

Helpful Information and Tips for Coping with the COVID-19 Crisis

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019

Provides information for parents and caregivers about coping with COVID-19 in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how COVID-19 might affect their family— both physically and emotionally—and what they can do to help their family cope. Also available in Spanish and Chinese.

DOWNLOAD 

Skills for Psychological Recovery (SPR) Online

Aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course utilizes skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations. Research suggests that a skills-building approach is more effective than supportive counseling. SPR is appropriate for developmental levels across the lifespan, and is culturally informed.

WATCH 

Simple Activities for Children and Adolescents

Offers activity ideas to parents whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak. This fact sheet outlines activities families can do without supplies, in lighted areas or in dark areas to stay preoccupied when dealing with the stress of a major event.

DOWNLOAD 

Taking Care of Yourself

Offers providers a list of self-care strategies that they can use to help determine how they feel, restore balance, and build connections after a difficult event.

DOWNLOAD 

Family Resilience and Traumatic Stress: A Guide for Mental Health Providers

Provides information on family resilience. This fact sheet discusses a family's ability to maintain or resume effective functioning, including care of its members during crises and following potentially traumatic events.

DOWNLOAD 

<https://consciousdiscipline.com/>

https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/?mc_cid=89fc7c1740&mc_eid=9af1fab4d1

<https://www.nctsn.org/>

<https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

This YouTube channel features free videos for people of all ages to practice **yoga and mindfulness** at home.

<https://www.youtube.com/channel/UCLr6pcuYWOB60h-B2gPyA1A>

Cosmic Yoga for Kids

https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ

For Karaoke Lovers

<https://www.youtube.com/user/TheKARAOKEChannel>

For Creatives/Crafters

<https://classes.brit.co/learn/selfcare> - type in SELFCARE to receive free classes through the end of March

To Keep Up With Family and Friends

In addition to Zoom, Webex, GoToMeeting, or your personal favorite conferencing tool, here are two other suggested resources for keeping in touch with family and friends across the miles

<https://www.marcopolo.me/>

Greene County Resources - Bill Deferment

- *United Way* – COVID-19 Community Economic Relief Fund. Will help with bills, rent, and food. Call 937-225-3000 and provide zip code to be given list of local agencies to provide assistance.

- *Miami Valley Community Action Partnership – Greene County Office*

Location: 469 Dayton Ave., Xenia

*Note: Beginning March 17th, customers may submit applications and required documents via a drop at the Greene County office. This mainly applies to customers in need of emergency utility and rent assistance. Customers should call 937-341-5000 before dropping off documentation and use the following extensions: HEAP/PIPP (902); Emergency Services (903); Legal Barriers to Employment/License Reinstatement (904).

Local Food Banks

AHOP Church/BOGG Ministries

Location: 282 Stelton Rd., Xenia

Hours: 6:00pm – 7:30pm

Fish Fairborn

Location: 1149 N. Broad St., Fairborn

Hours: 2:00pm – 4:00pm Dates: Tuesdays and Fridays

FISH Xenia

Location: 541 Ledbetter Rd., Xenia

“The Pantry is closed for face to face interactions! Please do not come into the pantry. If you need food call [937-372-8441](tel:937-372-8441) for instructions on how to get food.”

Foodbank Mobile Farmers Market

Location: Fairborn Senior Center (325 N. 3rd St., Fairborn)

Date: March 24th

Hours: 9:30am – 10:30am

Location: Lofinos (3325 Seajay Dr., Beavercreek)

Date: March 23rd

Hours: 10:00am – 11:00am

Location: Abiding Christ (326 E. Dayton Yellow Springs Rd., Fairborn)

Date: March 24th

Hours: 10:30am – 11:30am

Location: John Bryan Center (100 Dayton St., Yellow Springs)

Date: March 24th

Hours: 1:00pm – 2:00pm

Hope Foundation

Location: Cedarville United Presbyterian (30 W. Chillicothe St.)

