Resources   
Managing Now For a Better Tomorrow”- A Conversation for Youth Peers and Young Adult Professionals During COVID-19

Youth Well  
<https://youthwell.org/workshops/>  
<https://mailchi.mp/a0e1679afc37/april-covid-2020?e=4cc58be52e>

Find Young adult services & supports

<https://theinstitute.myabsorb.com/#/curricula/a6c4db41-4dbc-43e3-9ef4-05ccb5df9877>

Youth leadership leaning community

<https://theinstitute.myabsorb.com/#/curricula/a1f0818e-070c-4271-9e71-5ce3e6ae97da>

Youth Move

<https://youthmovenational.org>

Free Yoga

<https://doyogawithme.com>

Youth Move Blog- COVID-19 Resources

<https://youthmovenational.org/blog/>

Youth Move Guide to engage Youth w/ Technology

<https://youthmovenational.org/facilitating-engaging-virtual-meetings/>

<https://www.dropbox.com/s/kes7ddsk08mqzs0/Youth%20MOVE%20National%20-%20MOVE%20It%20Forward%202020%20Toolkit.pdf?dl=0&mc_cid=a6a2c7a38c&mc_eid=b04cc0a801>

Remind 101  
<https://www.remind.com/>

Identifying Abuse at Home

<https://www.fox23.com/news/local/how-teachers-can-identify-abuse-while-teaching-virtually/UI77G7XHRVDPXHBU663PXTZ6BU/>

Grief- COVID-19

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Nothing selfish about self care

<https://www.sacmag.com/health/theres-nothing-selfish-about-self-care/>

Community Tool Box  
<https://ctb.ku.edu./en>

CRISIS text: Text HOME to 741741 to connect with a Crisis Counselor. [www.crisistextline.org/data/bobs-notes-on-COVID-19-mental-health-data-on-the-pandemic/](http://www.crisistextline.org/data/bobs-notes-on-COVID-19-mental-health-data-on-the-pandemic/)

Other:

Cornell University- “Quarantine buddy”

Pen Pals- pen pal kingdom, snail mail worldwide, pen pal hub

Sending letters/ art supplied to clients

<https://www.apa.org/pi/families/children-awareness-networking.pdf>

<https://alliance1.org/web/news/2020/may/episode-27-when-covid-19-came-child-abuse-hotline-stopped-ringing.aspx>

<https://www.npr.org/2020/05/15/857150706/bonus-hotel-corona>