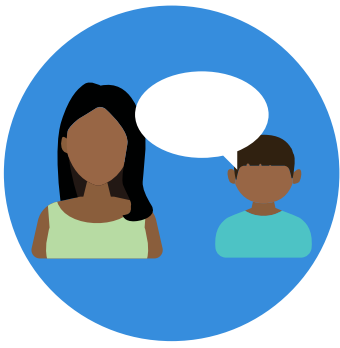




**In uncertain times, it is important for children (and adults) to find a sense of normalcy. This guide is intended to help parents and caregivers create a safe, healthy, and comforting environment.**

**Stay safe and stay connected (from a safe social distance).**



# How to Talk to your Child about Coronavirus

- Find out what your child already knows
- Offer comfort and honesty
- Help your child feel in control
- Keep the conversation going

Visit the [PBS website](#) for language to use with your children

Visit the [National Child Traumatic Stress Network](#) website for more resources.

# SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT

1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT

2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT

3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT

4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT

5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

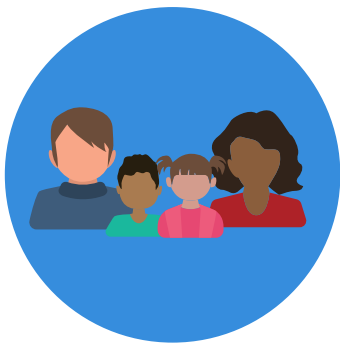
Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.





# Important Information for Families:

## 211: Resource Call Center in Alabama

Call or text 211 for any type of resource help in your local area. The 211 staff or [website](#) will search for the type of help that you need that is closest to your address.



## Health Care

Contact your health care provider in advance for non-COVID-19 issues. If a person needs to be tested for COVID-19, contact your primary health care provider by phone or call 1-888-264-2256. CALL BEFORE going to any health care provider including the emergency room. If you need emergency medical help tell the 911 operator if you have symptoms of COVID-19 or have tested positive for COVID-19.

## Unemployment

You may qualify for unemployment if you have been 1) Quarantined by a medical professional or government agency, 2) Laid off or sent home without pay for an extended period due to COVID-19 concerns, 3) Those diagnosed with COVID-19, and 4) Those caring for an immediate family member who is diagnosed with COVID-19. You may have to provide proof of illness or quarantine to unemployment. Alabama unemployment may change these criteria at any time. Unemployment claims will start being accepted on March 23, 2020. You can file for unemployment online or call 1-866-234-5382.

## WIC

WIC remains open and is functioning in a mostly remote capacity. WIC caseworkers will contact parents who need to renew benefits and do this over the phone if possible. They are limiting in person contact as much as possible at this time.

## Parenting Assistance Line (PAL)



This is a stressful time for parents and children. PAL is a great resource for free help with child development, health and safety, discipline and guidance, talking to children, and parent support. PAL has options to talk/chat Monday through Friday from 8 a.m. – 6 p.m. You can talk on the phone or text 866-962-3030 or chat online on the website [pal.ua.edu](http://pal.ua.edu). PAL also has parenting resources available on the website when they are not available immediately.

# Food Resources



Call 211 for food assistance information outside of Madison County and in addition to the options listed below.

## FOOD LINE

Call 256-534-2424 to find a food bank near your home.

## Manna House

2110 Memorial Pkwy SW, Huntsville | 256-503-4848

Monday, Wednesday, Thursday 4:00-7:00 p.m.

## Downtown Rescue Mission

1400 Evangel Dr, Huntsville | 256-536-2441

Tuesday, Friday, Saturday 6:00 a.m. – 9:00 p.m.

Food bags are at the gate | One food bag per family is available | Picture ID may be needed

## Salvation Army Soup Kitchen

305 Seminole Dr SW Huntsville | 256-536-8876

Monday - Friday: Breakfast 5:45-6:45 a.m., Lunch 12:00-1:00 p.m., Dinner 5:20-6:20 p.m.

Saturday and Sunday: Breakfast 5:45-6:45 a.m., Lunch 2:00-4p.m.

