

# Resources for Families

## General Information

- How to talk to your children about the Coronavirus
  - <https://www.schoolcounselor.org/asca/media/asca/Crisis/HelpforCaregivers.pdf>
  - [https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)
  - <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
  - <https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>
  - Brain Pop: Coronavirus
    - <https://www.youtube.com/watch?v=GoXxmzKdick>

## Online Academic Resources Elementary (pre-k-2)

- ABCYa
  - <https://www.abcya.com/>
- BrianPOP
  - <https://jr.brainpop.com/>
- Get Epic!
  - <https://www.getepic.com/>
- Go Noodle
  - <https://www.gonoodle.com/>
- Learning Review
  - <https://www.learningreviews.com/>
- Mr. Nussbaum
  - <https://mrnussbaum.com/>
- Chrome Music Lab
  - <https://musiclab.chromeexperiments.com/>
- Cosmic Kids Yoga
  - <https://www.youtube.com/watch?v=0ImHIWzP49M&feature=youtu.be&fbcl>

[id=IwAR2D9AnGbQqgy-6UK2hsGZxP4K0NgW-lzK2Nb0XQA5gk82nmX5UrlnuBjpI](https://www.edmentum.com/offer/IwAR2D9AnGbQqgy-6UK2hsGZxP4K0NgW-lzK2Nb0XQA5gk82nmX5UrlnuBjpI)

- Reading Eggs
  - <https://readingeggs.com/>
- San Diego Zoo
  - <https://kids.sandiegozoo.org/>
- Sheppard Software
  - <http://www.sheppardsoftware.com/>
- Suffolk Cooperative Library System
  - <https://search.livebrary.com/selfreg>
- Starfall
  - <https://www.starfall.com/h/>
- Study Island
  - <https://home.studyisland.com-product>
    - Select state, billing annual, subscription as single license, select all available subjects, enter promo code: EdmentumSupport2020
    - The registration will require a credit card and then you will see what looks like an auto-renewal, but Edmentum will not auto-renew nor charge your credit card.
- Storyline Online
  - <https://www.storylineonline.net/>
- Story Time from Space
  - <https://storytimefromspace.com/>
- Learning to Count
  - <https://www.topmarks.co.uk/learning-to-count/teddy-numbers>
- Louver
  - <https://www.louvre.fr/en/visites-en-ligne?fbclid=IwAR3DI6qPY4xKFonmJNmULEBELjijyUkNMTgyi4ZCt3b3zHbHKe7OQSdw4pqU>
- Lunch Doodles with Mo Willems
  - <https://www.kennedy-center.org/mowillems>
- Math Playground
  - <https://www.mathplayground.com/>
- Moby Max
  - <https://www.mobymax.com>
- National Geographic Kids
  - <https://kids.nationalgeographic.com/>

- Time for Kids
  - <https://www.timeforkids.com/>

## Online Academic Resources Elementary (3-5)

- ABCYa
  - <https://www.abcya.com/>
- Access Mars
  - [https://accessmars.withgoogle.com/?fbclid=IwAR3Y8Z5AjtyszXtpNiugjOQRLj68-kM\\_GyZe8xJWstCZl-ttobBJ4MVflbA](https://accessmars.withgoogle.com/?fbclid=IwAR3Y8Z5AjtyszXtpNiugjOQRLj68-kM_GyZe8xJWstCZl-ttobBJ4MVflbA)
- Algebraic Expressions
  - [https://www.math-play.com/Algebraic-Expressions-Millionaire/algebraic-expressions-millionaire-game\\_html5.html](https://www.math-play.com/Algebraic-Expressions-Millionaire/algebraic-expressions-millionaire-game_html5.html)
- BrainPOP
  - <https://jr.brainpop.com/>
- Chrome Music Lab
  - <https://musiclab.chromeexperiments.com/>
- Cosmic Kid Yoga
  - [https://www.youtube.com/watch?v=0ImHIWzP49M&feature=youtu.be&fbclid=IwAR2D9AnGbQqgy-6UK2hsGZxP4K0NgW-lzK2Nb0XQA5gk82nmX5Urn\\_uBjpI](https://www.youtube.com/watch?v=0ImHIWzP49M&feature=youtu.be&fbclid=IwAR2D9AnGbQqgy-6UK2hsGZxP4K0NgW-lzK2Nb0XQA5gk82nmX5Urn_uBjpI)
- Get Epic!
  - <https://www.getepic.com/>
- Geography with National Geographic
  - <https://kids.nationalgeographic.com>
- Go Noodle
  - <https://www.gonoodle.com/>
- Grammaropolis
  - <https://www.grammaropolis.com/>
- Grid Club
  - <https://gridclub.com/>
- Kids Discover
  - <https://online.kidsdiscover.com/>
- Learning Review
  - <https://www.learningreviews.com/>
- Lunch Doodles with Mo Willems
  - <https://www.kennedy-center.org/mowillems>

