

## Children & Family Resources

**WIC** (as of 3/19/20): “At this time we are limiting the number of visits into our WIC offices. We are encouraging participants who currently have scheduled appointments to not come into the office, but stay at home and wait for us to call them with further instructions on how we will be able to help them obtain benefits. New applicants, and those who need to schedule an appointment, should not walk in, but call us and we will call them back. To reach us at WIC please call:

Haverhill - Main Office (Monday-Friday) 978-374-2191

Amesbury (Wednesday) 978-388-2575

Beverly (Thursday) 978-922-2110

Gloucester (Tuesday) 978-281-4540

**Aspire Early Intervention** (as of 3/19/20): Telehealth only. Informal phone check-in's for prenatal clients.

**Young Parent Support Program** (as of 3/19/20): Program supporting prenatal and birth to 1-year parents and infants. Virtual visits only to connect clients to resources, including delivering food. Accepting new referrals.

<https://jri.org/services/foster-adoption-ecs/young-parents-support>

**Healthy Families** (as of 3/20/20): Program for prenatal and young parents under the age of 23 who are pregnant for the first time. Only offering remote/virtual visits. Still accepting referrals with intakes conducted remotely. Call Lisa Sorrento at 781-593-2312 to make a referral.

117 North Common St, Lynn

781-598-5517

<https://www.fcslynn.org/healthyfamilies.html>

**South Bay Community Services** (as of 3/19/20): Applies to **postpartum therapy only**. Offering virtual sessions only. Accepting new referrals.

**Children's Friend and Family Services** (as of 3/19/20): “All Children’s Behavioral Health Initiative Services (Therapeutic Mentoring, In-Home Therapy, In-Home Behavioral Services, Family Support and Training, and Intensive Care Coordination) and Outpatient Services at JRI/CFFS are CONTINUING FOR ALL CURRENT individuals and families and we continue to be prepared to accept NEW referrals.”

## Parent/Caregiver Supports

**National Parent Helpline:** 1-855-4APARENT (1-855-427-2736)

**Hello, It's Me:** Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19. <https://www.facebook.com/groups/204741563956171/>

**Parenting Journey** is creating an emergency fund and families can request a stipend (it's not required that you have attended any PJ groups, any families in need of assistance are welcome to apply) for those impacted financially by the COVID-19 crisis. <https://parentingjourney.org/it-takes-a-village-emergency-fund/>

### **How to Avoid Passing Anxiety on to Your Kids:**

[https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm\\_campaign=Weekly-03-16-20](https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

### **Parents Helping Parents**

Parental Stress Line (available 24/7): 1-800-632-8188

Online Support Groups occurring every day but schedule changes week to week. Check the website for schedule: <https://www.parentshelpingparents.org/>

- Click this link to join the meeting by computer or smartphone: <https://zoom.us/j/6607380697>
- No Computer - Dial in by phone: 1-646-558-8656, then input the meeting ID 6607380697#

## Talking About COVID-19 With Children

Talking to small children about COVID-19 – Zero to Three

<https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus>

7 Ways to Support Kids and Teens- The Clay Center at MGH

<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

Parent/caregiver guide to helping families cope with COVID-19 - National Child Traumatic Stress Network

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

Link to same in multiple languages:

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

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Supporting Kids During the COVID-19 Crisis](#)