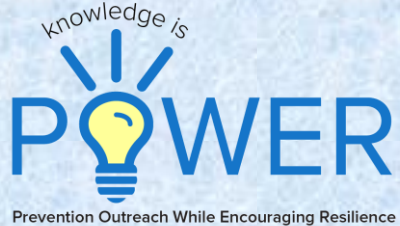




Supporting Emotional Wellbeing During the Pandemic

June 3, 2020



Panelists

Courtney Arseneault, M.ED * Educational Consultant, Mama Bear Consulting

Jen Cutler, M.ED, MA/CAGS, * Director of Counseling & Social-Emotional Learning, APS

Jennifer Wuelfing, MSW, LICSW * Director of Human Services, Town of Ashland

Shannon Ahern, LMFT * Program Coordinator, Behavioral Health Partners MetroWest

Rosalind Baker, MPA * Program Director, Framingham Family Resource Center

Fredrick Mann, MA, M.ED * Educational Liaison, Framingham Family Resource Center





Raising children and supporting their well being during a pandemic

Notice your strategies for coping when things feel hard. Do they work?
Help children to notice and develop their “toolbox”

Notice and label what you see
Use simple words (easy, hard, too hard)
Identify and validate feelings

Take a Break Kit

Take a Break Kit

Make your own Take a Break Kit and one for everyone in your family

When things feel too hard use this tool to help things feel less hard

What would you put in your kit? A tea bag, book, puzzle, stress ball...

40+ Things to Put in a Calm Down Kit for Kids

<https://www.andnextcomesl.com/2016/04/what-to-put-in-a-calm-down-kit-for-kids.html?fbclid=IwAR1GX-G0m6mkk4BCGx1I7zNUiDkFGT-jJgJrV1cTWjxpbPM67ZPcF4mV7pQ>

MAMA BEAR CONSULTING

Take a Break Kit

Everyone is looking for different ways to cope with the uncertainty associated with COVID-19. Young children are looking to us to figure out how they should react and need our guidance to develop coping skills.

Creating a Take a Break Kit can help your child cope when things feel too hard. For very young children, choose a stuffed bear and call it Take a Break Teddy. For older children have them decorate a bag or box and place items inside such as a squeeze/sensory ball, expandable sphere, liquid motion bubbler, slinky, kinetic sand, brain teaser puzzle, jacks, pinwheel, fidget bracelet, yoga/mindfulness cards, or stretch ball.

Choose as many items as how old your child is and rotate when they seem to lose interest. Explain to your child that we all use tools to help us with different things, have them brainstorm some (spoon to eat yogurt, scissors to cut out a heart...) When things feel hard or too hard we can give Take a Break Teddy a hug or get our kit to help things feel less hard.



mamabearof2consulting@gmail.com

If you wish to learn more about services offered visit
@mamabearof2consulting Facebook Page

M.Ed.



Director of

Counseling & SEL

Ashland Public

Schools

icutler@ashland.k12.m

Here you can learn ways to relax and regulate your mood and body.

Please take your time and find out what works best for you.

Calm**Relaxing Music****Guided Imagery for Teens & ...****Guided Relaxation for Kids**

