

# Family Resource List

## Medical

- [Get Covered NYC](#): Insurance enrollment for uninsured – Call: 311

## Mental Health

- Gender Spectrum - [info@genderspectrum.org](mailto:info@genderspectrum.org)
  - [Pre-Teen Support Group](#)
  - [Teen Discussion Group](#)
  - [Gender Q&A: Informational Session](#)
  - [Group for API Parents, Relatives, and Caregivers](#): Raising Gender Diverse Children and Teens
  - [Grandparents Group](#)
  - [National Parent Support Group](#)
  - [Webinar Registration](#): Understanding Gender for Parents on 6/1/2020
- [National Domestic Abuse Hotline](#)
- [Anti-Violence Project Hotline](#)
- [Child Abuse Help Hotline](#)
- [Lifeline Suicide Prevention Hotline](#)
- [BAGLY Community Gathering](#): Meeting for LGBTQIA+ youth of color
- [Mindful Schools Mindful](#): activities, movement, read-aloud and more
- [Transgender Law Center](#): Community Gathering TGNCNB+ online gathering
- [Calm Mental Health](#): Free Calm Sleep Stories, Meditations
- [Calm Mental Health](#): Variety of free Calm resources
- [Core Yoga](#): Free yoga videos
- [Breathe App Mental Health](#): 5-minute mental health check-ins

## Food and Supplies

- [Invisible Hands](#): Safe and free delivery
- [Expensify.org](#): Food and supplies - funds to help reimburse families in need to purchase essential groceries
- [DOE](#): 3 free meals daily from 7:30am-1:30pm, Mon. – Fri.
- [NYC Council](#): Free Meals for Seniors in Bronx
- [The Power of Us](#): Free Meals Bronx

## Arts and Culture

- [Google Arts & Culture: Virtual Museum Tours](#)
- [Google Arts & Culture: Virtual Heritage Site Tours](#)
- [Living Room Broadway Concerts](#)
- [MET Nightly Met Opera Streams](#)
- [The Actors Fund](#) concerts by Broadway musical stars



# Family Resource List

## Kids' Activities

- [Sezme](#): LGBTQIA+ Web series
- [Queer Kid Stuff](#): LGBTQIA+ Web series
- [Cosmic Kids](#): Online Yoga Classes
- [PBS Kids](#): Daily Newsletter with Activities
- [San Diego Zoo](#): Virtual Tour of San Diego Zoo
- [National Park Zoo](#): Virtual Tours of National Parks
- [Access Mars](#): Virtual Tour of Mars
- [Suddenly Homeschooling](#): Free Recipes
- [Drag Queen Story](#): Hour Multiple Events
- [Penzu Mental Health](#): Free online journal (great time to get introspective with kids)

## Remote Learning

- [DOE](#) learn at home
- [DOE Remote Learning Device Request](#) or call 718-935-5100
- [ABC Mouse](#): Early Learning
- [Adventure Academy](#): Middle-school learning
- [Reading IQ](#): Free Books
- [Khan Academy](#): Daily Schedule Templates
- [NYPL E-learning](#): New York Public Library (NYPL)
- [Ivy League Classes](#)
- [Webinar Racial and Social Justice](#): 101 w/ Ericka and Ebony on 3/31/2020
- [Welfare Rights Initiative](#)

## Technology

- [Comcast](#) Internet services
  - Free 60-day essentials package
- Charter & Spectrum Internet services: call 1-844-488-8395
  - Free 60-day essentials package days to households with K-12 or college students who don't already have a Spectrum subscription
- AT&T
  - They will offer open hot-spots, unlimited data to existing customers, and \$10/month plans to low-income families
- Sprint
  - All handsets to enable hot spots for 60 days at no extra charge
- T-Mobile
  - All handsets to enable hot spots for 60 days at no extra charge



# Family Resource List

## General Resources

- [New York Transgender Advocacy](#): COVID-19 Resources and Information
- [National Resources](#)
- [Mutual Aid Networks](#)
- [National Resources Collective Care](#)
- [NYSYLC](#): Resources for Undocumented Folks in NY
- [Point of Pride](#): TGNCNB\* Resource Chest Binding during COVID-19
- [Day One](#): Free journal app
- [Peloton](#): Physical Health Free Online App for 90 Days
- [Mix That Drink](#): 28 Mocktail Recipes
- [CrossFit](#): At home workouts

## Useful Readings

- [QNS](#): What's closed, what's still available in LGBTQ health & social services
- [Gender Spectrum](#): Resources for Challenging Times
- [NYC Health](#): Recent Guidance and NYC Case Data
- [NYC Health](#): Stay Healthy
- NYC Health Updates: Text COVID to 692-692 for updates
- [NYC Health](#) NYC Health FAQ
- [NYC Health](#) NYC Health COVID-19 Services & Resources
- [NYC DOE](#)
- [NYCHA](#)
- [HRA](#): Guidance on cash assistance from HRA
- [NYC Consumer Affairs](#): Guidance on price gouging
- [The Guardian](#): Jacinda Ardern holds special COVID-19 press conferences for children
- [Mutual Aid Networks](#)
- [National Resources Collective Care](#)
- [NYS & NYC Depts of Health](#): Webinar NYS & NYC Depts of Health
- [Alexandra Solomon: How to talk to kids about Corona-19](#)

