

ORGANIZATION	PHONE NUMBER	WEBSITE	DESCRIPTION
Center for Disease Control (CDC)		https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsummary.html	CDC COVID-19 page
Massachusetts Sate		www.mass.gov/covid19	Up-to-date information on COVID-19 in Massachusetts.
Mass 211 hotline		https://mass211.org/	Resource hotline for Massachusetts
World Health Organization		https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen	Rolling updates on the coronavirus disease.

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Supprt Groups:			
Parent Stress Line	1-800-632-8188	www.parentshelpingparents.org	24/7 stress line
BAMSI South -East	508-947-8779	www.bamsi.org	Parent support workshops
The Home Metro Boston	617-780-5705	www.thehome.org	Parent Support Grandparent support Special Ed
Wayside North-East	781-966-5644	www.waysideyouth.org	Parent support some on line by invite
Wayside Central MA	508-469-3235	www.waysideyouth.org	Parent supports some on line
The Support Network Western MA	413-536-2401 x3005	www.wmtcinfo/programs/supports-network-of-families-of-wmass	On line chat / social media groups Adoption
Parent Professionals Advocacy League	888-815-8122	www.PPAL.net	On line support groups by town
Parents Helping Parents	617-936-5008		
Tips for talking with your kids:			
Center for Disease Control		https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	Tips for talking with children about Coronavirus
National Association of School Psychologists		https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource	Article: Guidelines and tips for talking with your children about COVID-19
Center for the Study of Traumatic Stress		https://www.cstsonline.org/assets/media/docum	Artcle: Helping Homebound Children During the COVID-19 Outbreak
Activity book *In Spanish		https://prsciencetrust.org/wp-content/uploads/pr	Activity book in Spanish helping your child understand Coronavirus
Autism Speaks		https://www.autismspeaks.org/sites/default/files	From Autism Speaks, a “Flu Picture Story” designed to teach children with Autism Spectrum Disorders understand viral illness and good hygiene
Managing stress and coping:			
National Child Traumatic Stress Network		https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019	Partent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease
National Child Traumatic Stress Network *In Spanish)		https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp	GUÍA DE AYUDA PARA PADRES Y CUIDADORES PARA AYUDAR A LAS FAMILIAS A ENFRENTAR LA ENFERMEDAD CORONAVIRUS 2019 (COVID-19)

UC Health		https://www.uchealth.org/today/coronavirus-anxiety-tips-for-reducing-worries/	Article: Coronavirus anxiety: Why the outbreak feeds worries and five simple ways to reduce coronavirus anxiety
Mental Health America		https://mhanational.org/coronavirus-and-mental-health-statement-paul-gionfriddo-president-and-ceo-mental-health-america	Article: Coronavirus and Mental Health
Child Mind		https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/	Article: Help yourself, and them, by learning techniques to manage stress in a healthy way.
NAMI (National Alliance on Mental Illness)	1-800-950-NAMI (6264) or text NAMI to 741741	https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US	NAMI (National Alliance on Mental Illness) published a comprehensive guide for information and resources relating to COVID-19 (Coronavirus)
NAMI (National Alliance on Mental Illness)	1-800-950-NAMI (6264) or text NAMI to 741741	https://nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus	NAMI is offering online resources surrounding the COVID-19 outbreak.
SAMHSA		https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf	Article: Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak
FRC's			
Amherst-The Bridge	413-549-0297		
Athol/North Quabbin Family RC	978-249-5070	www .valuingourchildren.org/frc	
Boston-Suffolk FRC	617-469-8501	www.thehome.org/frc	
Brockton -Family Center Community Connection of Brockton	508-857-0272	www .ccbrockton.org	
Everett FRC	781-581-4750	www .facebook.com/eliotchsFRC/	
Fall River	508-567-1735	www.frfsa.org/index.php?id=53	
Fitchburg FS	978-829-0163	www .mocinc.org	
Framingham FRC	508-270-1314	www.waysideyouth.org	
Greenfield Comm Action center	413-475-1555	www.communityaction.us/family_center.html	
Holyoke-Enlace FRC	413-532-9300	www.enlacedefamilias.org	
Hyannis/Barnstable Cape Cod FRC	508-815-5100		
Lawrence FRC	978-975-8800	www.fsmv.org	
Lowell NFI FRC	978-455-0701	www .lowellfrc.org	

Lynn FRC	339-883-2401	Centerboard.org/family-services	
Nantucket FRC	508-815-5115	www.nantucketfamilyresourcecenter.org	
New Bedford FRC	508-994-4521	Unitedwayofgnb.org	
North Adams FRC	412-663-7588	www.nbcoalition.org	
Oaks Bluff/Martha's vineyard	508-693-7900 x401	www.mvcommunityservices.com/programs-and-services/oeuvre-2/	
Pittsfield FRC			
Quincy FRC			
Southbridge You Inc FRC	508-765-9101		
Springfield Gandara Center	413-733-7699		
TautonFRC	744-501-2633		
Worcester-You Inc	508-796-1411		

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School and Special Ed info		
US Department of Education	https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf	Article: The CDC has issued interim guidance to help administrators of public and private childcare programs and K–12 schools plan for and prevent the spread of COVID-19 among students and staff.
US Department of Education	https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf	Supplemental Fact Sheet Addressing the Risk of COVID-19 in Preschool, Elementary and Secondary Schools While Serving Children with Disabilities
Special Education	https://www.wrightslaw.com/info/fape.svcs.covid-19.htm	Some answered questions to concerns about IEP and 504 accommodations during school outage.
New York Times	https://www.nytimes.com/2020/03/12/well/family/coronavirus-school-closings-homeschooling-tweens-teens.html	Article: Home-Schooling Tweens and Teens During Coronavirus Closings
Learning at home resources		
Authors Everywhere	https://www.youtube.com/channel/UCowhHSUaWp3KJDcuI0nR0vw	YouTube channel created by children's book authors and illustrators encouraging children and youth to read, draw, and create.
Common Core	https://www.commoncoresheets.com/	Free worksheets in various school subjects, based on the Common Core classroom curriculum.
Curriki	https://www.curriki.org/	A community for teaching and learning. Share and explore high quality K-12 content.
Discovery	https://www.discoveryeducation.com/learn/tundra-connections/	Tundra Connections 2019: Experience of Polar Bear Virtual Field Trip
Get Your Teach On	https://www.getyourteachon.com/virus/	Free resources from Get Your Teach On partners and presenters.
Google	https://accessmars.withgoogle.com/	Access Mars: A WebVR Experiment
Kidsactivities blog	https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/	List of free subscription to education resources list.
Learn In Color	https://learnincolor.com/	Blog and resources for homeschooling experience.

Massachusetts Historical Society	https://www.masshist.org/teaching-history/?goto=teaching-history	The Center for the Teaching of History seeks to promote history and civics education and be among the nation's premier resource providers for educators
Math Playground	https://www.mathplayground.com/	FREE math games for grades 1st - 6th. No registration. No login. Just start playing!
Mystery Science	https://mysteryscience.com/school-closure-planning	List of free science lessons for remote learning.
PBS Learning Media	https://mass.pbslearningmedia.org/	WGBH and PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more just for Massachusetts
Scholastic	https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#	Free resources for remote learning.
Speechbuddy blog	https://www.speechbuddy.com/blog/games-and-activities/6-free-online-speech-therapy-resources/	Link to free speech therapy resources.
TED.com	https://ed.ted.com/	TED talks: Lessons Worth Sharing

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Adventures in Familyhood	https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html	List of virtual field trips
Busy Toddler	https://busytoddler.com/2020/03/indoor-activities/	40+ best indoor activities from Busy Toddler.
Cosmic Kids Yoga	https://www.youtube.com/cosmickidsyoga	Youtube videos: Yoga for kids
Freedom Homeschooling	https://freedomhomeschooling.com/virtual-field-trips/	List of virtual field trips
Go Noodle	https://www.gonoodle.com/	GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!
Google Arts and Culture	https://artsandculture.google.com/partner?hl=en	Access digital tours from over 500 museums from around the world
Have Fun Teaching	https://www.havefunteaching.com/resources/relief-packs/	Free educational packs based on grade level from preschool to 5th grade.
Josh Gad nightly story reading	https://chipandco.com/actor-josh-gad-is-reading-books-to-kids-online-every-night-during-coronavirus-quarantines-383789	Disney star Josh Gad (Frozen II, Beauty and the Beast) is reading children's books to families around the world via his Twitter page each night.
Louvre Museum	https://www.louvre.fr/en/visites-en-ligne	On-line tours of Louvre Museum
Lunch Doodles with Mo Willems	https://www.youtube.com/watch?v=RmzjCPQv3y8	Youtube videos: Lunch doodles with Mo Willems
NASA Kids Club	https://www.nasa.gov/kidsclub/index.html	NASA Kids' Club – a place to play games and learn about NASA!
New England Aquarium	https://www.neaq.org/	New England Aquarium free watch from home virtual visits
New York Public Library	https://www.timeout.com/newyork/news/you-can-now-download-over-300-000-books-from-the-nypl-for-free-031820	
PBS	https://artscanvas.org/film-tv/the-show-must-go-on-if-youre-isolated-at-home-watch-these-performances	Stream films, music, and theatre performances from venues across the globe.

