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*Growing Families  
Enriching Lives*

## **COVID-19 Family Resources**

### **Internet Resources:**

1. *Reduced Internet Rate Through Comcast:* [CLICK HERE](#) or call 1-855-846-8376 for English and 1-855-765-6995 for Spanish.
2. *Free Temporary Wireless Services in Minneapolis:* [CLICK HERE](#)
3. *Low Cost Computers and Internet:* [CLICK HERE](#)
4. *Free Internet Available Through All Xfinity WiFi Public Hotspots:* [CLICK HERE](#)

### **Groceries/Supplies**

1. **The following stores have shopping times reserved for those who are most at risk:**
  - a. *Lunds & Byerlys:* First hour after store opening (7:00 am to 8:00 am)
  - b. *Cub:* First hour after store opening (6:00 am to 7:00 am)
  - c. *HyVee:* First hour prior to store opening (7:00 am to 8:00 am)
  - d. *Target:* First hour each Wednesday after store opening (7:00 am to 8:00 am)
  - e. *Walmart:* First hour every Tuesday for customers aged 60 and older one hour prior to store opening (6:00 am to 7:00 am)
2. **Grocery Delivery Options**
  - a. *Instacart:* [CLICK HERE](#)
  - b. *Shipt:* [CLICK HERE](#)

### **Food and Childcare Resources**

1. **General Food Assistance**
  - a. *Map of Free Meals for Kids During COVID-19 Crisis:* [CLICK HERE](#)
  - b. *Free Meals for Everyone:* [CLICK HERE](#)
  - c. *Twin Cities Restaurants Providing Free Kids Meals:* [CLICK HERE](#)
  - d. *Programs and Restaurants Offering Food to Families in MN:* [CLICK HERE](#)
  - e. *Minnesota Food Helpline:* Call 1-888-711-1151 if you or someone you know is struggling to put food on the table. Open Monday-Friday 9:00 am-5:00 pm.
2. **School Lunch Options**
  - a. *Minneapolis School Lunches:* [CLICK HERE](#)
  - b. *St. Paul School Lunches:* [CLICK HERE](#)
  - c. *Osseo School Lunches:* [CLICK HERE](#)
  - d. *St. Louis Park School Lunches:* [CLICK HERE](#)
  - e. *Burnsville/Savage/Eagan School Lunches:* [CLICK HERE](#)
  - f. *Anoka/Hennepin School Lunches:* [CLICK HERE](#)

*Dedicated to a world where everyone has nurturing, permanent, and supportive familial relationships.*

**West Saint Paul**  
149 Thompson Avenue East, Suite #115  
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**Stillwater**  
5850 Omaha Avenue North  
Stillwater MN 55082

g. Dakota County School Lunches and Child Care: [CLICK HERE](#)

h. Stillwater Area School Lunches and Child Care: [CLICK HERE](#)

### 3. **Childcare**

a. St. Paul Childcare (for first responders and healthcare workers with children ages 5-12): [CLICK HERE](#)

b. Kid Space: Care and Services for K-5 Students in St. Paul: [CLICK HERE](#) or call 651-632-2300

## **Mental Health Support**

### 1. **Support Related to COVID-19**

a. NAMI (National Alliance on Mental Illness) Support: [CLICK HERE](#)

b. SAMHSA (Substance Abuse and Mental Health Services Administration) Support: [CLICK HERE](#)

c. CDC (Centers for Disease Control and Prevention) Tips on Self-Care: [CLICK HERE](#)

### 2. **Free Emotional/Mental Health Support**

a. NAMI HelpLine: Call 800-950-NAMI (6264) Monday through Friday, between 9:00 am and 5:00 pm for mental health resources

b. UnitedHealthCare/Optum: Call 866-342-6892 for free emotional support available 24/7

c. SAMHSA Disaster Distress Helpline: Call 800-985-5990 for 24/7, 365-days-a-year crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters

### 3. **Mindfulness Activities to Help with Anxiety**

a. Daily 30-Minute Family-Friendly Practice of Resilience, Monday-Friday at 12:30 pm via Zoom: [CLICK HERE](#)

b. Guided Meditation to Calm Anxiety: [CLICK HERE](#)

c. Waking Up Meditation Course with Sam Harris. Email: [support@samharris.org](mailto:support@samharris.org) if unable to pay. [CLICK HERE](#)

d. Calm: Free Mindfulness and Meditation Exercises: [CLICK HERE](#)

e. Trauma-Sensitive Yoga: [CLICK HERE](#)

f. Free Online Resilience Retreat: [CLICK HERE](#)

## **Educational**

### 1. **Daily Schedule Template:**

a. [CLICK HERE](#)

