

COVID-19 Resources

Art

Name and Type of Resource	Description of Resource	Hyperlink (if applicable)
Sofa-King Fest	A free virtual concert series is taking place now and for the indefinite future	https://www.sofa-king-fest.com/
Broadway shows	Prerecorded Broadway performances for 9 dollars/month	https://www.broadwayhd.com/
The Met opera	Every day at 7:30 p.m. a free new performance every night.	https://www.metopera.org/
Gallery Night Providence	virtual tours online and on their Facebook Page	https://www.gallerynight.org/
The Louvre	virtual tours of their world-famous exhibits.	https://www.louvre.fr/en
The Vatican	virtual tours of their world-famous exhibits.	http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html
Painting classes	This company offers online painting classes and they will ship materials directly to your door so you can participate	https://thepaintbar.com/calendar/

Community

Name and Type of Resource	Description of Resource	Hyperlink (if applicable)
The Avenue Concept	A free self-guided tour with educational questions for you or the kids and a South Side and West End self-guided tour.	https://theavenueconcept.org/programs/wayfinding/#fc-Self-Guided%20Tours
ZooCamp: Digital Adventures for ages 6-10	A hybrid online/offline camp including live interactive sessions online with all of your favorite parts of ZooCamp - Crafts, snack, animals, games, songs and more!	http://www.rwpzoo.org/zoocamps/zoo-adventures
Meetup	Discover events for all the things you love via online meetups in your community and state	https://help.meetup.com/hc/en-us/articles/360040609112

Fitness

Name and Type of Resource	Description of Resource	Hyperlink (if applicable)
YMCA 360 On Demand	Virtual additions to YMCA's traditional brick-and-mortar gyms, YMCA 360 On Demand is a free resource with instructional videos and short workouts up to 30 minutes—watch them any time without any sign-ups.	https://ymca360.org/on-demand/
CorePower Yoga	This popular yoga studio franchise is offering free access to on-demand yoga videos to help members (and non-members—they're free and accessible!) keep up their yoga practice during the novel coronavirus outbreak. Most of them are about an hour long, so if you're in need of a nice reset, this is a good place to go.	https://www.corepoweryogaondemand.com/keep-up-your-practice
Blink Fitness	Blink is streaming live on Facebook every morning at 8 a.m. ET. The workouts will vary in type and target different muscle groups every day.	https://www.facebook.com/BlinkFitness/

StretchLab	If you're in need of a good stretch after all this at-home fitness you've been doing, check out StretchLab on Facebook for classes led by certified stretching instructors. Check the Facebook page for class times.	https://www.facebook.com/stretchlabgo/
My Fitness Pal	MyFitnessPal is a powerhouse app, with an enormous food database, barcode scanner, recipe importer, restaurant logger, food insights, calorie counter, and so much more. Whether you're monitoring your nutrition to lose weight, change bad habits, build muscle, or just hold yourself accountable for what you're eating, MyFitnessPal makes it easy.	https://www.myfitnesspal.com/
Virtual Road Race	The challenge spans 62 days, and participants can accrue miles on their own or in teams by walking, running, biking, swimming, jogging, indoor or outdoor, crawling - whatever they need to do to get 'er done! Once the race is finished, race participants will receive a fun custom medal (see below) representing the challenge(s) you completed in the mail!	https://runsignup.com/Race/RI/AnyCityAnyState/SaveOneSoulAnimalRescueLeagueCrateEscapeVirtualChallenge
Save The Bay Swim goes Virtual	We invite our Swim participants new and old to celebrate the beauty of the Bay at this year's virtual event! Options for swimming, Running/walking, rowing, biking, kayaking, and paddle boarding. Register and submit your results for 3 or more of the activities listed above to qualify your scores for our #SaveTheBayOpen!	http://swim.savebay.org/site/TR?fr_id=1090&pg=en

