

Resource Links

COVID-19 Coping Resources:

<https://psychiatry.ucsf.edu/copingresources/covid19#e>

Coping During COVID-19 for Parents: <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Self-Care during COVID-19: <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

COVID-19 Managing Anger and Frustration:

<https://childmind.org/article/coronavirus-parenting-managing-anger-and-frustration/>

Supporting Learning at Home: <https://childmind.org/article/grades-7-9-tips-for-supporting-learning-at-home/>

COVID-19 Coping Resources and Tools: <https://www.ptsd.va.gov/covid/>

Stress Relief During COVID-19: https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf