**Galveston County COVID-19 Resource Updates 3/26/2020**

***New!***

**Texas Historical Commission**

* Gov. Greg Abbott has directed the Texas Historical Commission (THC) to close all state parks and historic sites as part of the state’s efforts to strengthen social distancing practices and prevent gatherings of large groups of people. Historic sites and state parks will close to the public starting at 5 p.m.
* <https://www.thc.texas.gov/publichealth>

**Collaborative for Children**

* CHILD CARE NOW
* If you are an essential worker in need of child care, we are here to assist you and ease the burden. Collaborative for Children and Workforce Solutions, in partnership with the City of Houston, Harris County and other community partners, will match you with high-quality child care that best suits your family's needs. And, you can apply for financial assistance to offset child care expenses from [Workforce Solutions](https://www.wrksolutions.com/).
* WE HAVE THREE ASSISTANCE OPTIONS FOR ESSENTIAL WORKERS WHO:
* Need child care now
* Need child care now and financial assistance
* Already have child care but need financial assistance
* For more information or to register/apply: <https://collabforchildren.org/child-care-now>

**Credit.com**

* **COVID-19 Financial Resource Guide**
* Useful COVID-19 resources
* Measures you can take to prepare your finances
* Other important resources
* The latest on the coronavirus financial relief measures
* <https://www.credit.com/blog/covid-19/>

**Gypsy Joint Galveston**

* "Gypsy Joynt has received a wonderful donation of food from U.S. Foods. And we want to share beginning April 7-12. We have recruited Maceo’s to help us make and distribute meals for these 6 days. Keeping it West Market family all together from a distance. It will be lunch and dinner for musicians, bar owners & bartenders, restaurant & hospitality, servers, art galleries, museums, retail shops....those out of work. Let us feed you for a week. Drive up for curbside and we will bring them to your car. Lunch on Maceo’s curb. Dinner on Gypsy Joynt’s curb. We have 75 meals for lunch and 75 for dinner. So first come first serve until out each day."
* **Address**: 2711 Market St, Galveston, TX 77550

***Updates!***

***COVID-19 Specific Resources***

**CARES ACT**

* Meeting Times
* April 13, 2020, 10 a.m., Austin local time
* ESG Outreach: CARES Funding for Dallas, Fort Worth/Arlington, and Houston
* Includes Continuum of Care Regions TX-600, TX-601,and TX-700
* [https://attendee.gotowebinar.com/register/3437130929005097483](https://attendee.gotowebinar.com/register/3437130929005097483%20)
* April 13, 2020, 3 p.m., Austin local time
* ESG Outreach: CARES Funding for Amarillo, El Paso and San Antonio
* Includes Continuum of Care Regions TX-611, TX-500 and TX-603
* [https://attendee.gotowebinar.com/register/2478757011817070347](https://attendee.gotowebinar.com/register/2478757011817070347%20)
* April 14, 2020, 9 a.m., Austin local time
* ESG Outreach: CARES Funding  for Austin, Bryan, Waco, Wichita Falls
* Includes Continuum of Care Regions TX-503, TX-701, TX-604, and TX-62
* [https://attendee.gotowebinar.com/register/4920182998875104267](https://attendee.gotowebinar.com/register/4920182998875104267%20)
* April 14, 2020, 1 p.m., Austin local time
* ESG Outreach: CARES Funding for Balance of State Continuum of Care
* Includes Continuum of Care Region TX-607 (mainly rural areas)
* <https://attendee.gotowebinar.com/register/3655023347304897803>
* Questions can be sent to Naomi Cantu, Homeless Programs Administrator, at [naomi.cantu@tdhca.state.tx.us](mailto:naomi.cantu@tdhca.state.tx.us) or 512-475-3975.
* *Economic Injury Disaster Loan*
* Apply online:[**https://covid19relief.sba.gov/#/**](https://ymail.us4.list-manage.com/track/click?u=9535e870d0edc9b7d20ffd9ac&id=7f11e6ac14&e=310c224545)
* *Paycheck Protection Program*
* For an overview of the program, [**click here**](https://ymail.us4.list-manage.com/track/click?u=9535e870d0edc9b7d20ffd9ac&id=fd038a80ed&e=310c224545)
* If you're a borrower, more information can be found[**here**](https://ymail.us4.list-manage.com/track/click?u=9535e870d0edc9b7d20ffd9ac&id=8f15b09e30&e=310c224545)
* The application for borrowers can be found[**here**](https://ymail.us4.list-manage.com/track/click?u=9535e870d0edc9b7d20ffd9ac&id=95776ed590&e=310c224545)
* HBDI is releasing updated information as soon as we receive. Please contact them for additional resources and/or information: [**http://www.hbdi.org**](https://ymail.us4.list-manage.com/track/click?u=9535e870d0edc9b7d20ffd9ac&id=734753faa4&e=310c224545)

**Galveston County Health District**

* **Free coronavirus testing sites:**
* [United Memorial Medical Center](https://www.gchd.org/?splash=https%3a%2f%2fwww.ummcscreening.com%2f&____isexternal=true)
* [Legacy Community Health](https://www.gchd.org/?splash=https%3a%2f%2fwww.legacycommunityhealth.org%2fnewsblog-novel-coronavirus-what-you-need-to-know%2f&____isexternal=true)
* [City of Houston](https://www.gchd.org/?splash=https%3a%2f%2fmailchi.mp%2fhoustontx%2ffirst-houston-covid-19-testing-site-expands-to-older-adults-with-symptoms&____isexternal=true)
* **Private, for-pay testing sites:**
* UTMB: Please call for screening 800-917-8906
* Memorial Hermann – League City: Visit website for screening [www.memorialhermann.org/virtualdashcare](file:///U:\Press%20Releases\2020\2019%20Novel%20Coronavirus\www.memorialhermann.org\virtualdashcare)
* [My Family Doctor](https://www.gchd.org/?splash=https%3a%2f%2fwww.covid19drivethru.com%2f&____isexternal=true)
* [Next Level Urgent Care](https://www.gchd.org/?splash=https%3a%2f%2fwww.nextlevelurgentcare.com%2fcoronavirus-updates&____isexternal=true)
* If you have any questions or would like more information, please call the COVID-19 Call Center at 409.938.7221, option 1.
* COVID-19 Website: <https://www.gchd.org/about-us/news-and-events/2019-novel-coronavirus-2019-ncov>

**National Association of Social Workers**

*New Jersey Chapter*

* **Health Care Social Work Shared Interest Group: The Impact of COVID-19 on Health Care Social Work Webinar** *(this one is suited for professionals)*
* Thursday April 9th, 11:00am-12:00pm CST
* Registration: <https://events.eventzilla.net/e/healthcare-social-work-shared-interest-group-2138772309>
* **Virtual Paint Night: Social Work Self-Care Event**
* Thursday April 9th, 6:00-8:30pm CST
* Registration: <https://events.eventzilla.net/e/virtual-paint-night--selfcare-event-2138774681>
* **FAQ & Resources for Mental Health Practitioners***:* <https://naswnj.socialworkers.org/News/COVID-19-FAQ-Resources>
* **COVID-19 Community Resources:** <https://naswnj.socialworkers.org/News/COVID-19-Community-Resources>

**Network for Public Health Law**

* The Network for Public Health Law monitors key court cases and relevant judicial trends in public health. This month’s reporter, Judicial Trends in Public Health (JTPH), highlights select litigation claims related to COVID-19 from the prior month. These cases are organized below by brief heading, name, issuing court, date of issuance, abstract, and hyperlink to the full decisions or media accounts (when available).
* <https://www.networkforphl.org/resources/judicial-trends-in-public-health-april-2-2020/?blm_aid=24307>.

**Sam's Club**

* Special Shopping Hours: Starting this Thursday, March 26, Sam’s Club locations nationwide will offer early shopping hours every **Tuesday and** **Thursday from 7 a.m. to 9 a.m.** for seniors and those with disabilities or compromised immune systems. This includes our pharmacy and optical centers and will last until further notice.
* Concierge "Shop from Your Car" Service: During special shopping hours on Tuesdays and Thursdays from 7 a.m. to 9 a.m., these members can shop Sam’s Club without ever leaving their car. From a designated parking location, members in need can place their order from their car, and a Sam’s Club associate will grab the items on the list.

**Smart Parents**

* COVID-19 resources for Texas Families: <https://www.smartparents.org/resources/>

**Sunny 99.1 - A List of Free Stuff for Healthcare Workers**

* [**Starbucks**](https://stories.starbucks.com/stories/2020/starbucks-partners-bring-coffee-and-comfort-to-covid-19-front-line-responders/) is offering all front-line responders a free tall brewed coffee
* Starting Monday, and every Monday after that, [**Krispy Kreme**](https://krispykreme.com/response-to-covid19) will give healthcare workers free dozens of doughnuts.
* **Steak and Shake:** Effective immediately from now through April 7 at all Steak ‘n Shake restaurants across America, workers in the following industries just need to show a job I.D., such as a business card, badge or name tag, to receive 20 percent off of any Steakburger or Fries. **Wendy's:** Get a free Jr. Frosty with every Wendy's drive-thru order starting 3/23
* **Dollar General:** We are proud to offer a 10% OFF storewide discount for all medical personnel, first responders & activated National Guardsmen. A work ID or badge must be shown at checkout to get the discount. The discount is valid every day instore through 4/30. Some item exclusions do apply.
* **Airbnb:** New global initiative will provide free or subsidized housing for healthcare professionals, relief workers, and first responders, typically closer to where they are working. Airbnb Hosts can opt in to provide homes that follow new cleanliness protocols based on recommendations from medical experts. Airbnb is partnering with the International Federation of the Red Cross and Red Crescent Societies, the International Rescue Committee, International Medical Corps and other nonprofit organizations to help support their relief workers on the front lines
* **Crocs Shoes:** sending free shoes to frontline heroes in healthcare. There is currently a waitlist, to get on the waitlist visit: <https://www.crocs.com/COVID19-REQUEST.html>

**U.S Department of the Treasury:**

* The U.S. Department of the Treasury has disclosed that Economic Impact Payments will automatically be released to individuals currently receiving Social Security benefits. Therefore, it is not necessary for these individuals to file taxes as previously mentioned. Individuals will receive the $1200 amount regardless of dependents. You can see more regarding this subject at the following link:
* <https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>

**UTMB & Galveston County Health District**

* The Galveston County Health District and UTMB have teamed up to create a platform where agencies and individuals in Galveston County can either request or donate resources.
* Fill out this form: <https://www.tfaforms.com/4813086>.  Once you fill out the form, you should hear back from someone acknowledging your request within 24-48 hours.
* If you have any questions, please reach out to Jamie Piel at [jnpiel@UTMB.EDU](mailto:jnpiel@UTMB.EDU).

**We Are Teachers**

* Free Online learning resources:
* <https://www.weareteachers.com/free-online-learning-resources/>
* [www.fromabcstoacts.com](http://www.fromabcstoacts.com)

**YouTube Tutorials for Homeschooling:**

* **Google Classroom**
* <https://www.youtube.com/watch?v=xfgqtCi7hdo>
* **Zoom**
* <https://www.youtube.com/watch?v=d7xXZxRDFUU>
* <https://www.youtube.com/watch?v=KD0uEm4Z6kw>

***National Agencies***

**2020 Census Partnership**

* Participate by phone (844-330-2020), online at <https://2020census.gov/en.html> or by mail!
* Please direct any additional questions to Frank Cooper with the 2020 Census Bureau: [frank.cooper@2020census.gov](mailto:frank.cooper@2020census.gov)
* **2020 Census Challenge - Get Out the Count Video Challenge**
* Explain why the census matters in a short (30 seconds to 3 minutes) video, designed for a platform such as YouTube, that uses entertainment, emotion, creativity, and/or humor to motivate people to respond.
* Prizes
* $30,000 for a grand prize winnder
* $10,000 for a runner-up
* $10,000 for a student prize
* For rules, eligibility, and more information visit:

<https://www.challenge.gov/challenge/2020-census-get-out-the-count-video-challenge/>

**Advocate Special Needs**

* A new resource for individuals with special needs who are homeschooling.
* <https://advocatespecialneeds.world/>

**American Red Cross**

* As we have seen COVID 19 rapidly evolving, The Disaster Cycle Service team has been working in conjunction with our national Disaster Relief operation DR 251-2020 on ensuring we are part of a community response while remaining ready to support our more traditional disaster response mission.
* For additional information or questions please contact Tarynn Brewer the Regional Engagement Manager for the ARC Texas Gulf Coast Region:
* Phone: 832-470-7872
* Email: [tarynn.brewer@redcross.org](mailto:tarynn.brewer@redcross.org)

