

## Family Resources

Supporting Children at Home During COVID Handout

[https://heartlandforchildren.org/uploads/files/Coronavirus\\_SupportingAt-HomeChildren.pdf](https://heartlandforchildren.org/uploads/files/Coronavirus_SupportingAt-HomeChildren.pdf)

Parent/Caregiver Guide Handout

<https://heartlandforchildren.org/uploads/files/COVID-19%20GuideFactSheet.pdf>

SNAP/EBT Info <https://www.myflfamilies.com/covid19/access.shtml>

United Way of Central Florida Food Distribution Schedule

\*specific to Central Florida but available throughout the state

<https://uwcf.org/initiatives/endhunger/schedule/>

30 Day Family Prayer Challenge – iMom

<http://www.imom.com/wp-content/uploads/2015/07/family-prayer-challenge.pdf>

10 Ways to Pray for Your Family

<http://www.imom.com/wp-content/uploads/2014/06/pray-for-family-2.pdf>

15 Mindfulness and Relaxation Apps for Kids with Anxiety:

Technological solutions that support addressing and overcoming stress and anxiety

<https://bit.ly/3a1DSOK>

30 Emotional Health Activities: month-long calendar of daily activities

<https://bit.ly/3a1EfZE> (from Support Children at Home During COVID Handout)

APD – Suicide Prevention Brochure in English/Spanish/Creole

([English](#), [Spanish](#), and [Creole](#))

Children’s Mental Health: Anxiety and Depression in Children

[CDC website link](#)

IMPOWER - free mental health services through Telehealth for individuals impacted by COVID-19

<https://www.impowerfl.org/what-we-do/outpatient/cope-with-covid-now/>