

Resources Provided by our Human Services Professional

The 8 Best Apps for People with Anxiety, According to Experts

<https://www.goodhousekeeping.com/health/wellness/g27128259/best-anxiety-apps/>

From guided meditation to organizing anxious thoughts, these apps may be helpful if you're experiencing anxiety at a particularly rough time of your life - or have been facing newfound feelings of anxiety during the novel coronavirus pandemic.

Everything You Need to Know About Zoombombing and Keeping Your Child Safe During Online Learning and Socializing

<https://www.parents.com/news/zoom-bombing/>

As more and more families, students, and educators turn to video conferencing to connect, security issues have emerged. Here's an article from Parents Magazine on what parents need to know about keeping children safe and social.

Parents and Children Together (PACT)

https://pacthawaii.org/covid19_information/

https://pacthawaii.org/covid19_community_resources/

As COVID-19 continues to spread throughout our community, the economic impacts of the pandemic are hitting people hard. Many residents have lost their income and are facing financial uncertainty. PACT focuses on serving our keiki and families during this pandemic, to provide support in the areas of early childhood education, domestic violence prevention and intervention, family strengthening services, behavioral health support, and community building.

Hawaii Foodbank's Food Assistance Program

https://hawaiifoodbank.org/wp-content/uploads/2020/07/HawaiiFoodbank_FoodAssistanceHandout_Oahu.pdf

The most current list continues to be August 24, 2020.

Please refer to the food pantries, prepared meals, and mass distribution sites in your respective community. I suggest calling the site before going to ensure that they are open, as information is quickly changing.

HELP for Child Care Program

<https://www.koka.org/help-for-childcare/>

The Hawaii Early Learning Partnership (HELP) for Child Care Tuition Assistance Program is designed to help qualified parents with monthly financial aid for child care costs for keiki

ages birth to age 12. Child care includes relative care in the child's home environment, infant / toddler care, group child care, pre-school, and before and after school care. The HELP Program is focused on serving Native Hawaiian, Native American Indian, and Alaska Native families who are working or attending school or in job training. The Pre-Application is an eligibility screen and is the FIRST STEP in the enrollment process. Upon completion of the Pre-Application, if you meet eligibility requirements, they will email you the full application. If you have any questions about the HELP for Child Care Program, please email help@koka.org

Hawaii Children's Action Network (HCAN)

<https://www.hawaii-can.org/>

HCAN's mission is to build a unified voice educating and advocating for Hawaii's children. Their COVID-19 Resources are offered island/statewide to include financial assistance, food, health, screening sites, and shelters.

Hawaii State Public Library System - Library Take Out

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

State public libraries are offering a "Library Take Out" system where you are able to select items from their library catalog and place a hold on the items you would like to borrow. After receiving a notice that your items are ready for pick up, you can schedule an appointment online with the library that is on the hold notice. All you need is a library card to access services (apply online).

How to Stay Emotionally Healthy During the Coronavirus Outbreak

<https://www.psychologytoday.com/us/blog/hope-resilience/202003/how-stay-emotionally-healthy-during-the-coronavirus-outbreak>

This article from Psychology Today provides helpful information about resources, self-awareness and self-care during these uncertain times.

Hawaiian Electric - Moratorium on Disconnections Extended to December 31, 2020

<https://www.hawaiianelectric.com/billing-and-payment/payment-assistance/payment-arrangement-options>

<https://www.hawaiianelectric.com/hawaiian-electrics-response-to-covid-19>

Hawaiian Electric service disconnections for nonpayment have been suspended through December 31, 2020. The company urges customers challenged by the financial impact of COVID-19 to seek utility bill assistance from government and nonprofits, and to set up a payment plan.

YMCA Virtual Y Classes

<https://www.ymcahonolulu.org/virtual-y>

To keep our community healthy and safe while we all stay home to stop the spread, the Y is offering all of their on-demand and live stream classes and activities through September 10, at no cost.