- Math Playground
  - <https://www.mathplayground.com/>
- Mr. Nussbaum
  - <https://mrnussbaum.com/>
- National Geographic Kids
  - <https://kids.nationalgeographic.com/>
- Reading Eggs
  - <https://readingeggs.com/>
- San Diego Zoo
  - <https://kids.sandiegozoo.org/>
- Suffolk Cooperative Library System
  - <https://search.livebrary.com/selfreg>
- Steve Spangler Science
  - <https://www.stevespanglerscience.com/>
- Study Island
  - <https://home.studyisland.com-product>
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- Storyline Online
  - <https://www.storylineonline.net/>
- Story Time from Space
  - <https://storytimefromspace.com/>
- Smithsonian's National Zoo and Conservation Biology Institute
  - <https://nationalzoo.si.edu/animals/list>
- Louvre Virtual Tours
  - <https://www.louvre.fr/en/visites-en-ligne?fbclid=IwAR3DI6qPY4xKFonmJNmULEBELjiyUkNMTgyi4ZCt3b3zHbHKe7OQSdw4pqU>
- Moby Max
  - <https://www.mobymax.com>
- Podcasts for Kids
  - <https://www.weareteachers.com/best-podcasts-for-kids/>
- Time for Kids
  - <https://www.timeforkids.com/>
- Vatican Museum Virtual Tour

- <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/our-virtuali-elenco.html>
- What was there
  - <http://www.whatwasthere.com>
- Wonderopolis
  - <https://wonderopolis.org/>
- Yellowstone National Park Virtual Tour
  - <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

## Online Academic Resources Middle School (6-8)

- ABCYa
  - <https://www.abcya.com/>
- Access Mars
  - [https://accessmars.withgoogle.com/?fbclid=IwAR3Y8Z5AjtyszXtpNiugjOQRLj68-kM\\_GyZe8xJWstCZl-ttobBJ4MVflbA](https://accessmars.withgoogle.com/?fbclid=IwAR3Y8Z5AjtyszXtpNiugjOQRLj68-kM_GyZe8xJWstCZl-ttobBJ4MVflbA)
- Big History Project
  - <https://school.bighistoryproject.com/>
- BrainPOP!
  - <https://jr.brainpop.com/>
- Codecademy
  - <https://www.codecademy.com/>
- Crash Course Videos
  - <https://www.youtube.com/user/crashcourse/videos>
- Get Epic!
  - <https://www.getepic.com/>
- Geography with National Geographic
  - <https://kids.nationalgeographic.com>
- Go Noodle
  - <https://www.gonoodle.com/>
- Grammaropolis
  - <https://www.grammaropolis.com/>
- Grid Club
  - <https://gridclub.com/>
- Learning Review
  - <https://www.learningreviews.com/>
- Mr. Nussbaum

- <https://mrnussbaum.com/>
- National Geographic Kids
  - <https://kids.nationalgeographic.com/>
- Reading Eggs
  - <https://readingeggs.com/>
- Suffolk Cooperative Library System
  - <https://search.livebrary.com/selfreg>
- Steve Spangler Science
  - <https://www.stevespanglerscience.com/>
- Study Island
  - <https://home.studyisland.com-product>
    - Select state, billing annual, subscription as single license, select all available subjects, enter promo code: EdmentumSupport2020
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- Smithsonian’s National Zoo and Conservation Biology Institute
  - <https://nationalzoo.si.edu/animals/list>
- Kids Discover
  - <https://online.kidsdiscover.com/>
- Louvre Virtual Tour
  - <https://www.louvre.fr/en/visites-en-ligne?fbclid=IwAR3DI6qPY4xKFonmJNmULEBELjiyUkNMTgyi4ZCt3b3zHbHKe7OQSdw4pqU>
- Moby Max
  - <https://www.mobymax.com>
- National Museum of United States Air Force Virtual Field Trip
  - <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>
- National Women’s History Museum
  - <https://www.womenshistory.org/womens-history/online-exhibits>
- Podcasts for Kids
  - <https://www.weareteachers.com/best-podcasts-for-kids/>
- Vatican Museum Virtual Tour
  - <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/our-virtuali-elenco.html>
- What was there
  - <http://www.whatwasthere.com>
- Wonderopolis

- <https://wonderopolis.org/>
- Yellowstone National Park Virtual Tour
  - <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

