

Communities In Schools of Central Texas

Shared (All Central Texas) COVID Resources

Please comment or email Barbara at bterracina@ciscentraltexas.org if there is an update or vetted resource that you would like to see added to this document.

En Español: [Lista Compilada de Recursos COVID](#)

CISCT region-specific resources

- Travis County:
https://docs.google.com/document/d/1vsIOjKJtdw4JsCVWzIajEU798HwX4uUM_3m73cJVpts/edit?usp=sharing
- Hays County:
<https://docs.google.com/document/d/1yrfVx85S029O6CS7fbe0A4zqafZNVE2f7gvuXWFGm9U/edit?usp=sharing>
- Bastrop County (Elgin info here):
<https://docs.google.com/document/d/1pM7DUeSGVmWjkhFqePS9d49ebBeFcgXcG7PAq20vMEU/edit#heading=h.31ueuse4h6a5>
- Caldwell County:
<https://docs.google.com/document/d/1Wj4k3dO5v3u9DxAGIIZDVJFYHo4TtAgxRzBwoyz4sqE/edit?usp=sharing>

COVID information & testing

COVID Support Group for those who are recovering

<https://www.facebook.com/groups/CV19supportgroup/>

If you are COVID symptomatic (fever, cough, shortness of breath) your first step is to speak with someone on the phone.

- Call (don't visit) your Primary Care Physician.
- If you're uninsured or without a provider, call CommUnity Care Coronavirus screening at **512-978-8775**. They are *very responsive* and will help you move through next steps.

- **NEW 9/4** Individuals experiencing symptoms may also visit www.austintexas.gov/covid19 and take an online “Self Assessment” to see if they are eligible for free testing. The evaluation is available in multiple languages.
- **NEW 9/4** CVS Pharmacy is offering no-cost drive up testing to uninsured individuals at select locations. Book an appointment online [here](#).
- **Immigrants:** Per [American Gateways](#): U.S. Citizenship and Immigration Services (*USCIS*) encourages everyone with symptoms to seek medical assistance, regardless of immigration status. Medical information & testing is protected by HIPAA, and this will not affect your application to change an immigration status. **Please call American Gateways if you have legal immigration questions or need legal assistance: (512) 478-0546 ext. 200**

Wonders & Worries

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

- **Extended Helpline Hours** – 844-WE-WONDER (844-939-6633) Monday – Thursday 10:00 AM – 4:00 PM
- **Virtual Support** by certified child life specialists via video and mail (sending supplies) to children and teenagers ages 5-18
 - also offering parent facilitated in-home sessions for children ages 2-18
- **Ongoing Support**
 - We continue to offer telephone-based support to parents
 - We continue to offer support to teens via Sup!, our teen-focused mobile app
- [Refer a family here](#). Please [refer to the attached document](#) for help providing age appropriate information about COVID-19 to your children, while minimizing stress within your family.

2-1-1 for additional resources

The best way to understand which local resources are currently open is to call 2-1-1. Prep clients to have a pen and paper ready. 211 will give the name of the location, address, [hours of operation](#), a basic description of what they’ll provide, and if there is anything they need to bring (including documents, bags for food, etc.) If they call early, 211 can let them know all options open that day which is very helpful.

Food & basic needs resources

- **NEW 9/3** All ISDs will continue to provide meals until school starts and during remote learning. See your regional resource sheet for updated information.
- **HEB**
 - Free curbside pick or \$5 home delivery fees. **There may not be an immediately available delivery day or time but worth checking.**

- Seniors can call the Senior Support Line (1-833-397-0080) and receive their items the same day “within just a few hours” from Favor. All delivery and service fees are waived for the first 30 days of the program, however, a \$10 tip for the Favor Runner who delivers the items will be automatically added to the total. See if it’s in your area: favordelivery.com/senior

- **Local food pantries:** Call 2-1-1 (best) or go to the Central Texas Food Bank website: <https://www.centraltexasfoodbank.org/food-assistance/get-food-now>.

