



Dear Families,

Hello , The Home For Little Wanderers organization and School Based Program are monitoring the COVID-19 situation. We are taking steps to ensure that our school based staff are available to you and your children during this school break. We know that there is a difference between face to face therapy and over the phone or using technology. We are hoping that some continuity with care will help support you and your child during this time.

Our staff will be able to reach out via technology to your child and you during this break from school. You also should not hesitate to reach out to your child’s clinician for resources and support that you may need.

Attached to this letter are resources for basic needs, and educational supports for you and your child. We know time out of school and routines can be hard on everyone. Please talk with your child about the routines you as a family will have during break from school. Please try to answer your kids questions about COVID-19 using trusted sources of information – like the CDC.

We also encourage you to use Boston Emergency Services Team at 1-800-981-4357 if there are any immediate safety concerns for you or your child.

Please contact your primary care health center if you have concerns that your child or yourself has been exposed to COVID-19, or has medical symptoms of concerns.

Please check back often on the Boston Public Schools website for district updates- www.bostonpublicschools.org. Currently it has information about free breakfast and Lunch programs that will be available from March 17 from 830am-1130am each day at certain sites in the city and other information about COVID-19.

Cara Giovanoni LICSW School Program Director HFLW

Clinician Name : _____

Contact Number: _____

Clinician Email: _____

HFLW Resource List for Greater Boston Area

The Home for Little Wanderers 780 American Legion Highway, Roslindale MA tel.617-469-8500

Food/Meals

- Boston Public Schools Distribution Sites (starting on March 17, 2020 ; Mondays-Fridays from 8:30am-11:30am) - <https://www.bostonpublicschools.org/coronavirus>
 - East Boston High School; Charlestown High; Blackstone School; JF Condon School; Boston Latin School; Boston Latin Academy; John W McCormack; Curley K-8 Lower School; Lilia G Frederick; CASH; Joseph Lee School; Irving ; Mildred Ave Middle; New Mission High School; William Ohrenberger etc.
 - There may be other food distribution sites in partnership with Project Bread; YMCA and BCYFS and the City of Boston. Contact the below hotline for more information)
- **Food Source Hotline Project Bread**
 - Call for food assistance: 800-645-833; Hearing impaired: 800-377-1292
- **Food Access, City of Boston**
 - **Locate food** in the city by:
 - Neighborhood and Language
 - <https://www.boston.gov/departments/food-access>
- **First Baptist:** 633 Centre St, Jamaica Plain
 - Giving out meals - Wednesday: 6:30p-7:30p
- **Violence in Boston and Food for Soul:** 651 Warren St. Dorchester, MA 02121
 - Giving out meals and supply relief
 - March 15th to 19th (Mon to Fri)
 - Lunch: 12p-2p; Dinner: 5p-8p
- **The Breakfast Spot:** 2805 Washington St Roxbury, MA 02119
 - Giving out meals
 - Be sure to mention Romilda or Families for Justice as Healing
 - March 16th to 19th (Tues to Fri); Lunch: 11:30a-2:30p

Additional Resources

- **Aunt Bertha**
 - Type in zip code to locate resources like housing, food and medical assistance
 - <https://www.auntbertha.com/>
- **U-Hauls for College Students**
 - 30 Days of free self-storage for new customers with college IDs and is a limited time offer subject to availability. Check [Uhaul.com/storage](https://www.uhaul.com/storage)
- **Health Insurance**
 - Residents who need health insurance can call 877-623-6765
 - Go to [MAhealthconnector.org](https://www.mahealthconnector.org) to complete application, those who qualify will be offered subsidized plans with low premiums and co-pays, and no deductibles for all services
- **Internet Essentials**
 - A comcast program that is providing low income families with free internet effective Monday March 16th for 2 months
 - https://www.internetessentials.com/?fbclid=IwAR2Gi7KiDUBRQrDhMzqdm-oW_rexBQu-t2IJKeB2I_Fc4xvruowFWzhj_3A

Phone App Resources

- **Helpsteps**

- finding shelter, food, and other resources
- **Reflectly** (preteens and teens) basic, free
 - Mood tracking/dreams/sleepless nights, or to generally have a place to log thoughts.
- **Youper** (teens and adults)
 - Mood tracking and journaling
 - App also has an auto text message feature that can explore the client's mood with them
- **Down Dog** or **Yoga for Beginners** (free until April 1st)
 - Yoga positions that can accommodate based on personal needs and experience levels
- **Sanvello** (teenagers and adults) (click skip once registered to access free features)
 - Addresses anxiety and depression: practices mindfulness and can log mood
- **Relax Melodies**
 - Customize sleep sounds
- **White Noise**
 - A variety of sounds that can help relax people

Education

- **Virtual Learning Resource Center**
 - Free online resources that has 20 days of lessons for grades PreK to 9th grade
 - <https://classroommagazines.scholastic.com/support/learnathome.html>
- Free subscriptions from Education Companies
<https://docs.google.com/spreadsheets/u/1/d/1t3r618pd8MAi6V87dG2D66PtikoHdHusBpjPKXgm36w/htmlview?fbclid=IwAR1hJ78Op0aOX83I50JqAkuCZHhRim1LzxP8vjhRIOsYGgSs0gpJ8kNguis&sle=true#gid=0>

*** check with your school for other resources ***

COVID-19 Information

MindHeart (children clients) - https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_bec2d5e852fc46ed8e7d0f2396fb5385.pdf

https://www.mindheart.co/descargables_ (Spanish – other languages are available)

Parent Advice for Teens at Home

- <https://www.nytimes.com/2020/03/12/well/family/coronavirus-school-closings-homeschooling-tweens-teens.html>

Please Help prevent the spread of respiratory diseases like the flu and COVID-19:

- Wash your hands often with soap and warm water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Stay home if you are sick and avoid close contact with others.
- Think ahead about how to take care of yourself and your loved ones. From: Mass Dept of Public Health Visit - www.mass.gov/2019coronavirus

