



July 20, 2020

How do we make the most of a very bad situation (COVID). Take care of the basic necessities for your family/families first, take care of others in need, have daily routines/self-care, plan for post-COVID life and much more...

Basic necessities such as food/utilities/housing, please check out the updated COVID-19 handout <https://cap4kids.org/philadelphia/parent-handouts/covid-19-resources/>.

Food- <https://www.phila.gov/food/#/> and type in address (not zip)

Utilities- <https://cap4kids.org/philadelphia/parent-handouts/housing-utilities/utility-programs/>

Housing- Rental assistance- APPLY NOW!!!! <https://phlrentassist.org/>

FREE Infant Baby supplies- <https://www.phila.gov/2020-04-15-free-pregnancy-baby-and-toddler-supports-during-covid-19/>

Staying Connected- <https://www.phila.gov/2020-03-25-staying-connected-during-covid-19/>

Routines.

https://www.phila.gov/2020-06-29-summer-activities-and-resources-for-families-and-early-learning-providers/?mc_cid=95c35ef5bc&mc_eid=12f66b49e2

Khan Academy

Free educational videos on all topics from K-12. Learn at your own pace.

www.khanacademy.org

Self Care/Mental Health

Philly Hopeline for mental health questions for families

Philly Hopeline can be accessed at 1-833-PHLHOPE (1-833-745-4673) every Monday-Friday from noon to 9 p.m., and Saturdays and Sundays from noon to 4 p.m.

PA Crisis Text Line

For Mental health crisis at this time individuals can text **PA to 741-741 (crisis text line)**

Post COVID Life:

Scholarships from K-12 and into college, check these out - <https://cap4kids.org/philadelphia/parent-handouts/education-resources/college-preparationscholarships/>

To have others sign up for Cap4Kids email, click here <https://cap4kids.org/philadelphia/mailling-list/>

Also, can translate into 20 languages by clicking "Choose Your Language" at the top of each page

Lastly, you can "Add to Home Page" on any mobile device and Cap4Kids will be mobile friendly with you.

Stay safe. Be well.