DBT/CBT/Addiction/Grief

Name and Type of Resource	Description of Resource	Hyperlink (if applicable)
Depression and Bipolar Support Alliance (DBSA) virtual support group (additionally in person pre-covid-19)	DBSA provides education, tools, peer support, and a wealth of inspiring stories to help you pursue your own path to wellness. Whether you need resources for yourself or someone you care about, DBSA is ready to help.	dbsa.attleboro@gmail.com
Rhode Island Cognitive Behavioral Therapy	RICBT is a psychotherapy and coaching practice based in Rhode Island currently seeing patients virtually. We are passionate about helping you to overcome all sorts of problems you might be having in your life.	https://ricbt.com/
Oasis Wellness and Recovery Center	The Oasis Wellness & Recovery Centers of Rhode Island is a statewide organization founded and run by people who are in the process of recovery with serious mental health issues. We are a membership organization, open to adults 18 and over who are interested in establishing or maintaining recovery and wellness. Temporarily, we are operating virtually via Zoom.	https://www.facebook.com/mhcarioasis/
Fellowship Health Resources, Inc	FHR (Fellowship Health Resources, Inc.) fosters hope and recovery. We provide behavioral health services to improve the quality of life for individuals living with mental illness and addictions. FHR serves more than 8,000 individuals through a person-centered approach across 7 states.	https://www.fhr.net/about-us
Hope Health	HopeHealth is proud to offer the more grief support groups in Rhode Island and Massachusetts than any other organization. Our groups are led by specially-trained facilitators and are free and open to the community. We also offer a variety of other grief support services focused on specific	https://www.hopehealthco.org/services/hospice-care/grief-support/find-a-grief-support-group/

	needs of caregivers and types of loss.	
Grief Share	GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.	https://www.griefshare.org/
NAMI RI Connection	NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.	https://namirhodeisland.org/programs/consumer/
Advanced Dialectical Behavior Therapy (ADBT) Skills Group	This group is for individuals who have participated in our DBT skills groups before or who have received extensive DBT experience elsewhere. Members discuss their efforts to apply DBT skills to a range of situations and continue to learn more skills. Potential members will meet with Dr. Schatten to confirm the group is a good fit.	https://zencare.co/therapy-group/advanced-dbt-skills-group
Dialectical Behavioral Therapy Skills for COVID-19	We've all experienced a great life disrupter these past months with COVID-19 and may be feeling more on-edge or isolated than usual. This group can help you learn practical skills to recover and cope as well as remind you that you're not alone in the struggle. Co-led by Brooke Huminski, LICSW and Jennifer Kittler, PhD, this 10-session group is currently being offered remotely via an online platform in order to ensure the safety of group participants.	https://zencare.co/therapy-group/dbt-therapy-skills-group-covid-19
Emotional Regulation using Dialectical Behavioral Therapy (DBT)	You may feel disconnected from your feelings, or you may feel overwhelmed by intense emotions. In our DBT group, you will learn many skills in the four DBT categories of mindfulness, emotion regulation,	https://zencare.co/therapy-group/emotion-regulation-dbt-group

	distress tolerance, and interpersonal effectiveness. These skills help you to identify and manage your emotions, participate fully in the present moment, tolerate difficult situations, and improve interactions with your friends, family, and colleagues.	
Cognitive Behavioral Therapy (CBT) for Substance Use Disorders and Gambling	Recovery support groups can greatly enhance recovery and help individuals maintain sobriety. This group is made up of other people with alcohol abuse and addiction experiences who can offer encouragement and hope for sustaining recovery.	https://zencare.co/therapy-group/cbt-group-for-substance-use

Relaxation/Stress Management

Name and Type of Resource	Description of Resource	Hyperlink (if applicable)
Peregrine Falcon webcam	A great cure for cabin fever and better than Netflix: the Providence Peregrine Falcons are back! Over the past week, courtship behavior between the two birds - such as bowing towards each other and flying together - has been seen	https://asri.org/view/peregrine-cam.html
Connecting to Space	A list of activities that you can do at home to help keep you looking to the sky. We believe that during this difficult and rapidly changing situation we can take solace in the cosmos, the night sky, and the natural world. So take a moment and read up on how you can stay connected to the cosmos while stuck at home.	https://frostydrew.org/events.dc/show/event-1012/
Audubon at Home	Welcome to Audubon at Home! Each week Audubon will bring nature play and learning right into your home. We'll share a different nature theme each week.	https://asri.org/audubon-at-home/resources.html

Meditation/Mindfulness

Name and Type of Resource	Description of Resource	Hyperlink (if applicable)
Global Online Meditation Community	These free weekly online sessions have been established to support worldwide graduates of the Mindfulness-Based Stress Reduction (MBSR) or Mindfulness-Based Cognitive Therapy (MBCT) programs and those with an interest in mindfulness meditation. Join us for a guided meditation, reflection, and discussion.	https://www.umassmemorialhealthcare.org/umas-memorial-center-mindfulness
Calm	Our blog is dedicated to adventures in mindfulness, the power of a good night's sleep, and cultivating a healthier and happier life.	https://www.calm.com/blog/
MyLife	Slay your stress, get more sleep or find your calm, with short mindfulness activities tuned to your emotions.	https://my.life/
Headspace	Get happy. Stress less. Sleep soundly. Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills from world-class experts like Headspace co-founder Andy Puddicombe, and choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, focus, and mind-body health. Build your practice your way with meditations for every experience level and lifestyle — including short, 3-minute sessions that fit seamlessly into a busy schedule.	https://www.headspace.com/covid-19
Mindful	The present moment isn't always a place of rest. Meditation can put us in touch with our stress and anxiety, and that's why it can be so helpful. Explore how mindfulness and meditation can help soften feelings of anxiousness, reduce stress, and calm a panic attack in our new mindful guide to meditation for anxiety.	https://www.mindful.org/mindfulness-meditation-anxiety/

