

25 best podcasts for Kids

<https://www.commonsemmedia.org/blog/the-best-podcasts-for-kids>

12 podcasts your kids should be listening to:

<https://www.parents.com/parenting/technology/podcasts-your-kids-should-be-listening-to/>

11 podcasts for kids

<https://www.fatherly.com/play/the-best-podcasts-for-kids/>

Go Zen Mindful Minutes Podcast:

<https://podcasts.apple.com/us/podcast/gozen-anxiety-relief-for-kids/id960739852>

Spanish Children's Stories (not a podcast, childrens stories in Spanish)

<https://www.thespanishexperiment.com/stories>

[Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)

<https://artsandculture.google.com/>

DTE, Consumers Energy restrict electrical shutoffs due to coronavirus

<https://www.freep.com/story/news/local/michigan/detroit/2020/03/16/dte-energy-consumers-suspend-shut-offs-coronavirus/5057318002/>

COVID-19 | YWCA West Central Michigan – YWCA is still open for clients

<https://www.ywcawcmi.org/our-services/covid19/>

Your Kids Can Now Watch Astronauts Reading Stories From Space

<https://www.scarymommy.com/astronauts-story-time-in-space-kids-books/>

15 Broadway Plays and Musicals You Can Watch On Stage From Home | Playbill

<http://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

Mindfulness App, "Headspace" is currently free for health care professionals is offering

<https://www.headspace.com/health-covid-19>

The Best Kid Yoga Videos - Preschool Inspirations

<https://preschoolinspirations.com/kid-yoga-videos/>

NASA makes their entire media library publicly accessible and copyright free - DIY Photography

<https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/>

Equipment Free Workouts — Xplore Nutrition
<https://www.xplorenutrition.com/blog/workouts>

Coding For Kids: Free Classes, Websites, and Apps | Ages 8-18
<https://codewizardshq.com/coding-for-kids-free/>

Teaching Remotely for Grades K - 12 | Free Resources and Strategies
<https://classroommagazines.scholastic.com/support/learnathome.html>

Alcoholics Anonymous Phone Meetings | AA Phone Meetings Every Day
<http://aaphonemeetings.org/>

<https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essentials-package-free-for-60-months-during-coronavirus-outbreak>

<https://theshaderoom.com/att-sprint-t-mobile-comcast-will-not-viral-pandemic/?fbclid=IwAR0JdpCGsonXOghRrNrm6pt5k0XGpLaVerxyauumTw9ku5o1zmAbo2qrfgE>

Here is a list of things you can look at and tap into, to take the sting out of some of the changes happening because of COVID-19.

The attached list includes:

- Free Online CE and Non CE trainings
- Free Yoga Classes
- Online Recovery Meetings
- Online Learning Resources For Children
- FREE Parenting Workshop Info (online)

Then here is the CDC website, where you can get up-to-date information:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Here are some more resources:

Google Arts And Culture Virtual Museum Tours:
<https://artsandculture.google.com/project/virtual-tours>

Storycorps – Inspiring Stories:
<https://storycorps.org/heartwarming/>

Mr. Rogers, on “Looking For the Helpers:”
https://www.youtube.com/watch?v=-LGHtc_D328

15 Broadway Plays and Musicals You Can Watch On Stage From Home | Playbill

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Mindfulness App, “Headspace” is currently free for health care professionals is offering
<https://www.headspace.com/health-covid-19>

NASA makes their entire media library publicly accessible and copyright free - DIY Photography
<https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/>

Equipment Free Workouts — Xplore Nutrition

<https://www.xplorenutrition.com/blog/workouts>

Go Zen Mindful Minutes Podcast:

<https://podcasts.apple.com/us/podcast/gozen-anxiety-relief-for-kids/id960739852>

Spanish Children's Stories (not a podcast, childrens stories in Spanish)

<https://www.thespanishexperiment.com/stories>

Comforting Reads:

<https://www.nytimes.com/2020/03/18/books/comfort-books-celeste-ng-ann-patchett-and-others-coronavirus.html>

Live streaming cute things in zoos:

<https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolation-quarantine/>

Remote Movie Night and Chat:

<https://www.tennessean.com/story/entertainment/2020/03/18/coronavirus-netflix-party-lets-friends-do-movie-nights-quarantine/2863438001/>

Digital Fitness:

https://apple.news/AXLUd_zNIQMmf4iONlaxnwQ

<https://addictioneducationsociety.org/interactive-explore-activities/>

https://www.soundstrue.com/store/weeklywisdom?category=IATE&episode=14199&page=single&_ke=eyJrbF9lbWFpbCI6ICJhcHJlbnRpc3NAYXJib3JjaXJibGUub3JnIiwgImtsX2NvbXBhbnlfaWQiOiAiSk1EZ2FxIn0%3D

HEALTH/WELLNESS/FITNESS

What You Need To Know About Corona Virus If You Have Asthma

<https://www.cbsnews.com/news/coronavirus-asthma-symptoms-covid-19/>

Sick? The CDC says you should be disinfecting your home every day

<https://www.ajc.com/lifestyles/the-cdc-says-you-should-disinfecting-your-home-every-day/iSVQ7n7hrkLeZw8srNlmiI/>

PODCASTS

5 Mental Health Podcasts By Therapists of Color:

<https://www.justdavia.com/blog/5-mental-health-podcasts-by-therapists-of-color>

[A Big List of Podcasts for Little Kids - The New York Times](#)

<https://www.nytimes.com/2020/03/17/parenting/podcasts-for-kids.html>

[Podcasts For Teens and Tweens](#)

<https://www.common sense media.org/blog/10-must-listen-podcasts-for-tweens-and-teens>

TRAINING

[Special Webinar] Impact of Novel Coronavirus Pandemic on Mental Health

<https://www.psychu.org/events/impact-of-novel-coronavirus-pandemic-on-mental-health/>

ARTS/ENTERTAINMENT

Music Resource: Chill Beats For Quarantine

<https://youtu.be/rA56B4JyTgI>

[Sizzle | National Museum of African American History and Culture – virtual resources](#)

<https://nmaahc.si.edu/explore/stories/collection/sizzle>

[Free Video Art Classes](#)

<https://www.youtube.com/watch?v=Q6bu6SIraJk>

LEARNING RESOURCES

[Ryan's World - Easy DIY Science Experiments For Kids](#)

<https://www.youtube.com/watch?v=087hssnar-0>

[How Parents Can Help Kids With Their Math](#)

<https://www.youtube.com/watch?v=aRTxQFBuly8>

[10 University Art Classes You Can Take for Free Online - Artsy](#)

<https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online>

Students From Harvard, MIT, UC Berkeley Give Free Tutoring To K-12 Students

<https://medium.com/gopeer/students-from-harvard-mit-uc-berkeley-give-free-tutoring-to-k-12-students-229cff0e3464>

MENTAL HEALTH RESOURCES

How to reduce stress with the 2:1 breathing technique

<https://www.youtube.com/watch?v=CQjGqtH-2YI>

Webinar: Coping Strategies for Anxious Kids: What Parents Need to Know

<https://www.youtube.com/watch?v=VyGVDrlqRKw>

Supporting Teenagers and Young Adults During the Coronavirus Crisis

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Anxious Stomach Aches and Headaches

Physical symptoms are often the way children experience anxiety

<https://childmind.org/article/anxious-stomach-aches-and-headaches/>

How To Avoid Passing Anxiety To Your Kids

<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>

How Anxiety Leads To Disruptive Behavior

<https://childmind.org/article/how-anxiety-leads-to-disruptive-behavior/>

COMMUNITY RESOURCES

GR Rapid Bus System Schedule Changes

Beginning Tuesday, March 24, 2020, The Rapid will implement a reduced service schedule effective seven days a week. This schedule will remain in place until further notice.