**Benefits.gov**

* [Benefits.gov](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjcuMTkzOTUzODEiLCJ1cmwiOiJodHRwczovL3d3dy5iZW5lZml0cy5nb3YvP3V0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZHIzNzQifQ.xb7JkrgIs0mkhrP_P8xDPEMycDwhAC4Hqq_1GXAI_PY/br/76707623903-l) is here to help!
* ["Finding the Right Help during the COVID-19 (coronavirus) Outbreak"](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjcuMTkzOTUzODEiLCJ1cmwiOiJodHRwczovL3d3dy5iZW5lZml0cy5nb3YvbmV3cy9hcnRpY2xlLzM5Mz91dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWRyMzc0In0.gYSHVnFhTOwYfm9NbRrg0jg8T3OS4nVJF1n3RB2-pbQ/br/76707623903-l). In the article, you will find helpful information on government benefits such as unemployment resources and healthcare coverage as well as resources for businesses and families.
* For the most up-to-date information on the coronavirus outbreak, visit [Coronavirus.gov](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjcuMTkzOTUzODEiLCJ1cmwiOiJodHRwczovL3d3dy5jb3JvbmF2aXJ1cy5nb3YvIn0.qzBv43ZjaQrapOjH9aW_OllhvIA05SnATdRlFCde5tc/br/76707623903-l) to learn more about how to protect and prepare yourself and your community.

**Center for Disease Control**

* CDC Interim guidance for homeless service providers based on what is currently known about COVID-19, which will be updated as needed and as additional information becomes available.
* Guide link: <https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/plan-prepare-respond.html>

**Community Commons**

* **Peer-to-Peer Resource Sharing**  To support colleagues in the field who are responding to the pressing needs of our communities we have set up an online library to support peer-to-peer resource sharing. To contribute to this page, suggest a resource with this form and select the "Coronavirus Pandemic" topic. We will update the Coronavirus Response library regularly. [View the Library >](https://communitycommons.us8.list-manage.com/track/click?u=38f5aa1692dd8f73ad2f92e28&id=6c84e60cee&e=2ee692f2b4)

|  |
| --- |
| * **Community of Support**  We believe in the power of storytelling to build empathy and support and to inspire each other. And, we believe in continuing to cultivate this community of change-makers we’ve developed through Community Commons. These are the stories we have collected from you, our Commons family, regarding your hopes, fears, and experiences during this outbreak. [Read Stories >](https://communitycommons.us8.list-manage.com/track/click?u=38f5aa1692dd8f73ad2f92e28&id=3fab0f648a&e=2ee692f2b4) |

**COVID-19 Health Literacy Project**

* A new initiative from medical students and physicians at Harvard Medical School aims to help members of these communities by translating fact-based Covid-19 information. The initiative, known as the [Covid-19 Health Literacy Project](https://covid19healthliteracyproject.com/), has already translated essential Covid-19 information about prevention and possible treatment options, among other issues, in over 35 languages, including Navajo, Oromo (spoken by an ethnic group in Ethiopia), and Swahili.

**Educational Development Research Center:**

* Resources for the COVID-19 crisis
* <https://www.edc.org/resources-covid-19-crisis>

**FEMA**

* FEMA's Public Assistance Program applicant briefings begin on Wednesday, March 25, 2020, and occur each weekday until further notice. Please click [here](https://zoom.us/meeting/register/uJUkfu6opjsvFR1qojITmjXXPvDNa_zkwg) or visit the link below to register for any of the available briefings currently scheduled: <https://zoom.us/meeting/register/uJUkfu6opjsvFR1qojITmjXXPvDNa_zkwg>
* Once you complete your registration, you will be provided a Meeting Link and Meeting I.D. for your selected session. You only need to attend one of the applicant briefings.
* Please submit any questions to your TDEM District Coordinator or the following email address: [TDEMRecovery.RPA@tdem.texas.gov](mailto:TDEMRecovery.RPA@tdem.texas.gov)
* For further information please consult the fact sheet at: <https://www.fema.gov/news-release/2020/03/19/coronavirus-covid-19-pandemic-eligible-emergency-protective-measures>

**Help and Hope**

* "Offers a wealth of free resources you can access online to handle the stress of caring for kids of every age. Our entire site is dedicated to helping parents and caregivers manage stress around taking care of children, from birth to the teen years. We encourage you to look through our articles and videos to find the resources you need. When everything seems to be happening all at once, it's good to have a single place to go where you can get the help you need."
* <http://www.helpandhope.org/?fbclid=IwAR1Dhd90bRNnnug1s0YbJ6FG2k-wIpILtifP7hisGbCbTzYTbIzkJj_b5M4#.Xny3LoKjFlE.facebook>

**Military Veteran Peer Network**

* Peer-to Peer Support through training, technical assistance, and certification to Local Mental Health Authority-based Military Veteran Peer Network (MVPN) Peer Service Coordinators (PSCs) and their Peers to create a statewide network of military trauma-affected Veteran peer support. Find your Texas local PSC here: <https://www.texvet.org/partners/mvpn-military-veteran-peer-network>
* MVPN Re-Occurring Zoom Peer Group
* Meeting ID: 959 051 8489
* Topic: Sherman Mercer's Zoom Meeting
* Time: Thursdays @ 7:00pm
* Link to join Zoom Meeting: [https://us04web.zoom.us/j/9590418489](http://r20.rs6.net/tn.jsp?f=001FPEmdmeJW4wjpL-6LFYYDXmjeAs61DTZUqPFCayesVpI5YPm-Kh_Sdp06fu4I30V7e3OpR_fdLL-h-HDZmBATNZ8eXBWUe58ud5fZeKi1QuWItLyawYp8etramdAQvEB9aUfTCtCrMBnd8nx3YAZXQXVoVLkl_PO&c=gcQeWFl11YZVBhjgMY7JhLIz_xsP3I2rIYo0rNcCujbv5ACIPU--gg==&ch=uQt5dIWUS2IQ7cOJI0kZbDyQ0V0zs9JEHNikkIsB-acWKeyJBbxShg==)

**PBS Education Lounge**

* Distance Learning Tips from One Teacher to Another
* Website: <https://www.pbs.org/education/blog/distance-learning-tips-from-one-teacher-to-another>

**SAMHSA**

* SAMHSA's Disaster Kit | SAMHSA Publications and Digital Products: <http://store.samhsa.gov/product/samhsas-disaster-kit/sma11-disaster>

**United States Interagency Council on Homelessness**

* Webinar: COVID-19 Planning and Response: Isolation and Quarantine: Lessons Learned from King County - <https://www.usich.gov/tools-for-action/webinar-covid-19-planning-and-response-isolation-and-quarantine-lessons-learned-from-king-county>
* This is a recording of a previous webinar. "Seattle & King County are on the forefront of the COVID-19 response. In this national webinar, join federal partners and learn how Seattle & King County are responding to COVID-19, including what they are doing to establish isolation and quarantine (I/Q) beds and address transportation needs across their homelessness services system."

