Researched 4/28/20 by Professor E. Oppenberg, DSPS Learning Specialist/ GCC Food Pantry Outreach Coordinator

**EXCELLENT RESOURCES**

<https://corona-virus.la/resources>

Answering questions about food, rent, resources.

Offers a city directory of all officials and offices.

Los Angeles Attorney General Mike Feuer

<https://www.lacityattorney.org/covid19>

Offering help for all issues including: Domestic Violence,

Legal Careers, Consumer Protection, Homelessness, Human

Trafficking, Elder Abuse.

**HAVE SOME FUN ![C:\Users\Ellen\AppData\Local\Microsoft\Windows\INetCache\IE\G0BONHFF\smiley-1981935_960_720[1].png]()**

NETFLIX

<https://www.netflixparty.com/>

Have a FREE Netflix Party or join one.

WORDS WITH FRIENDS 2

<https://www.zynga.com/games/words-with-friends-2/>

One of the most popular word games around. It boosts

your word skills AND is fun to play.

EXPLORING THE MOST FAMOUS MUSEUMS IN THE WORLD (virtually)

<https://artsandculture.google.com/>

Step inside the Smithsonian, Tokyo National Museum, J.Paul Getty,

MOMA. This site offers you than chance to see over 200 museums.

DRAWING TUTORIALS FOR BEGINNERS

<https://www.youtube.com/user/RapidFireArt/playlists>

Step by Step on how to draw faces, do shading and so much more.

LA PARKS FROM HOME

<https://parks.lacounty.gov/virtual>

Offering classes on technology, specialty classes, beautiful trails and historical sites,

Nature and outdoors.

URBAN ADVENTURE QUEST

<https://www.urbanadventurequest.com/free-virtual-games/default.aspx>

A fun scavenger hunt taking you through California and neighboring states.

**TAKE CARE OF YOUR MENTAL HEALTH**

The Disaster Distress Helpline

 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

MENTAL HEALTH AMERICA

<https://www.inspire.com/groups/mental-health-america/>

Mental health support group and discussion community. Discuss depression, anxiety, OCD, PTSD in

open forums.

HEADSPACE

<https://www.headspace.com/meditation/anxiety>

Meditation for anxiety

CALM

<https://www.calm.com/>

Meditation, Music, Sleep, Rest

QUARANTINE CHAT

<https://quarantinechat.com/>

Talk on the phone with someone else who is stuck at home

**EMPLOYMENT ASSISTANCE**

EMPLOYMENT INFO FOR EVERYONE

<https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/find-unemployment-benefits.aspx>

Offers unemployment benefits finder, video libraries focusing on jobs, My Skills/My Future (allowing you to see current jobs available with your skill set).

**STRATEGIES FOR MANAGING OUR CURRENT SITUATION**

Source: Balance Magazine Spring 2020

**G**ratitude

Feeling grateful boosts happiness and fosters both physical and psychological health.

Write down 3 things you are thankful for each day.

**R**outine

A consistent routine can be comforting during uncertainty. Keep a regular sleep schedule and plan your days with time for work and pleasure.

**A**ctivity

Getting moving will help boost your mood and help keep fit. Spend time outdoors, enjoy some fresh air, be active.

**C**reativity

Make time to be creative every day. Write, Paint, Bake Dance, Sew, Walk, Knit, Sing, Dream.

**E**ngagement

Stay socially connected with friends and family. Reach out to support people who may feel lonely and isolated.