Playbill.com	https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home	Free Broadway shows you can watch on-line
San Diego Zoo	https://kids.sandiegozoo.org/	The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
Yellowstone National Park Service	https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm	Ready to explore Yellowstone? Start exploring now by virtually touring some of the main attractions around the park.

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Community Legal Aid	855-242-5342	https://communitylegal.org/	Community Legal Aid offices are closed to the public but still remain operational. You can apply for aid on-line for any legal concerns.
Food:			
Free School Lunch by Town		https://docs.google.com/spreadsheets/d/1gcj-hEqLnqdpn1M6j74fKpgjdQ1F2O6XxVvwcvDkQYI/edit#gid=0	Google Docs list of places kids can get school lunches free across the state.
Utilities:			
AT&T		https://about.att.com/pages/COVID-19.html	AT&T COVID-19 response
Charter		https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more	Charter Spectrum to offer limited time free service to families with school age or college enrolled children:
Comcast		https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic	Comcast increases access to and speeds of internet essentials to support Americans through Coronavirus pandemic
Internet Essentials		https://www.internetessentials.com/	For the next 60 days, Comcast is offering FREE nationwide access to Xfinity Wifi for low-income families to stay connected to the Internet for education, work, personal health reasons, and more. They will be providing 60 days of complimentary Internet service for new customers, and increasing speeds for new and existing customers.
Financial/Health Insurance:			
United Way	1-866-211-9966	https://www.unitedway.org/the-latest/press/united-way-worldwide-launches-covid-19-community-response-and-recovery-fund	The United Way has established a COVID-9 Community Economic Relief Fund.
Massachusetts Health Connector	1-877-623-6765	https://www.mahealthconnector.org/massachusetts-health-connector-offers-extended-enrollment-for-uninsured-individuals-to-ease-coronavirus-fears	Massachusetts Health Connector offers extended enrollment for uninsured individuals to ease coronavirus fears.
UFCW Local 328 (Unemployment Info)		http://ufcw328.org/filing-for-unemployment-due-to-covid-19-a-step-by-step-resource-for-workers-in-massachusetts-rhode-island-connecticut-links-included/	Massachusetts Executive Office of Labor and Workforce Development published a step-by-step guide to applying for unemployment due to COVID-19.

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AT&T		https://about.att.com/pages/COVID-19.html	AT&T COVID-19 response
Charter		https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more	Charter Spectrum to offer limited time free service to families with school age or college enrolled children:
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Roslindale		https://www.brighamandwomensfaulkner.org/assets/Faulkner/about-bwfh/community-health/documents/food-resources-west-rox-and-roslindale.pdf	
Canton/Norwood/Dedham/Walpole		https://www.brighamandwomensfaulkner.org/assets/Faulkner/about-bwfh/community-health/documents/food-resources-canton-norwood-walpole-westwood.pdf	
Outside Community Food Resources			
The Breakfast Spot	Free lunch buffet for Boston Students	2805 Washington St, Roxbury 02119	Tuesday to Friday 11:30am to 2:30pm
Mention Romilda or Families for Justice as Healing to receive a free meal			
Pantry Pizza			Free slice of pizza for Boston students
Pantry Pizza Kitchen		931 Dorchester Ave, Dorchester 02125	Free slice of cheese pizza for the children during the duration of school closing
Meals from Violence in Boston Inc & Food for the Soul		For more info call 617-652-0151	Pick up location seems unclear, but drop off location for those who want to donate supply relief (toiletries, toilet paper, etc) is listed as 651 Warren Street, 02121, which is the address of Food for the Soul Grove Hall
PS Gourmet Coffee Shop		106 Dorchester St, South Boston 02127	All students in need of breakfast are welcome to go to any of their locations between 7am and 1pm and ask for a student breakfast free of charge
Rosie's Place			They are still open and continuing to serve bagged meals for lunch and dinner, Women-identified persons and children aged 12 and under (male or female) only
Food pantry open Monday to Friday		889 Harrison Ave, Boston 02118	
Utilities:			
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Charter		https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more	Charter Spectrum to offer limited time free service to families with school age or college enrolled children:
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Gift card through UCB		https://docs.google.com/forms/d/e/1FAIpQLScoIROjCAZrjNOxacVg0CBAfKSMpQ7wY2eVZsA9QmB8__zTlg/viewform	Fill out this form above if you are in need of financial support due to the coronavirus

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