

KOVID-19 : Resous, Mizajou/Mete Ajou nan dat Premye Septanm 2020 an
Nou ankouraje w pou vizite sit entènèt distri a nan www.orange.k12.nj.us epi
seleksyone/chwazi Tab Resous KOVID-19 la nan efò pou ka wè/gade dokiman sipò adisyonèl
la

1. Pou plizyè odyans (Asanble miltip):
2. Pou Adilt / Paran:
3. Pou administratè Lekòl yo, Pwofesè yo, ak Pwofesyonèl yo:
4. Lekòl Lakay, Resous pou Elèv yo:
5. Resous Jesyon Timoun, Sante Mantal ak Anksyete:
6. Materyèl ak Sipò pou klinisyen yo:
7. Resous Jeneral:
8. Enfòmasyon pou Imigran ak Fanmi yo

Fèk mete ajou nan dat Premye Septanm 2020 an

Anplwaye/Estaf ak Fanmi yo,

Kòm n'ap avanse nan ouvèti ANE LEKÒL (SY) 2020-2021 an, entansyon nou se kontinye ba u resous pandan faz pandemi sa a. Tanpri refè w nan sit entènèt nou an nan www.orange.k12.nj.us sou dènye nouèl ak dènye enfòmasyon yo osijè sa ki gen rapò ak lokal distribisyon manje yo atravè tout Essex County an (Konte Essex la). Nou pral tou kontinye voye mesaj plon gaye epi poste/afiche yo nan paj medya sosyal nou yo. Toujou sonje, nou tout ansanm nou nan menm sitiyoasyon. Dr. Fitzhugh

https://growingleaders.com/blog/five-ingredients-to-help-students-recover-following-a-pandemic/?mc_cid=18bd8cbf53&mc_eid=67b2389400

<https://www.wsj.com/articles/how-to-help-kids-manage-back-to-school-anxiety-in-the-covid-era-11597671639>



Kijan pou nou Ede Timoun yo Jere Enkyetid Retounen nan Lekòl la nan Epòk Covid la

Èske mwen pral malad? Oswa pwofesè mwen yo? Kijan klas yo pral difèran? Nou te mande sikològ yo kijan paran yo ka ede timoun yo navige retounen nan lekòl la.

www.wsj.com

<https://www.seattletimes.com/life/a-parents-survival-guide-as-kids-head-back-to-school-at-home/>



Gid siviv paranyo kòm timoun pral tounen nan lekòl la lakay | Seattle Times (Chita Tande)

Fen vakans ete a nòmman se yon rezon pou selebrasyon pou pifò paran timoun ki gen laj pou lekòl (pa di timoun yo). Apre de mwa edmi nan travay di, okipasyon lakay la ak ...

www.seattletimes.com

<https://covid19.nj.gov/faqs/nj-information/assistance-and-benefits/how-do-i-apply-for-food-cash-and-health-insurance-assistance-how-are-assistance-programs-adjusting-for-covid-19>

Kijan pou mwen aplike pou manje, lajan kach, ak asistans pou asirans sante? Kijan yo ajiste pwogram asistans yo pou COVID-19 la| FAQ (Kesyon ak Repons ki Poze Souvan)

Sou kijan pou mwen aplike pou manje, lajan kach, ak asistans pou asirans sante? Kijan yo ajiste pwogram asistans yo pou COVID-19 la?.

covid19.nj.gov

<https://www.edweek.org/ew/articles/2020/03/30/how-to-teach-social-emotional-learning-when-students.html>



Kijan yo anseye Aprantisaj Sosyal-Emosyonèl Lè Elèv yo pa nan Lekòl la - Semèn Edikasyon

Lani Gray, se yon pwofesè nan Anderson, S.C., li revize materyèl devwa e-learning (aprantisaj sou entènèt) yo sou aparèy elektwonik li. Anplis de kontni akademik yo, kèk lekòl enkòpore leson aprantisaj sosyal-emosyonèl nan ...

www.edweek.org

<https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist-Search-Institute.pdf>

Bati Relasyon Devlòpmantal Pandan Kriz la COVID-19 la – Rechèch Enstiti a

LIS TCHÈK Kreyasyon Relasyon Devlòpmantal Pandan Kriz Trouvay Rechèch Enstiti sou Kriz COVID-19 la demontre ke lè jèn moun yo fè eksperyans devlòpmantal.

www.search-institute.org

https://selcenter.wested.org/wp-content/uploads/sites/3/2020/05/Self_Care_Strategies_for_Educators_During_the_Coronavirus_Crisis.pdf

Estrateji Swen Pèsonèl pou Edikatè yo Pandan Kriz Koronaviris la

Estrateji Resous Repons Kriz Swen Pèsonèl pou Edikatè yo. Pandan Kriz la Koronaviris la. Sipò byennèt Pèsonèl Sosyal ak Emosyonèl. Christina Pate • Me 2020

selcenter.wested.org

<https://gtlcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf>

Reyabilite Edikatè a ak Swen Pèsonèl Chòk-Enfòmè

Pèsonèl Reyabilite Edikatè a ak Sant Swen Pèsonèl pou Enfòmè sou GRAN PWOFESE AK LIDÈYO nan Enstiti Ameriken pou Rechèch® 1 Yo mande Pwofesèatravètout peyi a pou yo adapte inovasyon Pratik ak rezonab

gtlcenter.org

<https://www.renniecenter.org/research/back-school-blueprint>

Plan pou Retounen nan Lekòl la | Rennie Center

Lè timoun yo retounen pou n'apantisaj nan otòn sa a (ke se anpèsòn, vityèlman, oswa yon melanj de tou de), anpilladan yo pral pote avèk yo efè chòk, pifò pral tonbe deyè akademikman, epi yon gwo nonm ladan yo ka echouye.

www.renniecenter.org

https://www.facinghistory.org/resource-library/back-school-2020-building-community-connection-and-learning/preparing-welcome-students-back-school?utm_medium=email&_hsmi=92680025&_hsenc=p2ANqtz--oGP4yUyBKKUo2tVaiF3WLSKRPadv395NjIoeOAyzkEqfBkth2N5rLTdcLF6eH5maCRp1yGkJV4sn_zOa4zuZZxvmvLQ&utm_content=92680024&utm_source=hs_email

Preparasyon pou Akeyi Elèv yo Retounen nan Lekòl la

Kòm yon premye etap nan planifikasyon 2020 an pou retounen lekòl la, eksplore plan refleksyon sa yo ak estrateji ki pral ede w foki sou relasyon ak swen nan ansèyman w yo.

www.facinghistory.org

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Findex.html

Mizajou nan dat ki te 16 Jiyè 2020 an

Gade Fim lan : 13yèm

<https://www.njpac.org/event/pseg-true-diversity-film-club/>

Pwogram Ete NJPAC a

<https://www.njpac.org/>



New Jersey Performance Arts Center (Sant Pèfòmans Atizay/Art New Jersey)| NJPAC

The New Jersey Performing Arts Center, nan selebre divèsite, li pral devni prezantatè iben nan Amerik la nan art ak amizman, yon lidè kreyatif ak efikas nan edikasyon art pou timoun yo, yon konvokatè itil ak eklere pou evènman angajman sivik, ak yon katalis pou devlopman ekonomik nan vil lakay li nan Newark.

www.njpac.org

Rete Anfòm

<https://lp.dailyburn.com/theskimm/index.html>

Daily Burn (Boule/Fè Egzèsis Chak Jou)

Rete anfòm epi pran plezi w avèk Daily Burn (Fè Egzèsis Chak Jou), kote ou ka asiste plis pase 2000 egzèsis ki anseye pa ekspè, fòmètè sètifye. Apati de nan klas endividyèl li ka vin fasil pou swiv pwogram yo, genyen tòn varyete pou nenpòt moun kimoun, nan nenpòt nivo egzèsis nenpòt ki jou nan semèn lan.

