

## LIST OF RESOURCES DURING COVID19

RESOURCE	TYPE OF RESOURCE	SPECIFIC AREA
Free meals for youth at <b>Laughing Planet</b> <a href="https://laughingplanet.com/locations/">https://laughingplanet.com/locations/</a>	Meals	Locations throughout Oregon, see link for specifics
<b>OFSN</b> <a href="http://www.reachoutoregon.org">www.reachoutoregon.org</a> Regional families with children experiencing mental, emotional or behavioral health challenges will gain access to a support team of families and friends and a community network where questions are answered, resources are shared, and needs are understood.	Various youth and family resources	Oregon
<b>Netflix Party:</b> Ability to have a watch party with friends. May be great for youth activities. *Requires internet *Requires Netflix account <a href="https://www.netflixparty.com/">https://www.netflixparty.com/</a>	Entertainment and connection	Worldwide
Area specific <b>Facebook</b> pages/groups specifically for COVID19 support Search Facebook for a page/group in your area	Connecting to community online	All areas
Past due mortgage in Oregon <a href="http://www.oregonhomeownerhelp.org">www.oregonhomeownerhelp.org</a>	Housing	Oregon
Resources for responding to trauma effect of COVID19 from <b>Trauma Informed Oregon</b> <a href="https://traumainformedoregon.org/community-incident-response/">https://traumainformedoregon.org/community-incident-response/</a>	Tips for managing trauma	Oregon

Resources and information from <b>OHA</b> regarding COVID19 <a href="https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx">https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx</a>	COVID 19 resources and up to date info for Oregon	Oregon
<b>SAMHSA</b> <a href="https://www.samhsa.gov/coronavirus">https://www.samhsa.gov/coronavirus</a>	COVID 19 resources from SAMHSA	National
Resources from <b>CDC</b> in managing stress and anxiety as a result of COVID19 <a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?</a>	COVID 19 resources from CDC for national information	National
<b>Youth Empowerment</b> by Youth ERA is a mental health platform designed for youth and young adults to share their experiences, connect over what is really important to them, and find resources to help them conquer the challenges they face affecting their mental health. <a href="http://www.youthempowerment.com">www.youthempowerment.com</a>	Resources for youth to connect	National
News from the field <b>NWI</b> articles from various news sources related to Wraparound <a href="https://nwi.pdx.edu/news-from-the-field/">https://nwi.pdx.edu/news-from-the-field/</a>	News regarding Wraparound	National
Homeschool resource, 20 Virtual Field Trips to take with youth <a href="https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html">https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html</a> *Internet Service Required	Homeschool Resources	National
Free classes from <b>Scholastic Learning</b> <a href="https://classroommagazines.scholastic.com/support/">https://classroommagazines.scholastic.com/support/</a>	Homeschool Resources	National

<a href="#">earnathome.html</a> *Internet Service Required		
Low cost and free internet via <b>Comcast</b> <a href="https://corporate.comcast.com/covid-19">https://corporate.comcast.com/covid-19</a>	Internet services	Wherever Comcast internet services are available
<b>Bend Broadband</b> offer for 60 days free service <a href="https://blog.bendbroadband.com/residential/2020/03/16/bendbroadband-tds-announces-free-broadband-access-for-new-k-12-college-student-households-and-more-for-60-days/">https://blog.bendbroadband.com/residential/2020/03/16/bendbroadband-tds-announces-free-broadband-access-for-new-k-12-college-student-households-and-more-for-60-days/</a>	Internet services	Bend Broadband service area
<b>San Diego Zoo</b> <a href="https://kids.sandiegozoo.org/">https://kids.sandiegozoo.org/</a> Games, videos and activities for kids *Internet required	Homeschool	Worldwide
<b>YellowStone National Park</b> <a href="https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm">https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm</a> Live webcams around the park *Internet required	Homeschool/Learning	Worldwide
<b>Access Mars</b> <a href="https://accessmars.withgoogle.com/">https://accessmars.withgoogle.com/</a> Video of Mars *Internet required	Homeschool/Learning	Worldwide
<b>Farm Food 360</b> <a href="https://www.farmfood360.ca/">https://www.farmfood360.ca/</a> Virtual tours of Canadian farm *Internet required	Homeschool/Learning	Worldwide
<b>Busy Toddler</b>	Toddlers	Worldwide