**Veterans Crisis line – Ways to Connect**

* Call: 1-800-273-8255 Press 1
* Text: 838255
* Chat: <https://www.veteranscrisisline.net/get-help/chat>
* Support for the deaf or hard of hearing: 1-800-799-4889
* Homeless Support, Call: 1-877-4AID VET (1-877-424-3838)

***State Agencies***

**KSAT News**

* Map: Track COVID-19 cases in Texas, county-by-county updates
* Article/map link: <https://www.ksat.com/news/local/2020/03/21/map-track-covid-19-cases-in-texas-county-by-county-updates/>

**State of Texas**

* Governor Abbott announces comfort food care packages for Texas youth and families during COVID-19.

<https://gov.texas.gov/news/post/governor-abbott-announces-comfort-food-care-packages-for-texas-youth-and-families>

**Texas Department of Housing and Community Affairs**

* Have surveyed management companies to determine how maintenance requests are being addressed during the ongoing COVID-19 pandemic. Based on the responses, the Department is issuing the following guidance on what practices owners and management companies may wish to implement. All respondents indicated that only emergency or life-threatening maintenance issues are being addressed at this time. It is not possible to establish a comprehensive definition of what constitutes an emergency maintenance request; however, one respondent provided the following list of example scenarios:

1. Air-conditioning problems when the temperature is above 80 degrees outside
2. Heating problems when the temperature is below 55 degrees outside
3. Flooding or unstoppable leaks
4. Plumbing stoppage in a residence with one bathroom
5. Fire (the Fire Department should be called first)

* If you have any questions, please contact Cody Campbell, Manager of Physical Inspections, at [cody.campbell@tdhca.state.tx.us.](mailto:cody.campbell@tdhca.state.tx.us.)

**Texas Homeless Network**

* They have a COVID-19 Homelessness & Health Preparedness Resource page! I also just attended a webinar from them regarding the virus that provided these other resource below and some helpful information regarding a plan for the homeless community. I will provide the link to the recording when it becomes available.
* Resource page: <https://www.thn.org/statewide/covid-19/>

**Texas Health and Human Services**

* Mental health support line open 24/7, toll-free at 833-986-1919

**Texas Suicide Prevention Council**

* Texas Suicide Prevention initiative includes community partners who work together to reduce suicides in Texas. You can find more information, tools, training, and about this effort and its organizers here: <https://texassuicideprevention.org/>
* They also have a COVID-19 Resources and Support Resources page: <https://texassuicideprevention.org/covid-19/>

**Texas Watch**

* Texas Watch is here to protect Texas families and their pocketbooks. With this site, we intend to offer you the best resources possible to help protect your family and connect you to important government services so you have the resources you need.  Please check back often, as we will continue to update this website and our blog with the latest resources available for you and your family.
* If you have any resources you'd like to share with us that can benefit Texas, please email us at [texaswatch@texaswatch.org](mailto:texaswatch@texaswatch.org). **Stay strong, stay healthy, and stay safe.**

**Texas Workforce Commission**

* If your employment has been affected by COVID-19, apply for benefits online at the Texas Workforce Commission or by calling TWC’s Tele-Center at (800) 939-6631 from 8:00 a.m. to 6:00 p.m. CST, Monday through Friday.
* <https://twc.texas.gov/jobseekers/unemployment-benefits-services>

**Texas Workforce Solutions:**

* Closed to the public but providing service virtually and remotely.
* Phone: 979-297-6400, Fax: 979-297-7973, Email: [lakejackson@wrksolutions.com](mailto:lakejackson@wrksolutions.com).

**Texas Youth Helpline**

* The [Texas Youth Helpline](https://www.dfps.state.tx.us/Youth_Helpline/default.asp) provides prevention services to youth, parents, siblings and other family members who are in need of a caring voice and sympathetic ear. Trained volunteers are on call to provide guidance on youth-related concerns, referral information or simply listen.
* You can call 800-989-6884, call/text 512-872-5777, or chat on their website which is linked above

**TexVet**

* TexVet is a state program connecting Service Members, Veterans, Families, and those that serve them to fully vetted information and resources, in an easy-to-find format.
* Search by County: <https://www.texvet.org/county>

***Local Resources***

**Access Care of Coastal Texas** (409-763-2437)

* Attendance in the building in being limited. All services are being provided over They have provided a booklet titled "COVID-19 Information By and For People with Disabilities" the phone

**ARC Gulf Coast**

* which indicates that the Vermont Developmental Disabilities Council provided guidance and support to create the booklet and that the booklet was created through a cooperative agreement from the Administration on Intellectual and Developmental Disabilities, Administration for Community Living, as well as the US Department of Health and Human Services.
* You can find the link to the booklet on Green Mountain Self-Advocates link: <http://www.gmsavt.org/>

**Catholic Charities** -

* Galveston Pantry Hours: 9:00am -1:00pm Tuesday, Thursday and Friday
* *Please call this number ahead of time for pick-up: 409-762-2064 extension 2103*
* Location:  4700 Broadway, Suite F103, Galveston, Texas 77550
* Perishable and nonperishable - pick up only
* Service area: Galveston County, Port Bolivar, Crystal Beach & High Island
* Emergency Financial assistance via phone:
* Contact their Texas City office at: 409.762.2064 x2106
* If they are not available leave a message and someone will contact you within 24 hours.

