



# Cordova Middle Optional School Family Resource Guide during COVID-19 crisis

The purpose of this guide is to provide information and resources to our Cougar Family as we weather the COVID-19 crisis.  
#bettertogether

## Meal Assistance

YMCA Meal Pick Up Sites: [All Sites](#)  
[Mid-South Food Bank Coronavirus Response](#)



## Financial Help

[Emergency Cash Assistance/Families First](#)  
[Apply for Unemployment Benefits](#)



## Housing/Community Resources

[Community Alliance for the Homeless](#)



## Instructional Support

[Learning Guides/Video Lessons/Digital Resources](#)  
[Homework Hotline](#)  
[Social Emotional Learning](#)



## Talking to Children about COVID-19

[Tips from CDC](#)  
[childmind.org](#)



## Reporting Concerns

[Child Abuse or Neglect](#)  
[Adult Abuse](#)  
[Price Gouging](#)



## Mental Health

- [Tapping Solution App: Innovative Meditation Technique \(free content available\)](#)
- [Tips for Parents and Caregivers: Managing Anxiety](#)
- [Preventing Loneliness During a Time of Social Distancing](#)
- [Seeking Mental Health Support Online: NAMI.org](#)
- [Youth Villages Specialized Crisis Services](#)
- [National Suicide Prevention Lifeline](#)
- [Social Media Safety Tips](#)