- **Help applying for SNAP & other public benefits:**
Central Texas Food Bank will designate a person (English and Spanish-speaking) to help clients determine eligibility and apply for the following programs. Call Central Texas Food Bank at 512-684-2550 or toll-free 855-684-2550 or schedule an appointment online: <https://www.centraltexasfoodbank.org/schedule-appointment>
 - SNAP (Supplemental Nutrition Assistance Program / food stamps)
 - Children's Medicaid
 - CHIP (Children's Health Insurance Program)
 - CHIP Perinatal Program
 - TANF (Temporary Assistance for Needy Families)
 - Healthy Texas Women Program (family planning and health screenings)

FindHelp.org (Type in zip code which will identify available resources; some of the categories are listed below.)

Food, Housing, Goods (includes diapers and formula), Money (includes assistance with utilities)

- Care > Daytime Care > Relief for Caregivers > Austin Children’s Shelter Respite Care

Financial & public benefit program resources

- **Financial support to cover COVID - related costs:**
 - [Healthwell Foundation](#) is temporarily closed to new patients. Individuals who currently have a grant with Healthwell can expect to remain active for the entire 12 month cycle or until they have exhausted their allocated grant amount.
 - Masonic Children & Family Services of Texas (MCFS) will be providing funding for essential resources (rent, food, and utilities) to families affected by job loss due to COVID-19. In order to be considered, families need to meet the following requirements:
 - Live in the state of texas
 - Have at least one child under the age of 21 living at home
 - Complete an application
 - pdf application: <https://www.masonichometx.org/pdfs/ChildFamilyAppCOVID19.pdf>.

- Additional requirements can be found in the application
- For more information contact: 817.503.1500
- For BANK of AMERICA customers
 - [Help for individuals and families](#)
 - [Help for business owners](#) (now available for independent contractors)

Immigrant & refugee resources

Comprehensive List of Central Texas Resources - [on this spreadsheet](#) find all manner of resources for immigrant clients. Call first to understand COVID service updates.

COVID Testing / Health Services for Undocumented people: U.S. Citizenship and Immigration Services (*USCIS*) encourages everyone with symptoms to seek medical assistance, regardless of immigration status. Medical information & testing is protected by HIPAA, and this will not affect your application to change an immigration status. **Please call American Gateways if you have legal immigration questions or need legal assistance: (512) 478-0546 ext. 200**

Legal Concerns - [American Gateways \(512-478-0546 ext. 200\)](#) provides free or low-cost legal immigration guidance & representation to low-income immigrants of all immigration statuses across our service area.

- **Will accessing public benefits interfere with my application for citizenship / green card?** *Background:* The Public Charge Rule determines individuals who the government believes may become dependent on the government for subsistence. If individuals are deemed a “public charge,” they are deemed inadmissible to the US and are ineligible to become a lawful permanent resident.
- *General guidance from American Gateways - see below.* Note the important exclusions for green card holders, pregnant women, and children who are US citizens or green card holders. **Please call American Gateways if clients have legal immigration questions or need legal assistance: (512) 478-0546 ext. 200**



Public Charge Does it apply to me?

- Do you already have a green card (legal permanent residency)?

Public Charge rule **WILL NOT** affect you. Although, if you plan to leave the country for more than 6 months, the new rule applies. Contact an immigration attorney.

- Are you applying for or do you have one of the following statuses?

US Citizen, LPR renewal, TPS, U Visa, T Visa Asylum or Refugee Status or Special Immigrant Juvenile Status

Public Charge rule **DOES NOT** apply to you. Certain immigrants, such as those who fall under the above categories, can receive benefits without fear of becoming a public charge. This is true even if you apply for legal permanent residency for another reason in the future.



CORONA VIRUS UPDATE: IF YOU SEEK MEDICAL ATTENTION AS A RESULT OF COVID-19 – PUBLIC CHARGE WILL NOT APPLY TO YOU. USCIS ENCOURAGES EVERYONE WITH SYMPTOMS TO SEEK MEDICAL SERVICES, REGARDLESS OF IMMIGRATION STATUS.