lp.dailyburn.com

Ansèyman/Aprantisaj lakay

https://hereforhealthyschools.lysol.com/teach-from-home.html?utm_source=&utm_medium=email&utm_campaign=&ref=006304569

Resous Edikasyon Espesyal - Aprantisaj Lakay

https://www.simplyspecial.com/5-resources-for-at-home-learning/?fbclid=IwAR3PEv045bm10pBajUF_Xo4VFqASIRuDkEGIPxFY8cLav6VPJgjp3STU8eY

Sipòte rapò elèvyo (pou anplwaye)

<https://grievingstudents.org/>

Sipòte timoun adistans (pou anplwaye)

https://www.youtube.com/watch?v=JD_k7O1i8-U&feature=youtu.be

Pwogram/Klas Ete Vityèl Gratis

<https://www.varsitytutors.com/virtual-summer-camps>

Gid pandan Ete a pou Rete Anfòm Mantalman

<https://www.nationwidechildrens.org/giving/on-our-sleeves/get-involved/advocate/summer-mental-fitness>

10 fason pou montre ke ou renmen tèt ou

<https://youtu.be/8io1elnqdZs>

Pwen Esansyèl pou Timoun (jwèt plezi ak aktivite)

https://www.highlightskids.com/?fbclid=IwAR26TNj55ncw8-Ie7erX0NkPKVBboRzQZx01P_pb3v-o6QR0apn42eIUpdg

SEL Aktivite pou Elèv Lekòl Segondè ak Fanmi yo

<https://docs.google.com/document/d/1CVHV4XI5qWWQVSWPV4s1kwjusDh2NvpMrQQoV6O1dPY/edit>

Hip-Hop Anfòm/Fitness

<https://www.youtube.com/channel/UCJk0i3kl-vwSLinebFpHP0w>

Yoga Kosmik pou Timoun

<https://www.youtube.com/watch?v=wVhHPtrrSGE&feature=youtu.be>

Jounen Aktivite Kazwèl sou Pak - Fè SEL aktif

<https://www.soarwithwings.com/videos/virtual-field-trip>

Mizajou nan dat ki te 19 Jen 2020 an

Men kèk lyen pou kèk aktivite SEL pou elèv yo pandan ete a. Epitou, premye lyen an bay kèk resous kan ki pa chè.

<https://www.nj211.org/summer-camps-activity-programs>

[http://info.apertureed.com/sel-at-home?utm_campaign=COVID-19&utm_medium=email&_hsmi=89642156&_hsenc=p2ANqtz-](http://info.apertureed.com/sel-at-home?utm_campaign=COVID-19&utm_medium=email&_hsmi=89642156&_hsenc=p2ANqtz-36Mz071mwBY3WYTNlXp6dfmpMEluPZSRZ9d58xBvduLPxvZouy_qyq-8ifDjwZNPwS8c4ZSplTLGnW0TBvTy37WbSHDh7I6ZX62VJtEiwHrGJu7g&utm_content=89616115&utm_source=hs_email)

[_36Mz071mwBY3WYTNlXp6dfmpMEluPZSRZ9d58xBvduLPxvZouy_qyq-](http://info.apertureed.com/sel-at-home?utm_campaign=COVID-19&utm_medium=email&_hsmi=89642156&_hsenc=p2ANqtz-36Mz071mwBY3WYTNlXp6dfmpMEluPZSRZ9d58xBvduLPxvZouy_qyq-8ifDjwZNPwS8c4ZSplTLGnW0TBvTy37WbSHDh7I6ZX62VJtEiwHrGJu7g&utm_content=89616115&utm_source=hs_email)

[8ifDjwZNPwS8c4ZSplTLGnW0TBvTy37WbSHDh7I6ZX62VJtEiwHrGJu7g&utm_content=89616115&utm_source=hs_email](http://info.apertureed.com/sel-at-home?utm_campaign=COVID-19&utm_medium=email&_hsmi=89642156&_hsenc=p2ANqtz-36Mz071mwBY3WYTNlXp6dfmpMEluPZSRZ9d58xBvduLPxvZouy_qyq-8ifDjwZNPwS8c4ZSplTLGnW0TBvTy37WbSHDh7I6ZX62VJtEiwHrGJu7g&utm_content=89616115&utm_source=hs_email)

<https://proudtobepprimary.com/social-emotional-activities-distance-learning-at-home/>

<http://www.pbs.org/pre-school-u/pre-school-u-domains/social-and-emotional-development/>

<https://www.additudemag.com/summer-activities-for-kids-adhd-coronavirus/>



Ete a nan moman Koronaviris la: Aktivite Lakay pou Timoun ki genyen ADHD - Magazin ADDitude

Ete a nan moman Koronaviris: Aktivite Lakay pou timoun ki genyen ADHD. Aktivite pandan ete yo ap diferan ane sa a, men timoun ki genyen ADHD yo ka toujou fè kreyativite yo, atletik, ak kiryozi avèk ide sa yo lakay pou pwojè, pwogramasyon, ak aktivite fizik.

www.additudemag.com

Mizajou nan dat ki te Premye Jen 2020 an

Seminè Pèsònèl Pwofesè a

<https://mhttcnetwork.org/centers/great-lakes-mhrtc/event/happy-teachers-practice-self-care>

Nou te anonse Pwogram Asistans pou Itilite nan dat kit e 28 me 2020 an

<https://www.nj211.org/utility-assistance-programs>

Pwogram Asistans pou Itilite | NJ 2-1-1

*COVID-19 ("Coronavirus") Anons: Yo kanpe tout sispansyon sèvis piblik yo nan moman sa a jiskaske yo voye lòt avi. Si ou ta renmen aplike pou asistans sèvis piblik oswa asistans pou ijans, w'ap jwenn tout sa w bezwen sou paj sa a. Akòz pandemi KOVID-19 la, y'ap aksepte aplikasyon yo SÈLMAN pa lapòs oswa pa imèl. Pa genyen okenn sèvis an pèsòn nan nenpòt ki ajans nan moman sa a.

www.nj211.org

Pou ou kapab vin yon Lekòl ki Enfòme de Chòk pandan Kovid la (Ki Gwo Atik sou Byennèt Chanm Viyèl sa a!)

<https://www.sfgate.com/news/bayarea/article/Antioch-During-Covid-19-How-Does-A-15283555.php>

<https://www.edweek.org/ew/articles/2020/04/03/yes-you-can-do-trauma-informed-teaching-remotely.html>

Mizajou nan dat ki te 15 Me 2020 an

Swen Pèsonèl pou for Resistans — Resous

<https://www.mghclaycenter.org/self-care/>

Yon Gid pou Swen Pèsonèl Paran yo: Poukisa Pran Tan Pou Tèt Ou Enpòtan

<https://www.waterford.org/education/self-care-for-parents/>

Poukisa Swen Pèsonèl Pwofesè yo Enpòtan epi Kijan pou Pratike Swen Pèsonèl nan Lekòl ou

<https://www.waterford.org/education/teacher-self-care-activities/>

Swen Pèsonèl Paran yo pa PEPS (Pwogram pou Sipè Paran Bonè yo)

<https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>

Jenn Timoun yo Lakay pandan Pandemi KOVID-19 la: Enpòtans Swen Pèsonèl

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

Jan pou Pratike Swen Pèsonèl — Timoun yo

<https://kidshelpphone.ca/get-info/how-practice-self-care>

Mizajou nan dat ki te 15 Me 2020 an

Swen pou Estaf la/Anplwaye yo

Kisa w'ap fè pou TÈT OU jodi an?