Volunteering

Care Coalition (Crises: Coronavirus)	CARE COALITION is a grassroots, diverse partnership of social and civic organizations and neighbors. We serve as a CONNECTOR between residents who NEED CARE with those who can GIVE CARE during the Coronavirus Crisis.	https://docs.google.com/forms/d/e/1FAIpQLSdLv5BT3SVLISbhL6WsgPUmgJhcjaYLD6lyyJeBZFON9LbKYQ/viewform
Meals on Wheels	Vulnerable seniors are at the greatest risk amid COVID-19. Local Meals on Wheels programs are on the front lines every day, focused on doing all they can to keep older Americans safe and nourished in communities across the country.	https://www.mealsonwheelsamerica.org/
Riresponds	Become a Part of the Solution. The RI Responds system is used to register and credential healthcare and community volunteers who are interested in assisting when skilled individuals are most needed.	https://www.riresponds.org/
Rhode Island State Council on the Arts	These uncertain times have affected so many parts of our lives, including the arts. The Rhode Island State Council on the Arts (RISCA) wants to help share information for our artists and audiences about virtual art offerings. Help us promote these events.	https://docs.google.com/forms/d/e/1FAIpQLSeMCKVcV17G1O40dEfakl1Pgfd64ksdU1d - yAezlVka2edsg/viewform
Rhode Island Department of Health	As part of the emergency response to the pandemic caused by COVID-19, the RI Department of Health has identified many areas in need of volunteers. Please complete this survey if you are interested in volunteering.	https://forms.office.com/Pages/ResponsePage.aspx?id=VGrKUmVENUa_82XQqEEiiO9tsyVnDn9GIPM7Lk33aAFUOUZUNVVBTk1VVDVQR1IXOUJKUjkyR005MS4u
Volunteer Match	Explore options to participate in our Impact Sector survey, access our COVID-19 Resource Hub, and explore our growing directory of COVID-19-specific and virtual volunteering opportunities.	https://www.volunteermatch.org/covid19

Kids

Highlights Kids	Online hidden pictures, games, jokes, craft ideas, and more.	https://www.highlightskids.com/
PBS Kids	Online educational games for kids a variety of ages.	https://pbskids.org/games/
Motor Pathway	A wide range of games that can be played at home with just chalk and a driveway or sidewalk.	https://drive.google.com/file/d/19l0M4lIdHL_68vHrqha2GP8Wxbtb8xut/view
Cosmic Kids	More than a million kids do yoga, mindfulness and relaxation with Jaime on the Cosmic Kids YouTube Channel.	https://www.cosmickids.com/category/watch/
GoNoodle	GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!	https://www.gonoodle.com/
Scholastic	Children learn and progress on their own as they have fun with stories and games organized into three age groups - 5.99/month.	https://learnathome.scholastic.com/
Storyline	Celebrities reading books geared for kids	https://www.storylineonline.net/

Daily Structure

My Study Life	It's time to say goodbye to your paper planner. My Study Life is everything your paper planner is and more. Rotation schedules, assignments, revision, exams? My Study Life has it covered on all of your devices. Oh, and did we mention it's free?	https://www.mystudylife.com/
Streaks	This app helps you develop good habits. It begins when you choose up to 12 tasks that you wish to develop into habits.	https://streaksapp.com/

Todoist	Enter your goals and tasks and set reminders for yourself through the day of what you need to accomplish. So if you're starting a new positive habit or needing a daily, weekly or monthly reminder about finishing a project you're currently working on, this app can be a great ally in helping you stay on track.	https://todoist.com/?lang=en
135list	The 1-3-5 rule makes it easy to prioritize your day. Choose 1 big thing, 3 medium things, and 5 small things to accomplish. Create any type of new list you want, or use the 1-3-5 list template and follow the 1-3-5 rule. Create your own headings and rearrange tasks as you need to. They're your lists. Work and prioritize the way you want.	http://www.135list.com/

