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<th>Resource Type</th>
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<td>Schoology / Tech Support</td>
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<td>Stress Management for Parents</td>
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<td><img src="#" alt="Health / Wellness Resources" /></td>
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<td><img src="#" alt="Virtual Calming Room" /></td>
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<td><img src="#" alt="“Strategies to Cope with Family Stress”" /></td>
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<td><img src="#" alt="“A Mindfulness Practice for Stressed Out Parents”" /></td>
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<td><img src="#" alt="“Dealing with Parenting Stress During COVID-19”" /></td>
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Community-Based Counseling Resources

Mosiac Community Services
A CMS School – Based Provider

Thrive Behavioral Health—
A CMS School – Based Provider

List of Community Counseling Centers

Baltimore County Crisis Response: 410-931-2214

Domestic Violence Crisis Hotline: 410-828-6390
Shelter: 410-285-7496

Virtual Walk-In Center:
410-938-5302

Click for Website

Click for Website

Click to Enlarge

NATIONAL
SUICIDE PREVENTION LIFELINE
1-800-273-TALK
www.suicidepreventionlifeline.org

Click to Enlarge
Community Supports (Housing, Food, Etc.)

Baltimore County Department of Social Services (DSS)

COVID-Related Family Needs

Rent, Utility, Childcare, Etc. Click for Website

Baltimore County Department of Social Services (DSS)

Maryland Health Insurance

List of Balt. Co. Resources
Stress Management for Students

- Anxiety Management Tools
- Link to Virtual Calming Room
- Teen Mindfulness Resource
- Mindfulness Activities
- Link to Coping Articles / Tools
- Breathing Techniques
- Growth Mindset
- Test Prep / Anxiety Resource
- Mood Awareness

Ms. Dickerson’s Bitmoji Social Work Office – BCPS Students Only

- Link to Bitmoji Office
Organization / Executive - Functioning Resources

Organization Resources

Interventions for Task Initiation

Link to Task Initiation Resources

Link to Time Management Resources

EF Explained

EF Challenges

Link to Student Schedule Templates

Note Taking / Flexible Thinking

“Why do we need EF Skills?”

Link to “What is Executive Functioning?”

Study Habits / Learning Styles
Social / Emotional Learning (SEL)

- BCPS Dept. of Social / Emotional Support
  - "How to Be an Anti-Racist Teacher"
- EDUCOLOR
  - Educolor Resources
  - "How to Be an Anti-Racist Teacher"
  - List of Anti-Racist Kids Books
- Anti-Racism Resources
  - "How to Be an Anti-Racist Educator"
- BCPS SEL Infographic
  - Multi-Tiered Systems of Supports
- CASEL 3 Signature Practices Playbook
- Emotions Color Wheel
- I Can Competencies
- Coping Kudos
- 18 Distance Learning Class Reward Ideas
- Start of Class Check-In Prompts for Teachers
- I Can Statements
  - "How Are You Doing? Digital Student Check-In Ready!"
  - "How to Be an Anti-Racist Educator"
  - "How to Be an Anti-Racist Teacher"
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