

From: LISTSERV NCS TICN <NCSTICN@FAIRFAXCOUNTY.GOV>

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To: "NCSTICN@listserv.fairfaxcounty.gov" <NCSTICN@LISTSERV.FAIRFAXCOUNTY.GOV>

Subject: VA TICNs - Special Edition

Reply-To: ncsticn@FAIRFAXCOUNTY.GOV

Hello Network Members-

Please see the message below for some resources for navigating this challenging time compiled for TICNs across Virginia. Thanks to our partners at Greater Richmond SCAN for pulling this together!

We are working to add virtual options for the subcommittee meetings that we have scheduled over the next few weeks to ensure that those who are navigating the world of homeschool have an option to participate. Go To Meeting information will be added to the existing Outlook invitations, and will be posted on our ACEs Connection calendar ASAP. Be well!



VIRGINIA TRAUMA-INFORMED COMMUNITY NETWORKS

Special Edition

Below you will find some resources to help with the life changes and heightened stress and anxiety as a result of COVID-19. We hope these help ease the transition to social distancing with children and adolescents.

[Comcast](#) is offering families with limited income 60 days of free internet service. To sign up, call 855-846-8376 (English) or 855-765-6995 (Spanish).



Resources for Talking About the Coronavirus and Helping Children and Teens Cope

[Talking to Kids About the Coronavirus](#) from the Child Mind Institute

[Helping Children and Teens Cope with Anxiety About COVID-19](#) from Seattle's Children's

[How to Talk to Your Kids About Coronavirus](#) from PBS KIDS

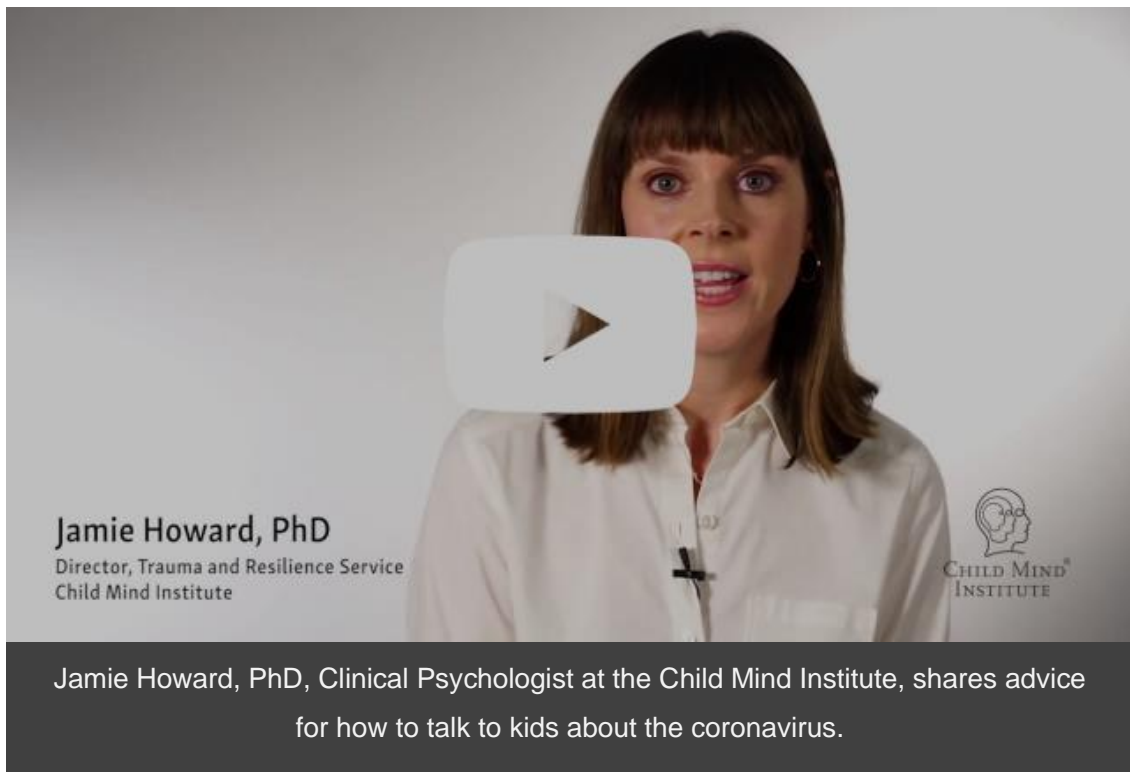
[How You and Your Kids Can De-Stress During CoronaVirus](#) from PBS KIDS

[COVID-19, School Cancellation, and Trauma](#) from STARR Commonwealth

[Understanding Coronavirus and How Germs Spread](#) from BrainsOn! science podcast for kids

[Just For Kids: A Comic Exploring the New Coronavirus](#) from NPR

[Helping Children Cope with Emergencies](#) from the CDC



Educational Resources for Parents and Caregivers

[PBS KIDS](#) offers a free daily newsletter with activities and tips to help kids play and learn at home. Their website also has tons of fun and educational resources, including videos, games, free apps, articles, and more.

[Scholastic is offering free Learn at Home](#) curriculum for all grade levels.

[Trauma-Informed Resilient Schools online training from STARR](#)

[Commonwealth](#) is being offered for free.

[Art and Play Activity Guide for Learning from Home](#) from Art Bar Blog

[The Best Home Schooling Resources Online](#) from Parents.com

[Taking Care of Your Emotional Health During a Disaster or Traumatic Event](#)
from the CDC

