**Student and Parent Resources and Support: COVID-19**

**Virtual School and Online Learning**

* Check out the RCOE Resources for remote learning <https://www.rcoe.us/educational-services/educational-resources-remote-learning/>
* School Work by Subject Pages 4-14 <https://taskca.org/wp-content/uploads/2020/03/taskonlineresourcesforparents.pdf>

**FEV Tutoring**

* Sessions offered Monday-Friday from 7:00am-10:00pm and on weekends.
* Email [ca@fevtutor.com](mailto:ca@fevtutor.com) or call 855-763-2607 to schedule a tutoring appointment

**Food Bank Resources**

* **Dial 211 or** [www.211.org](http://www.211.org)
* **Riverside County List:** <https://www.needhelppayingbills.com/html/riverside_food_banks_and_pantr.html>
* **Riverside Convention Center:**<https://riversideca.gov/press/riverside-convention-center-partners-sysco-riverside-provide-food-and-essential-items-those>
* **Desert Area (Indio):** <http://www.findfoodbank.org/>

**Financial Assistance**

* **General Assistance**: [www.needhelppayingbills.com](http://www.needhelppayingbills.com)
* **Help with Bills**: [www.usa.gov/help-with-bills](http://www.usa.gov/help-with-bills)
* **Aunt Bertha**: <https://www.auntbertha.com/>

**Emotional and Mental Health Support**

* **Care Solace:** [weserve@caresolace.org](mailto:weserve@caresolace.org)
* 7 Cups: [www.7cups.com](http://www.7cups.com)
* **200+ Online Support Groups**: <https://online.supportgroups.com/>
* California Peer-Run: 1-855-845-7415
* **NAMI HelpLine:** 800-950-NAMI
* 24/7 Mental Health Urgent Care
  + Riverside (951) 509-2499 (18 & over)
  + Perris (951) 349-4195
  + Palm Springs (442) 268-7000
* **BoysTown Short Video Tips:** <https://www.boystowntraining.org/ten-minute-tips>

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**ML= Multi-Language**

**Crisis Resources**

* **24-Hour Crisis Center:** 1-800-273-TALK (8255) or Text MHA to 741741
* Suicide Intervention HelpLine: (951) 686-HELP (4357)
* National Suicide Prevention: 1-800-273-8255 and Spanish line: 1-888-628-9454
* Emergency Treatment Services (ETS): Danger to self or others- 5150 evaluation
  + Riverside: (951) 358-4881
  + Indio: (760) 863-8600

**Internet Resources**

New customers can get FREE, in-home internet for up to 60 days during the COVID-19 outbreak if you qualify for certain low-income internet programs or have a K-12 student living in your household. Here’s a list of the internet providers offering this service:

* **Altice USA:** <https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>
  + 1-866-200-9522 to enroll in Optimum region
  + 1-888-633-0030 to enroll in Suddenlink region
* **AT&T:** <https://accessatt.solixcs.com/#/home>
* **Charter Spectrum:** <https://www.spectrum.net/support/internet/coronavirus-internet-offer-students/> or call [1-844-488-8395](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.highspeedinternet.com_resources_-25E2-2580-259Ctel-3A1-2D844-2D488-2D8395&d=DwMFAg&c=fLaMFnpc1iXN3uKNdmpXowaaxaKKXnJ5KtwGqmlStPc&r=cGGzsMskrqnW1_UQU2Niisj9FYlOqdguUWIP9qQtwqs&m=arYjm56oySqJyD3xAF5bmbVpF7PVCl3JKRuEKSh0SWI&s=IENPFTDnxFm_hHLyti6C8237ChDn9id9qRgjUSBdRRs&e=)
* **Comcast Xfinity:** <https://www.internetessentials.com/> or call 1-855-765-6995
* **Cox:** <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html> or call 1-800-234-3993
* **Sprint:** <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>
* **T Mobile:** <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>

**Creating Structure at Home**

* **Boys Town Sample Schedule:** <https://www.boystowntraining.org/assets/Daily%20Schedule%20for%20School-at-Home.pdf>
* **Boys Town Create a Daily Plan Template:** <https://www.boystowntraining.org/assets/My%20Plan%20Today%20Is....pdf>