<a href="https://busytoddler.com/">https://busytoddler.com/</a> Activities for toddlers at home *Internet required		
<b>Switch Zoo</b> <a href="https://www.switchzoo.com/">https://www.switchzoo.com/</a> Online learning of animals *Internet required	Homeschool/Learning for K-8	Worldwide
<b>PBS Kids</b> <a href="http://pbsfan.etvendowment.org/?gclid=EAlaIqobChMlrezBkfWm6AIVARx9Ch3hAQC_EAAYAiAAEgJQAvD_BwE">http://pbsfan.etvendowment.org/?gclid=EAlaIqobChMlrezBkfWm6AIVARx9Ch3hAQC_EAAYAiAAEgJQAvD_BwE</a> Free PBS Programming and Educational Resources for kids *Internet required	Homeschool/Learning	Worldwide
<b>Nationwide Google Doc with Resources for People without documents</b> <a href="https://docs.google.com/spreadsheets/d/18p9OSILpSYanIoUC-gEbHVbRMYVUfw4wyrixa9ekGdc/edit?fbclid=IwAR3z3cUsvPt3A-A89r-MWAuh4N9e64Yq4TfjDKjnxIOGeJUUrKMSzu3laQ#gid=0">https://docs.google.com/spreadsheets/d/18p9OSILpSYanIoUC-gEbHVbRMYVUfw4wyrixa9ekGdc/edit?fbclid=IwAR3z3cUsvPt3A-A89r-MWAuh4N9e64Yq4TfjDKjnxIOGeJUUrKMSzu3laQ#gid=0</a>	People without documentation	Nationwide
<b>Loaner Computers for PPS Students</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLSfR9vU1RGTJigjBOlpYQwi4DHLNbZVJ07PdhAsj3c13VeqMxQ/viewform?fbclid=IwAR1AGyCPQfOw-RP V3u-6Tos-7gm1L3FFWVC0OEqA82iXtixHcKBcr3svUDI">https://docs.google.com/forms/d/e/1FAIpQLSfR9vU1RGTJigjBOlpYQwi4DHLNbZVJ07PdhAsj3c13VeqMxQ/viewform?fbclid=IwAR1AGyCPQfOw-RP V3u-6Tos-7gm1L3FFWVC0OEqA82iXtixHcKBcr3svUDI</a>	Computers	Portland School District
<b>Providence Behavioral Health Supports</b> <a href="https://oregon.providence.org/our-services/b/better-outcomes-thru-bridges/">https://oregon.providence.org/our-services/b/better-outcomes-thru-bridges/</a>	Behavioral Health	Oregon

<b>Zen Community</b> <a href="https://www.zendust.org/">https://www.zendust.org/</a>	Spiritual	Worldwide
<b>Catholic Online Mass</b> <a href="https://archdpdx.org/live-masses">https://archdpdx.org/live-masses</a>	Spiritual	Oregon
<b>Catholic Online Mass</b> <a href="https://mass-online.org/daily-holy-mass-live-online/">https://mass-online.org/daily-holy-mass-live-online/</a>	Spiritual	Worldwide
<b>Jewish Services and Supports</b> <a href="https://www.bethisrael-pdx.org/worship/watch-services-live/">https://www.bethisrael-pdx.org/worship/watch-services-live/</a>	Spiritual	Oregon
<b>Bahá'í Services and Supports</b> <a href="http://portlandbahai.org/2020/03/updated-activities-3-2020/">http://portlandbahai.org/2020/03/updated-activities-3-2020/</a>	Spiritual	Oregon
<b>Ananda Portland</b> <a href="https://anandaportland.org/ananda-portland-and-covid-19/">https://anandaportland.org/ananda-portland-and-covid-19/</a>	Spiritual	Oregon
<b>St. David of Wales</b> <a href="http://www.saintdavidpdx.org/calendar.html">http://www.saintdavidpdx.org/calendar.html</a>	Spiritual	Oregon
<b>Portland Insight Meditation Center</b> <a href="http://www.portlandinsight.org/">http://www.portlandinsight.org/</a>	Spiritual	Oregon
<b>Portland COVID19 Emergency Relief Resources</b> <a href="https://mail.google.com/mail/u/2/#inbox/FMfcgxwHMPnddJrHvhqXGDrWncJxdRxD?projector=1&amp;messagePartId=0.3">https://mail.google.com/mail/u/2/#inbox/FMfcgxwHMPnddJrHvhqXGDrWncJxdRxD?projector=1&amp;messagePartId=0.3</a>	Various Resources	Portland
<b>In the Room</b> <a href="https://www.intherooms.com/home/">https://www.intherooms.com/home/</a>	Online Recovery Resources	Worldwide

