



Please share any resources you have and we will add it to the list- all of the items below are also listed on the following google document that will be updated regularly :

<https://tinyurl.com/FreedomWellness2020>

If you have anything to add to the document- email us at 4freedomschool@gmail.com and we will update the doc!!

This is a time of great uncertainty and fear and information has been unclear in many ways. I hope that you are all having your needs met! Here is a great list of resources. Please share them broadly!!

Updated: 4/23/20 at 9:00am

From Freedom Community Clinic: A major repository of resources for food, medical care, legal assistance, unemployment and more!! This is a fantastic resource and has tons of information!!!! This will be the main resource that I recommend people check regularly!

tinyurl.com/bayareacovid19help

This is a [google drive](#) made by a student at berkeley that is a repository of information about COVID-19 in different languages. TBH this is the most expansive translation list I've seen so please share!

https://drive.google.com/open?id=1KmaFpW-NFoKy8_D0JrNKpUsNb15MFkSk

The [Operating System](#): COVID-19 Resources for mutual aid, solidarity and staying informed with intention.

The [California Immigrant Youth Justice Alliance](#) has an extensive list of resources for undocumented people in California. "Especially in times of crisis, we remain committed to our abolitionist goals and in the liberation of our community. While we join efforts to self-isolate to protect the most vulnerable members of the community, we will continue to mobilize digitally to fight for a better world." <https://ciyja.org/covid19/>

[Decolonizing Community Care in Response to COVID-19](#) - A collective of Indigenous healers and their thoughts on wellness: "So we do not get lost or spiral into fear and stress, which can actually compromise our immune systems, we draw from our beautiful survival and our timeless knowledge, and share some traditional practices that may support our spirits in this

time. We encourage you to share these with the people around you to help mitigate stress and overwhelm”

<https://ndncollective.org/indigenizing-and-decolonizing-community-care-in-response-to-covid-19>

Community Ready Corps: The mission of Community Ready Corps (CRC), a Black grassroots organization, is to organize and empower the community towards self determination and equity. We believe that a community should be able to engage with power wherever power is expressed and that resistance must be rooted in achieving a self-determined existence. Disrupting the current paradigm and pioneering new systems means connecting to and unleashing the creativity, ingenuity, and courage that is already present.

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

Asian Pacific Environmental Network: APEN is organizing a **COVID-19 Emergency Community Stabilization Fund** to make sure that the working class Asian immigrants and refugees in our communities have what they need to stay home and stay healthy during this pandemic.

<https://donate.apen4ej.org/campaign/covid-19-emergency-community-stabilization-fund/c277079>

If you are a health professional, consider signing this petition to immediately end ICE detention:

https://docs.google.com/forms/d/e/1FAIpQLScB1YLk-MHzdJ2ahcxc25NRRqEnlRTk_xA6Q6cJTfZXUQV-Dg/viewform?fbclid=IwAR24J16QomzIDNvzxM_UP92lfEeQIVXYUfqIZOd-JZnaxJrK5fnhAlmpzzg

General things to read, watch, move your body, and listen to!

Podcasts:

1. Right Now Ish - Showcasing inspiring people in the bay
<https://www.kqed.org/podcasts/rightnowish>
2. Nothing Much Happens- bedtime stories to help you fall asleep
<https://open.spotify.com/show/6wegpF4BH5dQG7sTg1Cz9?si=NMAVSfpYRRmBx4AvT2QhbQ>
3. Werk Wyphyz -sharing tales of love in the Bay
<https://open.spotify.com/show/3dl2cQOCCVHgLhoD9zd1J9?si=tSW3hCwSSDqdRNfOHwNWfQ>
4. Bag Ladiez- mental health for black women, getting rid of our baggage
<https://open.spotify.com/show/7l6i3PKfZGm2X9lgoLAK73?si=jsV08-kQQLSVBGQ6IVEYEw>
5. NPR Code Switch- excellent podcast on fear and xenophobia about COVID-19
<https://podcasts.apple.com/us/podcast/code-switch/id1112190608>
6. Weekly Wrap- Everything is cancelled here are some distractions
<https://podcasts.apple.com/us/podcast/its-been-a-minute-with-sam-sanders/id1250180134?i=1000468349102>
7. Tea with Queen and J - two black women from the Bronx tell the truth about radical organizing, unfiltered
<https://podcasts.apple.com/us/podcast/tea-with-queen-and-j/id841142610>
8. How to Survive the End of the World - our favorite adrienne maree brown (author of Emergent Strategy and Pleasure Activism) & her sister Autumn Brown's Podcast

<https://podcasts.apple.com/us/podcast/how-to-survive-the-end-of-the-world/id1309300649>

9. Woke WOC Docs from our founders! The experiences of WOC in healthcare:
<https://open.spotify.com/show/2QbhKAIFxXkRBzGwH6CHOJ?si=UAXLCnEAR0WczO5cMVncNw>

Meditation and Wellness

1. Libertare is a Black owned meditation app that shares POC led meditation sessions:
2. 20-min WOC run meditation set to the Art of Allowing in humble appreciation to Shiva (the destroyer)
https://insighttimer.com/lalahdelia/guided-meditations/a-journey-home?utm_campaign=app-share&utm_medium=GuidedMeditation&branch_match_id=682319263049616240&utm_source=Email