**Fun Ideas and Activities at Home**

* **Virtual Arts Competition:** <https://www.rcoe.us/newsroom/2020/03/24/virtual-student-arts-competition-art-connects-launches-students-riverside-county/>
* **CBK Zen Den:** <https://sites.google.com/rcoe.us/cbkcounselor/covid-19-resources/cbks-zen-den>
* **Computer Coding Classes:** <https://online-learning.harvard.edu/subject/programming>
* **Neighborhood Biodiversity Bingo:** <https://mcusercontent.com/00e5ee9a180476af4eccddbee/files/d45c6844-4446-4c53-8755-ca0a7561360a/Neighborhood_Biodiversity_Bingo_v3.pdf?mc_cid=fb6c3df934&mc_eid=ea62fc715a>
* **Randomized Fun Things:** <https://quarantinmi.com/>
* **Boys Town Brain Breaks:** <https://www.boystowntraining.org/assets/Brain%20Breaks.pdf>
* **101 More Fun Things:** <https://www.123homeschool4me.com/101-fun-things-to-do-in-covid-19-isolation/>
* **Do something kind or helpful for a neighbor or friend**
* **Go for a walk or a hike; play sports outside**
* **Do a puzzle, draw, color, or read**

**Companies that are Hiring**

* **Albertsons:** <https://recruiting.adp.com/srccar/public/RTI.home?c=1208301&d=Albertsons_External>
* **Ralphs:** <https://jobs.kroger.com/ralphs/go/Ralphs/571600/>
* **Stator Bros:** <https://www.staterbros.com/retail-careers/>
* **Trader Joe’s:** <https://traderjoes.avature.net/careers>
* **Aldi:** <https://careers.aldi.us>
* **Cardenas:** <https://cardenasmarketscareers.com>
* **El Super:** <https://recruiting.talentreef.com/el-super-markets-bodega-latina-corporation>
* **Costco:** <https://www.costco.com/job-opportunities.html>
* **Sam’s Club:** <https://careers.walmart.com/stores-clubs/sams-club-jobs>
* **Smart and Final:** <https://www.smartandfinal.com/careers>
* **Food 4 Less:** <https://jobs.kroger.com/food-4-less/go/Food-4-Less/571100/>
* **Pizza Hut:** <https://jobs.pizzahut.com/?gclid=Cj0KCQjwpfHzBRCiARIsAHHzyZp_aD9kVa7GXlRAiKOaWdR9d7a1BoWdVxzO2Mf5I06VqGM_uzXWuJQaAi_TEALw_wcB>
* **Dominos:** <https://jobs.dominos.com/dominos-careers/>

**Companies that are Hiring cont.**

* **Target:** <https://corporate.target.com/careers/store-distribution>
* **WalMart:** <https://careers.walmart.com>
* **Big Lots:** <https://careers.biglots.com/search/searchjobs>
* **7 Eleven:** <https://careers-7-eleven.icims.com/jobs/intro?hashed=-435773306&mobile=false&width=970&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420>
* **99 Cent Store:** <https://jobs.99only.com>
* **Dollar Tree:** <https://www.dollartree.com/careers-stores/>
* **Circle K:** <https://workwithus.circlek.com/en-US/search?keywords=&location=San%20Bernardino,CA,USA&placeid=ChIJ87j94n1Tw4ARjcKHjHjGZyg>
* **CVS Pharmacy:** <https://jobs.cvshealth.com/Accelerated-Hiring?prefilters=none&CloudSearchLocation=none&CloudSearchValue=none>
* **Rite Aid:** <https://careers.info.riteaid.com>
* **Walgreens:** <https://jobs.walgreens.com>
* **Lowes:** <https://jobs.lowes.com>
* **Home Depot:** <https://careers.homedepot.com/career-areas/retail-careers/>
* **Amazon:** <http://www.amazondelivers.jobs/warehouse-jobs/inland-empire-jobs#jobs>
* **Burlington:** <https://burlingtonstores.jobs>
* **Capstone Logistics:** <https://www.capstone.jobs/en-US/search?facetcountry=us&facetcitystate=moreno%20valley,ca>
* **FedEx:** <https://careers.fedex.com/fedex>
* **Pepsi Co:** <https://www.pepsicojobs.com/main/>
* **UNFI:** <https://unfi.taleo.net/careersection/svuiaext/jobsearch.ftl>
* **StaffMark:** <https://jobs.employeeworkplace.com/staffmark>

**Tech Support**

* **Zoom:** <https://support.zoom.us/hc/en-us>
* **Google Classroom:** <https://teachercenter.withgoogle.com/training>
* **Edmentum:** <https://www.edmentum.com/support>

**Questions to Consider Asking Students and Parents**

* How else can I support you?
* What are your current hopes for distance learning?
* What are your greatest concerns?
* What types of support would be most useful to you and your child during this time?
* What does a typical day look like in your home?
* What other supports are you receiving during this time?
* What's your preferred method of contact?
* Would you like a weekly check in?