

Things to Do as a Family Without Technology

Nature walks (chatting, collecting rocks and leaves, looking for bugs)

Board Games

Inventing Our Own Games

Puppet Shows

Making up skits

Active Games (e.g., Frisbee, lawn darts, croquet, basketball in the drive way, Four Square, Hopscotch, running through obstacle courses the kids set up, touch football) - maybe some active games can be altered to be played indoors

Playing an instrument, singing

Arts & crafts projects

Putting on a play

Journal/diary writing

Outdoor water play

Indoor Hide and Seek

Bird Watching

Build a birdhouse or bird feeder

Cooking meals together

Jigsaw puzzles

Taking a walk

Set daily goals

Establish an exercise routine

Picnicking

Bike riding

Playing board and card games

Looking through old family albums together

Taking fun family photos and videos

Baking cookies together

Make chalk pictures on the sidewalk.

Making pizza from scratch

Trying new food

Building a snow or leaf for

Playing games such as 20 questions, Simon Says, Charades

Doing a Treasure Hunt

Plant some seeds or a tree

Organize your house, room, junk

Throw out old stuff

Clean house

Phone friends/relatives

Read (books, magazines, graphic novels, etc)

Create a "thankful jar"

→ All information regarding resources and services is constantly changing, often daily, so please call or check the respective websites for up-to-date information.

Mental Health Resources

211 Sacramento: A 24 hr/day and 7 day/week connection with all services in Sacramento County (multiple languages available) <http://www.211sacramento.org/211/>

SAMHSA's Disaster Distress Helpline: Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Wellspace Health: If you or someone you know is in crisis or considering suicide, call us at: (916) 368-3111 or Crisis Chat by Text: Text the word HOPE to 916-668-iCAN (4226) If Crisis Chat appears to be offline or busy, please call our 24-hour Suicide Prevention Crisis Lines at (916) 368-3111 or 1-800-273-8255.

<https://www.wellspacehealth.org/services/behavioral-health-prevention/suicide-prevention>

California Coalition for Youth (California Youth Crisis Line): If you know a youth or family in crisis please encourage them to call or text our free-to-use 24-hour Crisis Line at: 1-800-843-5200 or chat with us online at: www.cal youth.org/chat/

Wind Youth Services: Through our programs and services, Wind Youth Services provides homeless and at-risk youth between the ages of 12 and 24 with basic safety net and survival services and a safe place to stay. Offering the Wind Youth Center and Emergency Shelter: <https://www.windyouth.org/>

The Trevor Project - TrevorLifeLine: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Call TrevorLifeline at 1-866-488-7386 or select an online chat here at **TrevorChat** or TrevorText by texting START to 678678.

Sacramento County Mental Health 24-Hour Crisis Line: If you are experiencing a mental health crisis, please call 1-888-881-4881.

<https://www.saccounty.net/services/Pages/Mental-Health-24-Hour-Crisis-Line.aspx>

Consumer Operated Warmline (NorCal MHA): Just need someone to talk to? Individuals with lived experience offer supportive listening, referrals to mental health resources, and more. (916) 366-4668 - M-F, 9 a.m. - 5 p.m. <https://namisacramento.org/resources-home/community-resources-warmlines/>

Mental Health Urgent Care Clinic: Provides services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis. Monday - Friday, 10 a.m. - 10 p.m. Saturday - Sunday and Holidays, 10 a.m. - 6 p.m. 2130 Stockton Boulevard, Building 300, Sacramento, CA 95817 (916) 520-2460 [//www.tpcp.org/programs/urgent-care/](http://www.tpcp.org/programs/urgent-care/)

Sacramento Mental Health Treatment Center (SMHTC): Provides suicide and psychiatric emergency services for youth 18 and younger. Youth can be seen 7 days a week from 10 a.m. – 7 p.m. 2150 Stockton Blvd, Sacramento, CA 95817 (916) 875-1000 -- 1-888-881-4881 to access mental health services after hours. For all contacts, interpreters are available at no charge to the caller.