Click the link to view changes.

https://www.ridetherapid.org/coronavirus?fbclid=IwAR3IR3Zv6dcXI5oH_O4RBdO-qZ7WDvP2tDupajRWesg1UGpsb7EvMvVNrK8

<https://mhanational.org/covid19>

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR0z3kFE6P787Slp7uClfOjCeFzcz1az_oj_TOCXUX-ND4Cys39_w6dz5_0

<https://tarabrach.us2.list-manage.com/track/click?u=6f353ae47dbfb361d6d70452d&id=6d2ae12c31&e=a91af8761a>

<https://youtu.be/PZg1dlskBLA>

FOOD RESOURCES

National Guard – Weekly Drive Thru Food Pantry At Woodland Mall starting Wednesday, April 1st at 4pm

<https://www.mlive.com/news/grand-rapids/2020/03/national-guard-to-assist-new-drive-thru-food-pantry-at-woodland-mall.html>

Meal Distribution Sites

<https://www.woodtv.com/wotv4women/maranda/ymca/ymca-of-greater-gr-offering-free-food-for-families-during-school-closure/>

Meal Delivery For Seniors

<https://www.michigan.gov/coronavirus/0,9753,7-406-98158-524295--,00.html>

WIC Expanding Food Choices For Families

To meet the needs of WIC clients during COVID-19, beginning April 1, 2020, the Michigan WIC Program is authorizing additional food choices and package sizes in the Michigan Food Guide until further notice.

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910-211359--,00.html

FINANCIAL MGT RESOURCES

Navigating Money Challenges: Tools to Manage Finances through the COVID-19 Crisis

www.mimoneyhealth.org

Michigan families can get food, cash, internet during coronavirus crisis

[https://www.bridgemi.com/michigan-health-watch/michigan-families-can-get-food-cash-internet-during-coronavirus-crisis?](https://www.bridgemi.com/michigan-health-watch/michigan-families-can-get-food-cash-internet-during-coronavirus-crisis?utm_source=Bridge+Magazine&utm_campaign=7334402284-EMAIL_CAMPAIGN_2019_07_02_07_45_COPY_02&utm_medium=email&utm_term=0_c64a28dd5a-7334402284-73885505)

[utm_source=Bridge+Magazine&utm_campaign=7334402284-](https://www.bridgemi.com/michigan-health-watch/michigan-families-can-get-food-cash-internet-during-coronavirus-crisis?utm_source=Bridge+Magazine&utm_campaign=7334402284-EMAIL_CAMPAIGN_2019_07_02_07_45_COPY_02&utm_medium=email&utm_term=0_c64a28dd5a-7334402284-73885505)

[EMAIL_CAMPAIGN_2019_07_02_07_45_COPY_02&utm_medium=email&utm_term=0_c64a28dd5a-7334402284-73885505](https://www.bridgemi.com/michigan-health-watch/michigan-families-can-get-food-cash-internet-during-coronavirus-crisis?utm_source=Bridge+Magazine&utm_campaign=7334402284-EMAIL_CAMPAIGN_2019_07_02_07_45_COPY_02&utm_medium=email&utm_term=0_c64a28dd5a-7334402284-73885505)

HEALTH/FITNESS/WELLNESS

APA Wellness Webinars

<https://pages.apa.org/wellness-webinars/>

No-Sew Face Mask

[http://blog.japanesecreations.com/no-sew-face-mask-with-handkerchief-and-hair-tie?](http://blog.japanesecreations.com/no-sew-face-mask-with-handkerchief-and-hair-tie?fbclid=IwAR1TUEq78r2vXLX71i3G2A8mDieoSkmEpSiFzcrOYtmZKhJvNNMZAD0WLT8)

[fbclid=IwAR1TUEq78r2vXLX71i3G2A8mDieoSkmEpSiFzcrOYtmZKhJvNNMZAD0WLT8](http://blog.japanesecreations.com/no-sew-face-mask-with-handkerchief-and-hair-tie?fbclid=IwAR1TUEq78r2vXLX71i3G2A8mDieoSkmEpSiFzcrOYtmZKhJvNNMZAD0WLT8)

Free daily fitness workout

https://lifefitness.digitalcoach.fitness/render/kiosk_category/zbbb6

PARENTING RESOURCES

Managing Post Partum During Corona Virus – Virtual Group

<https://wefixbrains.com/grandrapids/groups-and-classes/managing-postpartum-in-coronavirus/>

Few ideas from Arbor Circle staff for parents to do with their kids during virtual visitation.
(See attachment)

ONLINE LEARNING RESOURCES

Adult Literacy – FREE Webinar for adults who need support with reading

<https://www.bigmarker.com/imagiread/Introduction-to-Adult-Literacy>

Sharing a resource for free camera classes during April

<https://www.theverge.com/2020/4/2/21204243/nikon-free-photography-classes-april>

MENTAL HEALTH/SUD RESOURCES

Information on the CARES Act for People with Mental Illness | NAMI: National Alliance on Mental Illness

<https://www.nami.org/About-NAMI/NAMI-News/2020/Information-on-the-CARES-Act-for-People-with-Mental-Illness>

Please find a link to SAMHSA's Coronavirus resource webpage below. The webpage includes a variety of resources from emergency grant information, to considerations for care and treatment of mental health and substance abuse disorders, to guidance for Opioid Treatment Programs.

<https://www.samhsa.gov/coronavirus>

Free Support Webinars For Mental Health Professionals

- **Offering Services Online:** How to deliver therapy and other services online, specific issues around providing services online, technology for online services, how to conduct specific modalities online, how to adapt client agreements, etc.
- **check Dealing with Our Own and Our Client's Stress and Anxiety:** We're supporting each other as we cope with the crisis and discuss how to best support our clients during these difficult times.

<https://go.bucketforms.com/sf/b1ea27d5>

Collective Coping: Virtual Mental Health Series

Event sponsored by The Urban Core Collective and the Grand Rapids African American Health Institute (GRAAHI) on April 16th at 9pm. The event is called Collective Coping: Virtual Mental Health Series. Arbor Circle staff person, Melissa Ware I will be participating in Session 2: Supporting your child (ren)'s emotional well-being. It will be streamed on UCC and GRAAHI's Facebook pages.

I've included links to the event: <https://www.urbancorecollective.org/community-updates>

EQUITY AND INCLUSION

Resource List – Racial Equity Tools

<https://www.racialequitytools.org/fundamentals/resource-lists/resources-addressing-covid-19-with-racial-equity-lens>

Webinar:

Racially Equitable COVID 19 Responses – April 15

Dr. Pamela Pugh, founder of Urban Regeneration LLC and former Public Health Adviser for the City of Flint, will join us for this webinar to explore the following:

- Mapping the spread of infection in Michigan
- How COVID-19 is exposing structural racial inequities in Economy, Criminal Justice, Housing, Voting, Health Care, Education
- What does a racially equitable response look like?
- How to take action

<https://www.eventbrite.com/e/trht-lunch-and-learn-racially-equitable-responses-tickets-98691734635>

<https://houseparty.com/>

-needs device to play

<http://playingcards.io/>

-would need device to play game and a device to FaceTime/Zoom/Google chat

<https://www.makeuseof.com/tag/10-free-two-player-games-can-play-browser/>

-would need device to play game and a device to FaceTime/Zoom/Google chat

<https://apps.apple.com/us/app/scattergories/id1011376303>

-looks like you only need 1 device

<https://apps.apple.com/app/id1344700142>

-would need device to play game and a device to FaceTime/Zoom/Google chat

<https://apps.apple.com/us/app/mario-kart-tour/id1293634699>

-would need device to play game and a device to FaceTime/Zoom/Google chat (requires making an account, but free to play the standard version)

<https://caribu.com/2020/03/24/att-bringing-families-together-with-contribution-to-caribu/>

-both parties would need a device and download the free version. The app itself hosts the video calls and games. Further instructions are in the article.

<https://triviamaker.com/>

-looks like one person creates the trivia and shares their screen on the video call

<https://www.letsplayuno.com/>

-download the Uno app, invite friends, and FaceTime/Zoom/etc. while playing

Pictionary

-use a random word generator to determine your word to draw. Hold your drawing up to the screen via Facetime/Zoom/etc. for the others to guess. Could also use Zoom Whiteboard.