Must be present to get food | Take and go food only | No ID needed

## Rose of Sharon Soup Kitchen

723 Arcadia Cir NW, Huntsville | 256-536-2970

Not serving meals | Must call to make appointment for food box

## One in Christ

2131 Hwy 72 E, Huntsville | 256-417-3848

4rd Saturday of the month 10:00 a.m. until food runs out

## Freedom House Church

403 Treymore Ave NW, Huntsville | 256-293-7826

1st and 3rd Saturday of the month 4:00-6:00 p.m. | No ID needed

## Whitesburg Baptist Church

3911 Pulaski Pike, Huntsville

Monday - Thursday 9:00 a.m. – 12:00 p.m.

Bread available once a week | Other food available twice a year | Must have ID

## **Restoration Church**

2021 Golf Rd, Huntsville and 5810 Wall Triana Blvd, Madison  
Food Baskets Saturdays 10:00 a.m. - 12:00p.m. | NO ID needed

## **Wellstone CARES Pantry**

4040 S. Memorial Parkway, Huntsville | 256-533-1970  
Tuesday, Wednesday, Friday 1:00-4:00 p.m.

## **St. Vincent DePaul**

St. Joseph Catholic Church, 2300 Beasley Avenue, Huntsville | 256-539-7476  
Call Wednesday between 9:00-11:00 a.m.

## **Fellowship of Faith**

3703 Memorial Parkway NW, Huntsville | 256-536-4673  
Check Facebook page: <https://www.facebook.com/TFOFC/> or call for weekly details of food pantry

## **Victory Church of God**

4901 N Memorial Pkwy, Huntsville | 256-374-2259  
Thursday, Friday 10:00 a.m. -12:00 p.m. | By appointment only

## **Oasis Christian Church**

4942 N Memorial Pkwy, Huntsville | 256-851-2200  
2nd and 4th Saturday 9:00 a.m.

## **Fellowship Presbyterian Church**

3406 Meridian St, Huntsville | 256-539-2418  
3rd Wednesday 11:00a.m. – 2:00 p.m. | By appointment only

## **Faith Chapel**

3913 Pulaski Pike NW, Huntsville | 256-852-1606  
2nd Saturday of the month 10:00 a.m. – 12:00 p.m.

## **Life Church Huntsville**

2300 S. Memorial Pkwy, Huntsville | 256-852-5580  
3rd Saturday of the month 8:00 a.m.–11:00 a.m. | Must have ID

## **Aldersgate United Methodist Church**

12901 Bailey Cove Rd SE Huntsville | 256-883-9062  
Tuesday and Thursday 10:30 a.m. –1:00 p.m. and 5:00 p.m. – 6:30 p.m.



# Substance Abuse Disorder Resources

## Considerations for Client Visits During the COVID-19 Outbreak

We're sure you've been inundated with COVID-19 these days, and for good reason. However, we would be remiss if we didn't share why people suffering with addictions are at higher risk, not only for contracting the illness, but in their ability to fight it off.

By now we all know that COVID-19 is a highly contagious respiratory virus that can live on most surfaces for days. Symptoms include a cough, fever, and shortness of breath, or a person can be a carrier with no symptoms at all. Although most people will recover, many will die, particularly those who are older, immune or health compromised, or those with respiratory conditions.

This virus makes those with addictions more vulnerable in two ways:

1. People who smoke or vape nicotine or marijuana, drink excessively, or use opioids or methamphetamines, are in more danger because these substances may have already compromised their health with illnesses such as COPD, cancer, immune suppression, or cardiovascular disease. This makes them more likely to experience serious symptoms and complications if they get COVID-19.
2. Those with addictions have a higher incidence of homelessness or incarceration, which increases the risk of contracting the virus. The recommended "social distancing" to curb further spreading of COVID-19 is almost impossible without control of their environment.

An already vulnerable and stigmatized group of people, many fighting life and death on a daily basis, now have to endure an additional risk of death.

# Quick Reference

## Medical Detox

**Clay County Hospital, Journey Detox** | 256-354-2131 offer 5 nights 6 days | Will provide transportation to Detox and coordinate long term treatment following detox | For Scholarships call 800-583-2197

**Another Chance Addiction Withdrawl Care** (Decatur Morgan Hospital) | 256-973-6710

## Medication Assisted Treatment

**Huntsville Recovery** | Audrey Smith – Admission Coordinator | [asmith@hsvrecovery.org](mailto:asmith@hsvrecovery.org)

**Metro Treatment Center** | Huntsville Metro Treatment Center accepts Medicaid | [Terry.Mitchell@cmgjp.cpm](mailto:Terry.Mitchell@cmgjp.cpm) | 256-881-1311

## Inpatient and Outpatient Substance Use Disorder Programs

**Recovery of Support Specialists (ROSS)** | [ross4u.org](http://ross4u.org) 24/7 | HELPLINE 844-307-1760

**Bradford Inpatient and Outpatient Treatment** | Huntsville and Madison

The widespread outbreak of COVID-19 is concerning for everyone. Please know that the safety and well-being of our patients and staff are of utmost concern. We have systems in place to reduce the risk of exposure and transmission of the coronavirus to those under our care, allowing our patients to focus on their health and recovery. If there's anything we can do to alleviate your concerns, please call us at 1-866-977-7158. Don't let COVID-19 be the reason to delay getting the help you need.

**Family Life Center** is a private rehab located in Huntsville. Family Life Center specializes in the treatment of substance, drug and alcohol abuse | 256-601-8846

**Stepping Stones** | 256-469-4415

Stepping Stones is a sober living community for men and women recovering from substance abuse. By promoting independence and personal responsibility, we mitigate relapse in substance abusers.

**New Horizons Recovery Center at Wellstone** | 256-705-6444

New Horizons offers outpatient treatment services to adults with a substance abuse condition at the WellStone offices at 4040 S. Memorial Parkway in Huntsville (35802) New Horizons offers priority admission to individuals with intravenous (IV) substance use disorders, pregnant women, and women with dependent children. New Horizons Recovery Center also collaborates with the Huntsville-Madison County criminal justice system to provide substance abuse treatment to participants in the Adult Drug Court and Family Drug Court Programs.

**Redstone Army Substance Abuse Program** | Building 3466 Snooper Road, Huntsville, 35898 | Phone: 256-842-9895 | Intake Line: 256-876-7256

**Pathfinder Inc** is a Substance Abuse Rehab Services | 256-534-7644

Primary Focus: Substance Abuse Rehab Services | Treatment Type: Residential, Long-term residential | Treatment Approaches: Cognitive/behavioral therapy, Substance abuse counseling approach, Trauma-related counseling, Rational emotive behavioral therapy



**Lovelady Center** in Birmingham, AL 35206(205) 836-3121

Services provided at transitional housing facilities varies from substance abuse treatment, to psychological assistance, job training, domestic violence assistance, etc. The assistance provided varies, but it is generally affordable and low cost housing. Also provide Access to Recovery (ATR) Grant programs for substance abuse treatment.

**Home of Grace** in Mobile | Call 251-456-7807 | Phone Answered 24 Hours a Day.

Adult Program: This program serves females ages 18 and up who are addicted to alcohol and /or other drugs.

**Freedom House** | 54 Wheeler Hills Rd, Rogersville, AL 35652 | Phone: 256-247-1222 | Female Facility Only  
Substance Abuse Treatment Centers focus on helping individuals recover from substance abuse.

Opiate Addiction Treatment Centers specialize in supporting those recovering from opioid addiction. They treat those suffering from addiction to illegal opioids like heroin, as well as prescription drugs like oxycodone. These centers typically combine both physical as well as mental and emotional support to help stop addiction. Physical support often includes medical detox and subsequent medical support (including medication), and mental support includes in-depth therapy to address the underlying causes of addiction.

**A New Beginning Treatment Center** | Phone: 256-381-0013 | 122 Helton Court, Florence, Alabama

Our mission is to provide an environment that is loving, nurturing, safe and conducive to recovery while presenting the needed resources for women to build a strong foundation for sobriety.

Program includes:

- 12 Step Meetings
- Around the clock certified addictions counselors
- 16 week Certified Parenting Classes Job skills training needed to enter the work force
- Free YMCA membership

**Phoenix House Inc.** | 700 35th Avenue Tuscaloosa, Alabama 35401 | 205-758-3867

- Aftercare addiction treatment (Halfway houses, sober living facilities)
- Residential long-term inpatient treatment (60, 90, 120 days)
- Addiction treatment programs available
- Addiction treatment for women/ men
- Payment and payment assistance
- Self payment (cash, credit card, check, money order)
- Income-based sliding fee scale (Fee is based on income and other factors)
- Loans and financing (Check with facility for details)

**Alcohol and Drug Abuse Treatment Centers Inc.** | Pearson Hall, 2701 Jefferson Avenue SW Birmingham, Alabama 35211 | 205-923-6552

