**Resources from 12/8 Virtual Session for Black Parents & Caregivers:**

* [Change to Chill:](https://www.changetochill.org/)
  + [Change to Chill + Hennepin County CARES](https://www.changetochill.org/hennepincounty/)
  + [Stress Factor Quiz for Teens](https://www.changetochill.org/stress-factor-quiz/)
  + [Living with Grief & Loss](https://www.changetochill.org/how-can-i/living-with-grief-loss/)
  + [Suicide Prevention, Awareness & Support](https://www.changetochill.org/about/suicide-prevention/)
  + [Chill Breaks](https://www.changetochill.org/chill-breaks/)
  + [Virtual Chill Zone](https://www.changetochill.org/activities-tools/virtual-chill-zone/)
  + [Mindfulness](https://www.changetochill.org/mindfulness-for-teens/)
  + [Videos](https://www.changetochill.org/video/)
  + [Activities & Tools (Handouts)](https://www.changetochill.org/activities-tools/)
* [Creative Kuponya](https://stamschrorlottllc.com/)
* **Distancing Resources:**
  + [Khan Academy](https://www.khanacademy.org/khan-for-educators/resources/parents-mentors-1/khan-academy-accounts/a/seven-tips-for-setting-up-a-productive-learning-space-at-home)
  + [Minnesota Department of Health – Staying Connected](https://www.health.state.mn.us/communities/mentalhealth/support.html)
  + [Netflix Party](https://www.netflixparty.com/)
  + [COVID-19 Resources for Parents and Teens](https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx)
* **Coping with Change:**
  + [River Ridge Free Online Support Group – Coping with COVID](https://www.riverridgemn.com/wp-content/uploads/2020/07/Coping-with-COVID-Online-Support-Group-website-info.pdf)
  + [Coping with Change Video](https://youtu.be/_Vve9N0xwUI)
* **MN Black Community COVID-19 Hotline:** 612-254-1145, 24 hours a day, 7 days a week
* **Safety/Crisis Lines:**
  + Crisis Text Line: Text “MN” to 741741
  + Hennepin County:
    - Adults (18+, 24 hours a day): (612) 596-1223
    - Children (17 and younger, 24 hours a day): (612) 348-2233