

TOGETHER, We can get through this. We are living in an uncertain, frightening time. There is no road map on how to best navigate this uncharted crisis. What is certain, that now, more than ever, we must take care of ourselves, our families, friends, neighbors and communities. Be kind and forgiving to yourself. We at TTC offer these resources and will continue to post updates on our website and on social media. Our 24 hour/ 7 day a week “Project Safety Net” Helpline is available via phone call or text and is staffed by a licensed professional.



Resources to support us ALL during these upside down times!

Resources for Adults:

Keeping yourself well - advice from a physician [HERE](#)

Caring for your mental health [HERE](#) and [HERE](#)

11 things you can do to manage your coronavirus anxiety [HERE](#)

Regaining your sense of calm [HERE](#)

How to stay mindful during the outbreak [HERE](#)

Coronavirus sanity guide from 10 Percent Happier [HERE](#)

7 Tips to staying well during outbreak [HERE](#)

That Discomfort You're Feeling is Grief [HERE](#)

Managing working from home with kids [HERE](#)

Variety of blog posts to support youth and families to manage at home [HERE](#)

10 Ways to Manage the Emotional Challenges of Social Distancing [HERE](#)

Tips for Managing the Stress of Social Distancing as a Family [HERE](#)

Talking to Youth:

Young Children - Elementary Aged Children

From PBS: Talking to very young children about Coronavirus [HERE](#)

From Child Mind Institute: Managing our own worry and talking to children. [Video HERE](#)

Expert Videos from GoZen - helping children manage anxiety about coronavirus [Video HERE](#)

Tips for preparing and tips for talking to children about the Coronavirus (AAP) [HERE](#)

From the National Association of School Psychologists: Parent Resource for talking to children about coronavirus [HERE](#)

If you missed Lynn Lyons' Facebook live last week, recording [HERE](#) about managing through...it's not about perfection, but rather about connection, problem solving and finding meaning in what we are doing. Lynn will be doing other Facebook Lives and is setting up a podcast. Follow Lynn on her Facebook page [@ Lynn Lyons, Psychotherapist, Anxiety and Children](#) for the latest updates.

Childmind Institute - Resources to support parents during COVID-19 - new twice daily Facebook videochats with expert clinicians and daily parent tips [HERE](#)

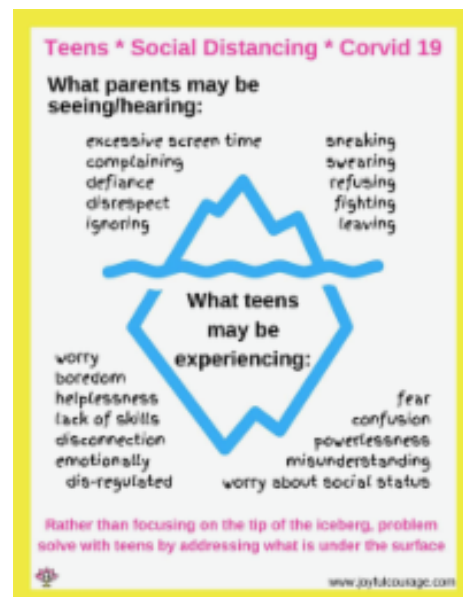
Tweens and Teens

Expert Advice: Talking to tweens and teens [HERE](#)

One of our favorite experts Lisa D'Amour "5 Ways to Help Your Teenager Manage Anxiety about Coronavirus" [HERE](#)

One of our faves, Lisa D'Amour, answers questions on managing stress and anxiety in the time of Covid-19 [HERE](#)

From Grown and Flown: The Agony of Social Distancing for Teens [HERE](#)



General Resources:

Need some inspiration? We loved this article from one of our favorite newsletters, ***Grown and Flown - This Could Be Our Finest Hour*** - [Read HERE](#)

Commonsense media resources [HERE](#) - includes books, movies, apps, and stress management resources

7 mindfulness activities for kids to keep them from bouncing off the walls [HERE](#)

Camp Invention STEM Activity Guide [HERE](#)

Online Geo Bee classes with Anish every Tuesday - Thursday from 3 to 4 starting 3/17. More info [HERE](#)

22 fun and creative activities to do with littles at home! We appreciated that most of the materials are commonly found at home --- with a few exceptions. We loved the pom pom racing and sticky window art [HERE](#)

55 art journal prompts for teens [HERE](#)

And especially, for the class of 2020: - a letter from someone who has been there [HERE](#)