- Substance abuse treatment services 30 DAY OR LESS
- Detoxification

**Fellowship House Inc.** 1625 12th Avenue South, Birmingham, Alabama 35205 | 205-933-2430

- Substance abuse treatment services
- Types of addiction treatment care provided:
  - Aftercare addiction treatment (Halfway houses, sober living facilities)
  - Residential long-term inpatient treatment (60, 90, 120 days)

### **Cedar Lodge a Program of MLBH-Mountain Lakes Behavioral Healthcare Treatment Center**

Guntersville, Alabama | Programs: Substance Abuse Treatment | Level of Care: Residential Long-Term Treatment | Payment Methods: State Insurance (Other than Medicaid), Military Insurance, Access to Recovery (ATR) Voucher, and No Payment Accepted

**Sunrise Lodge** | Men Only substance abuse tx. center | 1163 N Washington Ave, Russellville, AL 35653 | Phone: 334-218-1207

**Anniston Fellowship House Inc.** | 106 East 22nd Street, Anniston, Alabama | 256-236-7229 | Residential Short-Term Treatment | Residential Long-Term Treatment | Hospital Inpatient

**Aletheia House\* Children can be with Parents** is a community-based organization that has been providing substance abuse treatment and prevention services to low-income individuals, and the communities in which they live, since 1972. It is one of Alabama's largest providers of substance abuse treatment, substance abuse/HIV prevention, employment services and affordable housing | Phone: (205) 324-6502-Birmingham | 256-320-5863- Florence | \*Aletheia House 256-508-9997 Huntsville or 205-588-0850 Birmingham

**Olivias House** | Women with children | 8017 2nd Avenue South | 205-833-5708-Birmingham, AL

## National and Regional Resources Helplines

**Substance Abuse and Mental Health Services Administration (SAMHSA)'s Center for Mental Health Services (CMHS).** SAMHSA is the lead Federal agency designed to reduce the impact of substance abuse and mental illness on America's communities.

[samhsa.gov/find-help](https://www.samhsa.gov/find-help)

- **Behavioral Health Treatment Services Locator** | Find alcohol, drug, or mental health treatment facilities and programs around the country at [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)
- **Opioid Treatment Program Directory** [dpt2.samhsa.gov/treatment](https://dpt2.samhsa.gov/treatment)
- **SAMHSA's National Helpline** 1-800-662-HELP (4357) | TTY: 1-800-487-4889  
[samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)  
Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

**Veteran's Crisis Line** | 1-800-273-TALK (8255) | TTY: 1-800-799-4889

[veteranscrisisline.net](https://www.veteranscrisisline.net)

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

**Suicide Prevention Lifeline** | 1-800-273-TALK (8255) | TTY: 1-800-799-4889

[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

## Local Resource Helplines Reference and Resources:

### Partnership for Drug Free Community

[partnershipfordrug-freecommunity.org](http://partnershipfordrug-freecommunity.org)

#### CORONAVIRUS COVID-19 RESPONSE

#### FREE VIRTUAL RECOVERY SUPPORT MEETINGS START MONDAY, MARCH 23, 2020

In response to current public health concerns, the Partnership staff is now working remotely with a few exceptions. Our newest program, the Recovery Resource Hub, will continue operations. We are monitoring the processes at state treatment facilities to determine what types of services will be available to those seeking treatment. We are also communicating with the State Department of Mental Health on all of the legal requirements to provide virtual assessments in the near future, if possible. Meanwhile, we have come up with a plan to safely continue providing state assessments at our office — for as long as we can.

Anyone looking for recovery resources should contact Partnership's Hub at 256-539-7339, the State's 24/7 Helpline at 844-307-1760 — or contact Patrick Laney, our peer recovery support specialist, at 256-572-2638.

**Not One More Alabama** mobilized to support, educate and inspire those impacted by the disease of addiction | [notonemorealabama.org](http://notonemorealabama.org)

### Alabama Department of Mental Health Substance Abuse Services Provider Directory

Office of Substance Abuse Treatment Services (OSATS) by County

[mh.alabama.gov/substance-abuse-treatment-services](http://mh.alabama.gov/substance-abuse-treatment-services)

Nicole Walden, Director | 334-242-3962

### Alabama Office of Prosecution Services and Alabama Public Health

Zero Addiction | Contact Barry Matson | [ops.alabama.gov](http://ops.alabama.gov)

