

Health/Community Resources

- Parents/Students
 - [Talking to Students About COVID-19 \(A Parent Handbook\)](#)
 - [Supporting Families During COVID-19](#)
 - [Social Emotional Learning: Information that encourages social/emotional well-being for all](#)
 - [Manage Anxiety and Stress: Support from the CDC](#)
 - [Counseling & Therapy Resources](#)
 - [Preventing Screen Time Addiction: Tips from Smart Social to manage screen time when everything is online](#)

- Food Resources
 - [HACAP Mobile Food Pantry](#)
 - [Linn County Food Resources](#)
 - [SANSI - 319-854-6100](#)

- Government/Health
 - [CDC Centers for Disease Control and Prevention](#)
 - [Iowa Department of Public Health](#)
 - [Linn County Public Health](#)
 - [Office of the Governor of Iowa](#)