5-4-3-2-1 Grounding Exercise



Weightless by Marconi Union



Belly Breathing with Esme & Roy



Glitter Jar Calming with Esme & Roy

APS Zen Den
Website

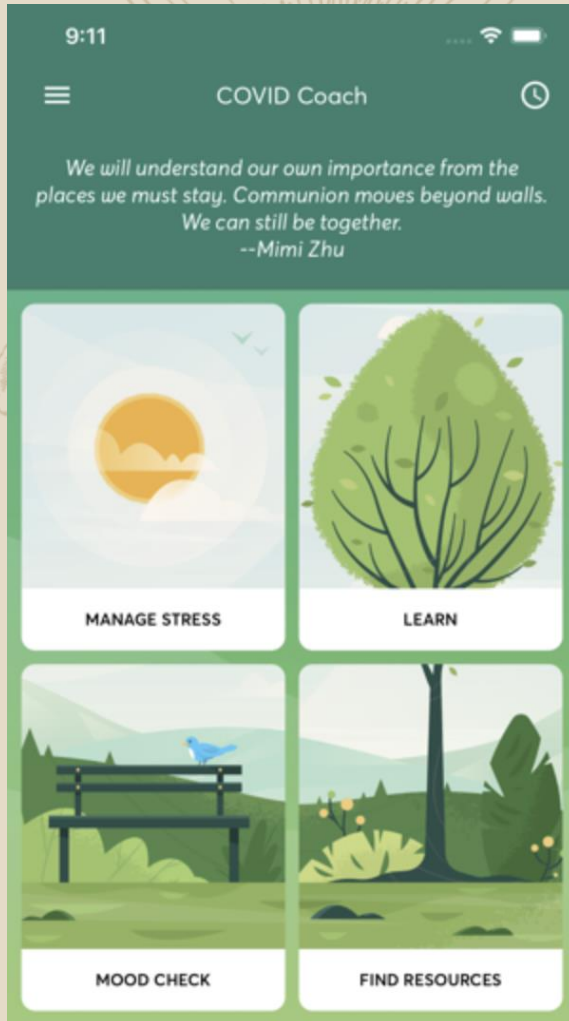
Mrs. Cutler's SEL FB Page

APS Family SEL

Follow Me on Twitter

Hey, did you know?

There's an app for that...



The COVID Coach app was created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

- Education about coping during the pandemic
- Tools for self-care and to improve emotional well-being
- Trackers to check your mood and measure your growth toward personal goals
- Graphs to visualize progress over time



Online Resources



William James College Parenting Resources

This page offers resources for parents on a variety of topics relating to children and the COVID-19 health emergency including virtual caregiver support groups.

● Parents Helping Parents of Massachusetts

Supportive, non-judgemental, and confidential, our group are a safe place to express your own, and listen to others, feelings about raising teens with special needs and the impact it has on the whole family. We share strategies and problem-solve. You may join a group meeting by using the Zoom app or dialing in by phone.

