



**Mrs. Caudle and Ms. Johnson are hoping you and your families are staying safe, enjoying one another, and getting outside. We will overcome together, but apart for now. Remember to "Breathe" we are wishing you well during this time**



**\*New information highlighted in red\***



**\*Check out the new information from the counselor\***

### *Community Resources from Home School Coordinator and Counselor*

#### **Community-Based Food Programs**

**Food Bank Pantry 1007 Big Bear Blvd- opens on Tuesdays- Saturday from 10am-4pm**

This service is a drive thru service quick and easy. Tell them your name and how many in your household

**\*No Child Hungry campaign by Equipment Share\* Every Monday and**

**Thursday from 1-2:00 at Douglass school volunteers are handing out a full bag of groceries (includes some meat, produce, eggs,). They do not require any name or identification and ask no questions about need – Literally drive up and they hand it you you!**

#### **Boys and Girls Clubs of Columbia**

Meal pick-up (all kids ages 5-18)

Monday-Friday from 4:00 – 7:00 pm

Facebook (Boys & Girls Clubs of Columbia, MO) or Text bgccomo to 81010

**Need Help with filing for unemployment?** Watch the short video from the TODAY show and it will tell you who can help! Heres the link.

<https://www.today.com/video/how-robin-hood-of-internet-can-help-you-file-for-unemployment-82062917575>

## **SNAP (Food Stamps)**

### **Missouri Department of Social Services**

<https://dss.mo.gov/covid-19/>  
855-FSD-INFO

## **WIC**

### **Columbia/Boone County WIC**

<https://www.como.gov/health/wic/>  
573.874.7384  
*Please call first!*

## **Local Restaurants**

### **Free Food**

Columbia Convention & Visitors Bureau

<https://www.visitcolumbiamo.com/general-columbia/local-resources/>

### **Delivery and Take-Out**

Columbia Convention & Visitors Bureau

<https://www.visitcolumbiamo.com/dining/restaurants-providing-delivery-other-options/>

# **Healthcare**

## **MO Healthnet (Medicaid)**

### **Missouri Department of Social Services**

<https://dss.mo.gov/covid-19/>  
855-FSD-INFO

## **Affordable Healthcare**

### **Family Health Center**

<https://www.fhcmo.org/>

573.214.2314

*Please call before you seek care!*

### **Medication**

#### **Columbia/Boone County Division of Human Services**

Assistance with medications and medical supplies/equipment (eligibility required)

<https://www.como.gov/health/human-services/medication-assistance/>

573.817.6430

[socialservices@como.gov](mailto:socialservices@como.gov)

*Please call or email for assistance!*

#### **Voluntary Action Center**

Assistance with medications and co-payments (eligibility required)

<http://www.vacmo.org/>

573.874.2273

### **Pharmacies**

[Boone County Pharmacies](#)

## **Mental Health Services**

### **Family Access Center** <https://faceofboonecounty.org/referrals/>

If you or someone you know is having a mental health crisis or are having thoughts of suicide, call the 24/7 Crisis Hotline 800.395.2132.

**Adults** (any adult Boone County resident age 20 and older)

#### **Burrell Behavioral Health- Assessment Center**

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

573.777.8455

#### **Compass Health Network- Behavioral Health Services**

[Compasshealthnetwork.org](http://Compasshealthnetwork.org)

Central Intake 844-853-8937

Crisis-line 888-237-4567

**Children, Youth, and Families** (any children/youth age 19 and under and their families in Boone County)

#### **Family Access Center of Excellence (FACE) of Boone County**

<https://faceofboonecounty.org/>

573.771.3223

### **Boone County Provider Database**

opens in a new window <https://bocomoproviders.org>

### **Other Resources**

- [Emotional Well-Being During COVID-19](#)
- [Virtual Recovery Meeting Resources](#)

## **Household and Hygiene Products**

### **Voluntary Action Center**

hygiene items and household cleaning products (eligibility required)

<http://www.vacmo.org/>

573.874.2273

### **The Salvation Army**

hygiene items (eligibility required)

<https://www.rocktheredkettlecomo.org/>

573.442.3229

## **Utility Assistance**

**Columbia/Boone County Division of Human Services** <https://www.como.gov/health/human-services/assistance-with-utility-bills/>

assistance for electric and water (eligibility required)

573.817.6430

[socialservices@como.gov](mailto:socialservices@como.gov)

*Please call or email for assistance!*

### **Central Missouri Community Action**

<https://cmca.us/>

assistance for electric, gas, and water (eligibility required)

573.443.1100

*Currently closed to the public, but applications for assistance can be sent to 800 N Providence, Columbia, MO 65202*