Date: March 21st

Hours: 10:00am – 11:00am

Location: Fairborn Primary School (4 W Dayton-Yellow Springs Rd.)

Date: April 4th

Hours: 10:45a – 11:45am

Jamestown UMC

Location: 22 E. Washington St.,

Jamestown

*Note: Please call 937-675-3581 to make your Pantry appointment if you have need

Spring Valley United Methodist church

Location: 1 W. Walnut St., Spring

Valley

***Note:** School breakfast & lunches; delivery must be for kids ages 1-18 within either Spring Valley Village or Township

Dates: Monday – Friday

Hours: 10:00am – 11:00am

With God's Grace

Location: 622 Springfield St., Dayton

***Note:** Drive Thru Only

Date: March 18th

Hours: 10:30am – 1:00pm; 4:00pm – 8:00pm

Xenia Nazarene Kinsley Food pantry

Location: 44 Kinsey Rd., Xenia

Date: March 27th

Hours: 10:00am – 12:00pm

***Note:** For Xenia residents, must bring I.D.

Piada Italian Street food

Location: 3286 Pentagon Blvd. B, Beavercreek

Hours: 10:45a – 1:00pm

Dates: Monday - Friday (March 16-April 3)

***Note:** kids can receive a free kids pasta with sauce, cheese and a drink

School Lunch

Beavercreek

Feed the Creek - <https://sites.google.com/Beavercreek.k12.oh.us/family-resources/home>

Locations:

- St. Andrew United Methodist Church (350 N Fairfield Rd.)
- Be Hope Church (1850 N Fairfield Rd.)
- Parkwood Elementary Parking Lot (1791 Wilene Dr., Dayton, 45432)

Hours: (10am – 12pm; 5pm – 7pm)

Dates: only on three Wednesdays (03/18, 03/25, 04/01)

Location: *Cake, Hope and Love (1490 N. Fairfield Rd. Suite B)*

Hours: 11am – 1pm

***Note:** free sack lunch for child while school is closed, send an email to DaytonFreeLunch@gmail.com. You will need to include your name and how many lunches are needed.

Cedarville

From Cedar Cliff Local Schools superintendent,

Chad Mason: “In regards to food service and the school lunch program: the district will NOT be providing lunches during the shutdown period. [...] If your child (or school-aged children) need lunches or food items, please notify Gay Christian at GChristian@ccliff.net.”

Fairborn

Locations: *Note: *A bag with breakfast and lunch items will be provided per child at each location.*

Please note-the bags MUST be picked up by children (bags will not be given to adults without children)

- Fairborn Primary School parking lot (regular student drop off area) (4 W Dayton-Yellow Springs Rd.)

- Fairborn Intermediate School parking lot (MPR door (look for awning) drive in from Maple to Dellwood)

(25 Dellwood Dr.)

- Baker Middle School (in front of the ROCK drive through area) (100 Lincoln Dr.)

- Fairborn YMCA parking lot (300 S. Central Ave.)

Hours: 10am – 12pm, all locations

Dates: every day from March 17th to April 4th (Monday – Friday)

Jamestown

From Greeneview Local Schools homepage: “Families who have requested food can come to Greeneview Elementary between 3 and 7 PM tomorrow to pick up bags of food. This will be the food we provide for school-age children for the first two weeks as we work through other school breakfast and lunch options in the weeks to come.”

Xenia

Locations:

- Arrowood Elementary (1588 Pawnee Dr.)

- Cox Elementary (506 Dayton Ave.)

- McKinley Elementary (819 Colorado Dr.)

- Shawnee Elementary (92 E Ankeney Mill Rd.)

Hours: 10:00am – 11:00am

Dates: Monday – Friday, March 16 – April 3

***Note:** for XCS students, can pick up a single food package each day (includes breakfast and lunch items)

Yellow Springs

Location: McKinney Middle School/Yellow Springs High School (kitchen door that opens onto the circle drive) (420 E. Enon Rd.)

Hours: 9:00am – 11:00am

Dates: 03/18; 03/20; 03/24; 03/27; 03/31; 04/03