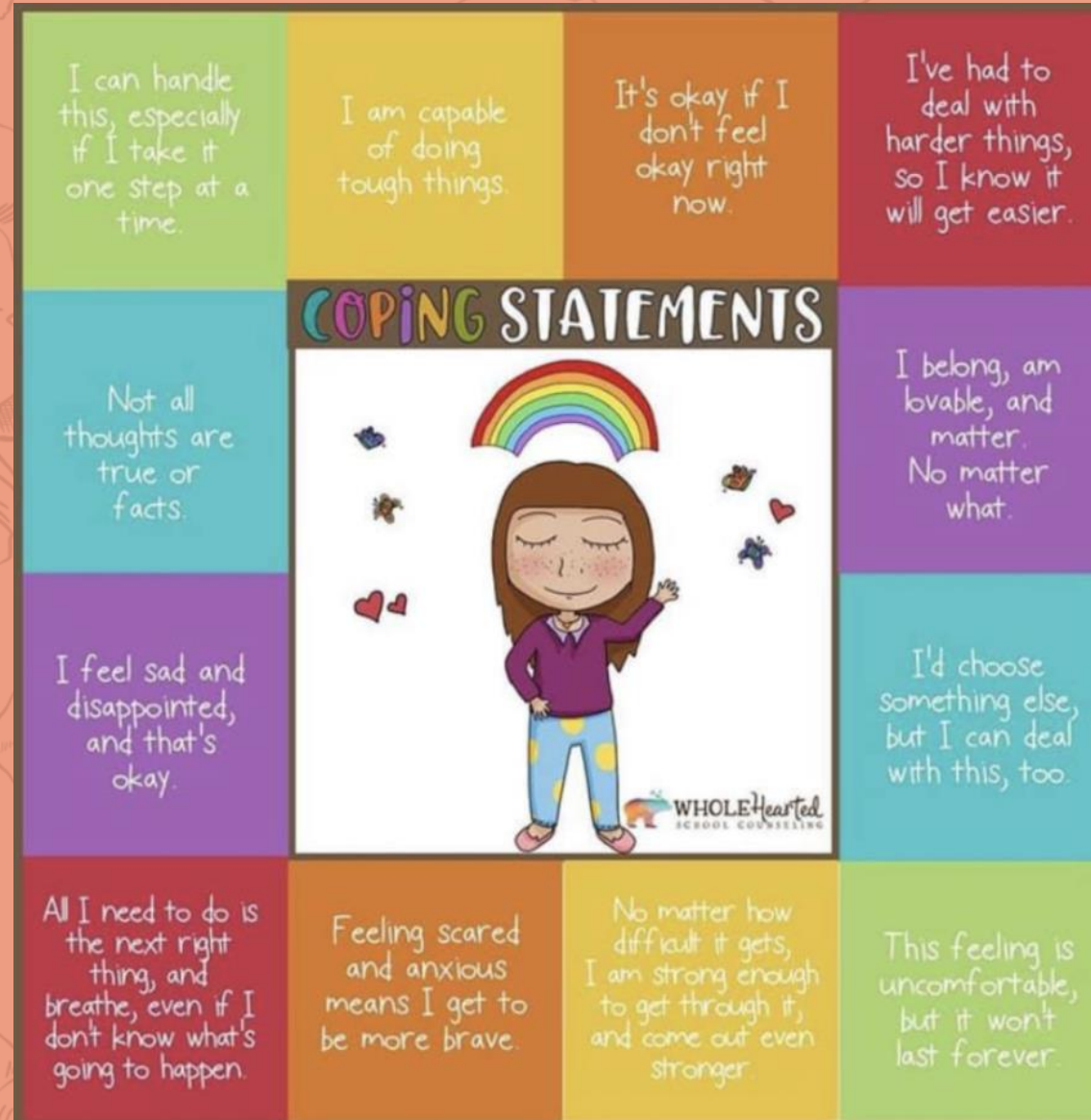
● Mental Health & Wellbeing Website

Updates and resources to promote good mental health hygiene during school closure, eventual return and recovery from COVID-19 from the school counseling and social emotional learning departments PK-12 of a number of Massachusetts School Districts.

Self-Care During COVID-19 for Teens

Quaranteenagers: Strategies for Parenting in Close Quarters

Self-Care During COVID-19 for Everyone



Stress Management Skills, Dr. Christian- Brathwaite

How to Help Teens Handle the Loss of Proms & Graduations

How to Help Your Kids Handle Disappointment

I see that you are upset, let me help you.

How about we sit down for a minute.

Take a deep breath.

It's frustrating when things don't work, let's figure it out together.

What to say to your child instead of 'calm down'

How To Help
Your Child Calm Down by
livinglifeasawife.com

Can I give you a hug to help you feel better?

Use an indoor voice.

Tell me about why you are upset.

Try walking away for a minute.

ZONES OF REGULATION

BLUE ZONE



Sad
Sick
Tired
Bored

GREEN ZONE



Happy
Calm
Feeling Okay

YELLOW ZONE



Frustrated
Worried
Silly
Excited

RED ZONE



Angry
Terrified
Yelling/Hitting
Elated

Navigating the New Normal: Parent's Edition

Human Services

Town of Ashland



Jennifer Wuelfing, MSW LICSW

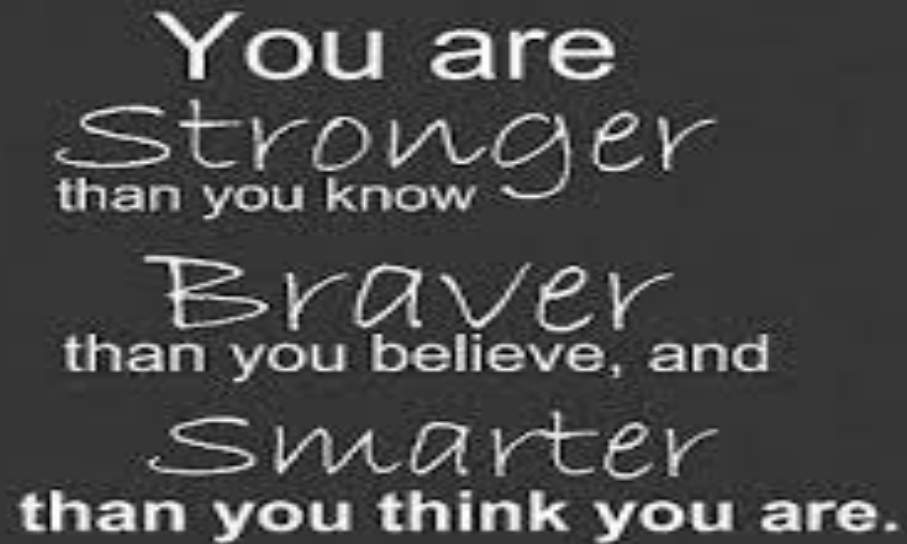
Director of Human Services

Town Social Worker

Human Services is a department that is part of the municipal services provided for all Ashland residents. It is an all-encompassing resident assistance department here to support any Ashland resident, of any age, in any socio-economic status (vulnerable, middle income or affluent) struggling or in need of assistance to navigate through any mental health, social, emotional or environmental stressor.



*Human Services offers assistance accessing resources,
Monetary or Emotional in nature.*



You are
Stronger
than you know
Braver
than you believe, and
Smarter
than you think you are.