**Chef's on Wheels**

**Chef's on Wheels - COVID-19 shouldn't stop you from having a good meal!**

* Not one to sit still, Chef Mary Bass has created an opportunity to help those during the COVID-19 crisis. Chef's on Wheels will deliver meals daily to Galveston County. These meals will include lots of local love and flair from the local bakery who has not received many customers to the bartender who's hours have been cut in half. This is a great way to support our economy and neighbors while practicing social distancing to keep everyone safe!
* **If you would like to order a fabulous Chef Mary meal for \*delivery only\* please fill out this**[**link**](http://www.chefmarybass.com/chefs-on-wheels.html)
* You can also [**donate**](http://www.chefmarybass.com/chefs-on-wheels.html) two meals for $20 to a local hospitality worker in Galveston County.
* If you are a Galveston County based hospitality worker you can apply [**here**](http://www.chefmarybass.com/chefs-on-wheels.html).
* *​You will notice you can also gift a meal to someone as long as you have their address, maybe a new mom or elderly parent who cannot get out of the house. You can fill this info into the notes in the order or email us*[***here.***](mailto:chefsonwheelstx@gmail.com)

**Chosen Ones Outreach Ministries**

* Hosting the Houston Food Bank's distribution of USDA/TDA community boxes of food to income-eligible seniors
* Event details: Tuesday April 28th from 9-9:30am @ Compton Outreach Center at the corner of 27th and Ball Avenue, Galveston, TX 77550
* Guidelines
* Seniors must show ID or Driver's License and apple card
* If a senior picks up a spouse, friend or family member they must provide a valid ID
* For more information contact Reverend Edward Lawson at 409-497-2138

**City of Galveston**

* **Local and Private Resources**
* [Galveston Business Recovery Loans→](http://www.gedp.org/virDirEditorAssets/galvestonGEDPTX/chamberAccess/COVID-19%20Business%20Recovery%20Loans_3-19-20_rev2color.pdf)
* [LiftFund COVID-19 Disaster Relief Program→](https://www.liftfund.com/disaster-relief-program-2020/)
* [Facebook Small Business Grants Program→](https://www.facebook.com/business/boost/grants?ref=alias)
* [U.S. Chamber of Commerce Corporate Aid Tracker→](https://www.uschamberfoundation.org/aid-event/coronavirus-covid-19)

### Federal Resources

* [SBA Disaster Assistance→](https://www.sba.gov/disaster-assistance/coronavirus-covid-19)
* [SBA Three Step Process for Disaster Loans→](https://disasterloan.sba.gov/ela/Documents/Three_Step_Process_SBA_Disaster_Loans.pdf?utm_campaign=COVID19&utm_source=hs_email&utm_medium=email&utm_content=85006486&_hsenc=p2ANqtz--SGhPp0xHCADPBSn8d_T9P9Y3tFwwRNUNWz9tUKSq3eVriNNxhm22nlJlBXopBs_6lR22ZBxKU8OQg_15D6lbvwiYrSw&_hsmi=85006486)

### State of Texas Resources

* [The State of Texas Office of the Governor→](https://gov.texas.gov/business/page/coronavirus)

**Family Service Center of Galveston County** (409-762-8636)

* Here’s what we’re doing:
* All FSC Therapists have completed a 26-hour Telehealth training to build our capacity to provide Telephone and Video therapy services.
* FSC Therapists have contacted their clients and offered Telehealth services to them and are providing telephone sessions at this time. To talk with a therapist, call 409-762-8636
* We are obtaining a HIPAA compliant Telehealth platform, Doxy.me, to ensure our ability to maintain confidentiality while providing services.
* We plan to increase our social media presence and offer tips on how to talk with kids and dealing with stress during this national pandemic, parenting, etc. If you have specific questions or are looking for specific information, please email [friendsoffsc@fscgal.org](mailto:friendsoffsc@fscgal.org)<mailto:[friendsoffsc@fscgal.org](mailto:friendsoffsc@fscgal.org)>.
* We are encouraging our team to stay at home to do our part to flatten the curve.
* FSC's Front Office Team is maintaining phone coverage during office hours:
* Monday-Thursday: 8am - 5pm
* Friday: 8am-1pm
* If an urgent need arises, please contact our hotline at  
  ﻿1-888-267-4994.
* If you are experiencing a mental health emergency, please call 911 or proceed to the nearest emergency room. You can also call the Gulf Coast Center's 24-hour crisis line at 1-866-729-3848 or the Galveston County Mental Health Deputies at 409-766-2323.

**Galveston Community Action Council** (409-762-8418)

* GCCAC offices will be closed to the public due to COVID-19 health and safety concerns.
* Applications and supporting documentation will be accepted as follows:
* Fax: 409-762-8953
* Email: [support@gccac.org](mailto:support@gccac.org)
* Mail: GCCAC 4700 Broadway Ste C-100, Galveston, TX 77552

**Galveston County Critical Incident Stress Management Crisis Support Team**

* This site looks to be pretty new, but as of now they have a page for COVID-19 Resources for First Responders and Public Safety Resilience During a Pandemic.
* <https://www.gccism.org/>
* For CISM Services please call: 409-766-2300

**Galveston County Recovery Fund**

* The Galveston County Recovery Fund (GCRF) website is up along with the nonprofit impact survey. Applications for funding are not live, but will be soon. Please take and share the GCRF survey with your networks. Completing the survey does not guarantee funding but will help GCFR and individual foundations make timely decisions about funding and resources. This survey is specific to Galveston County and will be part of the larger Houston-area data that is collected via United Way recovery efforts.
* GCRF Individual Survey

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

* GCRFNon-Profit Survey

[https://www.recoverygalveston.com/form](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.recoverygalveston.com%2Fform&data=02%7C01%7Cspguillo%40utmb.edu%7C887b4e67b04241a2514f08d7d2548e44%7C7bef256d85db4526a72d31aea2546852%7C0%7C0%7C637209132912783786&sdata=b8IUZP4yOGGLCBn%2FS6Ckc1vRwwRPAoIcsPC4eTpczVU%3D&reserved=0)

* GCRF Website

[https://www.recoverygalveston.com/](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.recoverygalveston.com%2F&data=02%7C01%7Cspguillo%40utmb.edu%7C887b4e67b04241a2514f08d7d2548e44%7C7bef256d85db4526a72d31aea2546852%7C0%7C0%7C637209132912773790&sdata=Z7Y9soRnI8qKe8k8kC3RC3vv1yIBC6T9ywqw%2B3LD6nY%3D&reserved=0)

