

COMMUNITY RESOURCES (VOL 4)

[AZ 2-1-1](#) COVID-19 (CORONAVIRUS PANDEMIC) INFORMATION AND REFERRALS

In response to COVID-19, many organizations have made changes to their in-person availability. These changes happen frequently, sometimes on a hour-by-hour basis. As a result, some of the information may be out-of-date. We suggest attempting to call ahead before attempting to visit any in-person resource.

If you need assistance finding food, paying house bills, accessing free childcare, or other essential services, dial 211, search on the homepage of <https://211arizona.org/> or download the 211 Arizona app.

CHILD CARE FOR ESSENTIAL SERVICE PROVIDERS

Parents who work in essential services whose household income is less than \$65,000 per year are eligible for scholarships for free child care under the new [Arizona Enrichment Centers program](#).

SUPPORT HOTLINES



Talk To Someone Now 1-800-273-8355

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

Our advocates are available 24/7 at **1-800-799-SAFE (7233)** in more than 200 languages. All calls are free and confidential.



To contact the NAMI Helpline, please call **800-950-NAMI (6264)**, Monday through Friday from 10 a.m. to 6 p.m., ET, or send an email to info@nami.org.

The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, NAMI Support Groups and locate your local NAMI Affiliate.
- They are trained to help identify the best resource options for your individual concern.
- They are knowledgeable and a source of accurate information about relevant topics. They care.



Call 877-705-KIDS (5437) for Free Child Development Support

The Birth to Five Helpline is a *free* service open to all Arizona families with young children looking for the latest child development information from experts in the field. Professionals may also take advantage of this service.

Call the Helpline to speak with one of our bilingual (English/Spanish) early childhood specialists, on duty **Monday through Friday from 8:00 a.m. to 8:00 p.m.** You can also leave a voicemail, complete our online contact form or text the Helpline 24 hours a day, seven days a week.



888-843-4564

The Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat and email peer support, as well as factual information and local resources for cities and towns across the United States.

All services are free and confidential.

HOURS: Monday thru Friday – 1 pm to 9 pm; Saturday – 9 am to 2 pm (Pacific Time)
The LGBT National Hotline is staffed by highly trained volunteers who identify somewhere on the LGBTQ spectrum, from all ages, walks of life and from all over the United States. Along with peer support, listening and affirmation, our volunteers are supplied with the largest LGBTQ resource database in the US (www.LGBTnearme.org) for those who are seeking additional support and ways to connect with their local community.

For a list of other hotlines by topic, see <http://www.pleaselive.org/hotlines/>

[Daily Mindfulness Meditations](#) are being offered by the [ASU Center for Mindfulness, Compassion and Resilience](#). During an outbreak like the one we are experiencing with COVID-19, the world and each of us in it are in need of community and connection. Each week, for the foreseeable future, the [Center](#) will provide virtual meditation practices from **12–1 p.m. (AZ time)** and written messages for open and free use.

KIDS

[Frog Street for Young Learners](#) In support of children, parents and educators across the nation who are learning at home due to COVID-19, Frog Street has launched this program for children ages 3-5!

AND, as we continue to develop continuity of learning due to school closures, Frog Street is launching another great resource for learning at home! The [DIG Pre-K at Home](#) parent portal is an online learning platform that features Dr. Jean's educational videos, The Letter People Songs, The Letter People Games, and a comprehensive Resource section with extensive activities to complete at home.

[Audible.com](#) For as long as schools are closed, we're open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

[Cooking with Kids](#) Parents can find it difficult to add in meaningful experiences into the daily schedule, between working, being a parent, and dealing with the other stresses COVID-19 has created. One consistent though is mealtime! The [Family Connections](#) this week are focused on engaging our children to be part of the meal preparation and creation. So many wonderful learning opportunities happen in the creation of a meal, and the time spent together is meaningful to everyone.

[First Things First](#) Young children are especially sensitive to situations causing stress in their world and among their parents and caregivers. And these are stressful times. First Things First offers resources to help support Arizona families with young children during the coronavirus crisis. We're with you.

