

**EXTERNAL SUPPORT - RESOURCE LIST**  
**Friday, October 9, 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 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>

## Disability Focused

- Disability Hub MN connects people with resources for health, basic needs, and more offering live chat and phone support: <https://bit.ly/3fTZ8J1>
- St. Cloud State University Rehabilitation Studies Program is hosting, *Embracing the Difference Globally: The ABILITY Event*, from July 26 - August 28, featuring speakers covering a wide array of topics on disability rights: <https://bit.ly/3jQcatm>
- Geared towards people with disabilities living in group homes Upstream Arts is offering weekly Teaching Artists live streamed classes – interactive theatre, dance, music, and poetry: <https://bit.ly/3dbcMXM>

## Education

- The Minnesota Department of Employment and Economic Development (DEED) has partnered with Coursera Inc. to offer training and coursework from more than 200 schools around the world, including the University of Minnesota. Enrollment is open through September 30: [CareerForceMN.com/Coursera](https://CareerForceMN.com/Coursera)

## Employment

- CareerForce connects people with employers that need staff. The service is available at no cost to customers online, over the phone, and by appointment: <https://bit.ly/32KuWmu>

## Food & Household Essentials

- Metro Mobility now offers free pickup and home drop-off of food and other essentials for their customers: <https://bit.ly/2vl8rtl>
- 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](https://www.xcelenergy.com/covid-19_response)

## Wellness

- Identifying feelings 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
- COVID Cares is a free, telephone support service for mental health and substance use: <https://bit.ly/337vaO7>
- 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>