Videyo ki ede/itil & Medya yo:

- Videyo Konsèy chak jou sou Koronaviris (50 jiska prezan, ak plis ankò chak jou)
 - https://www.youtube.com/channel/UCCyIfUWA_uH1JjKczWv6tAg/videos
- Top 50 Chan pou Relaks
 - <https://open.spotify.com/album/4cMjrlhfv3MJ9ZtdmV4Oun>
- Syans Kè Kontan apati DE DOE (**45 PGP**s disponib alafen)
 - <https://www.doe.in.gov/sebw>
- Relaksasyon videyo YouTube



- <https://youtu.be/intVpw4LhMY>
- Imaj Dirije sou videyo YouTube
 - https://www.youtube.com/watch?v=gU_ABFUAVAs

Atik ki ede/itil:

- 5 Jou pou Swen Pèsonèl Pwofesè a
 - <https://topnotchteaching.com/reflective-teaching/teacher-self-care/>
- Fleksibilite nan mitan kriz
 - <https://www.psychologytoday.com/us/blog/the-inner-life-students/202003/flexibility-in-the-midst-crisis>
- Afimasyon Pozitif:
 - <https://www.virtuesforlife.com/50-affirmations-to-help-you-make-positive-change/>
- Kontwòl Emosyon yo nan KOVID-19 Mondyal la
 - <https://medium.com/@Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294>
- Anseye atravè yon pandemic la: Yon Mentalite pou moman sa a
 - <https://www.edutopia.org/article/teaching-through-pandemic-mindset-moment>
- Malèz Ou Santi a se Lapenn
 - <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Resous pou Kriz:

- Liy Prevansyon Swisid Nasyonal la
 - 800-273-8255
- Liy pou Tèks nan Kriz (menm si ou jis bezwen yon moun pou pale & ou pa nan "kriz")
 - Tèks "help" (Sekou) nan 741-741
- Liy Kriz pou Howard County Community
 - 765-776-8555

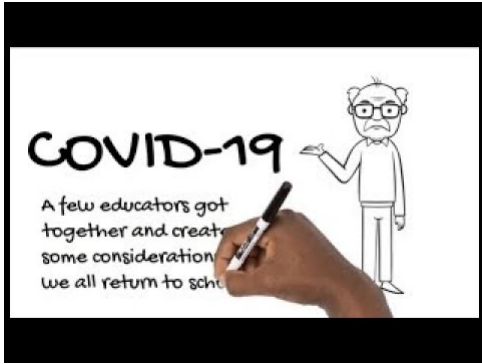
Apps pou Swen Pèsonèl:

- 10 apps pou ede w pran pi bon swen tèt ou
 - <https://www.cnet.com/news/10-apps-to-help-take-better-care-of-yourself-in-2019/>
- Headspace
 - <https://www.headspace.com/headspace-meditation-app>
 - <https://www.headspace.com/covid-19>
- An'n Medite
 - Android: https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en_US
 - Apple: <https://apps.apple.com/us/app/lets-meditate-guided-meditate/id1457163072>
- Koulè Jwaye (Koulè pa Kantite)
 - Android: https://play.google.com/store/apps/details?id=com.pixel.art.coloring.color.number&hl=en_US
 - Apple: <https://apps.apple.com/us/app/happy-color-color-by-number/id1407852246>
- 365 Gratitude Journal
 - <https://365gratitudejournal.com/>
- I am - Rapèl Afimasyon chak jou pou swen pèsonèl
 - Android: https://play.google.com/store/apps/details?id=com.hrd.iam&hl=en_US
 - Apple: <https://apps.apple.com/us/app/i-am-positive-affirmations/id874656917>
 -

Mizajou nan dat ki te 23 April 23 2020 an

Konsiderasyon pou ki lè lekòl ap louvri:

<https://youtu.be/P4qU-QzT2Q0>



[KOVID-19: 15 Konsiderasyon Edikatè](#)

Yon gwoup edikatè, sikològ, ak administratè kolabore sou yon lis konplè nan lidè pou yo konsidere ki lè yo panseke lekòl la ka relouvri.T...

youtu.be

Resous SEL Gratis pou Pwofesè yo ak Paran yo

<https://respectfulways.com/free-SEL-access-coronavirus/>



[Aksè Lib/gratis nan Kou/Klas Aprantisaj Sosyal - Emosyonèl yo pandan Fèmti Lekòl yo – Yon Fason Trè Respektye](#)

Òf gratis sou entènèt avèk respè konsènan kourikoulòm aprantisaj Sosyal-emosyonèl. Pandan ke lekòl yo fèmen akòz Koronaviris la, nou ap bay aksè GRATIS nan pwogram preK-12 sou entènèt nou an nan nenpòt lekòl oswa kan ki bezwen pwogram SEL dijital .. Si ou se yon Pwofesè, Konseye, Administratè, Lidè Pwogram oswa Paran / Gadyen, sèvi ak kòd kupon la Corona-free3 pou aksè gratis jiska 3 modil

respectfulways.com

Aktivite Mantal/Espiryèl Gratis:

https://www.mindyeti.com/v2/s/pricing?utm_source=secondstep.org&utm_medium=link&utm_campaign=covid19support

Enfòmasyon Estaf/Anplwaye yo konsènan Prè Lajan Elèv la panda KOVID la:

https://www.hesaa.org/Documents/Misc/NJCLASS_Q_n_A.pdf

Resous pou Pwofesè:

ELL

https://www.colorincolorado.org/sites/default/files/Colorin_Colorado_Toolkit_2012_0.pdf

Zouti pou Edikatè yo - Colorín Colorado

COLORIN COLORADO – ZOUTI/MAREYÈL POU EDIKATÈ 3 AVÈTISMAN Yon patenarya solid ant lekòl ak paran yo esansyèl pou siksè akademik elèv yo. Lè anplwaye lekòl la ak paran yo travay ansanm pou ranfòse estanda ki wo pou siksè, rezilta a se yon lekòl ki travay, yon anviwònman aprantisaj ki ankouraje siksè

www.colorincolorado.org

Kopye:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Ede Timoun yo Fè Fas ak Chanjman ki Soti nan KOVID-19 la

Fanmi atravè peyi a ap adapte yo ak chanjman yo nan lavi a chak jou ki te koze pa pandemi KOVID-19 la. NASP te bay konsèy sa yo pou ede fanmi yo ranfòse yon sans kontwòl ak r...

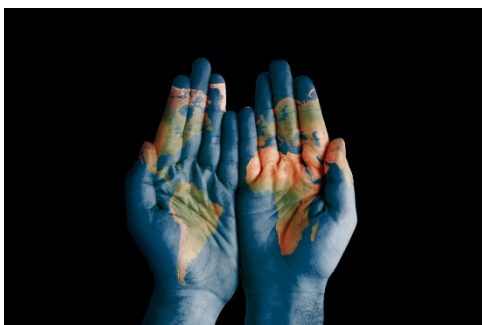
www.nasponline.org

Distan Sosyal Reprezante Vizyèlman:

<https://seureservercdn.net/198.71.233.227/442.a94.myftpupload.com/wp-content/uploads/social-distancing-infographic-final.pdf>

Pran Swen Yonn Lòt:

<https://www.greenpeace.org/international/story/29371/11-simple-ways-to-care-for-each-other-during-the-covid-19-coronavirus-pandemic/>



11 Fason senp yo pran swen yonn lòt pandan pandemi Koronaviris KOVID-19 la - Greenpeace Entènasyonal

Nouvo koronaviris la, KOVID-19, fè anpil nan nou atache ak nan nou, ki konsène pou moun yo renmen, ak adapte lavi nou pou fè fas ak chanjman yo ke pandemi an genyen sou kay nou yo, lekòl yo, ak lye travay yo.

www.greenpeace.org

Anksyete:

<https://www.virusanxiety.com/take-care>



[Pran Swen Tèt ou | Fè Atansyon ak Anksyete w pou Koronaviris la](#)

Atik serye ak aksesib pou ede ou pran swen pèsònèl sante mantal ou.

www.virusanxiety.com

Resous sa yo genyen kèk enfòmasyon ki pi tanjib. Mwen pral eseye wè ki jan'm ka konpile yon lis resous nan yon yon sèl-paj fòma...