Charades

-use a random word generator to determine your word to act. Act out said word over Facetime/Zoom/etc. for the others to guess.

Scavenger Hunt

-Have about 10 items ready to share with kids. Give them one item at a time and they must run through their house to find it. Give points to the the person that makes it back first. Person with the most points wins. Make sure to have a tie breaker.

Super Hero

-Everyone has one minute to change into a super hero with stuff from around the house, Go! Everyone comes back and they have to share their superhero name and their super power.

Dance off or Dance Party

Chose the music and kids can get their dance on. Better dancer wins. Could also do a "repeat after me" or "their last move is your first move" dance off. Or, you can just have a dance party where everyone wins.

Simon Says

The person who is "Simon" tells the group to do specific actions, such as "Simon says touch your toes. Simon says rub your belly" etc. Simon tries to throw off the group by omitting the phrase "Simon says" (Ex: "Simon says touch your toes. Simon says rub your belly. Now clap your hands"). If someone completes the action without being told "Simon says," they become the next Simon.

HEALTH/WELLNESS/MINDFULNESS

“A Whole Mood” – Article By Reynelda Jones

Article explore the range of physical and emotional toll that stress has especially during the COVID 19 crisis. This is a great article for staff and clients to consider.

<https://www.meridianwellnessplatform.com/post/a-whole-mood>

Salvation Army Emotional Support Hotline

This is a link to an article about the Salvation Army’s new emotional support hotline. The hotline is for individuals needing to talk, share and ask questions during COVID-19. The Compassion Hotline is for individuals needing “to talk, share and ask questions” during a time that may cause higher levels of stress due to virus concerns. The hotline is free of charge. Hotline operators include retired Salvation Army officers and staff who are trained to listen. The hotline can be reached at 616.742.9199 and is open from 9 a.m. to 9 p.m. seven days a week.

<https://www.woodtv.com/health/coronavirus/salvation-army-creates-emotional-support-hotline/>

Collective Coping – FREE Virtual Mental Health Series Focused On COVID 19

Sponsored by Urban Corp Collective and GR African American Health Institute

4/16, 9pm: Supporting Your Children’s Emotional Well Being

4/23, 9pm: What Has COVID 19 Taught You?

<https://www.facebook.com/events/515851649294178/>

Why Am I So Tired? (Article)

<https://parasolwellness.com/why-am-i-so-tired/>

COVID 19 Online Peer Support Group

<https://www.forlikeminds.com/>

Online Adult ADHD Support Group

<https://www.addept.org/>

Gillette Children's Provides Resources During COVID-19 | Gillette Children's Specialty Healthcare

Interactive video resources to help support kids during COVID 19

<https://www.gillettechildrens.org/khm/child-family-services-provide-resources-during-covid>

Ways Older Adults Can Cope With the Stress of Coronavirus - WSJ

<https://www.wsj.com/articles/ways-older-adults-can-cope-with-the-stress-of-coronavirus-11585405569>

Mindfulness For Healthcare Workers

https://itether.health/?_hsenc=p2ANqtz-_pc6c7wGEscIjblOZfUhdmpK7qui2pr3colls8X849i49A3V5mk2b-f90r1rcIzmWeGI5blclFbhPbTI9YEIvpXERRg&_hsmi=85989470&utm_content=85989470&hsCtaTracking=66432616-ab2e-4e02-a924-60cf27a00e29%7Cc2e12281-1825-469d-af12-70be447660a9

COMMUNITY RESOURCES

Michigan seniors can get free meal delivery, daily wellness checks during coronavirus outbreak

<https://www.mlive.com/public-interest/2020/04/michigan-seniors-can-get-free-meal-delivery-daily-wellness-checks-during-coronavirus-outbreak.html?ut>

Family Fare now providing free prescription delivery

<https://www.shopfamilyfare.com/free-pharmacy-delivery>

Michigan to be the first state to provide food benefits to families affected by school closings

Michigan will be the first state to give food to families who are no longer getting school lunches because of covid-19. Benefits will go to families with students ages 5-18 who are eligible for free and reduced-priced school meals. Families that are not already receiving benefits will get a pre-loaded Electronic Benefits Transactions card, or bridge card, in the mail that they can use like a debit card to buy food from [any store that excepts SNAP](#) benefits. The card will be issued under the name of the oldest student, and will be loaded with no less than the value of the lunch benefits the students would have gotten at school.

<https://www.fox17online.com/news/local-news/michigan/michigan-to-be-the-first-state-to-provide-food-to-families-affected-by-school-closings>

FREE/LOW COST INTERNET FROM SERVICE PROVIDERS:

Xfinity WiFi Free For Everyone: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser.

Internet Essentials from Comcast: Comcast is trying to assist people and families obtain internet that is free/low-cost. Eligible customers that are new to Comcast would be able to receive two free months of internet service, after the two free months the cost would be \$9.95+ tax per month. This promotion is available to qualifying customers if they apply by April 30th, 2020. You can find additional information by visiting: https://www.internetessentials.com/covid19#thingstoknow&all_AmleligibleforIE

Contact information: If you are not a current customer and have questions about applying to Internet Essentials please call: **1-855-846-8376**. Hours of operation are from 8 AM to Midnight (EST), seven days a week.

Eligibility: You may qualify if you:

- Live in an area where Comcast Internet Service is available. You can verify this by visiting: <https://www.xfinity.com/learn/landing/modular-geo>
- Are eligible for public assistance programs like the National School Lunch Program, housing assistance, Medicaid, SNAP, SSI, and others.
- Have not subscribed to Comcast Internet within the last 90 days.
- Have no outstanding debt to Comcast that is less than one year old.

Timeline: Applicants that go through an Expedited Review process (no documents required) should be approved within approximately 5 business days of their application date.

Applicants that are not expedited (need to submit documentation) should be approved within 7-10 business days of the date that they submitted their signed application and supporting documentation.

How to sign up: Signing up is easy and fast from your mobile device, go to: <https://apply.internetessentials.com/>

You can also apply over the phone by calling **1-855-846-8376**

Access program from AT&T: AT&T offers low-cost wireline home internet service to households that qualify. AT&T Wi-Fi Basic service is included for Access from AT&T customers at no extra cost. Service availability and speed may vary by address. AT&T will assign you the fastest of these speed tiers available where you live. You can connect your Wi-Fi enabled devices away from home, at thousands of AT&T Wi-Fi hotspots nationwide. You can find more information by visiting: <https://m.att.com/shopmobile/internet/access/#!/#startedStep>

Contact information: You can contact an AT&T representative by phone at 855.220.5211

Eligibility:

- At least one resident who participates in the U.S. Supplemental Nutrition Assistance Program (SNAP) and
- An address in AT&T's 21-state service area, at which we offer wireline home Internet service, and
- Without outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.

You can view a checklist of information you will need to complete this application here: https://www.att.com/salecms/dam/att/2017/pdf/LCBB_Application_Checklist_032317.pdf

Timeline: After they receive and process your application, a letter indicating your application status will be mailed to you. You can also check the status of your application after submission and obtaining a confirmation number by visiting: <https://accessatt.solixcs.com/#/statuscheck>

How to apply: Please visit <https://m.att.com/shopmobile/internet/access/#!/startedStep>
You can also call 855.220.5211

Spectrum WiFi Hotspots: Spectrum has committed to open its WiFi hotspots for public use for free please <https://www.spectrum.com/wifi-hotspots.html> for more information

Spectrum Internet Assist: Qualified households that are new customers can sign up for lower cost internet.

