



**MYTIME DAILY LEARNING LINKS
AND PARENT RESOURCES/
ENLACES DE APRENDIZAJE DIARIOS Y RECURSOS PARA LAS FAMILIAS
DEL PROGRAMA MYTIME 4-17-2020**

Good afternoon MyTime parents and guardians,
Here is list of resources from the Fox Valley United Way and local agencies. I have also attached several flyers with additional resources.
Aquí está la lista de recursos del Fox Valley United Way y de las agencias locales. También he adjuntado varios folletos con recursos adicionales.

LOCAL RESOURCES

Rent assistance

Ayuda con renta

Salvation Army
(630) 897-7265

Aurora Township
(630) 897-8777

Catholic Charities
(630) 820- 3220

Funds limited to \$100
Family Focus
(630) 844-2550

Two Rivers Head Start
(630) 264-1151

Food Banks/Pantries Despensas de comida

Aurora Food Pantry (Aurora)

Batavia Interfaith Food Pantry

Loaves & Fishes (Naperville)

Marie Wilkenson Food Pantry (Aurora)

Northern Illinois Food Bank

The Salvation Army

St. Peter's Food Pantry (Geneva)

Relief Services

Servicios de Ayuda

American Red Cross

Mutual Ground

The Salvation Army Aurora

The Salvation Army Tri-City

Medical Resources

Recursos medicos

Kane County Health
Department

<https://www.kanehealth.com/>

Advocate Health Care

Amita Health

Northwestern Medicine

Open Door Health

Rush-Copley

Tri-Cities Health Partnership

VNA Healthcare



Mental Health Resources

5 Ways to Help Teens Manage
Anxiety

Protect Your Family's Mental
Health

How to Help Your Children
Stay Calm

Illinois Launches 'Call4Calm' Program to Provide Mental Health Care for Residents.

Illinois Department of Human Services launched a free emotional support text line for Illinoisans experiencing stress related to COVID-19: Call4Calm. This isn't a crisis hotline, but a source of support.

If you want to speak to a counselor, text TALK to 552020, or HABLAR for Spanish speakers.

You can also access a wider array of supports using the same number on your mobile phone. Text 552020 with keywords such as "unemployment" or "food" or "shelter" to receive information to help you navigate getting assistance.

El Departamento de Servicios Humanos de Illinois lanzó una línea de texto gratuita de apoyo emocional para los habitantes de Illinois que experimentan estrés relacionado con COVID-19: Call4Calm. Esta no es una línea de crisis, sino una fuente de apoyo.

Si quiere hablar con un consejero, envíe un mensaje de texto al 552020, o a HABLAR para los hispanohablantes. También puede acceder a una mayor variedad de apoyos usando el mismo número en su teléfono móvil. Envíe un mensaje de texto al 552020 con palabras clave como "desempleo" o "comida" o "refugio" para recibir información que le ayude a navegar para obtener asistencia.