<https://www.nj.gov/dcf/news/publications/covid19.html>

<https://www.nj.gov/dcf/news/Hotlines&Helplines-COVID.pdf>

[Nimewo Gratis Dirèk pou Rele Sou Plas/ pou Èd](#)

Liy Dirèk pou Abi/Neglijans Timoun 1-877-NJ ABUSE (652-2873) 1-800-835-5510 (TTY) 24 èdtan pa jou - 7 jou pa semen. Nenpòt moun ki gen rezon rezonab pou kwè ke yon timoun te

www.nj.gov

<https://www.nj.gov/dcf/news/Data.plans.and.connectivity.options-families.pdf>

<https://njsbf.org/school-based-programs/njsbf-webinars-and-online-content/>



[SEL Webinars ak Kontni sou Èntènèt – Bar Fouyndation Eta New Jersey](#)

SEL Webinars ak Kontni sou Èntènèt pou Edikatè yo. Th Bar Foundation toujou ap travay pou bay resous konplè pou edikatè nan Eta New Jersey a.

njsbf.org

<https://www.nytimes.com/2020/03/18/parenting/coronavirus-kids-events-cancelled.html>



[Siveye Dezapwentman/Enèvan Pitit ou a lè tout Bagay Anile - The New York Times](#)

Lekòl ak evènman yo fèmen, yo afekte timoun yo nan fason inatandi. Gade pou wè ki jan nou fè fas ak sitiyasyon sa a.

www.nytimes.com

<https://spanadvocacy.org/wp-content/uploads/2020/04/SFS-Covid-4-01-2020FINAL-Update-1.pdf>

[Koronaviris la kapab afekte sante pitit ou, edikasyon li, Ki risk ki genyen nan KOVID-19 la pou Lasante? Nan fèy sa a](#)

Abilite fanmi yo, pwofesyonèl yo, ak lòt moun ki enterese nan byennèt ak edikasyon timoun ak jèn yo {ak plis} SPAN Paran Advocacy Rezo. Empowering families, professionals, and others interested in the well-being and education of children and youth {and more} SPAN Rezo Defans Paran yo

spanadvocacy.org

Liv devwa/travay timoun yo - Premye Swen pou Santiman ak Ede Timoun yo Siviv pandan Pandemi Koronaviris.

http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf?ET_CID=20200417_SCB_YaleWorkbook_ADMIN_RET_28601&ET_RID=1236931884

Resous Mantal/Espiryèl

<https://www.educatingmindfully.org>



[Lakay | Kowalisyon pou Anseyeman Lekòl Mantalman/Espiryèlman](#)

BYENVENI! Kowalisyon pou Anseyeman Lekòl Mantalman/Espiryèlman (COSEM) se yon edikatè gid. 501c3 san bi likratif sipòte kominote lekòl yo nan konekte yo avèk konseye yo, fòmasyon, ak resous pou atansyon ki baze sou sosyal, emosyonèl ak aprantisaj koyitif. Nou pèmèt edikatè yo eksplòre, pratike pèsònèlman epi kiltive yon kilti mantal nan kominote lekòl yo.

www.educatingmindfully.org

Pratik, resous, ak atik pou moun, paran, edikatè, ak pwofesyonèl swen sante pou fè fas a KOVID-19 la.

https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus



[Pi Gwo Bon Gid pou Byennèt Pandan ...](#)

Nan pi gwo byen, misyon nou se pataje rechèch syantifik ki ka ede ankouraje yon sosyete ki pi kontan, ki genyen plis konpasyon. Avèk dènnye epidemi KOVID-19 la , nou pran angajman pou pote ba ou istwa, konsèy, ak zouti pou tan ensèten sa yo nan kominote mondyal nou an. Nou pral kontinye mete ou ajou de sitiyasyon sa a ...

greatergood.berkeley.edu

4. 7 egzèsis mantal/espriyèl kout.

<https://vimeo.com/227543375>



[Moman Mantal/Espriyèl ak JusTme \(# 1 Itilize Souf kòm Prezantatè\)](#)

// Yon Kolaborasyon ant YoMIND ak JusTmindfulness // Sa a se premye a nan yon seri de 7 egzèsis kout ki te dirije pa JusTme, ak elèv K-8 yo mantalman. Tcheke lòt moun yo sou paj Vimeo nou an, ansanm ak yon mizik videyo JusTme fè nan yon pèfòmans boukò li, "Mwen enspire". Nou ankouraje w pataje videyo yo sou medya sosyal epi itilize yo...

vimeo.com

Konsèy Akademik Lekòl la sou resous a distans la

<https://covid19k12counseling.org>

[Resous pou Konsèy Akademik Lekòl la - Resous pou Konsèy Akademik K12](#)

Yon one-stop (boutik inik) pou resous konsèy lekòl yo pandan edikasyon ak aprantisaj distans ki pran plas pandan epidemi KOVID-19 la. Konsèy, trik ak nouvo zouti

covid19k12counseling.org

Pou Asanble Miltip:

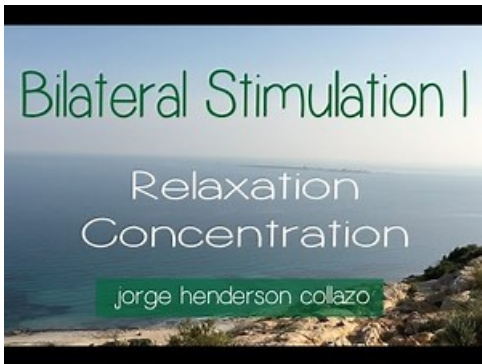
<https://app.mystrength.com/signup/cpnj?pc=careplusweb>

Byenveni a myStrength

Ede Lòt Fè Sak Pi Bon Ou. Byenveni nan myStrength. Nou ofri sipò pou mantal ou, kò ou, ak lespri ou. Nou ede ou devin pi bon ke w ou kapab. Kòmanse Vwayaj

app.mystrength.com

- Anksyete ak KOVID-19, Montefiore Medical Group. Prezante enfòmasyon sou sistèm repons estrès ki aktive, jesyon estrès ak strateji pou siviv aplike woutin chak jou yo. Ofri yon egzèsis vizyèl gide pou detant. <https://www.youtube.com/watch?v=awmQDitkN1M>
- **Liy Dirèk pou Katastwòf/Dezas**, SAMHSA genyen yon [Liy Dirèk pou Asistans Katastwòf](#) - rele nan **1-800-985-5990** oswa tèsk *TALKWITHUS* to **66746**.
- Reyinyon avèk Envite, bay sipò ak resous pou jèn yo, lekòl yo, paran yo ansanm ak travayè a distans yo ki vle konekte nan tan distans sosyal la. <https://www.activeminds.org/>
- **CDC: [Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission](#)** (PDF)



[Eksitasyon Bilateral \(Koute ak kas ekoutè\) - Estimulación bilateral \(Usar Auriculares\) - Estimulación bilateral \(Usar Auriculares\) - Kòmanse.](#)

Avèk mizik sa a ou ka detann estrès, epi kòmanse dòmi aswè. Mwen espereke ou jwi eksitasyon bilateral ak efè detant li pote. Li pi bon koute ak kas ekoutè. Abòne nan kanal mwen an epi relax