- Are you pregnant?

Women who are pregnant in Texas can receive Medicaid or CHIP Perinatal no matter their immigration status. These benefits are excluded from Public Charge rules.

- Are you a child who is a US citizen or a green card holder (legal permanent resident)?

You can continue to receive benefits from Medicaid, CHIP, and SNAP. Your parent's immigration status will not directly apply to you or your use of benefits.

- Are you applying for a green card or visa from **OUTSIDE** the United States?

The new public charge rules will affect you. Contact an immigration attorney promptly.

- Are you applying for a Green Card **INSIDE** the United States?

The new public charge rules will affect you. Contact an immigration attorney promptly.

Health resources

Health insurance resources

- Foundation Communities offers free (no conflict of interest) health insurance counseling **and enrollment support for Affordable Care Act and marketplace insurance (COVID treatment can be expensive)**
 - Email enroll@foundcom.org or call 512-381-4520 to get started
- Helpful New York Times guide to navigating the insurance marketplace: "How to Get Health Insurance if You're Worried About Coronavirus or Have Lost Your Job," [linked here](#).
- BlueCross BlueShield of Texas can provide free health insurance education for individuals and families - people who may be **losing their employer-offered group health plan**, young adults turning 26, who are no longer under a parent's group plan, those that have experienced a recent life event and may qualify for special enrollment and Medicare enrolling for those turning 65 or 65 and older.
 - Call 866-427-7497, visit us online BCBSTX.com, or contact Dora Ann Saucedo, Community Relations Specialist at 512-968-1844.

Disability resources

- [COVID-19 Guide for Adults with Neuromuscular Disabilities \(NMD\) on Managing Personal Care Attendants](#) created by [NBD United](#) / Advocates for Disability Access

Healthy eating on a budget

To participate in the series, you must be considered low-income according to the federal poverty level, which can be determined at <https://aspe.hhs.gov/poverty-guidelines>, and care for children (ie low-income families, grandparents, foster parents, nannies, etc). Before you begin the series, please fill out The Interest Form below. Please be sure to put the name of the organization that referred you to the series as well as any scheduling requests in the comments section.

<https://efnep.tamu.edu/distanceedu/>

Mental health & support resources

Mental health crisis lines

- Bastrop and Caldwell - [Bluebonnet Trails Crisis Hotline](#) - crisis line - 1-800-841-1255, services intake 844-309-6385
- Hays - Hill Country Mental Health Center - crisis line 512-392-7151
- Travis - [Integral Care Crisis Hotline](#) - 512-472-4357
- Texas COVID-19 Mental Health Support Line: 833-986-1919
- Suicide Prevention Line: 800-784-2433

Other resources

- **Type out information in this sheet. Add regional information to regional sheets:**
- [15 Reminders for Keeping Calm During A Pandemic](#)
- [Great stress reduction tips](#)
- [Free online yoga](#) with a local person that can be done at home!
- <https://www.happinesslab.fm/>

Austin Disaster Relief Network (ADRN) is a network of churches and trained volunteers who partner with businesses, ministries and local partners with helping others in times of great need. ADRN responds to physical, emotional, and spiritual needs of individuals and families impacted by disaster. In times of crisis, **ADRN's Call Center & Survivor Hotline: 512.806.0800** deploy trained volunteers to meet the immediate and long-term needs of those affected in our community.

Safety & victim resources

SAFE Hotline See this informative [guide for Family Safety Planning during COVID-19](#).

- If parent stress & frustration is running high, SAFE has also opened their emergency hotline (512-267-SAFE (7233) to adults who would just like to vent, get advice, and take a moment to speak to another adult and “cool off.”

SAFE Alliance is still open and available for youth and adult survivors of domestic violence and sexual assault by contacting the SAFEline at 512-257-SAFE (7233) or by text at 737-888-7233.

