

## COVID-19 Resource List # 4

April 6, 2020

The following resources have been compiled from many sources and are intended to support Early Start FRCs in their ongoing support to their families during this unprecedented COVID-19 event. Some entries may be duplicated in more than one topic area. We have made every effort to compile appropriate resources and have visited all these websites to verify at a macro level. As always, encourage you to use your own judgement when accessing and sharing resources.

Previous Resource Lists may be found on the [frcnca.org](http://frcnca.org) homepage.

Your FRCNCA staff is ready to help you as we can so please feel free to reach out and let us know what you might need and how we can support you. Questions and other resource ideas may be directed to [espprogram@frcnca.org](mailto:espprogram@frcnca.org) or 916-993-7781.

You may reach your fellow ESFRC Directors via the [directors@frcnca.org](mailto:directors@frcnca.org) listserv

### Where to go for things to do with kids:

- [Virtual marine biology camp | Oceans Initiative](#) During the school shutdowns, we've decided to launch a (very) informal, impromptu, virtual marine biology camp. Follow us on Facebook or Instagram, and you should see us in your news feed when we go live, Mondays and Thursdays at 11 am Pacific time. For Paddington Bear fans, you'll note that this is conveniently timed to coincide with elevenses. [oceansinitiative.org](http://oceansinitiative.org)
- [Live nightly streams of the Metropolitan Opera](https://www.metopera.org/) – <https://www.metopera.org/>

### Where to go for financial resources

- [PG&E COVID-19 Resources](#)
- Covered California: If you've lost a job and no longer have health insurance, [Covered California](#) has opened [a special enrollment period](#), which means you can still get health insurance.
- Amazon has opened Audible's collection of stories in six languages for as long as schools are closed. Stories may be streamed free on desktop, laptop, phone or tablet using this [link](#).

### Where to go for resources for your families:

- [Sesame Street Stay-at-Home Toolkit](#). Included in [the toolkit](#) are free ebooks, online and offline activities, tips for engaging kids about a variety of topics and emotions, and educational videos to watch as a family.
- [Easy-to-Read Information about Corona Virus in Many Languages](#) has been made available by [Inclusion Europe](#).
- [Temple Grandin's Tips to Help Autistic Kids During the Coronavirus Quarantine](#) from Parade.com
- [4 reasons why special needs parents are better equipped than everyone else to handle Coronavirus stress](#)

## Where to go for resources for your ESFRC:

- Bob Pike Groups offers [“Get Help Bringing Your Classroom Online with E-Learning and Virtual Training”](#)
- “Nonprofit Resources for Remote Work during the COVID-19 Outbreak” Office 365 and G Suite are two collaboration programs that were made with remote work in mind, but they aren't the only solutions for Nonprofits. [TechSoup has more](#), as well as general tips for working from home.
- [3 Fun and Easy Virtual Team Building Activities](#). The Couch Manager has [three virtual activities](#) to promote team-building and avoid loneliness in a virtual working environment.
- [Loans Available for Nonprofits in the CARES Act](#): The CARES Act gives eligible nonprofits choices for securing cash needed to maintain staff and operations. Use [this chart](#) from the National Council of Nonprofits to decide which loan is the right one for your organization.
- [How To Use Zoom To Hold Your Support Group Or Course Online](#)  
PivotGround has [a video tutorial](#) on using the teleconference software Zoom for gatherings, support groups, and education.

## Where to go for social emotional support:

- [Talking to Children about COVID-19](#) from Bright Horizons
- [Movement & mindfulness for kids](#) – [GoNoodle](#)
- [Calm for kids](#) from Calm. Resources available in German, Spanish , French, Korean & Portuguese

**On the lighter side** – mostly from Twitter (we know this is a serious situation and wanted to share some things that might brighten your day):

- I wonder if pigeons think we are extinct.
- Did we ever think that all of our meetings would one day look like the Brady Bunch opening?
- Does anyone else feel like they're living in an episode of the Twilight Zone?
- The trash cans are out tonight...jealous isn't even the word