Niagara Falls City School District

Resource Guide 2020

COVID-19

Childcare

If you are a parent or caregiver that needs childcare, please complete this parent need for child care survey. Based on the information you provide about your job, employer, number of children, and financial need, OCFS may be able to help you find the child program you need. It may be a challenge to find childcare due to COVID-19 related program closures, however the staff at OCFS are trying their best to support families to find the high quality childcare that they need. Below is the link to the survey.

<https://www.surveymonkey.com/r/3HSNNYJ>

Crisis Support

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| Crisis Services 24-Hour Crisis Hotline  | 716-285-3519 |
| National Suicide Prevention Lifeline | 1-800-273-8255 |
| Crisis Text Line | Text HOME to 741741 |
| Kid’s Helpline | 716-834-1144 1-877-KIDS-400 |
| The Trevor Project-a lifeline for LGBTQ youth under the age of 25 | 1-866-488-7386Text START to 678678 |
| 211 WNYFree and confidential link to health and human services 24/7 | Call: 211 or 888-696-9211Text your zip code to 898-211 |
| NYS Domestic and Sexual Violence Hotline | 1-800-942-6906 |
| COVID-19 Emotional Support Hotline | 1-844-863-9314 |

Education for Adults

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| Sign up for these 450 Ivy League courses for free online right now  | <https://www.timeout.com/usa/news/sign-up-for-these-450-ivy-league-courses-for-free-online-right-now-031720> |

Financial Support

Health Well Foundation: COVID-19 Ancillary Costs Assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence. Go to the link below

<https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story>

Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households and More.

To enroll call 1-844-488-8395. Installation fees will be waived for new student households.

Fitness

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| Planet Fitness free home workouts  | <https://www.planetfitness.com/> |
| A library of videos and other resources featuring games and activities families can play at home. | <https://www.playworks.org/get-involved/play-at-home/> |
| Cosmic Kids Yoga | <https://www.youtube.com/user/CosmicKidsYoga> |

Food Banks

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| Community Missions | 285-3403 | 1590 Buffalo Ave | Niagara Falls |
| Divine Mercy | 260-7540 | 2437 Niagara Street | Niagara Falls |
| Heart, Love and Soul | 282-5681 | 939 Ontario Street | Niagara Falls |
| Mt Zion Baptist Church | 282-3655 | 1334 Calumet Street | Niagara Falls |
| NIACAP  | 285-4375 | 564 19th Street | Niagara Falls |
| Salvation Army Niagara Falls | 283-7697 | 7018 Buffalo Ave | Niagara Falls |
| Word of Life Ministries | 297-2951 | 1941 Hyde Park Boulevard | Niagara Falls |
| St. John de LaSalle Community Care | 622-5880 | 8600 Buffalo Avenue | Niagara Falls |
| St Joseph Outreach | 282-1379 | 1402 Pine Avenue | Niagara Falls |
| Lighthouse International Ministries - Hannah House | 341-1231 | 1943 Whitney Avenue | Niagara Falls |

Mental Health

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| Meditations, sleep stories, calming music, calm for kids | <https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720> |
| Managing Stress and Anxiety: Tips from the CDC | [https://www.cdc.gov/coronavirus/2019-ncov/p repare/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/p%20repare/managing-stress-anxiety.html) |
| COVID-19 Information and Referrals from Mental Health America | <https://mhanational.org/covid19?fbclid=IwAR08got9HCItbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-Vlvl0dazcfFKrKw> |
| NAMI Helpline Mental health information and support | <https://namibuffalony.org>716-226-6264 |
| Child Mind Institute: Daily Newsletter for Supporting Kids During the COVID-19 Crisis | [https://signup.e2ma.net/signup/1917784/1800 565/](https://signup.e2ma.net/signup/1917784/1800%20565/) |
| Parent Network of WNY | <https://parentnetworkwny.org>716-332-4170 |
| Helpful resources/support for those who think/learn differently  | <https://www.understood.org/> |

Smartphone Apps

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| Journal for Happiness | <https://reflectly.app/> |
| Woebot-Your Self-Care Expert | <https://woebot.io/> |
| Lyf- You’re not alone | <https://www.lyfapp.com.au/> |
| Smiling Mind | <https://www.smilingmind.com.au/> |
| Breathe Kids | <https://www.stopbreathethink.com/kids/> |
| Headspace | <https://www.headspace.com/> |
| GoNoodle | <https://www.gonoodle.com/> |
| Breathe Think Do With Sesame | <https://sesamestreetincommunities.org/activities/breathe-think-do/> |
| Journal for Mindfulness  | <https://jour.com/> |