Contact information: You can call customer service at 1-855-243-8892, you can visit <https://www.spectrum.com/browse/content/spectrum-internet-assist.html>

Eligibility: One or more members of your household must be a recipient of one of the following assistance programs

- National School Lunch Program (NSLP)
- Community Eligibility Provision (CEP) of the NSLP
- Supplemental Security Income (for applicants age 65+ only)

How to apply: Please fill out this form which you can either mail or email https://www.spectrum.com/content/dam/spectrum/residential/en/pdfs/spectrum-internet-assist/Nov2019_SIA_Eligibility_Form_FINAL_REV.pdf

EDUROAM: Students have access to (education roaming) a secure, world-wide roaming access service developed for the international research and education community. A network of internet providers, hotspots and networks that you can log into with your MSU Net ID and Password: <https://www.eduroam.org/where/>

Spaces for use on campus where you can access the internet: Please visit <https://remote.msu.edu/learning/internet.html> for up to date information

Buildings on campus that have Wi-Fi and are open regular hours, unless otherwise indicated:

- MSU Union - open 7 a.m.- 8 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday
- Student Affairs and Services, VP Office and open areas
- The International Center
- Owen Hall, main lobby
- Shaw Hall, basement
- Akers Hall, first floor computers
- General residence hall Wi-Fi is available to students remaining on campus
- Brody Hall will be open until 10 p.m., beginning Wednesday, March 18.

Please be mindful of maintaining social distancing when using these spaces.

As of right now the following lots are free to park at as per MSU PD: As of 6pm on 3-16-20: Complimentary parking is available in lots 15, 39, 54, 62, 63, 79, 83, 89, 91, 100, 109, 112, 113 and in Ramps 3 and 5.

The pay by plate (basement level) of Ramps 1 and 6 are also complimentary.

Extended Access to Cellular Data (<https://9to5mac.com/2020/03/14/us-carriers-unlimited-data-coronavirus/>)

- All 4 major cellular networks expanding coverage (AT&T, Verizon, Sprint, and T-Mobile)
- **Open its Wi-Fi Cellular Mobile hotspots to any American who needs them.**
- Waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic
- Not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic

Holland Wi-fi Connections

The city of Holland has set up a high-speed WiFi network anyone may connect to for free from the parking lot of Holland Civic Center Place.

The WiFi network is called MiHollandFreeWiFi and is accessible from the north lot. While the Civic Center building is closed to the public, the WiFi may be used while parked in the lot. Overnight parking is prohibited by city ordinance, so hours are limited to 6 a.m. to 11 p.m.

Herrick District Library in Holland said free WiFi connection is available 24 hours a day from the library's parking lot. The library posted on its official Facebook page that signal strength is best in the rows closest to the building, but may vary depending on how many people are trying to connect at once.

Zeeland's Howard Miller Public Library and the Saugatuck-Douglas District Library have also encouraged people to park or sit outside the library and use their free internet service.

PROFESSIONAL DEVELOPMENT TRAININGS

Investing in Fatherhood to Reduce, Re-offending, Recidivism, and Violence in Tribal Communities, Apr 22, 2020 | 1:00 PM - 2:30 PM CDT

Fathers are a critical necessity for the future of our children and communities. This webinar will provide a general overview of fatherhood programs and how they can be an effective means to the reduction of re-offending, recidivism, and violence in addition to creating healthy families and communities.

Registration Link: https://ncjtc.fvtc.edu/training/details/TR00010907/TRI0010908/investing-in-fatherhood-to-reduce-re-offending-recidivism-and-violence-in-tribal-communities?utm_source=cc&utm_medium=email&utm_campaign=2020-03-20-%20bj%20-%20fatherhood%20webinar

LGBTQIA Professional Development Trainings

4/16: COVID 19 & Mental Health

This webinar will offer recommendations related to mental health during the COVID-19 pandemic. Topics will include resources for general mental health and coping, specific mental health conditions, families and children, health care providers, and cultivating mindfulness.

4/23: Neuro Diversity and LGBTQIA Identity

This webinar will address the intersectionality of LGBTQIA+ identity and neurodiversity. Dr. Alex Keuroghlian will discuss psycho-social implications for people who are sexual and gender minorities and also neurodiverse, and also discuss how to best serve these individuals. Janet Barbieri will address social supports for LGBTQIA+ and neurodiverse people and the importance of community opportunities and engagement for these individuals. AANE Speaker's Bureau panelist Kendrick will describe his experience as an LGBTQIA+ and neurodiverse person, and talk about what he needs from his healthcare providers and his community.

4/29: PrEP At Home!

In this webinar, Dr. Ken Mayer will address telePrEP and the PrEP at home model for LGBTQIA+ patients. Dr. Mayer will cover the basics of starting and monitoring PrEP with an at-home start, and also address specific needs and concerns for sexual and gender minority people around PrEP and telePrEP.

Registration Link: <http://campaign.r20.constantcontact.com/render?m=1109197564771&ca=1c5499a6-ca6c-44c3-8fe7-fd8ecbfee5bd>

ARTS/ENTERTAINMENT RESOURCES

Neon Museum Offering Facebook Live Tour

<https://www.ktnv.com/news/coronavirus/neon-museum-offering-facebook-live-tour-of-tim-burton-exhibit>

RadioLab Kids Podcast

<https://www.wnycstudios.org/podcasts/radiolab-kids>

YouTube Channels For Elementary Kids

YouTube Channels For Elementary Students

Alphabet/Numbers:

- Alphablocks
- Numberblocks
- Numberjacks
- Patty Shukla Kids TV
- Jack Hartmann
- KidsTV123
- Have Fun Teaching
- Kiboomers
- Super Simple ABCs
- Teaching Independent Learners - NYS Module Videos
- The Singing Walrus
- Harry Kindergarten Music
- Dr. Jean
- Sesame Street

Brain Breaks:

- Go Noodle
- The Learning Station
- The Kiboomers
- Koo Koo Kangaroo
- Scratch Garden
- Kidz Bop
- Pancake Manor

Social/Emotional:

- Howardbwigglebottom
- The Wiggle Tales
- We Do Listen Foundation
- PlayKids
- Sesame Street
- Everyday Speech
- Scratch Garden
- PBS Kids for Parents

Relaxing/Calming:

- Go Noodle - Flow
- Moovlee
- Cosmic Kids Yoga
- Relaxed Breathing Training, Version B Puffer Fish

Science:

- Crash Course Kids
- Sick Science
- SciShow
- WhizKidScience
- Lab360
- Science Max
- Peekaboo Kidz
- Blippi
- KidsTV123

Social Studies:

- Kids Academy
- Homeschool Pop
- Kids vs Life
- Kids Learning Tube
- SoulPancake

Speech:

- Speech Blubs
- Echo and Friends
- Scratch Garden
- Preschool Prep Company
- PhonicsStories
- Patty Shukla
- Jack Hartmann
- Turtlediary
- Alphablocks



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GVSU Veterans Upward Bound (Resources for GVSU students that are veterans)

A student-centered commitment to veteran opportunity and access in successfully pursuing, or completing, postsecondary education.

<https://www.gvsu.edu/vub/>

Cherry Health Offering COVID 19 Testing

<https://www.woodtv.com/health/coronavirus/cherry-health-offers-testing-to-public-seeking-help/>

WELLNESS/SELF CARE/MENTAL HEALTH

Word Balm: Therapeutic Journal Prompts

<https://www.lauriebmore.com/pandemic-therapy-journal.html>

Self Care During COVID 19, April 22 @ 8:30pm

Registration: <https://www.eventbrite.com/e/cssw-community-hour-self-care-during-covid-19-tickets-102319261666?>

FINANCIAL RESOURCES

Financial Reality Coping Ebook – COVID 19 and Beyond

<https://financialsocialwork.com/downloads/financial-reality-coping-ebook>

Coping with Financial Challenges of COVID 19

<https://financialsocialwork.com/downloads/coping-with-the-financial-reality-of-covid-19>

PODCASTS

What is Code Switch?

Code Switch is a multi-racial, multi-generational team of NPR journalists who cover race and identity. Our work appears on-air and online, across NPR's shows, and on the [weekly Code Switch podcast](#).

