

Dear Parents/Guardians/Caregivers,

Before Spring Break I wanted to send a message to all of you and provide some resources that I hope you will find helpful. I am a part of both the Archdiocesan and Independent Maryland and DC School Counselor groups and a local network of therapists. Counselors and therapists have all been sharing resources and I have tried to pull together as many as I can for you.

Like many of you, I am trying to navigate this uncertain time and balance work while supporting my own children with their distance learning. It has been a roller coaster of emotions in my household as I am sure in yours as well. I wish I could tell my children when they are going back to school and when they can see friends again, I wish I could be in person to support the students whose parents are on the front lines and who are struggling with a new way of learning; I long to give you and myself unwavering reassurance and certainty of what the future holds for us both individually and collectively. As humans we are social beings who need community and crave certainty. Although, I don't have answers for you, what I do believe is that **We Are Resilient, Your Kids are Resilient and our Community is Resilient.** Even if our individual circumstances are different, we are all in this together.

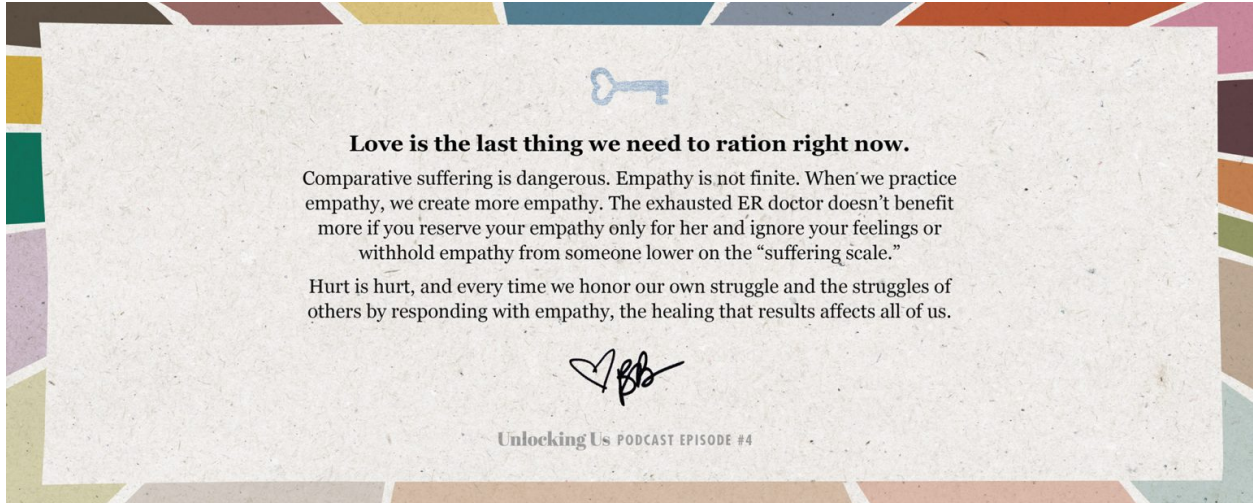
During this difficult time I hope that you find ways to nurture yourselves and your children. Be kind and gentle to yourself and with one another. Do not be afraid to reach out for help. It is an act of courage, not weakness to ask for help for yourself and those you love.

Susan Stiffelman has some very useful talks on how to navigate this time as parents and caregivers. I have listed her website below and here:

<https://susanstiffelman.com/parenting-coronavirus-support/>

Please do not hesitate to reach out if you need anything.

I will leave you with a quote from Brene Brown, one of my favorites: author, speaker, researchers, social workers, mother, wife, daughter:



Warmly,
Cindy Crown, LCSW-C
School Counselor

Living Well During COVID-19 Resources

Information about the COVID-19:

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)
- https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html

Crisis Hotlines and Supports

- [Baltimore County Crisis Hotline](#)

Phone: 410-931-2214

- [Baltimore City Crisis Hotline](#)

Phone: 410-433-5175

- [Anne Arundel Crisis Hotline](#)

Phone: 410-768-5522

- [Harford County Crisis Hotline](#)

Phone: 410-638-5248

- [Howard County Crisis Hotline](#)

Phone: 410-531-6677

Text: "HOME" to 741741

- [First Call for Help](#) (211 MD) *(all types of referrals)*

Phone: 410-685-0525 or 211

- [Grassroots Crisis Line](#) - *suicide intervention hotline*

Phone: 410-531-6677

- [Maryland Youth Crisis](#) - *suicide and other interventions*

Phone: 1-800-422-0009

- [Disaster Distress](#) **(Helpline Offers Immediate Crisis Counseling)**

1-800-985-5990 or text "TalkWithUs" to 66746

1-800-985-5990 or text "Hablanos" to 66746 (Spanish)

- [National Eating Disorder Association Hotline:](#)

(800) 931-2237

- **[RAINN \(Rape, Abuse & Incest National Network\):](#)**

1-800-656-4673

- **[National Suicide Prevention Lifeline:](#)**

1-800-273-TALK (8255) or Live Online Chat

If you feel you or someone you know may need emotional support, please visit the Lifeline's website at suicidepreventionlifeline.org for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.

Family Fun:

- https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/?fbclid=IwAR1jXFUFAwgQ2TOWztWQMFZVOtZiF7kOI6b8kLwPY2-fb-m_6NAq5Jw_1-Y
- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

For Pre-K Students:

- [Sesame Workshop Launches 'Caring for Each Other' Initiative to Help Parents and Children During Coronavirus Pandemic](#)

For Elementary and Middle School:

- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- [Tips For Online Learning](#) (Journal Access: Council for Exceptional Children)

For Teens:

- [Positive Thinking in Uncertain Times](#) (Teens)

For Parents:

- Susan Stiffelman: Therapist, Parent Coach: former educator: <https://susanstiffelman.com/parenting-coronavirus-support/>
- Psychology Today: Talking to your anxious child about the Corona Virus

- <https://www.psychologytoday.com/us/blog/anxiety-is-not-the-boss/202002/how-talk-your-anxious-child-about-the-coronavirus>
- Children's Mental Health Matters:
<https://www.childrensmentalhealthmatters.org/resources/mentalhealthmondays/>
- Child Mind Institute: Helping Your Anxious Child
- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- <https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>
- The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
- Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.
- [Supporting Individuals with Autism Through Uncertain Times](#)
- [Ten Positive Behavior Support Strategies For Families At Home](#) (APBS)
- [Talking with Kids About COVID-19](#) (NPR)
- [Talking with Kids About COVID-19](#) (NASP)
- [Talking with Kids About COVID-19](#) (PBS)
- [Free Emergency Meals for Children 18 and Younger](#) (MSDE: MDSummerMeals.org)
- [Helping Families Cope with COVID-19](#)