Resource links

Search these websites to locate the resource:

Games/Interactive Learning

- Movement and Mindfulness
  https://www.gonoodle.com/
- Books read aloud by celebrities
  https://www.storylineonline.net/
- Yoga for Kids
  https://www.youtube.com/user/CosmicKidsYoga
- Various activities for kids
  https://kideactivtiesblog.com/
- Activities and videos
  https://pbskids.org/
- Resilience building game
  https://www.superbetter.com/
- Strength identifying Activity
- Strength identifying Survey
  https://www.viacharacter.org/survey/account/register/youth
- Fresno County Library Poetry Contest:
  https://www.fresnolibrarypoetry.org/

COVID-19 Resource List

This brochure was designed to provide different resources for the whole family.

We understand that everyone in the family unit is struggling and trying to find a new normal. We hope that you will find something here that will help bring some structure, sense of calm, and encouragement in uncertain times.
Food/ Supplies

- Find your local Food Bank
  https://www.feedingamerica.org/find-your-local-foodbank
- Most schools are offering free lunches to children. Contact your child's school for more info.

Mental Health Services

- https://www.ahomewithin.org/request-therapy/
- https://www.talkspace.com/
- https://www.7cups.com/
- https://theinspiredtreehouse.com/guided-meditation-for-kids/
- https://www.ustwo.com/work/moodnotes
- Mental Health Tracking App
  https://larkr.com/

General COVID-19 Info

- https://covid19.ca.gov/resources-for-emotional-support-and-well-being/#top
- https://covid19.ca.gov/testing-and-treatment/#top
- https://www.acesconnection.com/
- https://www.cdph.ca.gov/

Education

Stay updated with your child’s school district and their announcements

Fresno Unified
https://www.fresnounified.org/

Central Unified
https://www.centralunified.org/

Clovis Unified
https://www.cusd.com/

We are all in this together.

24 Hour Domestic Violence Hotline

1-800-799-7233 – Call 911 if the person is in immediate danger

24 Hour Suicide Prevention Lifeline

1-800-273-8255 or text 838255

24 Hour Child Abuse Hotline (Fresno County)

Phone: (559) 600-8320
Fax: (559) 266-2463