<https://www.npr.org/podcasts/510312/codeswitch>

Sheet Protector Face Shield

<https://www.facebook.com/michael.s.brillantes/videos/2984418164953352/>

PROFESSIONAL DEVELOPMENT TRAINING

Bearing Witness: Traumatic Stress & The Helping Professional (1 Hour)

<https://practicetransformation.umn.edu/webinars/bearing-witness-traumatic-stress-and-the-helping-professional/>

Depression and Substance Use Webinar - May 8, 12-1 (Central Time)

Depression and substance use disorders affect millions of people each year. Rates are relatively low in childhood and rapidly increase in adolescence, with earlier onset predictive of greater severity in later adulthood. Both are highly comorbid with one another and with other forms of mental illness, including anxiety disorders and antisocial behavior. They also both run in families, with children of a depressed or substance use disordered parent 2 to 3 times as likely to develop depression or substance use disorder themselves. In this Webinar, Dr. Wilson provides an overview of depression and substance use in adolescence and adulthood, including issues of prevalence, risk factors, comorbidity, and familial transmission.

<https://practicetransformation.umn.edu/webinars/depression-and-substance-use-disorders/>

Supporting Addiction Recovery During COVID 19, **April 17, 2020 | 12 pm–1 pm (Central Time)**

Social distancing is the order of the day to keep us healthy during Covid-19 but this means that face to face 12-step and other recovery support group meetings are no longer being held in person, leaving individuals in recovery suddenly without, what is for many, a life-saving resource. Treatment providers have pivoted nimbly to provide tele-health services, but this is also a change for our clients. Fortunately, there is an

abundance of support and resources out there, even if your client has only a telephone. In this webinar, Dr. Krentzman will talk about the wide range of recovery resources currently available including zoom 12-step meetings, alternatives to 12 step meetings, recovery coaching, hot lines, resources for families, and the wide ranging and diverse solutions people in recovery have found to support each other. She will also discuss research-based tips for staying sober and maintaining emotional equilibrium during these turbulent times as well as provide recommendations to care providers for guiding clients through the ever-changing options for support during this unprecedented crisis.

<https://practicetransformation.umn.edu/webinars/supporting-addiction-recovery-during-covid-19-what-you-need-to-know-now/>

From Cultural Competence to Structural Competence – Strategies for Achieving Mental Health Equity 1.5 hours

<https://southeastmhttc.org/from-cultural-competence-to-structural-competence-strategies-for-achieving-mental-health-equity-webinar/>

Substance Use Disorder Services In The Days Of A Pandemic: You Need A Bigger Boat – Part 1

<https://www.youtube.com/watch?v=bRGZO7LaAqo&feature=youtu.be>

Substances Use Disorder Services in the Days of a Pandemic: You Need A Bigger Boat! (Part 2)

<https://www.youtube.com/watch?v=qSxwNzITDg&feature=youtu.be>

Determinants Don't Have To Be Destiny: A Trauma-Informed Understanding Of The Social Determinants Of Health (1 hour_

This presentation focuses on the intersection of the social determinants of health and trauma-informed care. Understanding these determinants through the lens of trauma, however, helps us understand that these determinants ARE changeable. Through the power of trauma-informed approaches, and through the courage to interrupt the cycles of community trauma harming patients, change is possible.

<https://register.gotowebinar.com/recording/8175533459445196806>

**Trauma-Related Disorders and the COVID-19 Pandemic, April 21, 2020 9am-2pm
(Free 5 CEU's)**

<https://www.cbicenterforeducation.com/events/trauma-related-disorders-and-the-covid-19-pandemic>

Stress Management For Health Care Providers and Essential Workers

This free course is for healthcare providers & essential employees. It was created in order to support those who are on the front lines in the battle against COVID-19. Inside, there are stress management tips and techniques to assist with self-care, self-preservation, and self-compassion. We hope that you will find this course helpful. Thank you for your service.

<https://anger-management-u.teachable.com/p/freestressmanagement>

COVID !9 Resources For Social Workers

<https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html>

MOTIVATIONAL INTERVIEWING Learning Collaborative

The Great Lakes MHTTC and PTTC will host a series of interactive calls via Zoom for people who want to enhance their MI skills. This learning opportunity provides practitioners with a no-cost, easy to access opportunity to continue to build their practice skills towards fidelity. All sessions will be geared toward multiple levels of learning. Attend all sessions or select from the menu (see list of dates and topics below). Calls last for 45 minutes. You only need to register one time for the Zoom link to the calls

2020 MI CALLS

April 15

WHY Not Ask WHY And Other Things to Think About With Open Questions

May 20

Taming Your Inner Cheerleader: Be Proud Of You and How Well You Can Use Affirmations

June 17

Gold Star Things to Say (Genuinely!)

July 15

What To Do When the Client Says Something About Changing Their Behavior

August 19

What to Do When The Client Seems Stuck About Changing Their Behavior

September 16

Pay Attention to Discord

October 21

Guess What Happens When You Ask for Change Talk?

November 18: TBD

December 16: TBD

<https://zoom.us/meeting/register/tJwucO6hrz4vGGGoOvUvyt1qv3DkQLrqf8w>

How To Implement Universal Precautions Into Your Organization (Creating True Cultural Transformation To Become Trauma Informed)

In order to create true cultural transformation and become “trauma informed,” there first must be a mindset shift, then a cultural shift, and finally a system shift. This webinar will help you with the first step. The Center for Trauma Resilient Communities' approach is to help organizations and communities embed and embody the science of trauma resilience; working with leaders to build a trauma responsive and trauma resilient culture which helps to decrease burnout and turnover, increase compassion and accountability, and improve overall organizational health and effectiveness. The Center for Trauma Resilient Communities has learned that systems and organizations must first address the internal trauma culture, before moving externally.

REGISTRATION LINK: <https://register.gotowebinar.com/register/1495155898278075659>

Cognitive Behavioral Therapy For OCD – 1 Hour

This webinar is suitable for those interested in working with patients suffering from Obsessive Compulsive Disorder (OCD). It reviews the assessment of OCD as well as evidence-based interventions such as psychoeducation, cognitive strategies, mindfulness, exposure and response prevention. Focus will be on integration of different treatment strategies for different types of OCD symptoms. The impact of common comorbidities, strategies to address treatment non-adherence to maintain treatment gains will also be discussed. Learning objectives: • How to diagnose and assess OCD •

How to develop a personalized cognitive behavioral model with OCD patients • How to tailor exposure and response prevention exercises, mindfulness skills and various cognitive strategies (e.g., continuum technique,) to different OCD symptom subtypes • How to address pitfalls in treatment (reassurance seeking, low motivation), and how to prevent relapse

<https://register.gotowebinar.com/register/8313769559137104908>

Anxiety in Children During the Covid-19 Crisis: Targeted Strategies to Create Calm and Build Resilience

<https://catalog.pesi.com/item/anxiety-children-covid19-crisis-targeted-strategies-create-calm-build-resilience-57618>

Autism Dysregulation During COVID-19: Strategies for Coping with Disrupted Routines, Heightened Anxiety, and Emotional Distress (2 Hours)

<https://catalog.pesi.com/item/autism-dysregulation-covid19-strategies-coping-disrupted-routines-heightened-anxiety-emotional-distress-57701>

Supporting Families Affected by COVID-19 Pandemic (1 Hour)

[Supporting Families Affected by COVID-19 Pandemic](#) addressing the ways in which infants, toddlers and preschoolers are affected when their usual routines are disrupted and their ability to manage stress and stay regulated are compromised. This webinar, addresses the impact of the changes in our world and personal lives brought about by COVID-19. Special attention was given to the ways in which infants, toddlers and preschoolers are affected when their usual routines are disrupted and their ability to manage stress and stay regulated are compromised. These changes were described through developmental and relationship-based perspectives, highlighting the critical importance of establishing new routines to support co-regulating, attuned, and responsive relationships. Insights from the brain sciences were described to better understand the ways in which infants, children and adults may react around the fearful climate of COVID-19. Strategies for speaking with, supporting, and playing with infants and young children were presented. Importantly, the need for self-care of the adults in the lives of the children was addressed.