Jennifer Wuelfing, MSW LICSW

Jwuelfing@Ashlandmass.com

508 532 7942

Humanservices@ashlandmass.com

Cara Tirrell, MHC 508 532 7946



Ashland Community Center

(Lower Level) 162 West Union Street

Currently; Curb Side Pick Up

By Appointment Only

508 532 7942 or 508 532 7946

Humanservices@Ashlandmass.com



“I Understand Now That I Am Not A Mess, But A Deeply Feeling Person In A Messy World. I Can Explain That Now, When Someone Asks Me Why I Cry So Often, For The Same Reason I Laugh So Often... Because I’m Paying Attention” (Glennon Doyle)

Fitness

Time

Nutrition

Sleep

Self Care

me-time

SUPPORT

is an independent, very active and powerful choice to engage in the activities that are required to gain or maintain an optimal level of overall health.

Love

Health

FRIENDS

RELAXATION

Spiritual

Choices

Independence

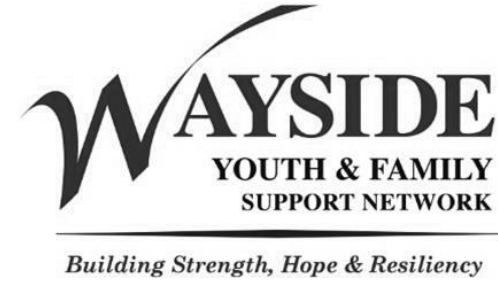


Behavioral Health Partners

METROWEST

Shannon Ahern, LMFT

Program Coordinator, Behavioral Health
Partners of MetroWest Referral Line



Collaborative Partnership

A single point of access for the community



Our partner agencies bring together expertise in:



Mental health: *Outpatient therapy, Psychiatry, Community and Home Based services, and care coordination*



Substance Use and Addiction: *Outpatient and Residential services including Medication Assisted Treatment (MAT), Intensive Outpatient Programs, Detoxification and Recovery Coaching*



Social Determinants: *Housing, Food Security, Education, Employment, Childcare and Financial Assistance*



Emergency Services Program (ESP)

1-800-640-5432

- There is an ESP that covers each city and town in Massachusetts
 - [Advocates Psychiatric Emergency Services \(PES\)](#) is Ashland's ESP
- To assist with mental health and substance use emergencies
 - Services: Crisis assessment, intervention and stabilization; linkages to follow-up services
- Available 24 hours per day, 7 days per week, 365 days per year
- For people of all ages
 - Mobile Crisis Intervention for youth provided in collaboration with [Wayside](#)



Behavioral Health Partners
METROWEST

A single point of
access for the
community

Referral Line
844-528-6800

- One phone number that anyone who lives in Ashland can call to get help in arranging the mental health, substance use and social services you and your family may need and want
- We connect you to services at our 4 partner agencies and at other provider agencies that can best meet your needs
- We maintain contact with you throughout the process, until you tell us you are all set with the services you requested
- Your doctor, school, or others who work with you may also call for you

Referral Line: *How it works*



Call us at 844-528-6800 or visit www.bhpmw.info to request a follow up call



We listen to the mental health and social service concerns you may have for yourself, a loved one, or a person in your care



We ask about your preferences and offer service and support options that are personalized to meet your unique needs



We communicate with you throughout the process to assist in obtaining direct appointments whenever needed



We offer the option to coordinate with your PCP and/or other service providers to promote healthcare integration and collaboration



We ensure you feel well matched and securely connected with the services and supports you are interested in pursuing

Referral Line: *Frequently Asked Questions*



When can I call? Mondays 9am-7 pm, Tuesday - Friday 9am-5pm



Is there a fee for your service? There is no fee for callers in our catchment area.



Where are you located? Our program is phone based and housed in Framingham, MA. We connect people with services & supports throughout the MetroWest community.



What languages do you speak? Our care coordinators speak English, Spanish, and Portuguese. We can assist callers in any language through phone-based translation services.



What insurances do you take? We are able to assist callers with any insurance.

Referral Line: *Outcomes*

We have responded to almost 1700
calls/requests in nearly 3 years



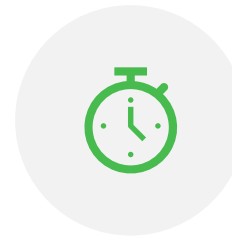
**68% YOUTH, 28% ADULTS, 4%
ELDERS**



**20% SPOKE A LANGUAGE
OTHER THAN ENGLISH**



**70% CONNECTED TO OUR
PARTNER AGENCIES, 30%
CONNECTED TO OTHER
PROVIDERS**



**57% WAITED LESS THAN 4
WEEKS FOR AN APPOINTMENT**



**97% WOULD RECOMMEND
OUR HELP TO A FAMILY
MEMBER OR FRIEND**



Behavioral Health Partners
METROWEST

“Connecting you to
the right support”

844-528-6800

www.bhpmw.info



Rosalind Baker

Program Director

Framingham Family Resource Center

Fredrick Mann

Educational Liaison

Framingham Family Resource Center





88 Lincoln Street
Framingham, MA 01702

Main: 508.270.1313

Fax: 508.626.7625

www.WaysideYouth.org/Services/WaysideMetroWest/FamilyResourceCenter/

About Family Resource Centers...

