

EXTERNAL SUPPORT - RESOURCE LIST
Thursday, May 21, 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.)
- Family-friendly activity challenge, Step To It, motivates people of all ages and abilities to be more physically active from May 1-28: <https://www.steptoit.org/>
- 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 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>

Support Workers

- Direct Support Connect, a free, statewide, online job board for people hiring personal care assistants and other support professionals: <https://directsupportconnect.com/>

Technology

- Affordable technology and internet service: <https://bit.ly/2AL5tGV>

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

Wellness

- Identifying feels and strategies for mental wellness: <http://bit.ly/2WxbrnZ>
- Mental health phone line from Fraser (<https://bit.ly/2Kd4CR4>) staffed by disability-competent professionals: 612-446-4673
- 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>
- YMCA's wellness offerings, including: online fitness classes, cooking classes, and guided meditations: <https://www.ymcamn.org/y-at-home>