# **Financial Assistance**

## **Catholic Charities of Central and Northern Missouri**

COVID-19 (Coronavirus) Relief

Relief funds available to assist with financial hardships resulting from the COVID-19 pandemic

<https://ccnmo.diojeffcity.org>

573.635.7719

# **Internet Resources**

## **Columbia Public Schools**

technology resources for students and families

<https://www.cpsk12.org/covid19/technology>

573.214.3900

## **Mediacom**

free community wifi hotspots

<https://mediacomcable.com/xtream-hotspots/>

low-cost internet for families

<https://mediacomc2c.com/requirements.aspx>

## **Charter Spectrum**

free community wifi hotspots

<https://www.spectrum.com/free-wifi-hotspots/missouri>

# **Childcare**

## **Find Childcare**

ChildCare Aware of Missouri

<https://www.mo.childcareaware.org/>

866.892.3228

[referralcenter@mo.childcareaware.org](mailto:referralcenter@mo.childcareaware.org)

[Emergency Child Care Resource for Essential Personnel](#)

## **Child Care Subsidy**

Missouri Department of Social Services

<https://dss.mo.gov/covid-19/>

855-FSD-INFO

## **Unemployment**

Missouri Department of Labor- Unemployment Benefits

<https://www.mo.gov/work/unemployment/>

800.320.2519

## **Social Services Providers**

If you are a social services agency providing critical services in Boone County during the COVID-19 pandemic and you need resources to provide social services, please contact the Columbia/Boone County Division of Human Services via email [humanservices@como.gov](mailto:humanservices@como.gov). Please include "human services resource request" in the subject line.

[PHHS COVID-19 Guidance for Social Services Providers](#)

## **Businesses**

For information about support for businesses, please visit [Columbia Chamber of Commerce](https://columbiachamber.com/resources/covid-19-resources/) (<https://columbiachamber.com/resources/covid-19-resources/>)

Please feel free to email me with any questions [shjohnson@cpsk12.org](mailto:shjohnson@cpsk12.org)

Shelia Johnson Home School Coordinator

## Counselor Resources:

[lcaudle@cpsk12.org](mailto:lcaudle@cpsk12.org)

214-3660 (EXT. 71430)

Office Hours: Monday-Friday 8am-10am

Check out my website for weekly updates of information and activities:

Mrs. Caudle: <https://counselorcaudle.weebly.com/>

The screenshot shows the website for Shepard Boulevard Elementary School. The header features the school's logo (a horse head) and the name "Shepard Boulevard Elementary School" with the tagline "Growing Learners and Leaders". A search bar is located in the top right corner. Below the header is a navigation menu with links for Home, Our School, Family Resources, Student Resources, Teams and Departments, Staff Directory, Counseling (which is highlighted), and Calendar. On the right side of the header, there are icons for Lunch, Calendar, Contact, and Families Portal. The main content area is titled "Counselor" and includes a sub-menu with "Counselor" selected. The page content reads: "Home > Counseling > Counselor", "Welcome to Shepard's Counselor page!", "Click below to access each month's newsletter.", "August/September", and "Counselor's Blog is updated regularly and can be accessed by clicking [here](#)".



# CPS Elementary School

Dealing with times of uncertainty increases the likelihood of anxiety. Providing opportunities for the 3 Cs: communication, consistency & control, can help to children to feel safe, thus reducing stress and anxiety. Take time to integrate the 3 Cs in your family's daily routine.

April 21, 2020

 <p><b>Communication</b></p>	<p>Provide opportunities for regular check-ins with your child. Consider using the scaling method, asking your child to rate on a scale of 1 to 10 how they are feeling, or use a thermometer to scale feelings in the same way. For younger children, you can use emojis or feelings faces to help identify and express emotions.</p> 
 <p><b>Consistency</b></p>	<p>Predictability helps alleviate anxiety and stress. Create a daily routine and schedule to increase consistency and predictability. Incorporate both necessary and optional activities, embedding self-care opportunities throughout the day. Ask your child to help you create the schedule. Including your child in this activity will help encourage ownership and participation in establishing a routine.</p> 
 <p><b>Control</b></p>	<p>Emotional regulation can be developed through plans for self-care. Having a response plan can help individuals maintain a sense of control over most situations. Ask your child to identify people and activities that help them to feel better during times of stress. Help your child make a list of self-care activities to turn to during times of need. Possible list items may include exercise, coloring, art or mindfulness. Better yet...spend time involved in these activities together and model healthy coping strategies for your child.</p>

Adapted from Focusing on Student Well-Being in Times of Crisis by Cathleen Beachboard, March 27, 2020:

<https://www.edutopia.org/article/focusing-student-well-being-times-crisis>