

“You Can’t Pour from an Empty Cup” Resource List

Great Beginnings, Great Families Conference – August 2020

HAP (Holistic Art-Based Program)

www.dianacoholic.com

Care for Your Coronavirus Anxiety Toolkit

https://www.virusanxiety.com/?fbclid=IwAR1t35IyviZAYB2o-9FvsgWNUbr4d0c4cPt_pupRMDt4tHZKz2XS0MncyJA

Calm Together Grounding, Meditation and Mindfulness Techniques

<https://blog.calm.com/take-a-deep-breath>

NAMI COVID-19 Resource and Information Guide

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Self-Care Guide for Youth Working in Community

<https://www.artreach.org/selfcare>

Coping with Coronavirus Self-Help Guides

<https://copingwithcoronavirus.co.uk/self-help-guides.html>

CDC Coping with Stress Resources

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

National Center for PTSD Resources for Managing Stress

<https://www.ptsd.va.gov/covid/index.asp>

Sesame Street Caring for Each Other

<https://www.sesamestreet.org/caring>

AdaptatHome Virtual Fitness Events

<https://www.moveunitedsport.org/adaptathome/>

Center for Parent Information and Resources Coping with COVID-19 for Adults and for Children
<https://www.parentcenterhub.org/cv19-coping/>

Maintaining Your Emotional Wellness During COVID-19
<https://escholarship.umassmed.edu/cgi/viewcontent.cgi?article=1146&context=pib>

The Science of Hope in a Time of Crisis (webinar recording)
<https://www.centerforstartservices.org/the-science-of-hope-tomasulo>

Family Voices Resource eBlast April 2020 – Put on Your Own Oxygen Mask First
https://familyvoices.org/wp-content/uploads/2020/04/eBlast_April2020_Part1.pdf

Montana Rural Schools Innovative Solutions to Support Families and Students
<https://umt.app.box.com/s/gcxbh2je6gne1ij8il054g46673gnnva>

Advice from Family Members and Caregivers on Dealing with COVID-19 (webinar recording)
https://www.aucd.org/template/event.cfm?event_id=8645

Gibson, Jonathan. *The Moon is Always Round*. Greensboro, NC: New Growth Press, 2019.

Guthrie, Nancy. *What Every Child Should Know about Prayer*. Leyland, England: 10Publishing, 2018.

Hunt, Susan. *Sammy and His Shepherd*. Lake Mary, FL: Reformation Trust, 2008.

Lowenstein, Liana. *More Creative Interventions for Troubled Children & Youth*. Toronto, Canada: Champion Press, 2002.