Physical Activity:

1. Down Dog offers several types of workouts and wellness practices and is making the app free through April 1 and through July 1 for students and educators:<https://www.downdogapp.com/>
2. Runner's Works is leading 15-minute bodyweight workout on the Runner's World Instagram live at 12 p.m. ET—and storing them in their Instagram Feed if you can't do them live:<https://www.instagram.com/stories/runnersworldmag/>
3. Peloton is giving free access to 90 days. This includes many classes that can be done without the machine:<https://www.onepeloton.com/app>
4. This NYC indoor playspace now has three daily free streamed classes for little ones:
https://unionsquareplay.com/?te=1&nl=new-york%20today&emc=edit_ur_20200317&campaign_id=44&instance_id=16833&segment_id=22300&user_id=e03538537b7cc52fe15fbe48193273bf®i_id=6876030320200317
5. Free and fun yoga for kids that you can do with them:
https://www.youtube.com/user/CosmicKidsYoga?te=1&nl=nyt-parenting&emc=edit_ptg_20200318&campaign_id=118&instance_id=16854&segment_id=22344&user_id=e03538537b7cc52fe15fbe48193273bf®i_id=6876030320200318
6. My Fitness Pal has free 7 minute at home workouts:
https://blog.myfitnesspal.com/tag/7-minute-workout/?utm_source=mfp&utm_medium=email&utm_campaign=MFP_Extra_7minuteworkout_20200318
7. 305 Fitness Blackademic Resilience:
https://www.youtube.com/watch?feature=youtu.be&v=xLdh_6b_VaA&app=desktop

Audiobooks:

1. <https://libro.fm/> supporting small bookstores
2. <https://www.overdrive.com/apps/libby/> which uses your library card to access online books
3. <https://www.getepic.com/app/> for children's Books:

Free ebook resource libraries for your radical education

1. Black History Month Library
<https://drive.google.com/drive/folders/0Bz011IF2Pu9TUWlxVWxybGJ1Ync>

2. Zora Neale Hurson Library
<https://drive.google.com/drive/folders/0Bz011IF2Pu9TNHJwWkFPTFN6STQ>
3. Thousands of free ebooks! <https://z-lib.org/>

Blogs:

1. A phenomenal collection about how rest must be part of the revolution!
<https://thenapministry.wordpress.com/>

Physical Books:

1. <https://www.indiebound.org/> support your local bookstores
2. <https://www.bookdepository.com/> The Book Depository (FREE DELIVERY WORLDWIDE!)

Art Classes online through the Berkeley Studios:

1. While the Bay Area is sheltered-in-place, our instructors are ready to bring art classes directly to your home! We'll be hosting mini-classes via zoom, free for everyone. Attend one lesson or attend them all.
https://artstudio.berkeley.edu/news/art-with-zoom/?utm_source=Berkeley+Art+Studio&utm_campaign=5463fb68d6-EMAIL_CAMPAIGN_2020_03_17_09_45&utm_medium=email&utm_term=0_3253fe9dfd-5463fb68d6-270354633&mc_cid=5463fb68d6&mc_eid=c248f23938

Poetry and Writing:

1. We are compiling a repository of poems that are lifting us up in this google drive folder:
<https://tinyurl.com/FreedomPoetry>
2. The NYT has writing prompts for students and also is offering free NYT account for students:
https://www.nytimes.com/2020/03/15/learning/students-can-respond-to-daily-writing-prompts-inspired-by-the-new-york-times-at-home-for-free.html?te=1&nl=morning-briefing&emc=edit_NN_p_20200317§ion=topNews&campaign_id=9&instance_id=16834&segment_id=22302&user_id=e03538537b7cc52fe15fbe48193273bf®i_id=68760303tion=topNews
3. If you have written anything or have something you love please share it with us and we will add it to the folder!!!

Music:

1. NPR Tiny desk concerts! I personally love Tank and the Bangas- they just performed at the Black Joy Parade in Oakland! <https://www.youtube.com/watch?v=QKzobTCIRDw>
2. The Colors Show on youtube! I highly recommend anything from Earthgang, Mayra Andrade, Lianne La Havas, and Mereba
<https://www.youtube.com/channel/UC2Qw1dzXDBAZPwS7zm37g8g>
3. NPR's 6 hours of Isle of Calm playlist. Cuz...you know
<https://www.npr.org/2020/03/13/815457669/isle-of-calm-stream-6-hours-of-soothing-music>
4. NPR's running list of artist's livestreams
https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown?utm_medium=social&utm_source=twitter.com&utm_campaign=npr&utm_term=nprnews
5. Nightly Metropolitan Opera House live streaming performances:
<https://metopera.queue-it.net/?c=metopera&e=testevent&t=https%3A%2F%2Fwww.met>

[opera.org%2Fabout%2Fpress-releases%2Fmet-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure%2F&cid=en-US](https://www.opera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/&cid=en-US)

6. The New York Philharmonic is sharing performances:
https://nyphil.org/watch-listen?te=1&nl=new-york%20today&emc=edit_ur_20200317&campaign_id=44&instance_id=16833&segment_id=22300&user_id=e03538537b7cc52fe15f5be48193273bf®i_id=6876030320200317
7. Youtube: Chill beats to quarantine to:
<https://www.youtube.com/watch?v=rA56B4JyTgl&feature=youtu.be>

Music playlists!