- ▶ Family Resource Centers (FRCs) are a statewide network of community-based providers offering multi-cultural parenting programs, support groups, early childhood services, information and referral resources and education for families whose children range in age from birth to 18 years old.
- ▶ An FRC is in each of the 14 Massachusetts counties, providing easy access to information and assistance related to health care, safety, employment training, education and peer support.
- ▶ In each of our communities, our goal is to support families to strengthen their bonds, connect to others, and engage in their community.
- ▶ Our core values are:

RESPECT*TRUST*SAFETY*WELLNESS*CARING*CONNECTIVITY*EDUCATION

What can a family expect at the FFRC?

- ▶ One-on-one comprehensive intake during first visit
- ▶ Direct basic needs support
- ▶ Information and referrals to other local agencies and services
- ▶ Follow-up with both families and providers to ensure a connection is made

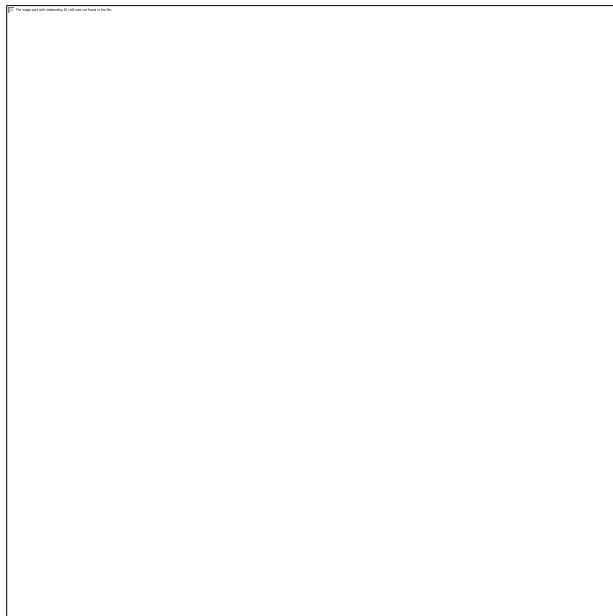
We accept walk-ins and referrals from schools, courts, and community agencies.

ALL services provided are FREE!

Family Needs Assessment for Children Requiring Assistance (CRA)

- ▶ Team: Clinician, Family Partner, School Liaison
- ▶ Divert families from the Juvenile Justice and DCF systems.
- ▶ Work together to develop a Family Support Plan to include appropriate referrals to necessary services (i.e. Outpatient Therapy, In- Home Therapy, Parent Support Groups, Youth Support Groups, etc.).
- ▶ Continual family and school support from the Family Support Worker, Family Partner and School Liaison until necessary services are secured.

FFRC Programming



- ▶ Evidence-Based Parenting Classes
- ▶ Parent Support Groups
- ▶ Grandparents Groups
- ▶ Life-Skills Workshops
- ▶ Self-Help Workshops
- ▶ Stress Management Workshops
- ▶ Educational Groups
- ▶ Financial Workshops
- ▶ Sibling Groups
- ▶ Family Events and Activities
- ▶ Arts and Culture Events
- ▶ Community Events

SOBER PARENTING JOURNEY



Sober Parenting Journey is open to everyone. No matter where you are from, no matter what your background, you are welcome. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

In Sober Parenting Journey, a small group of parents and caregivers meet for 2 hours a week for 14 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining their sobriety, which can be both rewarding and

daunting. Sober Parenting Journey provides a valuable source of fellowship and support and enhances awareness of potential triggers that may escalate relapse. In a safe and caring setting, you will explore past and present patterns of emotional regulation, compulsive thinking, and addictive behaviors that influence your choices. With hard work and honesty, you will create a new path that strengthens sobriety, accountability, and positive actions while facing the daily challenges of recovery.



UPCOMING PROGRAM

LOCATION

88 Lincoln Street, Framingham

DURATION

2 hours a week for 14 weeks

COST

Free! Complimentary childcare & family-style meal provided.

WHAT'S IN IT FOR YOU?

In a supportive setting, we will work with you to uncover your inner strengths and help you achieve your goals.

- Begin to understand and experience healing new and old wounds.
- Address the impact of triggers that lead to relapse.
- Learn about local resources and support available to you.
- Effectively communicate with your children.
- Become more confident and optimistic about maintaining recovery.
- Learn to overcome emotional shame, guilt, and stop justifying consequences related to substance use.
- Create new possibilities for yourself and your children.