Physical Activities

[20 Online Kids](#) - videos

[Cosmic Kids Yoga](#) – videos

[Debbie Doo Kids TV](#) - videos

[Go Noodle](#) – videos

[Groov3 Dance](#) – videos

[Kidz Bop](#) – videos

[Koo Koo Kangaroo](#) - videos

[The Learning Station](#) - videos

[MotherHiker](#) – Facebook

[Move to Learn](#) – videos

[Popsugar Fitness](#) - videos

[Sesame Street Healthy Habits](#): activities, videos

[Smile and Learn Yoga for Kids \(English\)](#) – activities, videos

[Smile and Learn Yoga for Kids \(Spanish\)](#) – activities, videos

Resources for Coping with Stress and Anxiety

[ADDitude](#) – blog post, ADD/ ADHD

[Babies sense parents' emotions to help understand their world](#) – blog post

[Coronavirus Toolkit: ADHD Addition](#) – blog post, ADD/ ADHD/ anxiety

[Greater Good Science Center](#) – Facebook with Facebook Live discussions, articles and resources

[Keeping the peace: helping a toddler reduce their stress](#) – blog post

[The Mighty](#) – Facebook with Facebook Live discussions/ activities, articles, resources, behavioral health

[Mindfulness and Other Natural Treatments](#) – Free book, ADHD/ADD

[National Federation of Families for Children's Mental Health](#) - Facebook

[Preventing toddler tantrums](#) – blog post

[Supporting One Another in Times of Crisis](#) – video

[Tips for Families: Coronavirus](#) – blog post

[Tips for talking to your kids about coronavirus](#) – blog post

[What Looks Like Misbehavior Might](#)

WI-FI AND INTERNET RESOURCES (UPDATED FROM VOL 2)

[Suddenlink](#) (888) 633-0030

For households with K-12 and/or college students who may be displaced due to school closures and who do not currently have home internet access, Suddenlink is offering its Altice Advantage Internet solution for free for 60 days to any new customer household.

[Comcast](#) opens Xfinity Wifi Network Nationally for free, offers unlimited data for free, confirms its commitment to Connecting Low-Income Families. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser.

At &T

- Last week, we announced that we are suspending broadband usage caps for our home internet customers. That means no overage fees while people are home using more data.
- We're keeping our public Wi-Fi hotspots open for anyone who needs them.
- We continue to offer internet access for qualifying limited-income households at \$10/month through our [Access from AT&T](#) program.
- We won't terminate service of any wireless, home phone or broadband residential or small business customer due to an inability to pay their bill as a result of the coronavirus pandemic – and we're waiving late payment fees for those customers.

Cox

Effective Monday, March 16, we are providing:

- Limited-time, first two months free of Connect2Compete service, \$9.95/month thereafter
- Until May 15, 2020, we are providing phone and remote desktop support through Cox Complete Care at no charge to provide peace of mind and ease for technology needs
- Resources for discounted, refurbished equipment through our association with PCs for People

- A Learn from Home toolkit for schools, including instructions on how to fast-track eligible students without internet access:

[Download toolkit - English](#)

[Download toolkit - Spanish](#)

[Spectrum](#)

Beginning Monday, March 16, we commit to the following for 60 days:

- We'll partner with school districts to make sure local communities are aware of these tools to help students learn remotely.
- We'll open our [WiFi hotspots](#) across our footprint for public use.
- We'll continue to offer [Spectrum Internet Assist](#), our high-speed broadband program to eligible low-income households.
- We'll offer new [free access to internet and WiFi](#) for 60 days for new Pre-K to 12, college student and teacher households who don't currently have internet or WiFi service.

[Charter Communications](#) free internet offer for 2 months (Spectrum Broadband) for households with a K-12 or college student.

Sprint and T-Mobile are allowing handsets to enable hot-spots for 60 days at no extra charge.

[CableOne/Sparklight](#) unlimited data for 30 days (still waiting on the press release for the 15Mbps per household for \$10 per month).

[Cisco](#) has some free offers to support customers with free Webex licenses, Umbrella, Duo security, and AnyConnect free license offers.

[Zoom.us](#) has long offered free accounts. The linked site has resources for working remotely, using Zoom for online learning, and hosting virtual events.

[Microsoft](#) is offering a “freemium” version of Teams for 6 months.

[Federal Communications Commission](#) Chairman Pai launches the keep Americans connected pledge.