<https://www.icarol.info/ResourceView2.aspx?org=2264&agencynum=4094996>

Local Suicide Prevention Line: (916) 368-3111 or Toll Free 1-800-273-8255 24 hours per day/7 days per week <https://www.wellspacehealth.org/services/behavioral-health-prevention/suicide-prevention>

Social Emotional Learning Resources

Collaborative for Academic, Social, and Emotional Learning (CASEL): [https://casel.org/covid-resources/What-is-Social-and-Emotional-Learning-\(a-video-for-families\)SEL-for-Families](https://casel.org/covid-resources/What-is-Social-and-Emotional-Learning-(a-video-for-families)SEL-for-Families)

Committee for Children: <https://www.secondstep.org/covid19support>

Common Sense Media:

<https://www.common Sense Media.org/resources-for-families-during-the-coronavirus-pandemic>

Confident Parents, Confident Kids: <https://confidentparentsconfidentkids.org/>

Parent Toolkit: <http://www.parenttoolkit.com/>

Sesame Street's Little Children, Big Challenges:

<https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/>

BrainPoP: <https://www.brainpop.com/social-emotional-learning/>

***Internet Access**

Several Internet service providers are offering their services at reduced costs during this crisis. The information provided here is not a direct endorsement of any particular product. Please see below for more information:

AT&T

For the next 60 days, AT&T will:

1. Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic.
2. Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic.
3. Keep their public Wi-Fi hotspots open for any American who needs them.

Find out more at <https://about.att.com/pages/COVID-19.html>

Comcast

1. They are offering low-income families who live in a Comcast service area to sign up for internet by offering new customers 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month.
2. Also, they are increasing Internet speeds for the Internet Essentials service from 15/2 Mbps to 25/3 Mbps for all new and existing customers, which will be the speed of the service going forward.

Find out more at <https://www.internetessentials.com/>.

Xfinity Wi-Fi Hotspot Access—Xfinity Wi-Fi hotspots across the country will be available for free to anyone who needs them at no cost. Once at a hotspot location, consumers should join the “xfinitywifi” network from the list of available hotspots, then launch a browser.

Consolidated Communications

Consolidated Communications is offering two free months of internet and free installation to anyone with school-age children in their household. Call 1.844.968.7224 to learn more.

Acceso al Internet

Varios proveedores de servicio al Internet ofrecerán su servicio a costo reducido durante esta crisis. La información proveída aquí no es una promoción directa de ningún producto particular. Por favor vea abajo para más información:

AT&T

Para los próximos 60 días, AT&T:

1. No terminará servicio residencial ni comercial de conexión inalámbrica, telefónico ni de banda ancha por inhabilidad de pagar su cuenta debido a interrupción causada por la pandemia coronavirus .
2. Dará exención de multas por pagos tardes de cliente residencial o de pequeña empresa por conexión inalámbrica, teléfono de casa o banda ancha causado por dificultad económica relacionada a la pandemia coronavirus.
3. Mantendrá lugares públicos que ofrecen Wi-Fi abiertos para cualquier americano que los necesite.

Encuentre más al <https://about.att.com/pages/COVID-19.html>

Comcast

1. Ofrecen a familias de bajo ingreso que viven en el área de servicio Comcast chance de registrarse para internet con ofrecer a nuevos clientes 60 días de servicio gratis de

Internet Essentials, que normalmente está disponible a todo hogar de bajo ingreso que califica por \$9.95/mes.

2. También, están aumentando velocidad de Internet para el servicio Internet Essentials de 15/2 Mbps a 25/3 Mbps para todo cliente nuevo y existente, que será la velocidad del servicio de aquí en adelante.

Encuentre más al <https://www.internetessentials.com/>.

**Information adapted from San Juan USD*

Food Resources

Food Bank Locator - This is a link to locate multiple food banks that are available throughout Sacramento

Sacramento Food Bank and Family Services - 3333 3rd Ave, Sacramento, CA 95817 - M-TH 8 a.m.- 4 p.m., F 8 a.m.-3:30 pm

New Testament Baptist Church

6746 34th St

North Highlands, California, 95660

Call to confirm hours: 916-344-0440

Murph-Emmanuel AME Church

4151 Don Julio Blvd

North Highlands, California, 95660

Call to confirm hours : 916-332-7749

North Highlands Christian Food Ministry - USDA

6007 Watt Ave

North Highlands, California, 95660

Call to confirm hours: 916-955-1010

Produce for All - Wellspace Health North Highlands

6015 Watt Ave

North Highlands, California, 95660

Call to confirm hours: 916-456-1980

Produce for All - Wellspace Health San Juan

5959 Greenback Ln

Citrus Heights, California, 95621

Call to confirm hours: 916-456-1980

Victory Life Bible Church

5697 Hillsdale Blvd

Sacramento, California, 95843

Call to confirm hours: 916-331-8306