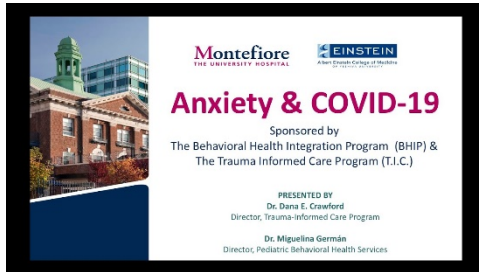
www.youtube.com

- **Resous pou Mentni Byennèt-** <https://www.bergenresourcenet.org/search/resources->
- **Resous Rekiperasyon Vityèl:** <https://www.samhsa.gov/find-treatment>
<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
<https://www.drugabuse.gov/related-topics/covid-19-resources>
- **Liy Pèmanan Nasyonal pou Prevansyon Swisid-1-800-273-8255**
- **Liy Cho pou Jennn, NJ – 1-877-292-5588**
- **Asosyasyon Sante Mantal Liy Apè pou NJ -**<https://www.mhanj.org/our-call-lines/>
- **Sèvis Sante Mantal – Enfòmasyon Swen Sante Mantal Pèsonèl ak Referans-** genyen ladann yon liy dirèk pou sipò emosyonèl 1-866-202-HELP (4357) <https://www.njmentalhealthcares.org/to-maintain-wellbeing-and-balance-in-covid-19-times/>

Pou Adilt/Paran:

Swen Pèsonèl pou adilt

- **CDC: Maladi Koronaviris 2019 (COVID-19) la:** [Manage anxiety and stress](#)
- **Zewo a Twa: Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care** (atik sou entènèt)
- WWW.GOOD-GRIEF.ORG, **FINERAY NAN TAN PANDEMI AN Yon Zouti pou Timoun yo ak Fanmi yo**
- <https://www.youtube.com/watch?v=awmQDitkN1M>



[Anksyete ak KOVID-19 - YouTube](#)

Webinar a vize adilt/granmoun ki genyen pou ale nan travay pandan KOVID-19 la. Li ba ou kapasite pou kalme nan ti moman, ansanm ak fason pou rete an pi bon sante. Li dire apeprè 20 minit...

www.youtube.com

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>



[Gid pou Paran / Siveyan pou Ede Fanmi yo Fè Fas ak Maladi Koronaviris 2019 la - The National Child Traumatic Stress Network](#)

Bay enfòmasyon pou paran ak siveyan yo sou enfeksyon maladi enfeksyon nan kominote ou la. Lè w konnen enpòtans enfòmasyon sou epidemi an ak aprantisaj ki jan yo dwe prepare sa ka diminye estrès ak ede kalm enkyetid posib.

www.nctsn.org

- [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#) (tradwi an Panyòl ak Kreyòl Ayisyen)

Pou Administratè Lekòl yo, Pwofesè yo, ak Pwofesyonèl yo:

- Gid pou Lekòl yo nan Depatman Lasante a: https://www.nj.gov/health/cd/documents/topics/NCOV/COVID19_schools_FINAL_3.4.20.pdf
- Gid pou Lekòl yo nan Depatman Edikasyon: <https://www.nj.gov/education/broadcasts/2020/mar/05/Guidance%20Regarding%20Requirements%20for%20Public%20Health-Related%20School%20Closure.pdf>
- Gid nan Depatman Edikasyon NJ a: <https://www.nj.gov/education/topics/index.shtml>
- Resous nan tolerance.org ke ekspè Sant Nasyonal ak BSC te kreye otou koronavirus la: <https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronaviris>
- [Coronavirus: What Child Care Providers Need to Know](#) (atik sou entènèt)
- **CDC: Coronavirus Disease 2019 (COVID-19): Guidance for School Settings Before and After an Outbreak** (atik sou entènèt), **CDC: Resources for Institutes of Higher Education** (atik sou entènèt)

- **An Tèt Sant Aprantisaj Prekolè ak Konesans (Early Childhood Learning & Knowledge)**
Center: [Coronavirus Prevention and Response](#) (atik sou entènèt)
- **National Alliance to End Homelessness (Alyans Nasyonal pou Mete Fen ak Sanzabri):** [COVID-19: What state and local leaders can do for homeless populations](#)
- **Depatman Edikasyon U.S. :** [Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students](#) (PDF)
- **Depatman Edikasyon U.S:** [Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak](#) (PDF)
- **Direksyon Jeneral pou Timoun (Child Trends):** [As COVID-19 Spreads, Most States Should Have Laws that Address How Schools Should Respond to Pandemics](#) (atik sou entènèt)

Lekòl Lakay, Resous Elèv la:

- Aprantisaj Eskolè sou Entènè Lakay. Resous gratis sa a bay timoun ou yo 20 * jou atik ak istwa enteresan, videyo, ak aprantisaj ki bay defi ak plezi . https://classroommagazines.scholastic.com/content/dam/classroom-magazines/magazines/support/scholastic-at-home/LAH-letter-families_rev.pdf
- Resous Bibliyotèk EPIC. Pou bay elèv yo kapasite pou yo kontinye li ak aprann lakay yo pandan fèm ti lekòl KOVID-19 la. Elèv yo ap genyen aksè nenpòt kote, nenpòt ki lè nan tout bibliyotèk Epic la nan tout aparèy yo, epi ou ka rete konekte lè ou siyen pou liv oswa koleksyon yo ak siveye pwogrè yo. Kòmanse imedyatman, **Aksè GRATIS nan Aprantisaj a distans la nan Epic jiska lafen ane lekòl la (30 jen)**. Envitasyon Aksè Aprantisaj a Distans Elèv yo dwe voye pa kont pwofesè a. Pou plis enfòmasyon ale nan: getepic.com
- 75+ Lwazi/Aktivite amizan ak edikatif pou Lè w kole andedan lakay ou. https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR37hPSN4jdvBM3Y5ZK8_iqafe3zEMYI7RtkpqKyHNshoK9M4WX8sulY1hs
- Lwazi gratis/ Aktivite amizan pou timoun yo. <https://www.zdnet.com/article/audible-to-provide-free-audiobooks-for-children-teens-during-covid-19-pandemic/>

Kenbe timoun okipe ak konekte sosyalman

- **The Atlantic:** [How Parents Can Keep Kids Busy \(and Learning\) in Quarantine](#) (atik sou entènèt)
- **Louisiana State University:** [Supporting Young Children Isolated Due to Coronavirus \(COVID-19\)](#) (PDF)
- **Zewo a Twa/Zero to Three:** [Five Tips to Make the Most of Video Chats](#) (atik sou entènèt)
- [Simple Activities for Children and Adolescents](#) nan mitan pandemi KOVID-19 la - **NOUVO!**

Resous Jesyon Timoun, Sante Mantal ak Anksyete:

Resous pou paran ak lòt siveyan yo

Gid an Jeneral pou KOVID-19 la ak pou rete an sante

- **American Academy of Pediatrics:** [2019 Novel Coronavirus](#) (atik sou entènèt; [an panyòl](#))
- **CDC:** [Pregnancy and Breastfeeding: Information about Coronavirus Disease 2019](#) (atik sou entènèt)
- **Generations United:** [COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families](#)
- **Lopital Tmoun nan Boston/Boston Children's Hospital:** [How to Talk to Your Children About Coronavirus](#) (video)

- **CDC:** [Talking with Children about the Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#) (online article)
- **Zewo a Twa/Zero to Three:** [Tips for Families: Talking About the Coronavirus](#) (atik sou entènèt)
- **Enstiti Mantal pou Timoun/Child Mind Institute:** [Talking to Your Children about the Coronavirus](#) (4-minit videyo; [an panyòl](#))
- **Zewo a Twa/Zero to Three:** [Why are People Wearing Masks? Why are People Covering Their Faces?](#) (atik)
- **BrainPOP:** [Coronavirus](#) (4-minit videyo, aktivite, ak jwèt)
- **Radyo Piblik Nasyonal/National Public Radio:** [Just for Kids: A Comic Exploring the New Coronavirus](#)
- **PBS Kids:** [How to Talk to Your Kids About Coronavirus](#) (genyen ladann yon lis videyo, jwèt, ak aktivite konsènan lave men ak rete an sante nan pati anba atik la)
- [Helping Homebound Children During COVID-19 Outbreak, Sant pou Etid Estrès Twomatik](#)
- <https://www.acesconnection.com/blog/my-kid-s-school-is-closed-so-now-what-supporting-your-children-s-social-emotional-and-mental-health-during-the-covid-19-pandemic>