Food

Recipes for the people	Chef José Andrés posts cooking how-to videos on his Instagram feed each night. The series, which he calls #RecipesForThePeople, features Andres and his two daughters cooking simple meals that are easy to recreate in a short amount of time in your own house. Tune in for new recipes each night, or head over to his IGTV channel to watch previous classes.	http://www.joseandres.com/en_us/recipesforthepeople
French Macarons on Culinaria Live	Your Culinaria Live! hostess, Joan Loos, will have Kayla Morris - the owner and head pastry chef of Gingersnaps Bakery - on for a demonstration of her fabulous FRENCH MACARONS! Joan will be asking questions about how this delicious treat is made and all the wonderful things Kayla's bakery has to offer! Join us live and have your questions ready too to be part of the conversation	https://www.facebook.com/gingersnapsbakeryri/

Blackstone Culinaria Food Tours Live	Join the Blackstone Valley Tourism Council for their Blackstone Culinaria livestream with Chef Dave Ashworth from Parma Ristorante!!! Your Culinaria hostess, Joan Loos, will have Chef Dave on to prepare a delicious meal of Orecchiette Con Rabe, which is ear shaped pasta tossed in a light aioli with ground veal sausage, rabe, black olives, grated parmesan cheese and finished with mascarpone cheese.	https://www.facebook.com/TourBlackstone/videos/667559150694181/

Other

Name and Type of Resource	Description of Resource	Hyperlink (if applicable)
Virtual Bookclubs	Goodreads functions as a platform for a plethora of book clubs. Rumpus Book Club is a \$30/month membership that mails a book to you every month and provides online discussions about the book to help you work through what you are reading	https://www.goodreads.com/ https://therumpus.net/bookclub/
Virtual Podcast Class	Monthly class on podcasts 101. free for members and \$10 for non-members. Participants will need access to a computer with a microphone	https://www.eventbrite.com/e/podcasting-101-online-w-what-cheer-writers-club-tickets-55995213190
Culinaria Live with Cuffs Counter	On Wednesday, July 29 at 4 pm, the guys at CUFFS Counter will be entertaining and educating us with their sandwich-making skills. Videos will remain on the site for your viewing pleasure in the future.	https://www.facebook.com/TourBlackstone/live_videos/
Newport Folk Festival	Newport Folk is bringing the music to you with radio broadcasts from over 60 years of archived sets, webcast concerts, and a very special film to close the weekend.	https://newportfolk.org/revival/

TBD - The Performance	Performance artist Andy Russ is cooking up something and it's going to be something good. An electrifying exercise in sound, meaning, and storytelling, it's certain to be a unique theatre experience unlike anything audiences have ever seen. Streaming on our Facebook and YouTube pages.	https://www.youtube.com/channel/UCufrPBjii3KUxtn03EbiDaw
Edx	Founded by Harvard and MIT, edX is home to more than 20 million learners, the majority of top-ranked universities in the world and industry-leading companies. As a global nonprofit, edX is transforming traditional education, removing the barriers of cost, location and access	https://www.edx.org/subjects
Jazz Together	JAZZ TOGETHER-Sunday August 9 at 7PM ET Join us for a short film celebrating the Festival and the work Newport Festivals Foundation is doing to support artists and music education programs all across the country. It will premiere at 7PM EST on Sunday August 9th via Newport Jazz's Facebook and YouTube.	https://www.youtube.com/user/NewportJazzFestival
Gardeners Tiny Tutorials	Gardening experts producing a series of 2-minute how-to gardening videos.	https://www.facebook.com/pg/blithewoldRI/videos/

Hot Lines

Suicide Hotline	1-800-273-TALK (8255)	
Mental health assistance	(401) 414-5465	
Veterans Crisis Hotline	Call 1-800-273-8255 and press 1 or text 838255	
Crisis Hotline	800-854-7771, or text NAMI to 741741	
Narcotics Anonymous	1-866-624-3578	
Trevor Lifeline (LGBTQ)	1-866-488-7386 or Text START to 678-678.	
Trans Lifeline	(877) 565-8860	
24-hour listening line	(401) 272-4044 or (800) 365-4044	
SAMHSA's National Helpline	1-800-662-HELP (4357) and TTY 1-800-487-4889	
National Sexual Assault Hotline	1-800-656-HOPE (4673)	
National Child Abuse Hotline	1-800-4AChild (1-800-422-4453) or text 1-800-422-4453	
National Domestic Violence Hotline	1-800-799-7233 or text LOVEIS to 22522	