

**CASEL** The Collaborative for Academic, Social and Emotional Learning (CASEL)

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

<https://confidentparentsconfidentkids.org/parent-resources/family-emotional-safety-plan/>

**PBS.org/PBSKIDSDAILY** Sign up for the daily weekday newsletter for activities and tips to use to learn and play at home

<http://public.pbs.org/PBSKIDSDaily?source=pbskids.org>

### **Monmouth County Library**

Online resources available to support youth's learning at home

<https://monmouthcountylib.org/>

### **The National Child Traumatic Stress Network**

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

<http://ccrnj.org/supporting-children-and-adolescents-isolated-due-to-covid-19/talking-to-youth-about-coronavirus-3-9-2020-lsu-osofsky/>

**Perform Care** is a free service to families who are experiencing children with behavioral, mental health or emotional challenges. There are therapists of many different languages and are available to communicate 24 hours a day, seven days a week.

1-877-652-7624

<http://www.performcarenj.org/index.aspx>

**2nd Floor Youth Helpline** is a confidential and anonymous helpline for New Jersey's youth and young adults. Counselors are available to help find solutions to the problems that are faced by our youth.

1-888-222-2228

<https://www.2ndfloor.org/>