Eloise House continues to provide forensic exams, if a rape has occurred:

<https://www.safeaustin.org/our-services/face-to-face-support/forensic-nursing-exams/>

Substance abuse resources

- SMART Recovery is an online community that provides support to individuals recovering from addictive behaviors. Features include:
 - Daily online meetings
 - Message/Discussion board
 - 24/7 live chat
 - Online Library containing SMART Recovery Tools such as podcasts and Youtube videos
- Health Services Administration’s National Helpline: 800-662-4357

Internet access resources

CIS: Note that we are waiting for ISDs to give guidance to families before suggesting new/additional connectivity resources.

- Charter Communications: Spectrum broadband 844-488-8395. Providing free broadband and WiFi for 60 days plus free installation for non-Spectrum households with a K-12 or college student at home, even if you have previous late payments or disconnections. Also opening WiFi hotspots for public use.
- Xfinity hotspots are available free for anyone who needs them. A list of public hotspots is available at xfinity.com/wifi
- **NEW 9/30** AT&T is waiving home internet data caps until Dec. 31st. AT&T has expanded the eligibility for the Access from AT&T Program. Households participating in the National School Lunch Program and Head Start now qualify.
- **NEW 9/3** T-Mobile is now allowing customers to make payment arrangement plans. Customers needing more time to pay their bill may set up a payment plan online or by dialing 611 from their T-Mobile device.
- **NEW 9/4** Google Fiber is extending payment deadlines for 15 days for customers who are experiencing a financial crisis due to COVID-19. Customers may contact Google fiber via phone, email, or chat.
- Comcast’s Internet Essentials is providing internet services for \$9.95 plus tax for families that qualify for public assistance programs such as SNAP, Housing Assistance, Medicaid, SSI, and free or reduced lunch program. New Internet Essentials customers will receive two free months of internet service if they apply by April 30th. Visit <https://internetessentials.com/Apply> for

additional information and requirements. For new customers applying for Internet Essentials, call 855.846.8376. For existing Internet Essential customers, call 800.934.6489.

- **NEW 8/4** Grande Communications is offering low cost internet for low-income families that qualify for public assistance programs like the National School Lunch Program, housing assistance, Medicaid, SNAP, SSI, and others. Qualifying households get their first 60 days for free more information is available [here](#).

Housing

Lifeworks: Targeted Assertive Outreach Guide - Comprehensive guide re: outreach to youth primarily focused on homelessness:

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:3d54ba46-b3a1-493f-b3f8-aaf55256d452>

Greater Mount Zion Church: open Tuesday and Thursday, 10:30am - 4:00 pm. By calling 512-469-9020, 512-662-5811, 512-431-4133 or 512-550-7755 they will help with basic utilities (electric, water, gas) and with rent

The [CDC \(U.S Centers for Disease & Prevention\)](#) has issued an order on September 1st (effective September 4th) protecting certain renters from eviction for non-payment through the end of the year. This applies only to renters who meet all of the following criteria:

- The renter expects to earn no more than \$99,000 in annual income (\$198,000 if filing a joint return), or was not required to report income to the IRS in 2019, or received a stimulus check under the CARES Act
- The renter has “used best efforts to obtain all available government assistance for rent or housing”
- The renter is unable to pay rent in full or make full housing payments due to a substantial loss of household income, loss of work hours or wages, a layoff, or “extraordinary” out-of-pocket medical expenses
- The renter is using “best efforts” to make timely partial payments as close to the full rental/housing payment as possible; and
- If evicted, the renter would likely become homeless, need to live in a shelter, or need to move in with another person because they have no other housing options.

To qualify, the renter must also submit a declaration to the landlord under penalty of perjury that they meet these standards. A template for the declaration can be found [here](#).

The moratorium blocks any actions by a landlord, residential property owner, or other person with a legal right to pursue eviction by removing or causing the removal of a tenant who qualifies under the moratorium.