Webinar Recording & Slides: <http://ttacny.org/page/events/article/ttac-webinar-supporting-families-and-caregivers-of-infants-and-young-children-affected-by-the-covid-19-pandemic/>

Calm Kids – Live Happy Video Series

Designed to help kids learn about emotion and develop some simple strategies for managing worry and stress). New video posted weekly. Below is list of first 4 videos.

[Live Calm Kids – Parent Intro](#)

<https://www.youtube.com/watch?v=Iplee5tBRxo&feature=youtu.be>

[Live Calm Kids Episode 1 - About Emotions](#)

<https://www.youtube.com/watch?v=sProdWlnH4Y>

[Live Calm Kids Episode 2: Externalizing Worry](#)

<https://www.youtube.com/watch?v=fAsUFIVjMqk>

[Live Calm Kids Episode 3: Breathing & Imagination for Calm](#)

<https://www.youtube.com/watch?v=gEXTYin6xRI>

"The Art of Us: Love, Loss, Loneliness, and a Pinch of Humor Under Lockdown." - Online 4 Part Video Series (1 hour and 12 minutes)

<https://events.estherperel.com/april-2020-webinar/>

Therapy In A Time of Turmoil – Free Online Training (1 hour and 12 minutes)

<http://www.deanylalotis.com/live-streaming-event/>

FREE Course: *Swiftly Transitioning to Online Therapy, Legally, Ethically, and Efficiently* (Ep. 84)

<https://courses.clearlyclinical.com/courses/swiftly-starting-online-therapy-ceu-course>

***Clinical Documentation: What You Need and What You Don't* (Ep. 2)**

<https://courses.clearlyclinical.com/courses/clinical-doc-what-you-need>

SOCIAL SECURITY RESOURCES

New Guidance about COVID-19 Economic Impact Payments for Social Security and Supplemental Security Income (SSI) Beneficiaries from Social Security Commissioner Andrew Saul

“The Treasury Department launched a new web tool allowing quick registration for Economic Impact Payments for eligible individuals who do not normally file a tax return, and also announced that it would begin making automatic payments. However, for some people receiving benefits from the Social Security Administration--specifically those who have dependent children under the age of 17--it is to their advantage to go to this portal to ensure they also get the \$500 per dependent Economic Impact Payment. I encourage them to do this as soon as possible, and want to provide the following details:

People who receive Social Security retirement, survivors, or disability insurance benefits and who did not file a tax return for 2018 or 2019 and who have qualifying children under age 17 should now go to the IRS's webpage at www.irs.gov/coronavirus/economic-impact-payments to enter their information instead of waiting for their automatic \$1,200 Economic Impact Payment. By taking proactive steps to enter information on the IRS website about them and their qualifying children, they will also receive the \$500 per dependent child payment in addition to their \$1,200 individual payment. If Social Security beneficiaries in this group do not provide their information to the IRS soon, they will have to wait to receive their \$500 per qualifying child.

The same new guidance also applies to SSI recipients, especially those who have qualifying children under age 17. To receive the full amount of the Economic Impact Payments you and your family are eligible for, go to the IRS's *Non-Filers: Enter Payment Info* page at www.irs.gov/coronavirus/economic-impact-payments and provide information about yourself and your qualifying children.

Additionally, any new beneficiaries since January 1, 2020, of either Social Security or SSI benefits, who did not file a tax return for 2018 or 2019, will also need to go to the IRS's *Non-Filers* website to enter their information.

Lastly, for Social Security retirement, survivors, or disability beneficiaries who do not have qualifying children under age 17, you do not need to take any action with the IRS. You will automatically receive your \$1,200 economic impact payment directly from the IRS as long as you received an SSA-1099 for 2019.

For SSI recipients who do not have qualifying children under age 17, we continue to work closely with Treasury in our efforts to make these payments automatically. Please note that we will not consider Economic Impact Payments as income for SSI recipients, and the payments are excluded from resources for 12 months.

The eligibility requirements and other information about the Economic Impact Payments can be found here: www.irs.gov/coronavirus/economic-impact-payment-information-center. In addition, please continue to visit the IRS at www.irs.gov/coronavirus for the latest information.

We will continue to update Social Security's COVID-19 web page at www.socialsecurity.gov/coronavirus/ as further details become available."

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To get more Social Security news, follow the Press Office on Twitter [@SSAPress](https://twitter.com/SSAPress).

FAMILIES FIRST ACT & CARES ACT RESOURCES

Families First Coronavirus Response Act: Employer Paid Leave Requirements

The **Families First Coronavirus Response Act (FFCRA or Act)** requires certain employers to provide their employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19.^[1] The Department of Labor's (Department) Wage and Hour Division (WHD) administers and enforces the new law's paid leave requirements. These provisions will apply from the effective date through December 31, 2020. Click the link for more details: <https://www.dol.gov/agencies/whd/pandemic/ffcra-employer-paid-leave>

Q & A Regarding COVID 19 Cares Act Stimulus checks

<https://medium.com/@ChuckGrassley/cares-act-recovery-check-faq-1b680b717e3a>

IMMIGRANT RESOURCES

Michigan Immigrant Rights Center

Update on MIRC's services during COVID-19

MIRC's offices are closed to the public due to the COVID-19 pandemic. However, our staff are still working hard to serve our clients and Michigan's immigrant communities. You can call us at (734) 239-6863 between 9:00 and 5:00 with questions or to discuss your case. Immigrant workers with questions about employment issues can call our immigrant worker rights hotline at 1-800-968-4046. Right now, we are limiting our acceptance of new cases to ensure that we are able to continue to effectively serve our current clients during this challenging time, but we are still able to provide information and advice to new callers.

Government Agency Updates

Updates on changes and closures affecting our communities

USCIS

As of March 18, **U.S. Citizenship and Immigration Services** temporarily suspended in-person services at its field offices, asylum offices, and Application Support Centers (ASCs) (fingerprinting) to help slow the spread of COVID-19. USCIS offices will reopen on April 7 unless the public closures are extended further.

Michigan Specific Updates

The State of Michigan has all of its COVID-19 resources in one place, at <https://www.michigan.gov/coronavirus>. This page includes useful information such as a summary of the **Stay Home. Stay Safe** order, quick links to apply for unemployment and assistance with other needs, and more. There are also translations of many resources into **Spanish** and **other languages**.

Frequently Asked Questions

Information on topics such as unemployment benefits, how the COVID-19 pandemic might affect legal cases, and more.

Where can I find more resources about state courts and state law?

Our sister program **Michigan Legal Help/Ayuda Legal de Michigan** has been compiling resources on how COVID-19 could affect a variety of legal issues including eviction, foreclosure, and more. These resources are available in **English** and **Spanish**.

Where can I find more information on unemployment benefits?

MIRC, along with partners at Farmworker Legal Services, the University of Michigan Law School's Workers' Rights Clinic, and the Sugar Law Center, has created one-page fact sheets on unemployment benefits. Click **here** to learn more about the Expansion of Michigan Unemployment Benefits due to COVID-19, available in both English and Spanish. You can also click **here** for a fact sheet on noncitizens and Unemployment Benefits, again available in both English and Spanish. ***Receiving unemployment benefits does NOT create any risk of negative immigration consequences under the new "public charge" rule or any other law or regulation.*** (See **USCIS Policy Manual Vol 8, Part G, Ch. 10, Part B** listing public benefits that USCIS does not consider, including unemployment benefits.)

Will the public charge rule affect me if I am undocumented and uninsured and I receive medical services?

No. Regardless of their immigration status, low income people can access some medical treatment through **federally qualified health centers** and the Emergency Services Only (ESO) Medicaid program and it will not have negative "public charge" consequences. USCIS recently **announced** that they will not consider testing, treatment, or preventive care (including vaccines if a vaccine becomes available) related to COVID-19 in public charge determination, even if health care services are provided by Medicaid." More information about health care access and the new Families First Coronavirus Response Act is available from the **National Immigration Law Center**.