**Galveston Island Meals On Wheels (**409-744-2668)

* Serving on current clients, no new clients. Galveston Island only

**Galveston's Own Farmer's Market**

* GOFM Online Market: <https://mailchi.mp/gofarmersmarket/whats-at-market-031220-510821?e=c8b2eb58ae>
* **You may have noticed that not all of the GOFM vendors you're used to seeing in-person are listed on GOFM To-Go.**For those vendors, they had pre-existing ways for you to order their offerings online, which is still a great way to access those products! Here's a list of all the GOFM vendors who have online ordering systems (apart from our online marketplace):
* [Whispering Roots Apothecary](https://www.etsy.com/shop/WhisperingRootsShop)-online order & home delivery
* [Jolly Farms](http://www.farmersmarketdelivery.net/)--online order & home delivery
* [Spring Hill Farms](http://www.farmersmarketdelivery.net/)-online order & home delivery
* [3rd Coast Kombucha](http://www.oldmoondeliandpies.com/)--get kombucha fills at [Old Moon Deli & Pie](http://www.oldmoondeliandpies.com/), daily from 3pm--1pm
* [Food of Life](https://www.farmersmarketdelivery.net/)-online order & scheduled pick-up
* [BZ Honey'](https://bzhoney.com/)s online orders will ship to you or allow scheduled pick-ups at their location in Tomball
* [My Spicy Hot Wife Pepper Jelly & Jams](https://my-spicy-hot-wife-pepper-jelly-jams.myshopify.com/)--online order & shipping
* [Pain Train Salsa](http://www.farmersmarketdelivery.net/)--online order & home delivery
* [Texas Hill County Olive Co](https://texashillcountryoliveco.com/collections/care-packages).--online order & shipping (you can pick from their oils & vinegars OR their curated care packages)

**Galveston Urban Ministries** (409-497-2460)

* Working with community partners to be able to offer services. Please call and leave a message for an appointment

**Gulf Coast Center**

* All staff in the defined Vulnerable populations which includes people who are 1) 60 years old and older or 2) People with certain health conditions such as heart disease, lung disease, diabetes, kidney disease and weakened immune systems, will need to stay home for your own health and safety. These staff will work from home if possible.
* COVID-19 Care Team will be initiated as early as March 24, 2020 to take calls and assist in the redirection of calls received by the Call Center. Purpose of the Care Team: conduct a verbal screening, provide current CDC information, offer local resources including testing locations/phone numbers, and provide emotional support.
* All CONNECT TRANSIT services will be free of charge until further notice to eliminate the handling of money or coupons.
* All outreach and Recovery Individualized Out-Patient (IOP) groups were placed on hold on Monday, March 16, 2020.
* All Social Security and other related benefit in-person appointments for clients served have been rescheduled for the next four weeks or will be completed by phone if applicable.
* Open Access hours were reduced from (8AM to 5 PM) to (8AM to 11AM) on March 18, 2020. Effective March 24, 2020, Open Access Mental Health Screenings will be provided by phone, no longer in-person. Staff providing mental health screenings will receive operational direction by their designated Service Area Director.
* Effective March 20, 2020, all community crisis response and hotline will be provided by phone or video. In-person crisis response will continue at Center facilities, following health screening protocols sent out on Monday, March 11, 2020.
* Mental Health Crisis Respite has been reduced to 50% occupancy, effective March 16, 2020.
* All substance use and mental health individual counseling sessions; routine in-person clinical services (not including medical services); in-person home visits; OSAR services; and PATH services will be conducted by phone
* Medical service delivery has already been limited to critical routine and urgent need. Medical services will follow current protocol while further planning is completed.
* Any in-person services continuing the week of March 23, 2020 are to continue to follow the March 11th health screening protocol. Any clinic and office-based in-person services will continue screening of clients and visitors before providing access to the patient care area.
* The only patients that will be seen in-person for medical services are those identified to require close monitoring due to the severity of their diagnosis, effective March 19, 2020. Anyone seen in-person will first receive a health screening by phone and a second health screening in-person.
* Only legal guardians or one additional necessary person are permitted to attend in-person appointments, effective March 24, 2020.
* Genoa Pharmacy Services at MCSC increased prescription mail-out in order to help reduce traffic in the clinics.
* ETBHN medication pick-up is under close review and addressed by location.

**Houston Public Media**

* Houston Public Media is helping ensure learning continues in homes through **grade-level appropriate educational programming** for elementary, middle and high school students, and accompanying **free, learn-at-home digital resources**.
* The expanded programming begins on Houston Public Media TV 8 on Monday, March 23:
* **6:00 – 8:00 am** – Elementary School: Curriculum programming focused on pre-kindergarten – 3rd  grade students
* **8:00 am – 1:00 pm** – Middle School: Curriculum programming focused on 4th grade – 8th grade students
* **1:00 – 6:00 pm** – High School: Curriculum programming focused on 9th grade – 12th grade students
* You can find the new broadcast schedule and more information on the vast library of PBS content accessible to you across various platforms [here](http://links.houstonpublicmedia.org/ls/click?upn=9TVJG7tMTIahCUrveVJH06DRYmrnlzOLhAGz6QmE88bPMR4qb-2FFty7rl4ts2Xt7n0ZE-2BRpGhG1LvGJszAOB39viS-2BAK349p-2FNnOIpJs0deVwN8OaPQmE0YOZstLYmBW1Jf-2B7qctAplqtlRk4s1HmpJOjsfiy9hSXPSfyLldzuk4-3DOEw-_htA0HBBuJ1HRBHZwFOX0CWHTet5rAmzCg-2BFqkMy6iYVL-2FJZtEzExph00jZ934IJJj4SBFg7Y0eR5OLgRX8ldx55NlaEGmSzsLQyss41ybrtcSs6KEOj236Yn1XHvUt7Bj65duUKUufVS2KKoM1xNQySr1QnSwpLPQ7wosci99-2FgJ3Vq-2BK3EH4PYtssDudiAzU6lGTAyCLv0uUKJeb4gg7MPn7PXm4WAR2x-2FPE7WOlw-2BBBKERRNWKXpD7juE0EbiIgoQw6H69f87HQlKSw1zlGzgeQiiGD7Xyt4hJ4Z6E9uy46rzvBuopB1hViNGwijcsqgNe8-2BXLR-2F0az5BCsGbD-2Ff6gjNd6wou4-2FPY5y4nYmMds-2F-2FSzlFEENwQTr0iRmnzLCMMOk3ma7MbJdtc76WxzFGKS96xj2oIcj-2BTwfQFYEIo-3D).

**MI Lewis Social Service Center (Dickinson)** [281-534-2043]

* All services still available; allowing 1 client in the building at a time.

