

Family Resource List

<u>Well-Being (Health, Behavior, COVID-19 Updates)</u>	
<u>Resource</u>	<u>Website</u>
Mental Health America (Tips)	https://www.mhanational.org/
CDC	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
Open Counseling	https://opencounseling.com/hotlines-us
YMCA 360 (Movement classes for adults & children)	https://ymca360.org/
aatheart (Parent coaching – 20 minutes complimentary)	http://aaheart.com/
COVID-19 Updates/Resources	https://mailchi.mp/3bf9a2682d0b/coronavirus-update-753169?e=017351f07e

<u>Educational Resources (School Readiness, Child Development, Training, & Activities)</u>	
<u>Resource</u>	<u>Website</u>
Alison.com	https://alison.com/courses
Openlearn.com	https://www.open.edu/openlearn/free-courses/full-catalogue
Cox Campus (Birth – 8 yrs.)	https://www.coxcampus.org
PBS Learning Media (All Grade Levels)	https://www.pbslearningmedia.org
Adapted Mind (Available Free Trial)	https://www.adaptedmind.com
ABC Mouse (Code: school7771)	https://www.abcmouse.com/

Created (Home learning activities & strategies)	https://created.crayola.com/homelearning
Family resources for learning science, games, homework resources, & activities	https://kids.nationalgeographic.com/
Spanish & English teaching tools, lesson plans, activity guides, and students videos	https://reading.ecb.org/
Dr. Seuss related games and activities elementary school age children	https://www.seussville.com/
Educational games and activities (Pre-K – 6 th Grade)	https://www.abcya.com/
Math and reading games (K - 8th grade)	https://www.funbrain.com/
Free games and activities (Pre-K - 3rd grade)	www.starfall.com
Free games and activities for elementary kids	https://www.highlightskids.com/
Free tours of museums	tinalikes.com/freemuse
Georgia Department of Education	www.gadoe.org

<u>Financial Resources</u>	
<u>Resource</u>	<u>Website</u>
Alison.com	https://alison.com/courses
Low cost internet and computers	https://www.internetessentials.com/

<u>Senior Resources</u>	
<u>Resource</u>	<u>Website</u>
Free resources for senior citizens	https://seniornet.org/blog/19-free-services-for-seniors-or-their-caregivers/

Food Resources

Check your local school system webpage to find out where they are distributing free meals for students.