[LEKÒL PITIT MWEN AN FÈMEN, ENBEN KOULYÈ A SA K'AP FÈT? Sipòte Sante Sosyal, Emosyonèl ak Mantal Timoun ou yo Pandan Aandemi KOVID-19 la](#)

[\[ConfidentParentsConfidentKids.org\] |](#)

[ACEsConnection](#)

Pa Otè Envite, Pamela McVeagh-Lally Kòm KOVID-19la ki gaye a lakòz fèmte lekòl la pi plis detanzantan nan tout Etazini, nou menm, paran yo ak siveyan (swenye sante yo), nou te fè fas ak reyalyite dekourajan sa a nou dwe rete lakay ak timoun nou yo pou anpil semèn e petèt pou anpil mwa. Pandan ke edikatè yo ap travay pou prepare pake lakay yo ak resous sou entènèt pou sipòte pwogrè kontinyèl akademik timoun nou yo ...

www.acesconnection.com

- <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>



[Kòman ou menm ak Pitit ou yo ka Elimine Estrès Pandan ... | PBS KIDS pou paran yo](#)
[You and Your Kids Can De-Stress During... | PBS KIDS pou Paran yo](#)

Si w santi w strese akòz KOVID-19 la, ou pa poukont ou. Men kèk zouti pou timoun yo ak paran yo ka itilize pou ede yo navige nan enkyetid sa

yo ak ensiste nan sa a oswa nan nenpòt ki sitiyaasyon.

www.pbs.org

Materyèl ak Sipò pou klinisyen yo:

- Rezo Newsansyèl la, Dr Perry ofri anpil anrejistremman nan sesyon mini didaktik yo, tout sou konpreyansyon enpak sitiyaasyon aktyèl la sou fonksyonman aktyèl ak alontèm nou yo - espesyalman pou moun ki genyen eksperyans chòk. Sa yo ta dwe itil anpil tou pou klinisyen ki baze nan lekòl tandiske ke y'ap travay pou pale ak jan lekòl konsènan kèk difikilte yo ka wè ak timoun yo yon fwa yo tounen nan lekòl la ak poukisa kèk jèn/jenn ak fanmi yo ka mwens fleksib ak pwodiktif pandan peryòd lekòl lakay la tou.

<https://www.neurosequential.com/covid-19-resources>

[KOvid-19 | NMnetwork](#)

Gade yon diskisyon andirèk sou FaceBook avèk Dr Bruce Perry, Dr Liz McIngvale ak Jim "Matla Mac" McIngvale ki konsantre sou enpak ke Koronaviris genyen sou timoun yo, fanmi yo....

www.neurosequential.com

Resous de baz ARC: mini videyo nan ekleraj KOVID-19 la: <https://arcframework.org/what-is-arc/arc-at-a-glance/>, www.complextrauma.org,

- Pou Timou yo: <https://www.complextrauma.org/will-the-world-ever-feel-safe-child-trauma-reactivated-in-a-time-of-global-crisis/>
- Pou Adilt/Granmoun yo: https://www.complextrauma.org/still-scared-after-all-these-years-traumatic-stress-reactivated-in-a-time-of-globalcrisis/?fbclid=IwAR1izuT_f94sZmR0FPIJ9YUO5rAIRYIk5rCkTOXA1DtKs2sWTPn7g_CLeao

TalkSpace gen terapi sou entènèt ak resous / sipò gratis. Yo ap bay terapi gratis sou entènèt atravayè swen sante kounye a . <https://www.talkspace.com>

- <https://www.youtube.com/watch?v=k2HMSIxK0k>

Teleterapi & Swen Sante Kontinyèl nan Mita Pandemi KOVID-19 la

<https://events.eventzilla.net/e/2-ceu-live-webinar-teletherapy--continuity-of-care-amid-covid19-outbreak-2138773890>, Free + 2 CEU credits(Gratis + 2 kredi CEU)!

Sant pou Etid Estrès Twomatik

- [Caring for a Patients' Mental Well-Being: A Guide for Clinicians](#),
- [Sustaining the Well-Being of Healthcare Personnel](#)
- [Addressing the Psychological Effects of Quarantine – What Healthcare Providers Need to Know](#)

CDC

- CDC fè mizajou enfòmasyon regilyèman nan: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [Community Mitigation Strategies](#)

- [Reducing Stigma](#)

SAMSHA

- [Tips for Social Distancing, Quarantine, and Isolation](#)
- [Talking with Children about Infectious Disease Outbreaks](#)
- [Coping with Stress During Infectious Disease Outbreaks](#)

Premye Swen Sikolojik - NCTSN genyen resous tou pou moun k'ap reponn nan [Psychological First Aid](#) (PFA). PFA se yon entèvansyon bonè pou sipòte timoun, adolesan, agilt/granmoun, ak fanmi ki afekte nan kalite evènman sa yo.

- [PFA online training course](#) li disponib nan Sant Aprantisaj nou an NCTSN. Ou kapak telechaje tou [PFA Mobile](#) nan IOS ou oswa nan Android aparèy elektwonik mobil ou.

Kapasite/Pèfòmans pou Rekiperasyon Sikolojik - Pou founisè yo nan adrese plis/lòt enkyetid moun genyen, NCTSN genyen Kapasite/Pèfòmans pou Rekiperasyon Sikolojik (SPR). [SPR manual](#) ak tout tradiksyon yo disponib kounyè a sou sit entènèt NCTSN a. Nouvo kou sou sit entènèt SPR la ap disponib sou [NCTSN Learning Center](#) 23 Mas.

<http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

[Resous pou Sipòte Sante Mantal ak pou Siviv/Fè Fas avèk Koronaviris \(COVID-19\) la | Sant Resous pou Prevansyon Swisid - sprc.org](#)

Etap 1: Dekri pwoblèm lan ak kontèks li; Etap 2: Chwazi objektif alontèm li; Etap 3: Idantifye kle Risk ak Faktè Pwoteksyon yo

www.sprc.org

- Dosye Faktè Swen Sante Telemedisin Medikè <https://www.samhsa.gov/sites/default/files/medicare-telemedicine-health-care-fact-sheet.pdf>
- Lis konsantman pou enfòmè Telesikoterapi. <https://www.apa.org/practice/programs/dmhi/research-information/informed-consent-checklist>
- Yon Apwòch sou Enfòmasyon pou Chòk pou Ansenye Atravè Koronaviris. <https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus>
- LAUSD Sante Elèv la ak Sèvis Imen/Jesyon. <https://achieve.lausd.net/Page/16559#spn-content>
- MUSC Telehealth Resources. <https://www.dropbox.com/sh/acesnn37I9afb6p/AAAiREKk8eX32rY8axEgZ6Q0a?dl=0>
- **Asosyasyon Sikolojik Ameriken/American Psychological Association: COVID-19 and Psychology Services: How to Protect Your Patients and Your Practice** (atik sou entènèt)
- **Asosyasyon Nasyonal Travayè Sosyak yo/National Association of Social Workers: Coronavirus (COVID-19): Supporting Clients** (atik sou entènèt)
- **Kwonik Chanjman Sosyal/The Chronicle of Social Change: Coronavirus: What Child Welfare Systems Need to Think About** (atik sou entènèt)
- **Depatman Sante ak Sèvis Imen/Jesyon U.S./U.S. Department of Health and Human Services: Information about COVID-19 for CCDF Lead Agencies: Relevant Flexibilities in CCDF Law** (online article)

Resous Jeneral:

- **Livrezon Manje** <https://www.nj.com/coronavirus/2020/03/a-list-of-stores-and-apps-where-you-can-order-food-and-grocery-deliveries.html>
- **Restoran k'ap fè livrezon yo** <https://njmonthly.com/articles/eat-drink/table-hopping/nj-restaurants-coronavirus-takeout-delivery-only/>, <https://dailyvoice.com/new-jersey/hackensack/business/these-bergen-county-restaurants-have-special-family-deals/785083/>
- **Optimum ap ofri sèvis gratis pou 60 jou nan moman sa a pou nouvo kliyan yo.** <https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>
- **24/7 Liy dirèk piblik (disponib nan plizyè lang) 1800 222-1222**
- **Paj dakèy Depatman Sante NJ pou nouvèl ak konsèy sou KOVID-19** la: <https://www.nj.gov/health/cd/topics/ncov.shtml>
- **Chanèl YouTube Gouvènè a ap an konferans aktyèl andirèk pou laprès chak jou:** <https://www.youtube.com/channel/UCH8YwF0eRI9E5lpGj8OaiLg>
- **PSE&G/ Utilities** . PSE & G te sispann fèmen sèvis elektrik ak / oswa gaz kliyan rezidansyèl pou peman
- **Sit ofisyèl Eta New Jersey a, Enfòmasyon Hud Kovid-19 la** - <https://covid19.nj.gov/index.html> Chèche enfòmasyon mizajou enpòtan sou viris la, poze kesyon, ki sa ou bezwen konnen, chèche resous, chèche anbochaj travay-Kovid-19 la ak Anbochaj sou Pòtal la <https://jobs.covid19.nj.gov/>
- **Liy Dirèk KOVID nan NJ**
- 1-800-222-1222
- 1-800-962-1253
- **Sit entènèt Kovid-19 NJ a genyen ladann tout tès sit yo pa konte** <https://www.nj211.org/coronavirus-covid-19>
- **Konte Bergen/Bergen County United Way-** 201-291-4050- 211 ak Konparezon Fon
- **Administrasyon Sekirite Sosyal** -(SSD, SSI) 1-800-772-1213 oswa ale sou entènèt nan [SSA.gov/coronavirus](https://ssa.gov/coronavirus) ki bay enfòmasyon. osijè sèvis sou entènèt, èd ki ka bay sou telefòn, sèvi ak "Field Office Locator" ki bay yon lòt nimewo gratis pou biwo lokal ou a pou plis asistans.
- **Sèvis Sosyal Depatman Edikasyon Konte Bergen-** (Koupon pou manje/Food stamps, Medikèd, TANF, GA, elatriye.) <https://bcbss.com/important-links/> Si sikonstans kliyan yo chanje oswa yo konnen lè yo mande yo anjeneral pou yo renouvle benefis yo anpil ekstansyon te fèt nan dat sa yo akòzdat orijinal la. Ou ka rapòte chanjman atravè Imèl nan changes4@bcbss.com (PDF se fòma nan dokiman prefere) Ou ka rapòte tou chanjman via telefòn oswa faks. Tanpri gade tablo ki anba a pou jwenn yon lis inite nou yo, sèvis yo ak nimewo kontak yo.

Faks Liy Dirèk Inite/Sèvis yo

- AI SNAP ak TANF Fanmi/Adilt Sèl anba 60 (Ka Aktif) 201-368-4790 /201-368-6599
- AJ SNAP, Medikèd ak TANF pou Fanmi/ Adilt Sèl anba 60 201-368-4770 /201-368-6599

- BL SNAP kliyan ki genyen plis pase 60, , ABD Medikèd (Nouvo Aplikasyon) 201-368-4340 /201-367-4337
- AA SNAP kliyan ki genyen plis pase 60, Aplikan GA, ABD Medikèd (Ka Aktif) 201-368-7693 /201-367-4337
- AO Entèviyou Resètifikasyon 201-368-4785 /201-368-6582
- BR Nouvo Aplikasyon Entèviyou 201-368-4257 /201-368-6582
- FC NJ Familycare Medicaid – Ka Aktif 201-368-6550/ 201-368-8706
- EA Sèvis Ijan (Kay, Sèvis Piblik, elatriye) 201-368-4317 /201-368-6581
- BG Institutional Medicaid/Medikèd Enstitisyonèl 201-368-7667 /201-368-4772
- **Greater Bergen Community Action (CAP)-201-968-0200**
- **Pwogram Asistans pou Enèji Kay** - (Chofaj ak Refwadisman/Heating and Cooling) 201-488-5100. Moun yo toujou nan biwo yo pou aksepte apèl nan telefòn ak bay asistans.
- **Asistans pou Lwaye:**
 - **Otorite Lojman/Kay nan Bergen Konte/Housing Authoriti of Bergen County-201-336-7600.** Jiska jounen jodi a sit entènèt la di fèmèn jouk 30 Mas. Ou ka kite yon mesaj vokal sou nimewo operatè a pou yon ijans epi y'ap retounen apèl ou a. Ou kapab itilize adrès sa a tou pou poze kesyon nan info@habcnj.org.
 - **Depatman Afè Kominotè/Department of Community Affairs-** 201-996-8990- Si kliyan an konnen ki moun ki Manadjè a li kite yon mesaj vokal dabitid, yo ap rele pou mesaj yo. Yo pi prefere imèl depi ke yo tout ap travay a distans; John.Smith@dca.nj.gov
 - **Koneksyon Sipò Lojman/Kay Supportive Housing Connection-** travay ak tout Depatman Sèvis Imen Sibkansyon NJ (DHS) - <https://www.nj.gov/dca/divisions/dhcr/offices/shc.html>
- **Depatman Travay ak Devlopman Mendèv-Divizyon Asirans Chomaj** - sa a li itil pou ranpli pou chomaj <https://myunemployment.nj.gov/>
- **Depo Manje nan Essex/Bergen County-Kondisyon aktyèl jiska jounen 4/23/2020 an(gade/wè plis an ROUJ)**

Non	Adrès	Enfòmasyon Kontak	Notasyon
Bergenfield Borough Hall	198 N. Washington Ave, Bergenfield	201-387-4055	Pwovizyon/Mareryèl Limite, Randevou Sèlman avèk ID, Ekspere yon Likvrezon Manje.
Bogota St. Josephs' church	115 E. Fort Lee Road	201-343-9150	fèmèn
Church of the Epiphany Food Pantry	247 Knox Ave, Cliffside Park	201-943-7320	fèmèn
Closter borough Hall	295 Closter Dock Road	201-943-7320	Aksepte don, Randevou sèlman
Cresskill Food Pantry	200 Jefferson Ave, Cresskill	201-567-2528	Pwovizyon Limite, Sister Pantry nan Jersey City ede, asiste rezidan Cresskill ak Teaneck yo. Yo bay Pre-sak materyèl. Ou ka rele si ou gen alèji manje

Healing Hands	349 Hillsdale Ave, Hillsdale	TheHelpingHandFoodPantry@gmail.com	The Helping Hand Food Pantry ap re-louvri 30 Mas. Tanpri sonje nou pa pral ranpli kòmand pandan nou prall distribye sache anbalaj manje yo. Kliyan ki egziste deja yo dwe montre yon fòm valab nan ID. Nouvo kliyan yo dwe pote ID ak prèv rezidans.
Office of Concern at St. Cecilia	55 West Demarest Avenue, Englewood, NJ 07631	201.568.1465	Louvri èdtan nòmral - jis antre nan batiman an yon sèl moun alafwa
Center For Food Action	Main site-192 W. Demarest Ave, Englewood, NJ 07631 Other pantries-316 First St, Hackensack, 90 Ridge Rd, Mahwah, 224 Midland Ave, Saddle Brook, 400 Paramus Rd, Paramus,	201.569.1804	CFA fèmen tou depo manje yo jiska Mèkredi 25 Mas 2020.
Community Foodbank of New Jersey	31 Evans Terminal	908-355-3663	
Hasbrouck Heights Borough Hall	320 Boulevard	201-288-0195	Pou rezidan yo, te sèvi 13 jodi a Lendi 9 a 11, yo te bay frizè manje, 2 sache nan Episri ak \$ 20 gc pou ShopRite ... nenpòt don resevwa sou nan karantèn pou 10 jou, plan sou distribisyon semèn pwochèn, materyèl yo diminye.
Buddies of New Jersey, Inc.	149 Hudson Street, Hackensack, NJ 07601	201-489-2900	Tanpri, rele anvan lè nan 201-489-2900 Sak yo ap fèt davans ak nan men yo nan men pòt la. ORÈ TANPÒRÈ PANDAN IJANS ETA A AKÒZ VIRSS KORONA A:
Church of the Ascension Food Pantry	256 Azalea Drive, New Milford	201-836-8961	Si moun nan bezwen, moun ki refere a ka rele New Milford epi bay enfòmasyon yo pou yo bay asistans posib
Queen of Peace Church	174 Ridge Rd	201-988-1219	Aplike nan Maryann Mackey, founiti limite, ki sèvi N. Arlington ak tout ti bouk vwazen yo
Paramus Dept Of Human Services	93 N. Fairview Ave, Paramus	201-265-2100 x6102	Kounye a sèlman rezidan Paramus, kounye a gen 60 fanmi yo, yo pa pral vire yon nouvo rezidan ki se sou asistans gouvènman an. Yo dwe fè tès depistaj.