**NAMI Gulf Coast**

* Free *Ending the Silence* presentations available online!
* <https://namigulfcoast.org/education-programs-support-services/nami-ending-silence/>
* They have a page dedicated to COVID-19 resources:
* <https://namigulfcoast.org/coronavirus-and-nami-gulf-coast/coronavirus-resources/>

**Nextdoor**

* Website link: <https://nextdoor.com/>

**Our Daily Bread**  (409-765-6971)

* Serving premade meal will be distributed 10-12.
* Check mail Monday - Friday
* Clothing/hygiene requests on Wednesday with pick up on Thursday.
* No other services at this time.

**St. Luke Society Clinic @ Hobo Breakfast**

* Cancelled until further notice

**St. Vincent's House** (409-763-8521)

* Will now be open Monday-Thursday 8am-3:30pm and Fridays 8-3pm.

The **food pantry and snack packs** will be done via drive thru 9am-2pm behind St. Vincent’s in the alley. The food pantry will reopen on Thursday  (4/8/20) from 9am-2pm and resume hours of 9am-2pm Monday-Friday in the back alley.

* **Emergency assistance** interviews will be conducted over the phone. The applications can be found online at stvhope.org and can be submitted via email to [frontoffice@stvhope.org](mailto:frontoffice@stvhope.org). Contact 409-763-8521 for assistance as well.
* The **day clinic** is available for telemedicine appointments only. For appointments or medical concerns, please call  (409) 765-2242.
* Routine visits are to be delayed for a month. Routine refills may be given if requested without a visit. UTMBs clinic 409-765-2242. COVID19 Hotline -409-765-2236 Monday-Thursday 8am- 3:30pm Monday- Thursday. Fridays 8-3.
* **Transportation:** The transportation van will not be available until further notice.

**Street Scape Ministries** (936-590-0722)

* Allowing 5 at a time to eat or passing out food at the door, but everyone is getting fed
* Showers and laundry is still available everyday

**UTMB's Office of Student Life**

* Their COVID-19 resource page is loaded with goodies! They span from mental health to nature to educational activities with children and everything in between. I've included some below but there is too much to fit on this page, so here's the link: <https://www.utmb.edu/studentlife/covid-19-resources>

**United Way of Brazoria County**

* For the latest updates on resources in Brazoria County please refer to their website, <https://www.uwbc.org/covid-19-updates>

**United Way of the Mainland**

* **COVID-19 Fund**
* United Way Galveston County Mainland has created the COVID-19 Fund,. If you or someone you know needs help getting through these uncertain times, dial 211.
* **Donate** to the fund: <https://app.mobilecause.com/form/cfUKNg?vid=6nmcb>
* Website for community resources: <http://referral.unitedwayhouston.org/>
* For additional resources they also recommend either calling 211 or visiting their website: <https://www.211texas.org/>
* Resource list similar to this one with agency updates: [www.uwgcm.org/how-get-help-covid19](http://www.uwgcm.org/how-get-help-covid19)

***Housing/Shelter***

**Galveston Housing Authority** (409-765-1900)

* Their services still open and are seeing clients at the window; no clients allowed in office
* Office hours are 8-5

**Family Promise of Clear Creek** (832-932-3963)

* Open 9am-5pm, M-F. Holistic self-sufficiency program for homeless children & their families.
* Must qualify by:
* Telephone Screening
* Intake Interview
* Background Check & Drug Test
* Still conducting Telephone Screenings
* Intake Interviews scheduled toward the end of NEXT week for potential entry in our program beginning March 30th.

**Resource & Crisis Center:**

* They are accepting clients, but ask that any incoming persons seeking services would need to call their 24 hour toll-free hotline number 888-919-7233 to be screened prior to their arrival.

**Salvation Army** **Galveston** (409-763-1691)

* Still accepting new clients for shelter but are reaching capacity.
* Dinner will be served at 4:30 for active clients and at 5:00 for general public.

***Police Departments***

**Galveston Police Department**

* They are attempting to take as many non-emergency calls such as thefts, fraud, etc by phone
* Dispatchers are screening callers for symptoms of COVID-19 prior to officer arrival
* They are regularly participating in Local, County, and State conference calls to ensure we have up to date information
* We are educating citizens and business about the declarations when potential violations of COVID-19 protocol are observed
* Officers may don personal protective gear when responding to your call, this is only for the safety of both the officer and the public

**Texas City Police Department**

* TCPD is putting together a program to help seniors that may have trouble getting out, or who have a medical condition which may put them at greater risk during the current health crisis. They will be providing and dropping off groceries to these individuals.
* Please inform Officer Timothy Herd, TCPD's Recruitment Coordinator & Public Relations Officer, if you know of any seniors that may benefit from this service.
* **Officer Herd's contact information**:
* Phone: (409) 229-7771
* Cell: (409) 996-8477
* Email: [therd@texascitytx.gov](mailto:therd@texascitytx.gov)

***Medical Related***

**Coastal Health and Wellness** (409-938-2234)

* They are still seeing current clients, but will not be taking any new clients until July 2020 and they are referring clients in need of COVID-19 testing to the ER.

**St. Hope Clinic (Dickinson)** (713-955-4821)

* Business as usual

**UTMB Community Education**

* » [COVID-19 Facts About](https://liveutmb.sharepoint.com/:b:/s/collaboration/webfiles/EVPOosixOzpInHJ7SxgyMX0BFv-yJNW1ylR0HpP9BD_Esw?e=hS3gch)   
  » [COVID-19 Facts About (Spanish)](https://liveutmb.sharepoint.com/:b:/s/collaboration/webfiles/ER7HNt0-62RCopwM98C49TQBiVWSOjxrikXCm9MWFSTLVg?e=dKf8eP)
* As always, the Alzheimer’s Association is available to you 24/7 for around-the-clock care and support at 1-800-272-3900. Please check [alz.org/texas](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Falz.org%2Ftexas&data=02%7C01%7Calwillia%40utmb.edu%7C70422365da4c43e7ddd908d7d0318c96%7C7bef256d85db4526a72d31aea2546852%7C0%7C0%7C637206783634577178&sdata=CFqGktKwb58XFAxs91x25bmx906do6VMKd3viVjV%2F5c%3D&reserved=0) for details on any other meetings and events.
* Please reach out to Alice Williams - UTMB Community Education Specialist for the Sealy Center on Aging for more information.
* Email: [alwillia@utmb.edu](mailto:alwillia@utmb.edu)
* Phone: 409-266-9647

***Religious Organizations***

**First Lutheran Church** (409-762-8477)

* Worship services at noon on Wednesdays and 10 am on Sundays will be live streamed.