Notice to vacate & evictions:

The first thing a tenant should know is that a Notice to Vacate is not an eviction. A tenant does not need to move out merely because the tenant receives a Notice to Vacate from a landlord and a tenant does not violate the law by not moving out. A Notice to Vacate is simply a demand for possession of the property for a substantial breach of the terms of the lease. If a landlord wants to evict a tenant, the landlord must give proper notice and follow the correct steps in the judicial process.

Clients should pay if they can, and/or should try to seek rental assistance or try to work out an agreement with the landlord. The order only delays the eviction process, but it does buy time to assist clients in making a plan.

For more information on the eviction process, please refer to ATC's fact sheet on evictions:

<https://www.housing-rights.org/eviction-process>

NEW 9/4 Travis County will continue to extend the limitations on residential eviction proceedings through September 30th.

However, this will not stop the landlord from issuing a notice to vacate. It is important that our clients understand the eviction process and understand that **a notice to vacate is not an eviction.**

Austin Tenants Council is still serving remotely:

- Online counseling services can be accessed here:
<https://www.housing-rights.org/online-counseling>
- Fair housing concerns may be reported here:
<https://www.housing-rights.org/fair-housing-program>
- Website has a wealth of other information: www.housing-rights.org
- Clients may also call and leave a message for assistance: **512-474-7006**. We are trying our best to ensure a return call within 24 business hours or less. Please tell your clients that our calls may be coming from an unknown number.

NEW 10/15 Family support Services provides emergency financial assistance with rent (including first month's rent and rent for transitional housing), and mortgage payments. Assistance cannot pay for rent deposits or late fees.

- To apply for rent and utility assistance access an application by selecting your community center at <https://www.traviscountytexas.gov/health-human-services/community-centers>
- Include as many of the required documents as possible:
 - Photo ID
 - Social Security Card
 - Proof of ALL household income in the past 30 days
 - For utility assistance: utility bill or termination notice
 - For rent or mortgage: current lease or mortgage statement

- For CEAP utility assistance, proof of identification and citizenship is required for ALL family members
- Applicants unable to visit centers in-person can call for an application to be mailed, faxed or emailed

Lockouts:

- <https://www.housing-rights.org/lockouts>

Employment resources

Individuals with impacted employment:

- The **Texas Workforce Commission** has now waived certain requirements to receive unemployment benefits. If your employment has been impacted by COVID-19, you can apply for unemployment benefits immediately. Applicants no longer have to be out of work for one full week before applying for benefits and applicants no longer have to register for work search and meet a minimum number of work search activities per week. Click here to learn more: <https://t.e2ma.net/click/p2s8zb/dxsjwq/9xytbi>
- Goodwill (512-637-7580, intake@goodwillcentraltexas.org, www.goodwillcentraltexas.org)
 - Staff are available to current clients and taking new intakes.
 - Questions related to current programming, please contact our management team at WFAManagement@goodwillcentraltexas.org.
- Hiring temporary positions: Amazon, H-E-B, [Whole Foods](#) (increasing wage \$2/hr through April) and Walmart

Small business owners:

- If you are a **small business owner** and your business has been affected by COVID-19, the State of Texas has prepared an application for an Economic Injury Disaster Loan declaration that would give small business owners the opportunity to apply for disaster assistance loans from the U.S. Small Business Administration through the economic injury disaster loan program.

Economic Injury Disaster Loans provide small businesses with working capital loans of up to \$2 million to help meet financial obligations and operating expenses until normal operations resume. [Learn more here about how to apply.](#)

Children - education & activities

Help with learning multiplication tables: <https://youtu.be/EI2qZC1vUGk>

Child De-Escalation Strategies Posters from AISD SEL: [English](#) [Spanish](#)

Sparks for Success! has made wonderful music therapy videos that engage students in joyful music making!