REGISTER TODAY!

Framingham Family Resource Center
Wayside Youth and Family Support Network

508.270.1313

Rosalind_Baker@waysideyouth.org

PARENTING JOURNEY



Parenting Journey is open to everyone. No matter where you are from, no matter what your background, you are welcome at Parenting Journey. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

In Parenting Journey, a small group of parents and caregivers meet for 2 hours a week for 12 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare. The program is experiential, which means you learn by doing—and it's fun. Through a combination of hands-on activities and guided discussions, you will develop knowledge and skills that support you as a parent and role model.

By reflecting on your own childhood, you will be able to choose what kind of parent you want to be and create your own style of parenting—one that reflects your personal vision and values. Parenting Journey is open to everyone. No matter where you are from, no matter what your background, you are welcome at Parenting Journey. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.



UPCOMING PROGRAM

LOCATION

88 Lincoln Street, Framingham

DURATION

2 hours a week for 12 weeks

COST

Free! Complimentary childcare & family-style meal provided.

WHAT'S IN IT FOR YOU?

In a supportive setting, we will work with you to uncover your inner strengths and help you achieve your goals.

- Identify your strengths and increase your resiliency.
- Learn to tackle everyday stressors and challenging situations.
- Build community and increase your support network.
- Become more confident and optimistic about achieving personal goals.
- Increase your ability to nurture yourself and your children.
- Build greater trust, empathy, and honesty.
- Learn about local resources available to you.

REGISTER TODAY!

En Español También!

Space is limited

Daniela Garcia

Family Resource Specialist

508.469.3211

daniela_garcia@waysideyouth.org

PARENTING IN AMERICA



Parenting In America is open to everyone. No matter where you're from, no matter what your background, you are welcome. We work with mothers, fathers, and caregivers from all walks of life, raising children of all ages.

In Parenting In America, a small group of parents and caregivers meet for 2 hours a week for 12 weeks.

The program includes activities, discussions, a family-style meal, and complimentary childcare.

Parents and caregivers who immigrate to the United States bring with them a wealth of parenting strengths—drawing on culture, tradition, and family experience—yet living in a multicultural setting can be challenging.

In Parenting In America, we encourage you to honor your cultural heritage while also helping you to develop new culturally responsive practices and strategies. You graduate from the program feeling empowered to face immigration challenges that affect you as an individual and as a parent—recognizing that perseverance is key to your success.



UPCOMING PROGRAM

LOCATION

88 Lincoln Street, Framingham

DURATION

2 hours a week for 12 weeks

COST

Free! Complimentary childcare & family-style meal provided.

WHAT'S IN IT FOR YOU?

In a supportive setting, we will work with you to uncover your inner strengths and help you achieve your goals.

- Discover how to navigate and determine which government agencies, NGOs, and private institutions will be most helpful.
- Become more assertive in advocating for yourself and your children.
- Identify your strengths and increase your resiliency.
- Learn to tackle everyday stressors and challenging situations.
- Learn to trust yourself and those who will be most supportive of you and your family.
- Become more confident and optimistic about achieving personal goals.

REGISTER TODAY!

Framingham Family Resource Center
Wayside Youth and Family Support Network

508.270.1313

Rosalind_Baker@waysideyouth.org



Virtual Parent Support Groups!

Just because you have to stay home doesn't mean you have to be alone! Join our Zoom meeting for an open discussion and get support from other parents who are experiencing the same challenges during COVID-19.

Groups are free and all are welcome!

Tuesdays - 9:30 a.m.

Wednesdays - 6-8 p.m.



For a Zoom invite, contact Christi Fagerberg
Christi_Fagerberg@waysideyouth.org
470-601-7602



GRANDPARENT CAREGIVER SUPPORT GROUP

April 15th 9:30AM–11:00AM
April 29st 9:30AM - 11:00AM

Join us!

This group meets twice a month. We will discuss common experiences about the joys and challenges around raising grandchildren in a supportive, compassionate, encouraging and collaborative environment. Sign up required; Group will be held through ZOOM or TEAMS. RSVP today to Dodi Hardsog to receive ID and Password to join the group.



Connect with other grandparents raising grandchildren in your community!

Topics: legal, school, behavioral health issues along with community resources and self-care

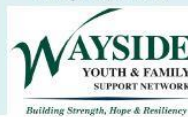
Snacks will be provided ☺

Questions?
RSVP

Dodi Hardsog
508.469.3221
Dodi_Hardsog@Wayside
Youth.org

FRAMINGHAM FAMILY RESOURCE CENTER

88 Lincoln Street
Framingham, MA 01702
(508) 270-1313
www.waysideyouth.org/
FamilyResourceCenter



SON BIENVENIDOS A...

