

1) **SELF CARE :**

- a. DMH Wellbeing Apps (attachment on webpage)

2) **GENERAL MASS LISTS**

- a. LA County Mass Community Resources https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/preview
- b. New Resource Guide information - English and Spanish
 - i. **One Degree COVID-19 Resource Guide**
 1. You can find support information in these areas: food, finances, childcare and we are adding more resource categories soon! You can also download PDF versions:
 - a. San Francisco Bay Area (PDF version) - [English version](#) and [Spanish version](#)
 - b. Los Angeles County (PDF version) - [English version](#) and [Spanish version](#)
- **We update the guide Monday - Friday at 2pm in English and in Spanish. Please check back for new resource information. QUESTIONS email: help@1degree.org
- c. Coronavirus Help for Immigrants: When, Where, and How to Get Testing and Treatment (see attachment in many languages).

3) **FOOD DISTRIBUTION:**

- a. LAUSD Grab & Go (see attachment “Find an LAUSD Grab”)
- b. LA County Community Resources (see attachment “LA County Resources” for Food distribution list only)
- c. Free meals to older adults age 60 and older (See attachment)
- d. Countywide Food banks (See attachment)
- e. Grocery gift cards through our network of Family Source Centers (see attached)

4) **EDUCATION during Safe at home orders:**

- a. Homeschooling During the Safe at home order, <https://earlylearninglab.org/homeschooling-during-the-coronavirus-epidemic-a-diary/>
- b. Online Education Support Resources for families (see attachment).
- c. Library Temporary Online Resource (see attachment)
- d. LACOE have live binder- <https://www.livebinders.com/play/play?present=true&id=2646754>

5) **CORONAVIRUS and Kids:**

- a. Sesame Street has FREE online videos for addressing various topics such as grief and loss, and adoption. (See attachment for reference to a video address the current Pandemic)
- b. Dr. Barbara Stroud, COVID-19 Tips for Parents, <https://www.youtube.com/watch?v=MdKeau2huT4>

- c. National Child Traumatic Stress Network <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>
- d. Free Sesame Street Ebooks from Amazon, <https://www.freestufffinder.com/?s=sesame+street+ebooks>
- e. PBS- How to Talk to Your kids About Coronavirus, <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus> ; They also have other videos on de-stressing etc.. and their resources are available in Spanish too.
- f. FYI: How Grandparents and Special Friends Can Help Children Remotely
- g. Social Distancing and Kids https://youtu.be/DA_SsZFYw0w
- h. Corona virus and children with Autism: UCLA Center for Autism Research and Treatment (CART) & COVID-19, For their list of resources and links go to the website: <https://www.semel.ucla.edu/autism/covid-19-information>

6) **LGBTQ:**

- a. Strength United's Pride program is hosting a series of virtual presentations through Zoom (see attached)
- b. LGBTQ+ Experiences During VOVID-19 research survey- https://palouco1.qualtrics.com/jfe/form/SV_9p00dNHR8YkKhbD and attached
- c. A young generation of trans and gender fluid activists are working diligently to dispel ignorance and change the world for the better. Here are ten such activists who are working to increase visibility and promote positive change: <https://www.hrc.org/blog/meet-10-emerging-young-transgender-advocates-who-are-working-to-change-the>
- d. Ready to hear from some allies? Enjoy The Sarah O'Connell Show's showcase of trans allies from around the world (many of whom you may recognize) at: <https://www.youtube.com/watch?v=jx2kS77I7Q4>
- e. Enjoy this 10 minute inspirational TED Talk by a 15 y/o transgender boy called, "Transgender is Not a Scary Word." <https://youtu.be/3dTcJAdRDu4>
- f. Kaleidoscope Goes Virtual (see attached)

7) **Travel the world and explore art through technology! (Underlined Texts are links)**

- a. Metropolitan Opera is having nightly, free streaming of various operas
- b. The Getty Museum offers a free virtual tour
- c. Visit the Houston Zoo through their animal live cams
- d. Visit the Smithsonian National Zoo through their animal live cams

8) **Service Providers and Resources for Clients:**

- a. 1404 Crisis Center- Virtual Parenting and Telehealth Therapy (see attached)
- b. Children's Bureau- Telehealth Therapy (see attached)
- c. Child Support Services with Live Chat option (see attached)

- d. Hope Healing MFT Service Flyer- Therapy, Parenting, and Support Groups plus more (see attached)
- e. Matthews Family Counseling Flyer- Virtual Therapy (see attached)
- f. New Challenges Via Virtual Flyer- Virtual Support Group that explores trauma and substance abuse (see attached)
- g. Options For Recovery- Telehealth, Zoom- Addiction and Parenting and Addiction and Domestic Violence (see attached)
- h. South Bay Center for Counseling- Virtual Daily Activities (see attached)