



## Family Resource Guide

Services may include information and support, referral to resources, educational workshops, and no-contact baby supply delivery for clients.

### **Food Access:**

#### **PHILLY FOOD FINDER**

Provides a Philadelphia Free Food Access Guide to assist with finding free or affordable food options  
<https://phillyfoodfinder.org/>

#### **BENEPHILLY**

### **Resources for Managing Stress**

[How to help children and teens manage their stress](#)

[Mental Health and Coping During COVID-19 | CDC](#)

[Emotional Recovery | Disaster Relief | Red Cross](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[How to Stay Connected to Loved Ones Despite Social Distancing](#)

[How to talk to your kids about COVID-19](#)

PA Department of Health- Need help coping? Text PA to 741-741

National Alliance for Mental Health- [Top NAMI HelpLine Resources](#)

[24-Hour Mental Health Delegate Line: 215-685-6440](#)

### **Educational Resources/ Recursos educativos**



ABCya!

<https://www.abcya.com>

Scholastic

<https://classroommagazines.scholastic.com/support/learnathome.html>

Kids National Geographic

<https://kids.nationalgeographic.com/>

Highlights Kids

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

Seussville

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

Khan Academy

[www.khanacademy.org](http://www.khanacademy.org)

PBS Kids

<https://pbskids.org>

Kids Discover

<https://www.kidsdiscover.com>

Read Write Think

<http://www.readwritethink.org/>

Spanish Experiment

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

Starfall

<https://www.starfall.com>

Wide Open School

[Wide Open School](http://www.wideopenschool.com)

## Virtual Trips/ Viajes Virtuales

Smithsonian Air and Space Museum

<http://go.si.edu>

# Philadelphia Museum of the American Revolution

Museum of the American Revolution

Philadelphia Museum of Art

Philadelphia Museum of Art

Eastern State Penitentiary

[easternstate.org](http://easternstate.org)

# The White House

## Virtual tour of the White House

## Websites For Children With Learning Disabilities/

## Webistes para niños con discapacidades de aprendizaje

**IXL Worldwide**

Aligned with Common Core Standards, <https://www.ixl.com> is a dynamic, immersive website offering adaptive learning for students with disabilities. From Pre-K through senior year, IXL will provide fun exercises for mathematics, language arts, science, and social studies. Children remain motivated by earning awards like stickers and balloon animals for each lesson mastered.

# FunBrain

Featuring the kidSAFE Seal, <https://www.funbrain.com> is an educational website managed by Sandbox Networks since 1997 with exciting arcade games. Children with learning disabilities in grades K-8 can watch lesson videos and

practice their skills in attention-grabbing games like Penguin Drop. Game directions are conveniently illustrated to assist struggling readers too.

### **AAA Math**

Children diagnosed with dyscalculia will particularly benefit from <http://aaamath.com/>, a website filled with free, easy-to-understand K-8 mathematics lessons. Interactive pages help remove frustration from tough concepts like division, ratios, exponents, and graphing.

### **Storyline Online**

Published by the SAG-AFTRA Foundation, <http://www.storylineonline.net/> is an excellent resource for children with learning disabilities like dyslexia. This website records free videos of narrators, and sometimes well-known actors like Eva Longoria, reading children's books aloud. Students develop their literacy skills by following along with text as the literature comes alive.

### **Into the Book!**

The Wisconsin Media Lab created the <http://reading.ecb.org/index.html> website to provide engaging reading comprehension activities in English and Spanish. Elementary children with learning disabilities will benefit from dissecting books, such as *The Wolf Who Cried Boy* and *A Pirate's Life*. Short, 15-minute videos are included to teach important reading strategies like visualization and summarizing.

### **Starfall**

<http://www.starfall.com/> is a free educational website with an optional low-cost membership program that teaches phonics. Young children diagnosed with learning disabilities will load fun activity lessons from letter recognition to reading full-length books. Students can also download swinging sing-alongs, including "Wheels on the Bus," for fine-motor coordination.

### **The Exploratorium**

Children with learning disabilities and a knack for science will enjoy <https://www.exploratorium.edu/explore>, a website that brings the San Francisco museum to your desktop. Youth can scroll through 55 pages of educational videos to illustrate key topics like climate change, electricity, and human anatomy.

### **Do2Learn**

Attracting over 11 million views monthly, <http://do2learn.com/> is an unparalleled special needs resource website. Learning disabled youth access thousands of free elementary-level worksheets for literacy, math, visual discrimination, behavior management, and more. There are also printable picture cards available to promote functional communication in children with Autism.

### **Reading Rockets**

Featured on PBS, <http://www.readingrockets.org/atoz> is a David M. Rubenstein Prize-winning website devoted to providing research-based activities that help struggling readers. There is an extensive library of lessons centered on fluency, oral language, phonemic awareness, reading comprehension, and other literacy skills.

### **AdaptedMind**

Trusted by over 150,000 teachers, <http://www.adaptedmind.com/index.php> was established by Stanford graduates for exercises that adapt to exceptional children's needs. From first through eighth grade, students will discover hundreds of amusing reading and math activities illustrated by goofy monsters. Children will start with a quick pretest before engaging in video lessons and taking a confidence-boosting progress assessment.

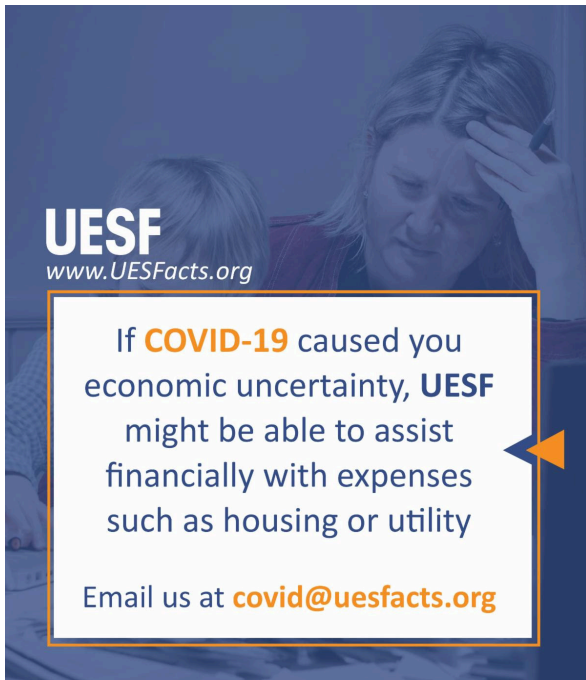
### **Arcademic Skill Builders**

<http://www.arcademics.com/> is an online educational video games hub. Free, multi-player games are available for engaging students in tricky K-6 content from spelling to algebra and geography. Children with learning disabilities can compete for top scores while boosting their fact fluency.

### **Learning Ally**

<http://www.learningally.org/Browse-Audiobooks> is devoted to helping people with print disabilities, especially dyslexia. From kindergarten to college, learning disabled youth can access the website's library of over 80,000 audiobooks with VOICEtext.

## Other Resources



## Substance Abuse Help

<https://healthyliferecovery.com/addiction-intervention/>