LA GESTIÓN DEL HOGAR PARA PADRES LATINOS*

*GRUPO DE APOYO EN ESPAÑOL

Viernes, marzo 13 y 27, 2020

11:00 am - 12:30 pm

FRAMINGHAM FAMILY RESOURCE CENTER
88 LINCOLN STREET, FRAMINGHAM, MA 01702

Este grupo está abierto a todos los padres de habla hispana dentro de nuestra comunidad. Nos enfocaremos en temas dirigidos por los padres para guiar las discusiones sobre el comportamiento de sus hijos, como navegar el sistema escolar, como acceder a varios programas de apoyo y mucho más. Bocaditos y cuidado de niños incluido.

¡Todos padres son bienvenidos, favor de confirmar!

PARA MÁS INFORMACIÓN, CONTACTE:
MARIA BRITO 508-469-3219 /
MARIA_BRITO@WAYSIDEYOUTH.ORG



Wayside's Parent-Peer Partnership Program
Presents



Green House Graphics Virtual Open Studios

We welcome you to join us every week for our free online virtual workshops

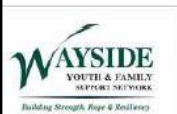
- **Mondays and Thursdays 1:00-2:00 PM Instagram Live**

This is an interactive art project live on IGTV. Follow the [link](#) click the IG Live button on the top left with a play icon.

- **Wednesday and Friday 12:00-2:00 PM Facebook Live**

This is an art medium demo by David Sebastian. Here is the [link](#). Follow link like the page then [click](#) Virtual Open Studios

For more information email:
David_Sebastian@Waysideyouth.org



**DEALING WITH YOUR
CHILD'S ANXIETY
ABOUT COVID-19**

**WEDNESDAYS
10:00 AM - 11:00 AM**

❖ **IS YOUR CHILD...**

- worried or anxious about coronavirus?
- more clingy or irritable?
- having trouble sleeping, eating too much or too little, isolating more?

Join us for a weekly support group to discuss your experiences and concrete ways to ease your child's anxiety and improve your family's overall well-being. We will discuss helpful strategies and stress reducing activities to do from the comfort of your home. Groups will be held virtually on ZOOM.

Questions or comments?
Reach out to Donna Merrell.

RSVP TODAY to receive the Zoom Meeting ID and Password



**SHARE YOUR
EXPERIENCES**

**LEARN COPING
STRATEGIES**

**IMPROVE
WELL-BEING**

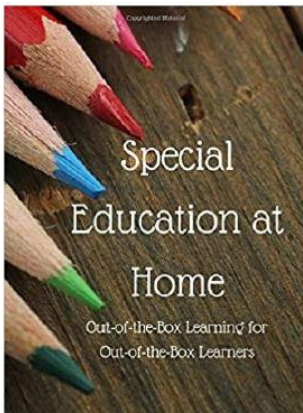
RSVP TODAY

DONNA MERRELL

508.469.3251

Donna_Merrell@Waysideyouth.org





SPECIAL EDUCATION AT HOME: POSSIBILITIES, PUZZLES, AND PROBLEM-SOLVING

WEDNESDAYS 10:30 AM - 12:00 PM
FRIDAYS 1:30 PM - 3:00 PM

This is one-to-one drop-in session for families with special need learners seeking to share what is working for their family, explain their problems and questions, and we will problem-solve what the best next steps are. Group will be held through ZOOM or TEAMS. RSVP today to Fredrick Mann to receive ID and Password to join the group.



Let's share our
experiences!

One-to-one sessions

Space is limited

RSVP today with
Fredrick Mann

**FRAMINGHAM FAMILY
RESOURCE CENTER**
88 Lincoln St
Framingham, MA 01702

508.469.3254

Fredrick_Mann@WaysideYouth.org



NAVIGATING HOME LEARNING



MONDAYS 1:30 PM - 2:30 PM

This collaborative learning space where parents share what they are loving, learning, and struggling with as they implement home learning.

We will offer advice and identify several concrete next steps and supports for the parents. Group will be held through ZOOM or TEAMS.

RSVP today to Fredrick Mann to receive ID and Password to join the group.