334-242-4191 | 515 South Perry Street, Montgomery, AL 36104 | [zeroaddiction.org/need-to-know](http://zeroaddiction.org/need-to-know)

Recovery of Support Specialists (ROSS) <https://www.ross4u.org/> 24/7 HELPLINE 844-307-1760

## Listing of State Funded Facilities

A Womans Place - Tuscaloosa (female)

Phoenix House - Tuscaloosa (male and female)

Alethia House - Birmingham (able to care for pregnant women)

Anniston Fellowship House (male)

Birmingham Fellowship House (male and female)

Capital Recovery Center - Montgomery (male)

CED Fellowship Gadsden (male)

Cedar Lodge - Guntersville (male and female)

Dauphin Way - Mobile (male)

First Step Andalusia (male)

Freedom House Rogersville (Female)

Haven - Dothan (Female)

Lighthouse - Cullman (Male)

Lighthouse - Tallapoosa/Alexander City (male)

New Life for Women - Gadsden (female)

Olivia's House - Jefferson County (female)

Pearson Hall - Birmingham (provides detox services - male and female)

Rapha Ministries - Attalla (male)

Riverbend Sunrise Lodge - Franklin County (male)

Spectracare Midland - Dale County (Male and Female)

St. Anne's Home - Birmingham (Female)

Step by Step Recovery - Houston County

The Herring House - Dothan (male and female)

The Shoulder - Spanish Fort (male)

## Other Lower Cost Programs in the Region

**Men's Addiction Recovery Center (MARC)** | Bowling Green, KY | MARC is an inpatient substance abuse recovery program for adult men seeking recovery from substance abuse and addiction. The facility is located in Bowling Green, Kentucky and is a non-profit organization and an affiliate of the Recovery Kentucky Initiative. The program integrates a peer to peer self help recovery system with the Twelve Steps of Alcoholics Anonymous.

**Pines and Cady Hill Recovery Center** | Columbus, MS | Primary (30 days) | Secondary (at least 60 days) and Recovery Support that can last up to 2 years. Sliding Scale and some scholarships available per their website

**Hope Center Ministries** (recovery support program) | Using a recognized, Christian-based 12-step program, residents can rediscover the joy of living and find freedom in their everyday lives. During their stay at the Hope Center, the residents are also required to work through several bible-based curriculum, as well as participate in daily devotions and bible studies. Residents progress through well designed phases and should complete the program in 8 months. Men's locations are in Dickson, Jackson, McEwen, Memphis, Waverly and Whitehouse, TN and one in Wichita Falls, TX. A women's center is located in Portland, TN. For more information call 866-396-HOPE or email [info@hopecm.com](mailto:info@hopecm.com)

## Non-Face-to Face Recovery Support Options

### By Phone:

[AAphonemeetings.org](http://AAphonemeetings.org)

[NAbyPhone.com](http://NAbyPhone.com)

### Online:

[smartrecovery.org/community](http://smartrecovery.org/community) (registration required for access)

[AA-intergroup.org](http://AA-intergroup.org)

[Intherooms.com](http://Intherooms.com)

[myrecovery.com](http://myrecovery.com)

[neveraloneclub.org](http://neveraloneclub.org) (NA online meetings)

[unityrecovery.zoom.us/my/allrecovery](http://unityrecovery.zoom.us/my/allrecovery)

### Podcasts:

Mother Recovering: [motherrecovering.com/listen/](http://motherrecovering.com/listen/)

This Naked Mind: [thisnakedmind.com/category/podcast/](http://thisnakedmind.com/category/podcast/)

Recovery Elevator: [recoveryelevator.com/podcasts/](http://recoveryelevator.com/podcasts/)

Sober Girl's Guide: [asobergirlsguide.com/podcast](http://asobergirlsguide.com/podcast)

That Sober Guy: [thatsoberguy.com/podcast](http://thatsoberguy.com/podcast)

### YouTube Videos:

AA Speakers

NA Speakers

Celebrate Recovery

SMART Recovery

## Helpful Apps

AA Big Book

NA Speakers

Celebrate Recovery

Recovery Devotionals

Recovery Path

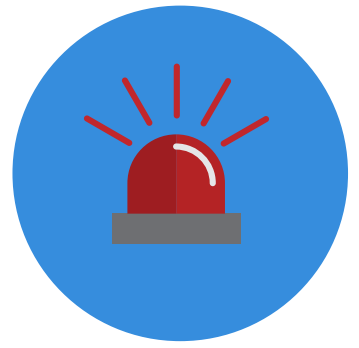
Sober Tool

7 Cups of Tea

Connections  
(a CHESS Platform)



# Emergency Options for Families



To speak to your NCAC therapist during office hours call 256-327-3853. Leave a voicemail for your therapist and calls will be returned within 48 hours.



