## Family Resources:

- Home | SHIM (Local Resources)
- DHS Services (Resources for Allegheny County residents)
- COVID-19 | Coronavirus Resources for Pennsylvanians (State Resources)
- Home - PA 2-1-1 Southwest, powered by United Way (SW PA Resources)

## Anxiety and coping

- Anxiety and Coping With the Coronavirus
- Helping Children Cope With Changes Resulting From COVID-19

## Family Fun:

- Kids Out and About Pittsburgh: FEATURED EVENTS (Virtual Events)
- Bringing-The-Zoo-To-You (Pittsburgh Zoo)
- Science Center (Carnegie Science Center “Read, Watch & Do”)

## On-Line Learning Fun for Kids:

- Time for Kids
- Kids Discover Online: Home

## Fitness Ideas For Home:

- Backyard Fitness Circuit Course
- 25 Ways to Get Moving at Home Infographic

We are here to help! If you have any questions or need help in any way please reach out to one of us! Kari Havel, School Counselor: kari.havel@sparksd.org or Kim Mosi, School Nurse: kim.mosi@sparksd.org