FRAMINGHAM FAMILY RESOURCE CENTER

88 Lincoln St
Framingham, MA 01702

508.469.3254
Fredrick_Mann@Waysideyouth.org



**TOOLS FOR HOME
LEARNING:**
USING APPS AND OTHER
TECHNOLOGIES TO ENRICH
LEARNING.



Tuesdays 10:30 AM - 11:30 AM

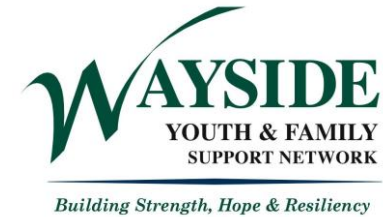
This is a weekly call introducing new apps, websites, and other learning tools to help students engage in learning in a fun and rewarding way. Group will be held through ZOOM or TEAMS. RSVP today to **Fredrick Mann** to receive ID and Password to join the group.

Framingham Family Resource
Center

88 Lincoln St
Framingham, MA 01702

508.469.3254
Fredrick_Mann@WaysideYouth.org





Allison Parks, LMHC
Site Director
Wayside Youth and Family Support Network
allison_parks@waysideyouth.org
781.752.5898

Rosalind Baker, MPA
Program Director
Framingham Family Resource Center
rosalind_baker@waysideyouth.org
508.469.3288

Thaissa Campelo
Family Support Worker
thaissa_campelo @waysideyouth.org
508.469.3209

Xavier Peña
Family Support Worker
xavier_pena@waysideyouth.org
508.469.3226

Maria Brito
Family Partner
maria_brito@waysideyouth.org
508.469.3219

Fredrick Mann, MA, M.Ed.
School Liaison
fredrick_mann@waysideyouth.org
508.469.3254

Donna Merrell, MSW, LCSW
Clinician
donna_merrell@waysideyouth.org
508.469-3251

Adianez Valdez
Admin
Adianez_Valdez@Waysideyouth.org

Framingham Family Resource Center

88 Lincoln Street
Framingham, MA 01702
Main: 508.270.1313
Fax: 508.626.7625

Hours:

Monday: 8:00 am – 5:00 pm *(7:30 am by appointment only)*

Tuesday: 8:00 am – 7:00 pm

Wednesday: 8:00 am – 6:00 pm *(7:00 pm by appointment only)*

Thursday: 8:00 am – 6:00 pm

Friday: 8:00 am – 5:00 pm *(7:30 am by appointment only)*

Saturday: 10:00 am – 2:00 pm *(every 2nd & 4th Saturday of the month)*

www.WaysideYouth.org/Services/WaysideMetroWest/FamilyResourceCenter/

Supporting Emotional Wellbeing During the Pand

PANELISTS

Ashland's Decisions at Every Turn Coalition

www.AshlandDecisions.org

Mama Bear Consulting

[@MamaBearof2Consulting](#) (facebook)

Ashland Public Schools – Counseling & SEL

<https://sites.google.com/ashland.k12.ma.us/ashlandsel/home>
<http://sites.google.com/ashland.k12.ma.us/ashlandsel/the-zen-den>

Ashland Department of Human Services

<https://www.ashlandmass.com/229/Department-of-Human-Services>

Behavioral Heath Partners MetroWest

www.bhpmw.info

Framingham Family Resource Center

www.WaysideYouth.org/Services/WaysideMetroWest/FamilyResourceCenter/



Supporting Emotional Wellbeing During the Pand

RESOURCES

Voices Against Violence

<https://www.smoc.org/voices-against-violence.php>

RIA House

<https://www.riahouse.org/index.html>

Homes to Homes

<https://www.facebook.com/HometwoHomes/>

The YMCA

<https://www.ymca.net/>

JRI

<https://jri.org/>



Supporting Emotional Wellbeing During the Pand

RESOURCES

SMOC

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

Advocates

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

Saint Vincent DePaul

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

The Ashland Emergency Fund

<https://www.ashlandemergencyfund.org/home>

The Greater Boston Food Bank

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

A Place to Turn

<https://www.aplacetoturn-natick.org/>

Project Just Because

<http://projectjustbecause.org>



Supporting Emotional Wellbeing During the Pand

RESOURCES

With School Buildings Closed, Children's Mental Health Is Suffering

https://www.npr.org/2020/05/14/855641420/with-school-buildings-closed-children-s-mental-health-is-suffering?utm_campaign=storyshare&utm_source=facebook.com&utm_medium=social&fbclid=IwAR1jz_uwYclrHe0FWI9kKBIvRh9MXkmzCXOIV1S_hyhZcCNLSt0JLiq4Z6w

Social Stories

<https://www.pbisworld.com/tier-2/social-stories/>

27 books to help you talk to your kids about racism

<https://www.todaysparent.com/family/books/kids-books-that-talk-about-racism/?fbclid=IwAR3MpgPsC-tyiXKOVYMZ-SoaKrRbK99wsVZ8QttrSxieG7NTuv1wW2LPKFo#gallery/books-that-talk-about-racism/slide-1>

