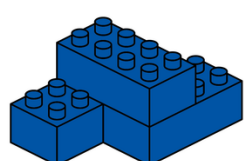


UCLA PRITZKER CENTER COVID-19 RESOURCE

FAMILY STRENGTHENING PROGRAM



PARENTS ANONYMOUS

Hotline to provide safe, immediate, and accessible help to parents, caregivers, and youth who are experiencing higher levels of stress due to COVID-19. You can reach a live person 7 days a week at **1-855-427-2736**

<http://parentsanonymous.org/>

TEACHING TIPS



UCLA CENTER X

Tips on how to manage homeschooling under COVID-19. Includes simple math, science, history and reading options recommended by experts.

<https://bit.ly/2YaXixp>

PARENTING TOOLS



FIRST 5 LA

Tips and resources for families with young children, food resources, mental health, and education during COVID-19 and beyond.

<https://www.first5la.org/parenting/>

FOSTER/ADOPT SUPPORT



UCLA TIES FOR FAMILIES

UCLA TIES for Families is an interdisciplinary program dedicated to the growth of foster/adoptive children and their families.

<https://www.uclahealth.org/mattel/ties-for-families/>

DIGITAL LIBRARY ACCESS



LA COUNTY LIBRARY

Los Angeles county libraries are providing free online homework help, career online high school, and ebooks for all ages.

<https://lacountylibrary.org/>

BRAIN BUILDING



VROOM

Vroom provides science-based tips and tools to inspire families to turn shared, everyday moments into brain building moments.

**Please remember your children's teachers are your frontline resources to help identify manageable, realistic and enriching plans and activities for your children during home-based COVID-19 learning. Reach out to them to discuss adjustments, flexibility or resources relating to home schooling.



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