<b>Smart Recovery</b> <a href="https://www.smartrecovery.org/">https://www.smartrecovery.org/</a>	Online Recovery Resources	Worldwide
<b>Dharma Recovery</b> <a href="https://dharmarecovery.org/">https://dharmarecovery.org/</a>	Online Recovery Resources	Worldwide
<b>Celebrate Recovery</b> <a href="https://www.celebraterecovery.com/">https://www.celebraterecovery.com/</a>	Online Recovery Resources	Worldwide
<b>Portland Alano</b> <a href="https://portlandalano.org/">https://portlandalano.org/</a>	Online Recovery Resources	Portland *but anyone can access via internet
<b>4th Dimension</b> <a href="https://4drecovery.org/">https://4drecovery.org/</a>	Online Recovery Resources	Worldwide
<b>Think Indigenous Online Education K-8 Facebook Page</b> <a href="https://www.facebook.com/ThinkIndigenousOnlineEd/posts/113194156972011?__tn__=-R">https://www.facebook.com/ThinkIndigenousOnlineEd/posts/113194156972011?__tn__=-R</a>	Homeschool/Learning	Worldwide
<b>Anti Oppressive/Anti Racist Homeschool Resources</b> <a href="https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/edit?fbclid=IwAR1-xK7qLCta5Y3dkiwZ825BZHne0ParMQCFrgsbpyHyfBVUTnSPJ5ofXrY">https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/edit?fbclid=IwAR1-xK7qLCta5Y3dkiwZ825BZHne0ParMQCFrgsbpyHyfBVUTnSPJ5ofXrY</a>	Homeschool/Learning	Worldwide
<b>Giant List of Ideas for Being Home with Kids</b> <a href="https://docs.google.com/document/d/1ajKj_LvG2rE8STfKVNHeCbD-vK0OPClwlptoaP8MXNQ/edit?fbclid=IwAR2z1UfZH_K5f6NZ3ElyjNtjY82yQC4PPZid86fnvFP4qbalx9UJnYCjj_k">https://docs.google.com/document/d/1ajKj_LvG2rE8STfKVNHeCbD-vK0OPClwlptoaP8MXNQ/edit?fbclid=IwAR2z1UfZH_K5f6NZ3ElyjNtjY82yQC4PPZid86fnvFP4qbalx9UJnYCjj_k</a>	Homeschool/Learning/Activities	Worldwide
<b>Social Justice Emergency Grants</b>	COVID19 Emergency Grants	National

<a href="https://socialjusticefund.org/covid-19-crisis-fund/?fbclid=IwAR3ef94PVUaIM-caWTBICpPtgSa2ZCN3a93CHZr6QOoa41CxEbVK3abbnE">https://socialjusticefund.org/covid-19-crisis-fund/?fbclid=IwAR3ef94PVUaIM-caWTBICpPtgSa2ZCN3a93CHZr6QOoa41CxEbVK3abbnE</a>		
<b>Free Food Resources</b> <a href="https://calendar.google.com/calendar/embed?src=ohf9hp6njrkmgl378b0utir7mk%40group.calendar.google.com&amp;ctz=America%2FLos_Angeles&amp;fbclid=IwAR0iRI4tGoLI6OYy-2ETQUndU0Vu_9S0bq0n6zk6nMBCI1nOEFT-W_4Sre8">https://calendar.google.com/calendar/embed?src=ohf9hp6njrkmgl378b0utir7mk%40group.calendar.google.com&amp;ctz=America%2FLos_Angeles&amp;fbclid=IwAR0iRI4tGoLI6OYy-2ETQUndU0Vu_9S0bq0n6zk6nMBCI1nOEFT-W_4Sre8</a>	Calendar of Free Meals Various Locations	Portland-Metro
<b>Portland Area Volunteer Support for COVID19</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLSfAMZHbn6md19Tb28SM53ayFAQK02xJv1NXVjL-J26tDZOQ-g/viewform?fbclid=IwAR3BAoO9kYy0JqD4MYSLuzrDdjlnwW639LrFTYHppqGexChVUUyHvvU5QEQ">https://docs.google.com/forms/d/e/1FAIpQLSfAMZHbn6md19Tb28SM53ayFAQK02xJv1NXVjL-J26tDZOQ-g/viewform?fbclid=IwAR3BAoO9kYy0JqD4MYSLuzrDdjlnwW639LrFTYHppqGexChVUUyHvvU5QEQ</a>	Volunteer Opportunities	Portland-Metro
<b>Oregon Sick Leave Information</b> <a href="https://www.familyforwardaction.org/covid-sick-leave/?fbclid=IwAR0uVpmXKrpROTKt4t5VtBa6MugSUA4hrcGn2IHE4ibXmxb4O_K5g9_Lxk">https://www.familyforwardaction.org/covid-sick-leave/?fbclid=IwAR0uVpmXKrpROTKt4t5VtBa6MugSUA4hrcGn2IHE4ibXmxb4O_K5g9_Lxk</a>	Sick Leave	Oregon
<b>Hmong Resources for COVID19</b> <a href="https://hipcalifornia.com/covid19?fbclid=IwAR3zK6D4bYpKC0D4k52--C9jY_j7BcCORWcHqqJeaVNbPADsFCdfkHo2YH0">https://hipcalifornia.com/covid19?fbclid=IwAR3zK6D4bYpKC0D4k52--C9jY_j7BcCORWcHqqJeaVNbPADsFCdfkHo2YH0</a>	Hmong Resources	National
<b>Portland-Metro Request for Support COVID19 Form</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLSdWmeBGnqdX14Q5ihC66u-bYzJ1oaJcigu_Vx44AJPRSoDMtQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLSdWmeBGnqdX14Q5ihC66u-bYzJ1oaJcigu_Vx44AJPRSoDMtQ/viewform</a>	Request for Support Form	Portland-Metro

<b>PDX COVID19 Mutual Aid Facebook Page</b> <a href="https://www.facebook.com/pdxcovid19mutualaid">https://www.facebook.com/pdxcovid19mutualaid</a>	Information/Mutual Aid/Resources	Portland-Metro
<b>Headspace Free Resources</b> <a href="https://www.headspace.com/covid-19">https://www.headspace.com/covid-19</a>	Mental Health	National
<b>Google Interactive Faces of Frida</b> <a href="https://artsandculture.google.com/project/frida-kahlo">https://artsandculture.google.com/project/frida-kahlo</a>	Arts/Culture	Worldwide
<b>Foster Youth in Action</b> <a href="https://mailchi.mp/ccbdca9d0407/foster-youth-in-action-covid-19?e=ead8aeaa4c">https://mailchi.mp/ccbdca9d0407/foster-youth-in-action-covid-19?e=ead8aeaa4c</a>	Foster Youth Resources	National
<b>Library of Congress</b> <a href="https://loc.gov/connect">https://loc.gov/connect</a>	Learning	Worldwide