### 2. **In-Home School Resources**

a. Elementary-aged resources: [CLICK HERE](#)

b. Secondary-aged resources: [CLICK HERE](#)

c. Reading A-Z (Two-week free trial): [CLICK HERE](#)

d. Daily Online Sessions of Science and Math: [CLICK HERE](#)

e. Khan Academy: [CLICK HERE](#)

f. Duolingo Language Learner: [CLICK HERE](#)

g. PreK-5<sup>th</sup> Grade Learning Relief Packs: [CLICK HERE](#)

h. At-Home-Learning Resources for Parents: [CLICK HERE](#)

### 3. **Supplemental Educational Activities**

a. Storyline Online (reading): [CLICK HERE](#)

b. Scholastic (reading): [CLICK HERE](#)

c. Fluency and Fitness: [CLICK HERE](#)

d. Education Companies Offering Free Subscriptions: [CLICK HERE](#)

e. Educational Activities for When You're Stuck Indoors: [CLICK HERE](#)

f. Turn Math into Fun Card Games: [CLICK HERE](#)

g. Educational Shows on Netflix: [CLICK HERE](#)

h. Free Audible Books: [CLICK HERE](#)

*Dear Mr. Tomkins: How to Grow a Family that has nurturing, permanent, and supportive family relationships.*

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## Support Groups/Live Support Meetings

1. **EVOLVE Proactive Parenting Support Group**
  - a. **April 21, 7-9 PM** Coping with the ongoing pandemic, how to help children with regulation, how to take care of yourself, and, how to promote the attachment of these heightened times of emotion and fear and distancing. [CLICK HERE](#)
  - b. **May 19, 7-9 PM** [CLICK HERE](#)
2. **Child Mind Institute**
  - a. Live on Facebook 9AM and 3:30 PM Monday-Friday for answers to questions surrounding parenting during COVID-19 [CLICK HERE](#)
    - i. April 17, 3:30 PM **Grieving in Quarantine**

## Recreational

1. **Virtual Field Trips**
  - a. 30+ Virtual Field Trips: [CLICK HERE](#)
  - b. 20 Virtual Field Trips: [CLICK HERE](#)
  - c. Live Cams of Animals Around the World: [CLICK HERE](#)
2. **Indoor Activities**
  - a. Fun Activities to do at Home: [CLICK HERE](#)
  - b. NASA Games, Podcasts, and E-Books: [CLICK HERE](#)
  - c. At-Home Activities for Toddlers: [CLICK HERE](#)
  - d. Lunch Doodles with Mo Willems: [CLICK HERE](#)
  - e. Free Online Storybooks for Children: [CLICK HERE](#)
3. **Movement and Fitness**
  - a. Movement and Mindfulness Videos and Games: [CLICK HERE](#)
  - b. Dance Videos for Kids of All Ages: [CLICK HERE](#)
  - c. Cosmic Kids Yoga: [CLICK HERE](#)
  - d. YMCA Home Workouts: [CLICK HERE](#)
  - e. Planet Fitness Home Workouts: [CLICK HERE](#)
  - f. Family Cardio Workout: [CLICK HERE](#)

## Talking to Children about COVID-19

1. **Articles/Guides**
  - a. Building Developmental Relationships During the COVID-19 Crisis: [CLICK HERE](#)
  - b. PBS Guide: [CLICK HERE](#)
  - c. Child Mind Institute Guide: [CLICK HERE](#)
  - d. Parent/Caregiver Guide to Helping Families Cope with the Coronavirus: [CLICK HERE](#)
2. **Social Stories**
  - a. Social Story for Children with Autism Spectrum Disorder: [CLICK HERE](#)
  - b. Social Story for Children Age 7 and Under (Available in Multiple Languages): [CLICK HERE](#)
  - c. The Story of the Oyster and the Butterfly: The Coronavirus and Me: [CLICK HERE](#)
    - i. Youtube narrated version: [CLICK HERE](#)

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## Employment, Utilities, Housing, and Legal Assistance

### **1. Employment**

- a. Minneapolis Sick and Safe Time Ordinance: [CLICK HERE](#)
- b. COVID-19 and Unemployment Benefits: [CLICK HERE](#)

### **2. Utilities**

- a. Minnesota Utility Responses to COVID-19: [CLICK HERE](#)
- b. Low Income Energy Assistance Program: [CLICK HERE](#)

### **3. Housing**

- a. Free Legal Assistance for Renters: [CLICK HERE](#)

### **4. Legal Assistance**

- a. Legal Assistance for COVID-19 Crisis: [CLICK HERE](#)
- b. Minnesota Judicial Branch: [CLICK HERE](#)

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