1. Ethel's club playlist (ethel's club is a black owned co-working space for POC/LGBTQ+ people in NY). The playlist BANGS for when you want to have intermittent dance parties.
<https://open.spotify.com/playlist/6n2G8i0jZkoMBQ5pjSGcNK?si=8QTaRQJfS8Cmej9IZYqMAQ>
2. Spotify playlists by Dj Dopaminna! For at home or online dance parties!
https://open.spotify.com/user/dopaminna/playlist/1P3ZCUCEDPeQOHruh6KK2y?si=TfcGe-taSBKO_vFW6Tn6Dg
<https://open.spotify.com/user/dopaminna/playlist/1nKF9amzdfAfoYmqUybINr?si=WpH3Z7MpTHu9pqROOdn4Og>
3. Lo-fi beats for calmness:
https://open.spotify.com/playlist/42t4G3Cf8Ez7PxejjDYzrY?si=KRI2Y_YIS1ul3E3gR0-UXw

Online educational videos for Homeschooling:

1. <https://www.khanacademy.org/> super helpful if you are homeschooling someone or just want to learn something new!
2. <https://www.coursera.org/> online classes from universities around the world
3. PBS Kids has a great website and you can also sign up for their daily newsletter addressing the needs of kids now being schooled from home: <https://pbskids.org/>
4. Scholastic has a learn at home program: <http://teacher.scholastic.com/education/>

Online Education for wellness and personal growth:

1. <https://thebodyisnotanapology.com/> The Body Is Not an Apology is a digital content platform that brings together self care, radical love, and organizing tools. Our self care has always been tied to mutual liberation and building a new system that respects all bodies.
2. <https://www.careforyourhomies.com/> Ethel's club digital club house - will have a calendar of virtual breathwork classes, wellness webinars, tarot readings, cannabis kickbacks, digital decolonization classes for artists, and more ;)

Virtual Museum Exhibits

1. AMNH has a free tour of their new exhibit, The Nature of Color:
<https://www.facebook.com/watch/?v=539379713358699>
2. The Metropolitan Museum of Art offers six virtual tours of different exhibits:
<https://www.metmuseum.org/art/online-features/met-360-project?te=1&nl=new-york%20t>

[oday&emc=edit ur 20200317&campaign_id=44&instance_id=16833&segment_id=22300&user_id=e03538537b7cc52fe15fbe48193273bf®i_id=6876030320200317](https://www.facebook.com/maritime.aquarium/)

3. The Maritime Aquarium is having live Q&A sessions at 3pm every day as well as having watch parties of their animals: <https://www.facebook.com/maritime.aquarium/>
4. Explore museums around the world with virtual tours: <https://artsandculture.google.com/project/street-view>
- Explore the Smithsonian Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

Free games:

1. <https://www.nytimes.com/crosswords/game/mini>
2. <https://www.nytimes.com/puzzles/tiles>
3. Pokemon Go has been adapted to allow players to play indoors: <https://www.businessinsider.com/coronavirus-pokemon-go-incense-community-day-cancelled-2020-3>

Instagram:

1. @areyouok shares positive news about COVID-19
2. @goodgoodgoodco shares good news that we rarely hear about
3. @dreamyouthclinic

Movies we recommend:


1. The Last Black Man in San Francisco
2. Moonlight
3. The Farewell
4. Whale Rider

Shows we recommend:

1. Gentefied (netflix)
2. Our Planet, Blue Planet, Planet Earth, any nature documentary (Netflix)
3. On my block (netflix)
4. Schitts Creek (netflix)
5. The Great British Baking Show (netflix)
6. Rami (hulu)
7. Man Like Mobeen (Netflix)
8. Bob's Burgers (Hulu)
9. Brooklyn 99 (hulu)
10. Kim's Convenience (netflix)

Informational Articles:

1. An article about how COVID19 related school closures impact children who rely on schools for more than just education
<https://medium.com/@seemeriseupupup/when-all-the-safe-spaces-disappear-216370ff82d0>.



May the fear, panic, and challenge we feel
be a reminder of what it means to be fully alive.
May the uncertainty and unknown we face
be a reminder of how little time we have together.
May the vision of our neighbors struggling around us
be a reminder of the power + strength of community.
May the horror of losing jobs, income, + stability
be a reminder to notice, count, + share our blessings.
May the difficulty of being cooped up at home
be a reminder of our privilege to have a home.
May the outpouring of pain we are witnessing
be a reminder of the outpouring of love here, too.
May the distance we are forced to create
be a reminder of the closeness still between us.
May the extra downtime and space we might have
be a reminder to grow and create something new.
May the lessons and learnings of the present moment
be a reminder of the possibility we bring to the future.

Lisa Olivera