**Galveston Central Church**

* Galveston Central Church (3308 Ave. O1/2) is continuing to provide meals, showers, and laundry to our friends experiencing homelessness folks on Sundays, Tuesdays and Thursdays. They open at 9:30am and run until everyone is through our services.
* They've stepped up health/safety protocols to keep everyone safe. If you have any questions, feel free to call Pastor Michael Gienger at 713-249-6192

**Interfaith Caring Ministries (Clear Creek and Friendswood ISD only)** (281-332-3881)

* Business as usual 8:30-4:30 Mon – Thurs & 8:30-1:00 on Fri. Rental assistance, utility assistance, food pantry

**Lighthouse Christian Ministries (Bacliff)** [281-339-3033]

* Food pantry is operating outside with drive up service Tues 10-2 and Thurs 1-5
* Financial Assistance Wed and Thurs by appointment only
* Pregnancy and parent support (diapers/wipes) Thurs 1-5

**Moody Methodist Church** (409-943-8705)

* Financial aid is available my telephone appointment only

**St. Mary Catholic Church (League City)** [281-332-3031]

* Food pantry is drive through only Wed & Thurs 10-12

**Turning Point Church** (409-934-3033)

* No resources available

***Veteran-Specific***

**Veteran's Affairs Outpatient Clinics (Galveston and Texas Cit Locations):**

* \*\*At this time Texas City & Galveston Community Based Outpatient Clinics (TCOPC) do not have a personalized pamphlet with information regarding our current clinical operations. All current directives are issued via the MEDVAMC, which can be found on the webpage <https://www.houston.va.gov/emergency/index.asp>.\*\*
* TCOPC’s operation hours are:
* Monday-Friday: (reduced staffing); appointments via Telework, VVC, Telephone, Secured Messaging
* Hours: 0800-1600;
* Accepting Walk-in for urgent care Only
* Secured Messaging: <https://www.myhealth.va.gov/mhv-portal-web/home>
* Contact Information:
* **Texas City Phone:** (409) 986-2900 **FAX:** (409) -986-2910
* **Galveston Clinic Phone**: (409)761-3200; ext. 11051 or 11052 **FAX:** (409)761-3209
* **Main Medical Center Telecare:** (713) 794-8985 or 1-800-639-5137
* **After Hours care**: call 911 or report to the nearest ER

***Self-Care***

**Center for Mindful Self-Compassion**

* Free Live Daily Meditation Sessions Offered by Senior MSC Teachers:
* **Sessions Are Offered Daily on Zoom, Starting April 1:**  
  **5 am Pacific Daylight Time (7 am Central Time)  
  7 am Pacific Daylight Time (9 am Central Time) and  
  4 pm Pacific Daylight Time (6 pm Central Time)**
* [**Sign Up for Free Today**](https://el2.convertkit-mail.com/c/8kunme86pztohq8qvgik/z2hgh7u8pmgwmm/aHR0cHM6Ly93d3cuc2lnbnVwZ2VuaXVzLmNvbS9nby8xMGMwYzRhYTRhZjI5YWI5LWZyZWU=)
* They have produced a three-video series on self-compassion targeted as those of us who take care of others: [FREE three-video series.](https://el2.convertkit-mail.com/c/o8uzqv65w4aqhg2g09av/0vuwhgukmpoooo/aHR0cHM6Ly9wcm9kdWN0LnNvdW5kc3RydWUuY29tL3Bvd2VyLW9mLXNlbGYtY29tcGFzc2lvbi9mcmVlLXZpZGVvLXNlcmllcyNhX2FpZD01ZTFjYjU4MWU0Y2ViJmFfYmlkPWJlYmU2MmQz)

**Cognitive Behavioral Therapy (CBT) Workbook**

* This workbook is a step-by-step program that will help you learn to recognize, track, and overcome fear. It is designed to help you 1) break the connection between worry, anxiety, procrastination, and depression, 2) overcome inhibition, perfectionism, and low self-esteem, 3) defeat social anxiety, 4) manage overwhelming emotions and feelings of panic, and 5) stay on track: <https://timetothrivetherapy.com/wp-content/uploads/2018/01/The-Cognitive-Behavioral-Workbook-for-Anxiety.pdf>

**Counseling Connections for Change, Inc.**

* Telehealth is a reasonable option to help you and you loved ones stay connected while at a distance
* Effective for individuals (12+ years of age) and couples.
* Available for insurance reimbursement and cash payments
* $75 per 55 minute session with 16 sessions provided
* Please let us know if you are facing a financial hardship and cannot afford this rate
* To make an appointment: <https://www.counselingconnections.org/appointment/> or call 281-485-9280

**Coursera**

* In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life:
* <https://www.coursera.org/learn/the-science-of-well-being?utm_campaign=JYG_ALI9EempyReieZALEQ&utm_medium=email&utm_source=marketing#about>

**National Parks Service**

* The National Parks Service has partnered with Google to follow a handful of park rangers through some of America's most stunning and challenging terrains, from the Alaskan Glaciers to Utah's Bryce Canyon.
* <https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>

**Sound True**

* Free video series to Discover the Power of Self-Compassion with Kristin Neff, PhD & Chris Germer, Phd: <https://product.soundstrue.com/power-of-self-compassion/free-video-series/?ck_subscriber_id=521279350#a_aid=5e1cb581e4ceb&a_bid=bebe62d3>

**Zoo Animal Webcams!**

* Houston Zoo Animal Cams: <https://www.houstonzoo.org/explore/webcams/>
* Houston Zoo Daily Facebook Live Streams: <https://www.facebook.com/houstonzoo/>
* San Diego Zoo Live Cams: <https://zoo.sandiegozoo.org/live-cams>
* Dallas Aquarium Animal Cams: <https://dwazoo.com/animal-cams/>
* Monterey Bay Aquarium Cams: <https://www.montereybayaquarium.org/animals/live-cams>
* Smithsonian's National Zoo Cams: <https://nationalzoo.si.edu/webcams>
* Atlanta Zoo Panda Cam: <https://zooatlanta.org/panda-cam/>
* Georgia Aquarium Cams: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
* Ouwehand Park Polar Bears: <https://explore.org/livecams/polar-bears/polar-bear-ouwehand-twin-cubs-cam-2>
* Explore Additional Cams: <https://explore.org/livecams>