- #1 <https://youtu.be/gVHEDM115Dg>
- #2 <https://youtu.be/4eMmwm8pRFI>
- #3 <https://youtu.be/6AJ5icmoiOY>
- #4 <https://youtu.be/Y30SHaV8v5g>
- #5 <https://youtu.be/AmoyysgH9hw>
- #6 <https://youtu.be/tkXIIK7PzbQ>
- #7 <https://youtu.be/pKGwPgH6QOM>
- #8 <https://youtu.be/MLmw7TuSSOM>
- #9 <https://youtu.be/Q6wJ3qHJFQg>
- #10 <https://youtu.be/iCZ6bivMLdk>
- #11 https://youtu.be/YTB_zxMqFgc
- #12 <https://youtu.be/VcxSa2QwKbc>
- #13 <https://youtu.be/I7WZwB76x9U>

- How to enable the Spanish captions: Para acceder a los subtítulos en español haz clic en el icono de configuración (click on settings icon) haz clic sobre “subtítulos” (click on subtitles) y elige “español” (click on spanish)
- Please share with Lindsay if you are sharing these videos, and to how many students (they’re seeking grant funding, and this helps.)

For your girls!

- Girls Empowerment Network has a [rad list of girl-centered programming](#), and also [workshops for educators](#).

For Families:

- **Gonoodle:** <https://www.gonoodle.com/for-families/> (movement)
- **Creative Action** <https://creativeaction.org/online-learning-hub/> (Highlights include: art, singing, dancing, scavenger hunts and community resources)
- **Brainpop:** <https://www.brainpop.com/> (Covers many subjects and has Spanish and French options)
- **Math Playground:** <https://www.mathplayground.com/>
- [How to stay social during COVID Sheet](#) (online games)

Addressing COVID with children:

- <http://creativeplaytherapist.com/> - includes free e-books and activities
- Downloadable COVIbook to ease anxiety in children under 7 yrs (in many/multiple languages): <https://www.mindheart.co/descargables>
- Sesame Street has great videos/activities/resources: <https://www.sesamestreet.org>

- COVID-19-specific Resources:
<https://www.sesamestreet.org/search?keyword=COVID%2019>
- **How to talk to your kids about COVID-19**
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- Wonder and Worries
 - COVID-19-specific Resources:
 - COVID-19: How to Support your Kids Acrostic
Flyer:https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19_AcrosticFlyer.pdf
 - COVID-19: How to Support your Kids Acrostic
Activity:https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19AcrosticFlyer_ActivitySheet.pdf
 - Explaining COVID-19 to Kids:https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19Resource_ExplainingCovidToKids.pdf
 - How to Best Quarantine When a Parent has COVID-19:https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19Resource_Quarantine.pdf
 - Supporting Kids During a Parent's Hospitalization with COVID-19: ACUTE CARE:https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19ResourcePages_ParentHospitalAcute.pdf
 - Supporting Kids During a Parent's Hospitalization with COVID-19:https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19ResourcePages_ParentHospitalCritical.pdf
 - Supporting Kids at Parental End of Life due to COVID-19:https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19Resource_EndofLife.pdf
- City of Austin Parks & Recreation Department (PARC)
 - Art Activities
 - Paper Chain Snake: <https://www.youtube.com/watch?v=YOW29VfMXFI>
 - Simple Origami: <https://www.youtube.com/watch?v=vJEV9i2Z5RY>
 - Bottle Wind Chimes: <https://www.youtube.com/watch?v=Sn6iqlN4JqM>
 - Yoga Poses: https://www.youtube.com/watch?v=zvSCn_qYMdY

Austin PBS

- Learning At Home Resources:
<https://austinpbs.org/highlight/austin-pbs-learning-at-home-resources>

America's Promise Alliance

- Members of America's Promise Alliance and their networks have developed and compiled [a wide range of resources](#) to help educators, out-of-school-time providers, parents and families, and

community leaders support their young people during this unprecedented COVID-19 pandemic. Some favorites:

- **InsideSEL:** [SEL Resources for Parents, Educators & School Communities Related to COVID-19](#)
- **Learning Heroes:** [Support Learning At Home Webinar](#)
- **Learning Heroes:** [Trusted, high quality, FREE learning tools that can be sorted by grade and subject](#)
- **Learning Policy Institute:** [Learning in the Time of COVID-19](#)
- **National Association of School Psychologists:** [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- **National Child Traumatic Stress Network:** [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
- **Playworks:** [#PlayAtHome Playbook and Recess Live on Facebook](#)
- **Sanford Harmony:** [Bring Social Emotional Learning to Your Home](#)
- **Weird Enough Productions:** [Comics Non-Profit Releases 400 Pages of Comics, Lesson Plans, Activities for Teachers & Caregivers](#)

Experiential Tools via Jenn Stanchfield

- Collection of articles and tools for educators of all grade levels, PK-12, college, and adult education, as well as for parents managing homeschooling (and parenting) during the crisis: https://blog.experientialtools.com/2020/04/01/engaging-inspiring-learners-at-home-a-curated-list-of-remote-learning-resources-for-k-12-college-and-adult-educators-facilitators-and-parents/?mc_cid=746cd316e7&mc_eid=8efd10187f

Department of Education

- **Disability accessibility:** A lot of educational materials are being put online due to the coronavirus and requiring remote interactions. [This short video](#) helps explain accessibility for various persons with disabilities.

Khan Academy - free, high-quality learning resources for students ages 4-18

- Daily home-school [schedules](#) to keep youth learning
- [Parent & Teacher Resources](#)
- [SAT prep resources](#)

Gensler is sharing free digital coloring books: "Amazing Cities" and "Amazing Cities Kids":

<https://issuu.com/amazingcities>

- Both books are free and can be downloaded digitally for paperless coloring via a phone, laptop or tablet. For those who prefer to print hard copy coloring sheets, we encourage you to only print the pages you intend to color to protect our environment. Please share artwork by using the following social media hashtag: #GenslerAmazingCities.

Cooking (from CommonThreads)

- [Small Bites Recipes](#) - Keep kids active by making fun kid friendly snack recipes in 15 minutes.
- Have an Aspiring Chef at Home? - If your kids get excited about cooking and growing food, show them some of our "[How to Videos](#)" exploring different types of ingredients, culinary skills, recipes and more!

Child Mind Institute: [Supporting Kids During the COVID-19 Crisis](#)

Emotional Awareness Video with Activities: https://www.youtube.com/watch?v=_q18OEEL95c

Teens - education & activities

Out Youth has an [amazing list of virtual programming](#) for LGBTQIA+ youth!

- [COVID Check-Ins](#), [Virtual Drop-In \(ages 12-18\)](#) (90-minute Drop-In Center Programming for youth ages 12-18 on Wednesday and Sunday evenings. See website for calendar, instructions, etc.), [Storytime](#) (nightly at 8pm to increase feelings of connection & comfort within LGBTQ youth community), [Gender Identity Group](#), [Individual Services](#), [Trans Wellness Groups](#), [Voice Coaching](#)

Privacy Tips for Teens: Learning to Communicate and Play Games Online Safely -

<https://staysafeonline.org/wp-content/uploads/2017/09/STOP.-THINK.-CONNECT.-Privacy-Tips-for-Teens.pdf>

Free 30 Minute Workout: <https://www.orangetheory.com/en-us/athome/>

Free Yoga Videos: <https://www.youtube.com/user/yogawithdriene>

Additional COVID info & articles

Helpful links

- [Centers for Disease Control and Prevention](#)
- Texas Department of Health and Human Services: <https://www.dshs.texas.gov/coronavirus/>
- [Mental Health and Coping During COVID-19](#)
- [Coping with Stress during Infectious Disease Outbreaks](#)
- https://www.safeaustin.org/wp-content/uploads/2020/04/Expect-Respect_Local-and-National-Resources-for-Teens-and-Parents-of-Teens-During-COVID-19.pdf
- <https://www.safeaustin.org/resources-for-parents-during-covid-19/>

Social distancing

- [What You Can And Can't Do Under Austin's Stay-At-Home Order](#)
- <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>
- <https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>
- <https://www.buzzfeednews.com/article/rachelysanders/teens-teenagers-at-home-isolation-coronavirus-school>

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