

Resources for Families During the COVID-19 Outbreak

During this difficult time for children and families, we want to provide as much support to you as possible. Toward that end, we will share resources on our websites and social media channels as we can.

Stay Informed - Knowing important information about the outbreak can reduce stress and calm worries. These resources can help parents and caregivers stay informed from official sources. Links below also can assist families to think about how the outbreak might affect their family and what families can do to cope. Links are also included below to available resources for children and families.

<https://www.cdc.gov/coronavirus/2019-ncov/>

<https://data-montcopa.opendata.arcgis.com/pages/covid-19>

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

<https://www.phila.gov/programs/coronavirus-disease-2019-covid-19/>

<https://www.phila.gov/2020-03-14-find-free-meals-and-safe-spaces-for-students-while-schools-are-closed/>

https://childmind.org/article/talking-to-kids-about-the-coronavirus/?utm_source=newsletter&utm_medium=email&utm_content=Talking%20to%20Kids%20About%20the%20Coronavirus&utm_campaign=Weekly-03-03-20

Stay Connected - Don't have Internet access? Comcast is offering free Internet to families for 60-days:

Comcast will send all new customers a free self-install kit that includes a cable modem with a Wi-Fi router. There will be no term contract or credit check and no shipping fee.

To sign up, visit www.internetessentials.com. There are also two dedicated phone numbers [1-855-846-8376](tel:1-855-846-8376) (English) or [1-855-765-6995](tel:1-855-765-6995) (Spanish).

Need Support? We are here to help you. You can contact us as follows:

Martin Luther School (MLS) - During the school closure, MLS staff will be sending fun and engaging activities and online resources to MLS students. We encourage parents/guardians to read to students or have students read independently. We will also be sharing a new plan for virtual learning with families. If an MLS family needs assistance accessing outside services or otherwise, please call or text Siobhan Canavan at 484-393-5007.

Outpatient Mental Health Program – Learn more at: www.silver-springs.org/services/outpatient-mental-health-services/. To inquire about services available presently, please call: (215) 880-8823 or email info@silver-springs.org.

Intensive Behavioral Health Services (IBHS, formerly known as BHRS) – Learn more at: www.silver-springs.org/services/behavioral-health-rehabilitation-services/. To inquire about services available presently, please call (267) 297-5170 or email info@silver-springs.org.

Prevention Programs – Learn more at: www.village1877.org/programs-services/in-home-services/. To inquire about services available presently, please call (215) 730-2240 or email info@silver-springs.org.

Gemma Services | 610-825-4440 | 610-525-5400 | www.silver-springs.org | www.village1877.org

Gemma Services Social Media:

