District 5 Resource Links

Upcoming events

Visit: www.alamedakids.org/calendar to view the full list of events and to register.

Tuesday, May 19
- Virtual Parent/Caregiver Support Group
- Cuentacuentos
- Parenting Class by 4Cs: Walking in My Strengths

Wednesday, May 20
- BANANAS Virtual Playgroup

Thursday, May 21
- Parenting Class by 4Cs: Quarantine Creativity, Projects, Productivity, and Sanity
- Alameda County’s Virtual Parent Café
- Dad-scussions
  - Register: here

Friday, May 22
- Exercise with SNAPkids

General Resources
- Covid-related resources for Families & Community, Educators & Care Providers, & more
- https://alamedakids.org/coronavirus-resources-for-parents/

Food Distribution
- Locations & Contact Information

Housing
- Rent Adjustment Program
- Lead Hazard Resources

Family Activities
- Talking is Teaching – Everyday tips for families
- Talk. Read. Sing. It changes everything, Brain Development
- Virtual Museum & Zoo Tours

Essential Workers
- Essential Worker Child Care Intake form

Listservs to join
- Help Me Grow Listerv
- Alameda County ECE Program Weekly Email Blast!

Mental Health & Wellbeing
- Stories & One pagers to Help Children Through Covid-19
- Crisis Support Services of Alameda County 24-Hour Crisis Line
- Parenting Workshops for Parents & Caregivers
- A Pandemic Prayer
- Bubble Blowing Breathing

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