

Parenting and Community Resources

Parenting Resources:

The School District of Palm Beach County

[COVID-19 Guiding Document](#)

[Emotional Wellness Resources](#)

[Palm Beach County Mental Health Resources](#)

[Supporting Your Child Through Physical Fitness](#)

[Managing Stress and Anxiety](#)

[Information for Parents & Staff](#)

[At-Home Learning Resources for Students](#)

Financial Wellness

[iGrad Financial Wellness: Coronavirus and Your Financial Health](#)

[CFPB Guide to Protecting Your Finances During the Coronavirus Pandemic](#)

<https://americasaves.org/help-during-covid-19>

[RaiseMe – COVID-19 Parent and Student Resources](#)

Children Services Council Palm Beach County

[COVID-19 Resources for Families](#)

World Health Organization (WHO)

[Healthy Parenting During COVID-19](#)

UNICEF

[COVID-19 Information Center](#)

[Child Safety Online During COVID-19](#)

[Coronavirus Parenting Tips and Dealing with Challenges](#)

Seattle Health Foundation

[Supporting Mental Wellness and Family Life During COVID-19](#)

Pandemic of Love

<https://www.pandemicoflove.com/about>

[Get HELP](#)

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Community Food Resources:

211 Emergency Food Resources

<https://211palmbeach.org/emergency-palmbeach>

United Way of Palm Beach County

Food Finder - scroll down to the map

<https://unitedwaypbc.org/hunger/>

Feeding South Florida

Leslie Swab, External Distribution Coordinator

Phone: (954) 347-0380

Email: contact@feedingsouthflorida.org

<https://feedingsouthflorida.org/>

Palm Beach County Food Bank

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

Living Hungry

Maura Plante, CEO & Founder

Phone: (561) 400-2712

Email: Maura@LivingHungry.org

<https://livinghungry.org/>

Eat Better Live Better

Debra Tendrich, Founder & CEO

Grocery Assistance Program (GAP)

Phone: (561) 344-1022 or fill out an online application

<https://eblb.org/covid-19-relief/#pre-qualify-for-grocery>

Palm Beach Harvest

Deborah Morgan, Chief Executive Officer

Phone: 561-310-6641

Email: info@palmbeachharvest.org

<https://palmbeachharvest.org>

School Food Service, SDPBC

[https://www.palmbeachschools.org/departments/school food service](https://www.palmbeachschools.org/departments/school_food_service)