How will the Canada and Mexico border closures affect local ICE enforcement?

We have received a number of questions about how border closures can affect immigration enforcement in communities in Michigan. MIRC Managing Attorney Susan Reed answers some of those questions in **this video** in Spanish.

Is there a "Coronavirus Amnesty" providing new legalization options?

No. But, unfortunately, there are rumors and scams emerging. Please document and share any false information and share it with MIRC.

Who will be eligible for CARES Act stimulus direct cash payments and will they have any negative "public charge" consequences"? People who use Individual Taxpayer Identification Numbers (ITINs) for anyone in the family are excluded from the direct cash assistance that is a centerpiece of this bill, even if some in the family have Social Security Numbers (SSNs) that are valid for employment. There is a limited exception for military families if at least one spouse has a valid SSN. "Non-resident aliens" for tax purposes (noncitizens who don't have green cards and haven't been physically present here long enough to establish "substantial presence") are also excluded from the direct cash payments. The cash payments will not be considered as part of a public charge determination in the future. The CARES Act is expected to be signed by President Trump at 4 p.m. today and we will post more information soon.

<https://michiganimmigrant.org/>

PERSONAL DEVELOPMENT

FREE 2-HOUR LIVE ONLINE CLASS! LEADING YOURSELF 101!

Become the best leader, the best version of you! Learn how to dream again and how to set goals and achieve them! Saturday, April 4, 2020 1:00 PM EDT

<https://lifeimpactllc.mykajabi.com/registration-page-fc4612f0-f4c7-4ca3-a82a-590ab42651c8>

NPA Process – The Way NOT To Take Things Personally

<https://www.thenpaacademy.com/npa-process-sheet>

ONLINE LEARNING RESOURCES

MSU Extension News – Remote Learning Resource Guide

<https://www.canr.msu.edu/rlr/index?>

[utm_source=april_news_digest&utm_medium=email&utm_campaign=remote_learning_digests](https://www.canr.msu.edu/rlr/index?utm_source=april_news_digest&utm_medium=email&utm_campaign=remote_learning_digests)

Tour hundreds of colleges and universities online for free without leaving your house - mlive.com

<https://www.mlive.com/life/2020/04/tour-hundreds-of-colleges-and-universities-online-for-free-without-leaving-your-house.html>

Dolly Parton Reads Bed Time Stories

Beginning Thursday at 7 p.m. ET, [Parton will read bedtime stories taken from her popular Imagination Library project](#) on her “Goodnight With Dolly” series. The first book in the series is *The Little Engine That Could* by Watty Piper.

<https://www.npr.org/sections/coronavirus-live-updates/2020/03/31/824638554/dolly-parton-will-read-bedtime-stories-to-kids-online-every-week?>

[utm_source=npr_newsletter&utm_medium=email&utm_content=20200331&utm_term=4493915&utm_campaign=the-new-normal&utm_id=52092683&orgid=](https://www.npr.org/sections/coronavirus-live-updates/2020/03/31/824638554/dolly-parton-will-read-bedtime-stories-to-kids-online-every-week?utm_source=npr_newsletter&utm_medium=email&utm_content=20200331&utm_term=4493915&utm_campaign=the-new-normal&utm_id=52092683&orgid=)

Outdoor Discovery Center: [here](#)

[Pure Michigan offers stay at home virtual travel.](#)

[Help Me Grow](#) and [Parent Coalition](#) Facebook pages will continue to post activities as well as we find them. Our need is **virtual resources in Spanish**, feel free to share with this group as you come across them.

[Ages and Stages Questionnaire](#)- free for families- also provides fun developmental activities for caregivers to do with the child infant-5

Also, Vroom- <https://www.vroom.org/tools-and-resources>

Here are links for Talking is Teaching.

Detroit / Wayne <https://www.greatstartwayne.org/talkingisteaching>

Charlevoix-Emmet <https://www.charemisd.org/talking-is-teaching/>

Mainweb page <https://talkingisteaching.org/>

Here is a link for resources from the Boston Basics

<https://www.thebasics.org/en/community-toolkit>

Here is the link for how Kent County has taken the basics and made it their own

<https://www.successtartsearly.org/>

Any of these sites handouts could be used for your Zeeland Bus bag. Or a list of links. Also the Center for Disease Control has an app that parents can download to follow their child's development. They have a flier on their site that can be downloaded as well as other developmental materials <https://www.cdc.gov/ncbddd/actearly/freematerials.html#toolsfortrackingmilestones-2017>

From my collection of websites under activities

<p><u>Gryphon House</u> Enjoy hundreds of free activities and free crafts for infants, toddlers, preschoolers and elementary school children. Activities sampled from dozens of books.</p>	<p>http://www.gryphonhouse.com/activities/index.asp</p>
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<p>An early childhood education website filled with free printables and activities. Primarily for pre-kindergarten through first grade students.</p>	<p>http://www.makinglearningfun.com/</p>
<p>eXtension Alliance for Better Child Care Hands-on Activities Database; fun, hands-on activities for young children.</p>	<p>http://farpoint.fcs.uga.edu/moodle/LADB/ OR http://campus.extension.org/mod/data/view.php?id=5265&username=guest</p>
<p><i>Head Start</i> Learning games and activities for each room of the house</p>	<p>https://eclkc.ohs.acf.hhs.gov/parenting/article/fun-learning-parents-children-activities-handbook</p>
<p><i>Reading is Fundamental (RIF)</i> This award-winning digital library hosts over 10,000 resources directly tied to the books teachers, caregivers and community partners turn to everyday.</p>	<p>https://www.rif.org/literacy-central</p>

Lauren Tarshis read aloud (daily): https://www.youtube.com/channel/UCSTW7J41_7TVQgNxVrMcEGw
Lunch Doodles with Mo Willems! (each weekday at 1 PM): [https://www.kennedy-center.org/education/mo-willems/...](https://www.kennedy-center.org/education/mo-willems/)

Read aloud with Oliver Jeffers (each weekday at 2 PM): <https://www.instagram.com/oliverjeffers/?hl=en>

Read aloud with Dan Gutman (each weekday at 2 PM): https://www.facebook.com/Dan-Gutman-60020139122/?_tn=_kCH-R&eid=ARCZtKMn8OG4Td59aHAeTxjFBrFghcGAO4zzl160njerpmgucVZmiCVhRwPHeJJUtkolakoc5xVBa

[0a3&hc_ref=ARRSN-_mWQs0RV3yNcimMADA_yOWvAhxPMZMqFF99FWA0hJk7VA8wFyfzZpDr7KdIE&fref=nf](https://www.youtube.com/watch?v=0a3&hc_ref=ARRSN-_mWQs0RV3yNcimMADA_yOWvAhxPMZMqFF99FWA0hJk7VA8wFyfzZpDr7KdIE&fref=nf)

Draw everyday with Jarrett Krosoczka (each weekday at 2 PM):

<https://www.youtube.com/user/studiojjk>

Free stories for kids. Searchable by age. Books in Spanish as well
: <https://www.freechildrenstories.com/>

Codex - songs, rhymes, early literacy calendars and tips, and other fun things for families to do. It's just starting to be populated, but I know there will be more coming as the days go on:
<https://communitycollections.herrickdl.org/HDL/kf>

Caregiver blog is where we'll be sharing links to resources and book lists:
https://herrickdl.org/caregiver_schools

Herrick Library - Link for families in the area to sign up for a virtual library card which gives them access to all of our online resources like ebooks, movies, music, and so much more:
<https://herrickdl.org/virtualcard>

Virtual Travel

Need a site for "wishful thinking travel"? Try this link: https://www.travelzoo.com/blog/20-amazing-places-you-can-visit-without-leaving-home/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2871840_html_deal%3a2871840&utm_content=2871840&ec=0&dlinkId=2871840