Pascack Food Center	65 Pascack Rd	201573-9083	Madi / Jedi 9-11 pral ede nenpòt moun, kliyan nouvo yo dwe rele anvan
Social Services of Ridgewood		201-444-2980	
Rutherford Community Food Pantry	176 Park Ave	201-460-3628	Se sèlman fanmi kounye a ki anrejistre ak sou randevou sèlman
Family Promise	100 Dayton Street, Ridgewood, NJ 07450	201-833-8009	The Walk-in Dinner ap kontinye. https://www.bergenfamilypromise.org/walk-in-dinner-program/
St. Andrew's Church	120 Washington Ave, Westwood	201-666-1100	Pastè a ap evalye pou semèn pwochèn. Ap konnen pa Jedi si yo pral kapab kontinye sèvis
Branch Brook Park-Cherr Blossom Welcome Center	Branch Brook Park Enter via Heller Parkway in the City of Newark	Pa gen randevou nesèsè. Yo p'ap sèvi tou otobis ak mach pye yo. Oud we nan yon machin lè w'ap resevwa manje atravè fenèt ou.	Cherry Blossom Welcome Center: 10:00 AM 28 April 2020. Pa rive anvan 8:00AM.
Naturi Feeds	N/A Delivery Service ONLY	Anrejistre atravè lyen an: https://dimplez.typeform.com/to/UueW8q.	Anrejistre atravè lyen an: https://dimplez.typeform.com/to/UueW8q. Kòmand yo plase lè Dimanch pou semen annapre a.
The City of Orange Food Hotline	369 Main Street Orange NJ	973-280-1621	Rele annava pou Sak Manje yo ak Non ou, adrès, ak nimewo telefòn. Livrezon Pwovizyon yp ap fèt jou apre a.
Faith and Hope Food Pantry	480 Warwick Ave, Teaneck	201-833-4502	Louvri pou nenpòt moun ki bezwen Samdi 9 a 11. Rele devan se konsa sak la pare pou vin pran'l
Tri Boro Food Pantry	65 Pascack Rd, Park Ridge	201-573-9083	Madi. ak Jedi. 9-11 am. Bay manje pou moun ki mache nan pòt la-bay manje espesyal bay moun ki lwe yon chanm epi yo pa gen aksè a aparèy kwizin

Enfòmasyon pou Imigran ak Fanmi yo

[Mizajou sou Aksè Swen Sante Imigran ak fanmi yo](#) - Sant Nasyonal Lwa Imigrasyon (NILC)

- Premye Lwa pou Fanmi ke Kongrè a fèk mete disponib pou bay finansman pou peye tès kowonaviris pou nenpòt moun ki pa genyen asirans. Finansman an pral peye pou tès nan sant sante kominotè, klinik pou pasyan ekstèn, ak biwo doktè /
- Imigran ka kontinye jwenn aksè nan sèvis nan sant sante nan kominote a, kèlkeswa sityasyon imigrasyon yo, ak nan yon pri redwi oswa gratis sa depann de revni yo. Sepandan, moun yo ta dwe rele premyèman pou chèche konnen disponibilite tès depistaj ak tès KOVID-19 la. Sant sante yo ka fè evalyasyon pasyan yo nan telefòn oswa lè yo sèvi avèk telemedsin..
- Sèvis Sitwayènte ak Imigrasyon nan Etazini (USCIS) dènyèman te afiche yon alèt pou klarifye ke li pa pral konsidere tès, tretman, oswa swen prevantif (ki gen ladann vaksen si yon vaksen vin disponib) ki gen rapò ak KOVID-19 la nan yon detèminasyon inadmisibilite pou chaj piblik.

Konbat move enfòmasyon konsènan KOVID-19, lyen sa a se gid CDC a an [Panyòl](#) .

Aksè nan Sant Sante Federal ki Kalifye nan New Jersey.

- The New Jersey Primary Care Association te devlope yon lis tout sant sante nan NJ pa konte, ou ka jwenn resous sa a [isit la](#).
- Ou ka itilize lyen sa a tou pou chèche sant sante kalifye federal ki pi pre ou pa konte oswa vil. FQHCs oblije ofri yon echèl frè glisman ki baze sou revni sepanndan, yo dwe toujou ofri sèvis yo kèlkeswa kapasite ki genyen pou peye: <https://healthapps.state.nj.us/fhs/cphc/cphcSearch.aspx>

Sante mantal pou kominote san papye yo

- Imigran enfòmè te asosye avèk Latinx Therapy pou pote resous ak meyè pratik konsènan byennèt mantal ak swen endepandan pandan tan ensèten sa yo. Imigran Enfòmè ofri tou Konnen Dwa ou yo ak enfòmasyon Renouvèlman DACA (Know Your Rights and DACA). Pou rete ajou vizite lyen an [isit la](#).

Randevou imigrasyon yo

- Tout espas biwo USCIS yo, biwo azil ak Sant Sipò pou Aplikasyon (ASCs) pa pral bay sèvis anpèsòn jiska omwen premye Avril. Sa gen ladann entèvyou, seremoni natiralizasyon ak randevou koleksyon byometrik. Sepandan, nou pral kontinye bay sèvis ijans pandan tan sa a. Si ou gen yenyon demann pou sèvis ijans, tanpri kontakte Sant Kontak USCIS a. Biwo USCIS yo pral voye avi pou retire- orè aplikan ak petisyonè yo ak randevou pwograme ki afekte akòz fèmti sa a. Nou pral voye avi retire-orè aplikan natiralizasyon ki pwograme pou seremoni natiralizasyon an. Tout aplikan yo pral repwograme lè USCIS reprann operasyon nòmal yo. <https://www.uscis.gov/about-us/uscis-response-coronavirus-disease-2019-covid-19>

COVID-19 Recursos de Nueva Jersey

- Las preguntas por correo electrónico pueden ir a ncov@doh.nj.gov
- Orientación para las escuelas del Departamento de Salud: <https://www.nj.gov/health/cd/>
- Orientación para las escuelas del DOE: <https://www.nj.gov/education/broadcasts/2020/mar/05/Guidance%20Regarding%20Requirements%20for%20Public%20Health-Related%20School%20Closure.pdf>
- Línea directa pública 24/7 (disponible en varios idiomas) 1800 222-1222
- Página de inicio del Departamento de Salud para COVID19 (aquí encontrará todo tipo de orientación y actualizaciones): <https://www.nj.gov/health/cd/topics/ncov.shtml>
- Actualizaciones de cierre escolar del DOE: <https://www.nj.gov/education/topics/index.shtml>
- El canal You tube del Gobernador transmite en vivo las conferencias de prensa diarias, el de hoy fue a las 2pm: <https://www.youtube.com/channel/UCh8YwF0eRI9E5lpGj8OaiLg>