

March 27<sup>th</sup>, 2020

# **Resources for Families during COVID-19**

#### **Mental Health Resources**

- CDC recommendations for Mental Health
- Live guided meditation everyday at 3pm/EST from 10% Happier
- Additional free resources from <u>Headspace</u> meditation app and <u>Simple Habit</u> app
- Create and cultivate new forms of socialization. Research says that things like group chats, Facetime/zoom calls, etc. are all good to stave off feelings of loneliness.
- <u>Video/text based therapy</u> Some of these options cost money, but some take insurance and are a good alternative to in-person appointments.
- 24 hour help hot line for domestic violence House of Ruth
- National Domestic Violence hotline
- Parenting helping parents with stress parenting stress help call line

#### **Food Resources**

- Obtaining food from <u>The Capital Area Food Bank</u> 4900 Puerto Rico Avenue, NE Washington, DC 20017 phone number 202-644-9800
- Partner <u>food banks</u> and pop-up pantries
- Many restaurants are offering free delivery, and grocery delivery options such as <u>postmates</u>, <u>instacart</u>, <u>doordash</u>, <u>seamless</u>, <u>and grubhub</u> all have no-contact delivery available so that your groceries or food order can be left outside your door. Many of these websites have waived or drastically reduced delivery fees.
- Hospitality Industry care kits and family meals- every day at Hook Hall 6-8 PM.

#### **Medical Resources**

- About telemedicine, video calls with doctors through Medicaid
- Video consultation with a doctor through Kaiser Permanente
- What to do if you are sick according to the CDC
- For Medication: CVS prescription delivery is free, as is Walgreens





### **Financial Resources**

- This <u>article provides a number of resources</u> by state in case you are unable to pay bills, or are experiencing a loss of income.
- Guide to getting unemployment in DC, MD and VA and relief with other bills



 If you have a housing issue and need legal advice during this time, you can get FREE and CONFIDENTIAL advice from these organizations. Montgomery:

Pro Bono: (301) 424-7651 Legal Aid: (240) 314-0373

Maryland

Court Center: (410)260-1392) Justice Center: (410) 625-9409

### **Parent Resources**

- Children and Coronavirus keeping kids healthy
- Tips for parenting during COVID-19 outbreak
- Free educational apps for little kids
- Zero to Three created a resource about how to respond to young children's questions
- Web pages that Sesame Street created to talk about keeping kids healthy during this time. There is even a child-friendly video about how to wash your hands. The information is available in <u>English</u> and <u>Spanish</u>



# **Physical Health Resources**

## For Exercise:

- NYT article on working out during the pandemic
- Free Yoga and Yoga Sculpt from <u>CorePower Yoga</u> on demand, as well as free live-stream classes and meditations multiple times a day on their <u>youtube channel</u>.
- 20 minute bodyweight workout, live streamed at <a href="7pm EST from planet Fitness">7pm EST from planet Fitness</a>