Free Sites for Music, Books, Movies, Kids' Activities

A list of live virtual concerts you can watch: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

- **All kinds of Herrick District Library resources** (books, classes, movies, TV shows, etc.) can be accessed online at www.herrickdl.org/elibrary

300,000 books you can download for free from the New York Public Library: https://www.timeout.com/newyork/blog/you-can-now-download-over-300-000-books-from-the-nyppl-for-free-071216?fbclid=IwAR1LfkD0ayzEnHTfMPGERavgSqOm-2cCWyATyba5A509Nvi2JWj_RuHkYp0

Children's authors reading stories/doing activities: https://www.weareteachers.com/virtual-author-activities/?utm_content=1584565321&utm_medium=social&utm_source=facebook&fbclid=IwAR0U7gEKFvq_ZnHNLyqKd41HVYRncoLoLdX3JyiyC6MkEH18JhtAamOVw4g
Virtual field trips: https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR1Zc7CjFOx9Z6uwBvzgxNdVQmZRw6kclCzkL5R8bY0j4kYlt6gSz1dq3R8&pru=AAABcRextHI*zdv3TyG43naDaSwfKi5ETA

Early Literacy Resources:

Scholastic cheap books: [FACE Catalog](#)

<https://www.zerotothree.org/early-learning/early-literacy>

<https://www.zerotothree.org/resources?type=parenting-resources>

<https://www.ed.gov/early-learning/talk-read-sing>

<https://literacyessentials.org/prekindergarten/>

<http://gomasa.org/readingnow/>

Read It Once Again. This is the curriculum we used and focused on one book each month. <https://www.readitonceagain.com/>

Birth-3 Essentials- Coming soon!

The links below essentially have the same research based messages, simply presented in different packages. The thing that has always been important for me when choosing my resources is that they are offered in Spanish.

Curriculum from the American Library Association -simple practices, based on research, to help parents and other caregivers develop early literacy skills in children from birth to age five. Supports Librarians (and other providers) in this effort <http://everychildreadytoread.org/>

An initiative of Hilary Clinton's Too Small to Fail campaign. (Loaded with resources) <http://talkingisteaching.org/resources/talk-read-sing-together-every-day-tips-families>

Within that same campaign above... There are bilingual resources promoting literacy out in every day places in your community. <http://talkingisteaching.org/OT>

Reading Rockets is a national multimedia project that offers a wealth of research-based reading strategies. They have bilingual family reading guides and bilingual summer reading tips to do that families can sign up for beginning in May.

http://www.readingrockets.org/reading_research_guides_resources

<http://www.readingrockets.org/audience/parents>

Simple everyday brain building tips that can be delivered via tip cards, flyers, or an **app** on your phone. emphasizes the fact that parents and caregivers already have what it takes to build their babies brain. Bilingual. <https://www.vroom.org/>

Reading and language milestones, Tips, Activities On The Go <http://www.pbs.org/parents/education/reading-language/>

Free literacy calendar from Brookes (ASQ publisher) <https://blog.brookespublishing.com/free-printable-lets-get-ready-to-read-2019-calendar/>

Tools of the Mind: <https://toolsofthemind.org/learn/tools-for-parents/>

Mind in the Making (go to Resources): <http://mindinthemaking.org/#>

Get Ready to Read-Early Literacy: <http://www.getreadytoread.org/early-learning-childhood-basics/early-literacy>

Center for Early Literacy Learning: <http://www.earlyliteracylearning.org/parentresource1.php>

YouTube channel: While marketed to children's librarians, this YouTube channel is a great resource for caregivers looking for new songs and rhymes:

<https://www.youtube.com/channel/UCnjsY7TmClktuQLNCXXra6Q>

Herrick District Library Caregiver blog: https://herrickdl.org/caregiver_blog

Kent District Library Early Literacy: <https://www.kdl.org/early-lit>

- **The Michigan eLibrary (MeL)** offers additional [resources](#) to support the Essential Instructional Practices in Early Literacy. These eResources support early literacy by extending the amount of reading materials and opportunities for reading, both in the classroom and at home.
- **Literacy Essentials website:** General Education Leadership Network's (GLEN) Essential Practices in Early and Elementary (literacyessentials.org)
- **Read by Grade Three - Parent Awareness Toolkit:** Resources for parents including videos, posters, and bookmarks.
- **Talking is Teaching:** Information about the campaign and resources from the Talking is Teaching [website](#).
- **Reading Tips for Parents-- tip sheets** from Reading Rockets, a national multimedia literacy initiative, offer easy ways for parents to help kids become successful readers. The tip sheets are divided by age from birth to grade three and translated into twelve languages; reading tip sheets are also available to support parents of children with disabilities. Although the tip sheets are divided by age, many of them can be used with children at various ages and stages.
- **Great website that breaks literacy** down by age <http://www.growupreading.org/index.php>
- **Cooperative Children's Book Center** in Madison, WI <https://ccbc.education.wisc.edu/links/links.asp?idLinksCategory=13>
- **Writing Camps** (from LMWP): Each summer, the [Lake Michigan Writing Project](#) (LMWP), an affiliate of the [National Writing Project](#), hosts writing camps for students in Michigan. Our teachers come from local schools (and possibly your own!) to help nurture young writers at locations around West Michigan

including on GVSU campuses. Camps are available for students entering grades 3 - 12 and the cost is \$150 per person which includes all writing supplies, snacks provided daily and a t-shirt. A reduced tuition option is available. You can find more information and our online registration form on our [website](#).

RAPID BUS SYSTEM

Rapid limiting numbers if passengers on buses

Limiting all DASH buses to 10 passengers and 15 on the Silver Line and other fixed routes.

<https://www.fox17online.com/news/local-news/grand-rapids/the-rapid-limits-passengers-after-a-picture-of-a-packed-bus-hits-social-media>

SAFE FOOD HANDLING

Safe Food Handling When Grocery Shopping

<https://www.canr.msu.edu/news/safe-food-handling-when-grocery-shopping>

Safe Food Handling Of Raw Produce

See attachment

PARENTING RESOURCES

Battling Anxiety in Children and Teens – Free Webinar

https://instituteofchildpsychology.easywebinar.live/registration-2?utm_source=facebook&utm_medium=paidsocial&utm_campaign=RT+-+US+-+Anxiety+Webinar+-+Conversions&utm_content=US+-+FB+%26+IG+Engagers+365+Days+-+F+-+25-55&utm_term=Anxiety+Webinar+-+Ad+B+%E2%80%93+Copy

Cultivating Resiliency in Children

"Cultivating Resiliency in Children" explores 10 distinct ways in which you can promote resiliency and psychological wellbeing in the children you care for. It's our way of saying thank-you to all of the wonderful parents, teachers and professionals who care deeply about children's mental health.

<https://instituteofchildpsychology.com/free-resources-cultivating-resiliency/>

Build Resilience

<http://hope.annemoss.com/build-resilience/>

Bark - Best Parental Control Monitoring App for iPhone & Android – Free Trial

<https://www.bark.us/>

Kent County Health Department - Message to parents

<https://youtu.be/GkVFG8rSmBM>

MENTAL HEALTH RESOURCES

Share Lived Experience

Connect with people like you - living with or supporting someone with mental illness, substance use, or a stressful life event.

<https://www.forlikeminds.com/>

CLINICIAN RESOURCES

8 Tips to Great Online Sessions with Children

[file:///C:/Users/enid0805/Downloads/8-tips-to-great-online-sessions-with-children%20\(1\).pdf](file:///C:/Users/enid0805/Downloads/8-tips-to-great-online-sessions-with-children%20(1).pdf)

Art Therapy Resources

<https://arttherapyresources.com.au/art-therapy-resources-welcome/>

The Emotions Bowl - teaching kids about emotions and how to regulate them

<https://bouncebackparenting.com/emotions-bowl-begin-teaching-kids-emotional-regulation/>