

EXTERNAL SUPPORT - RESOURCE LIST
Tuesday, March 24, 2020

Below are resources in Minnesota and beyond that are offering support for people and their families as COVID-19 evolves.

Activities

- Famous museums offering virtual tours: <http://bit.ly/2WwXS83>
- Ideas for in-home activities for children: <http://bit.ly/2TZ55M4>
- Interactive videos about calming emotions and engaging our bodies from Upstream Arts: <https://bit.ly/2Qlt71R> (Subscribe to their mailing list for daily curriculum videos.)
- Scholastic is offering free online learning courses: <http://bit.ly/2IW7CR7>
- Teaching children about COVID-19 resources along with online and offline activities: <http://bit.ly/2Qq7i13>
- Virtual symphonies, museum exhibits, and operas: <http://bit.ly/2xN19FN>

Addiction Recovery

- Virtual meetings and informative speakers: <http://bit.ly/3d3s1l0>

Artists and Musicians

- Funding and support for artists: <http://bit.ly/39WxVCE>
- Emergency relief for fund for Minnesotan artists: <http://bit.ly/2xDWhTd>

Building Neighborhood Connections

- How-to guide for checking in on neighbors: <http://bit.ly/3d6yqf7>

Childcare

- YMCA now offers school-age care for kindergarten through sixth grade for essential employees and critical workers. The cost is \$40/day: <https://bit.ly/399x28w>

Food & Household Essentials

- Metro Mobility now offers free pickup and home drop-off of food and other essentials for their customers: <https://bit.ly/2vI8rtl>
- Restaurants providing free meals for children: <http://bit.ly/2QkbcBK>

Mental Wellness

- Identifying feels and strategies for processing them: <http://bit.ly/2WxbrnZ>
- Online, mental-health, support groups in Minnesota: <https://bit.ly/2QJN5mW>
- Tips on managing anxiety and stress from the CDC: <http://bit.ly/3d97gVa>
- Yale University's popular class, "*The Science of Being Well*," is available online for free: <https://bit.ly/2WFrRdH>

Utilities

- Comcast is offering 60 days of free internet for families who are low-income: <https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic>
- Xcel will not disconnect service to residential customers: https://www.xcelenergy.com/covid-19_response