## Online Academic Resources Secondary (9-12)

- Access Mars
  - [https://accessmars.withgoogle.com/?fbclid=IwAR3Y8Z5AjtyszXtpNiugjOQRLj68-kM\\_GyZe8xJWstCZl-ttobBJ4MVflbA](https://accessmars.withgoogle.com/?fbclid=IwAR3Y8Z5AjtyszXtpNiugjOQRLj68-kM_GyZe8xJWstCZl-ttobBJ4MVflbA)
- Big History Project
  - <https://school.bighistoryproject.com/>
- Codecademy
  - <https://www.codecademy.com/>
- Crash Course Videos
  - <https://www.youtube.com/user/crashcourse/videos>
- Geography
  - <https://kids.nationalgeographic.com>
- Hippo Campus
  - <https://hippocampus.org/HippoCampus/>
- Kids Discover
  - <https://online.kidsdiscover.com/>
- Learning Review
  - <https://www.learningreviews.com/>
- National Emergency Library
  - <https://archive.org/details/nationalemergencylibrary>
- National Museum of the United States Air Force Virtual Field Trip
  - <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>
- Suffolk Cooperative Library System
  - <https://search.livebrary.com/selfreg>
- Study Island
  - <https://home.studyisland.com-product>
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- Smithsonian's National Zoo and Conservation Biology Institute

- <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>
- Louvre Virtual Tours
  - <https://www.louvre.fr/en/visites-en-ligne?fbclid=IwAR3DI6qPY4xKFonmJNmULEBELjiyUkNMTgyi4ZCt3b3zHbHKe7OQSdw4pqU>
- National Women’s History Museum
  - <https://www.womenshistory.org/womens-history/online-exhibits>
- Podcasts for Kids
  - <https://www.weareteachers.com/best-podcasts-for-kids/>
- Vatican Museum Virtual Tour
  - <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/our-virtuali-elenco.html>
- What was there
  - <http://www.whatwasthere.com>
- Yellowstone National Park Virtual Tour
  - <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

### Emergency/Crisis Information:

- Family Service League-DASH
  - DASH is a 24/7 voluntary program for individuals in crisis due to substance use, mental illness or other life stressors.90 Adams Avenue Hauppauge, NY 24-Hour Hotline: 631-952-3333
- Family Service League-Mobile Crisis
  - Team of licensed professionals will come to you to conduct a risk assessment, develop a safety plan, and recommend any necessary outpatient services.24-Hour Hotline: 631-952-3333
- Family Service League- Trauma & Suicide
  - Provide critical care, immediate guidance and support to individuals, groups, and families struggling with suicide, grief, crisis or disaster. 24-Hour Hotline: 1-888-375-2228
- Family Service League-Counseling
  - Mattituck 631-298-8642
- Sagamore Mobile Crisis Unit
  - Onsite (either at home or school with parental presence) psychiatric evaluation for resistant, acute psychiatric adolescents under age 18. 631-370-1701. 11 am and 7 pm.



## Hotlines

- Child Abuse Hotline
  - 800-342-3720 Mandated reporters 800-635-1522
- Mental Health Hotline
  - 631-952-3333
- RESPONSE Crisis Referral Hotline- Crisis, Suicide
  - 24 hr 631-751-7500
- National Runaway Hotline
  - 1-800-999-9999

## Food Pantries

- Shelter Island Food Pantry
  - Presbyterian Church- 631-749-0805
- CAST
  - 631-477-1717 316 Front Street Greenport, NY
- The North Fork United Methodist Church
  - Feather Hill Shopping Center Unit 10-2 53345 Main Rd. Southold The pantry is open Thursday from 3-5:30 PM, but can be opened at any time if a need arises, contact Pastor Tom ([pastor@northforkumc.com](mailto:pastor@northforkumc.com))
- Mattituck Presbyterian Church
  - Food Pantry. 12605 Main Road Mattituck, NY. The pantry is open Monday's from 9:00am-12:00pm, Tuesday-Friday 9:00am-4:00pm.

## Hospital and Inpatient Programs

- Mather Hospital Psychiatric Unit
  - 75 North Country Rd. Port Jefferson NY 473- 1320 Inpatient unit for adolescents who require 24 hr. hospitalization and Partial Hospitalization for adolescents who do not require 24 hr. hospitalization. ER psychiatric evaluations. Inpatient Adolescent

Psychiatric – 631-476-2775

- Stony Brook Psychiatric Emergency Room
  - 444-6050 evaluations done on site University Medical Center SUNY  
Stony Brook – Psychiatric Emergency Room adolescents and adults  
632-8333

## Domestic Violence Referrals

- The RETREAT
  - 24 Hour Hotline: 631-329-2200
- Deaf Crisis Line: 321-800-3323 or Text HAND to 839863
  - The Retreat offers a crisis intervention hotline available 24 hours per day. Staff and trained volunteers link callers to our shelter, police, emergency health, and other needed services while providing supportive listening, basic information, and referrals. Hotline services are available in over 200 languages including
  - Interpretation services are available for most languages, including American Sign Language.
- VIBS-
  - Victims Information Bureau- 24 Hour Hotline: 631-360-3606H24