Kids during COVID-19**
https://covid19.ca.gov/pdf/caregivers_and_kids_california_surgeon_general_stress_busting_playbook_draft_v2_clean_ada_04072020v2.pdf
- **My 2020 Covid-19 Time Capsule: wonderful resource for elementary children:** <https://www.dropbox.com/sh/79syzu108tphij9/AADpGY-CCSHLo3oL-E6ji8Kda?dl=0&preview=PDF+Photos+2020-04-03.pdf>
- **Schools are Closed Minds Are Wide Open: This website contains great resources about: Emotional well-being, art, life skills, get moving. Excellent for parents and educators Language Learners, and much more:**
<https://wideopenschool.org/>
- **Common Sense Media is a non-profit organization that provides education and advocacy to families to promote safe technology and media for children. It has a parenting session: Free online events and activities for Kids at Home and Parent's Ultimate Guide to Google Classroom. Get age-based picks for all your children: ages 2-13+ <https://www.commonsensemedia.org/>**
- **Helping parents with homeschooling for their children with special ed needs (English and Spanish): http://educationmodified-4381533.hs-sites.com/at-home-learning-resources?utm_source=hs_email&utm_medium=email&utm_content=85244661&hsc=c=p2ANqtz--ydQJJuyh6pCDaKEX419AuFk9LRcH0BDg4Ou-MI7qEgZpSshPnSQrJd3BZ-IhIQF4YujMqbDFZU3LijF_UsWsVOi26g&hsmi=85244661**
- **ADHD Catastrophizing Meets COVID-19 | How to Exercise Outside | One Antidote to * Negative Thoughts: www.additudemag.com**
- **20 Activities for Your Kids to Do at Home (ADHD): <https://www.understood.org/en/school-learning/coronavirus-latest-updates>**
- **Staying Healthy and Active with Virtual and At-Home Learning actionforhealthykids.org/staying-healthy-and-active-with-virtual-and-at-home-learning/**

- **Free STEM Activity Calendar 12 weeks of At-Home Learning ---To gain access to tons of awesome STEM resources, needs to sign-up for the Vivify STEM at the bottom of the home page:** <https://www.vivifystem.com>

SELF-CARE/WELLNESS RESOURCES:

- **Mental health tool for children and parents:**
https://healthy.kaiserpermanente.org/northern-california/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare
- **Healthier Generation provides free, evidence-based resources to support the physical, social, and emotional health of children and their caregivers. This website is also good for employees:**
<https://www.healthiergeneration.org/campaigns/covid-19>
- **Supporting children and young people with worries about COVID-19:**
https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf
- **Living with worry and anxiety amidst global uncertainty. Use an Activity Menu To Give You Some Ideas To Stay Occupied:**
https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf
- **Talking to children about Coronavirus**
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>
- **Pandemic-Guidance for Kids by developmental level (kinder through High School) - Ways for parents to support kids and teens through coronavirus:**
<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>
- **Cómo hablar con los niños sobre la enfermedad del coronavirus 2019: Mensajes para padres, el personal escolar y otras personas que trabajan con niños:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children-sp.html>
- **Cómo ayudar a los niños a sobrellevar las emergencias:**
<https://www.cdc.gov/childrenindisasters/es/helping-children-cope.html>
- **Cómo vivir con la ansiedad y la preocupación en medio de una incertidumbre global:** https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_es.pdf

Caregivers Guide to Remote Learning In [this guide](#), you will find helpful ideas, resources and mantras to help families set up for a successful year with their children. We recognize that this Guide could include a lot more - as questions and concerns will continue to develop throughout the year.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Childmind.org has information to help you with the following: Coping with the coronavirus - Facebook Live video chats with expert Clinicians - Daily tips for parents via video - Remote learning - Managing anxiety - Discipline and behavior - Autism and the coronavirus - Dealing with loss.

<https://preventchildabuse.org/coronavirus-resources/>

This link includes a variety of tips, from staying connected, managing stress/anxiety, and engaging as a family. It also includes additional resources that parents can navigate through.

<https://covid19.ca.gov/>

This website has a lot of helpful information on a variety of topics such as mental/physical health, housing, homelessness, business/employment and financial assistance. In addition, it provides resources for emotional support and well-being. If you click on “Emotional Health Resources” found on the right hand side of the page, this will take you to many different 24 hour hotlines that can be accessed if you are in need of immediate support. Click on the “Translate” tab in the upper right hand corner and select your preferred language.

<https://mhanational.org/covid19>

This website contains many links to different resources for topics such as mental health, financial support, tools for anxiety, tools to connect with others, resources for domestic violence survivors, LGBTQ, and veterans.