To speak with a Helpline counselor 24/7 call Crisis Services of North Alabama at 256-716-1000 or 1-800-691-8426.



To complete a screening and be scheduled for an assessment with a mental health professional at The Nova Center for Youth and Children call 256-705-6444 or Wellstone Adult Behavioral Health 24/7 call 256-533-1970.



National Runaway hotline: 1-800-621-4000.



To report child abuse call DHR at 256-427-6200.



To report rape or domestic violence call 911.



For assistance with needs related to Sexual Assault and Domestic Violence contact Crisis Services of North Alabama at 1-256-716-1000 or 1-800-691-8426.



For assistance with needs related to Sexual Assault and Domestic Violence contact Crisis Services of North Alabama at 1-256-716-1000 or 1-800-691-8426.



To be assessed for mental health crisis/hospital admission 24/7: CALL Decatur Morgan West Decatur Campus 256 973-4015.



For immediate threat of harm to self or others call 911 or go to the Emergency Room.



To contact the Crisis Text Line text 741741 between 4 p.m. and 11:30 p.m., 7 days a week.



# Set a Schedule and Try to Stick to It!

Create a daily schedule for your family that includes walks, meal times, academic time, creative time, chore time, quiet time, screen time, and bedtime.

## SAMPLE DAILY SCHEDULE

### MORNING

7:30-8:55: Breakfast, dress, relax (possibly walk dog)

8:55-9:00: [GoNoodle](#) or walk to move before work

9:00-9:30: Writing

9:30-10:00: Art project

10:00-10:30: Snack break

10:30-11:30: Math workbook and [Zearn](#)

11:30-12:30: Lunch/recess

### AFTERNOON

12:30-1:00: Science project

1:00-2:00: GoNoodle, free Reading and jotting

2:00-2:30: Snack

2:30-3:30: Baking/art/self-driving interest project (child must also clean up)

3:30-4:30: Educational table time (kid choice)

4:30 Onward: Freeplay/screen time at will

- Set up a school/work space for your child to do their school work
- Set firm and loving limits with children
- Set clear expectations about this extended time at home



**Caregiver  
Tip**

Find a Listening Partner from Hand in Hand Parenting where you can fully express your emotions during this stressful time and reduce isolation. Learn more about Listening Partnerships here: <https://www.handinhandparenting.org/article/how-to-find-a-listening-partner/>

# Things to Do at Home



- Make a cardboard fort
- Set up a treasure hunt  
Treasure hunts are pretty easy and depending on how many items there are, could last a while. Hide anywhere from 10 to 20 items around the house or outside to keep kids occupied for a few hours.
- Learn from home tools  
[Scholastic](#)  
[Very Well](#)
- Make your own play dough  
[I Heart Naptime](#) - All you need are quart-sized bags, all-purpose flour, salt, cream of tartar, water, veggie or coconut oil, and food coloring.
- Break out the board games
- Watch Wildlife  
[Georgia Aquarium](#)  
Cincinnati Zoo Live Stream daily at 3:00 p.m. on [Facebook](#)  
Monterrey Bay Aquarium [sea otter cam](#)  
[African wildlife cam](#)
- Virtually visit a museum  
[Louvre](#)  
[Metropolitan Museum of Art](#)  
[Guggenheim](#)
- Take a virtual field trip  
[Yellowstone](#)  
[Sequoia National Park](#)  
[Badlands National Park](#)
- FaceTime family members
- Listen to an astronaut read from space  
[Storytime From Space](#)
- Learn Internet Safety  
[kidsmartz.org](#)  
[Into The Cloud](#)
- Learn about space  
[NASA at Home](#)
- Read FREE books  
[FREE Audible downloads](#)

**Take care of yourselves. Be good to yourselves.  
We are here to help you through this uncertain time.**

*“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”*

Fred Rogers



**National Children's  
Advocacy Center**

210 Pratt Avenue NE | Huntsville, AL, 35801 | 256-533-KIDS (5437)  
nationalcac.org