

## Useful Numbers & Websites

In an emergency, dial 911

SafeVoice  
1-833-216-SAFE (7233)  
safevoicenv.org

The Harbor  
(702) 455-6912  
theharborlv.com

CCSD Police  
702-799-5411

Mobile Crisis Response  
Team, 24/7/365  
702-486-7865

National Suicide  
Prevention Hotline  
1-800-273-8255  
Suicidepreventionlifeline.  
org/chat/

Crisis Text Line:  
Text HELLO to 741741

Nevada 211  
Call 2-1-1 or 1-866-535-  
5654  
Text your zip code to  
898211

## Quick Links to CCSD Resources at [cosd.net](http://cosd.net)

[Mental Health Resources](#)

[Food Distribution  
Information](#)

[Family and Community  
Engagement Services](#)

## Distance Education Tips for Parents

### Establish routines and expectations

- ❖ Set regular hours for schoolwork.
- ❖ Keep normal bedtime routines for younger children and expect the same from your older children, too.
- ❖ Your children should move regularly and take periodic breaks during the day.

### Plan your work and work your plan

- ❖ Good planning can relieve stress for both children and parents.
- ❖ Check-in with your kids about their plans and help them develop a written schedule not only for the day, but also for the week.
- ❖ Help them prioritize and learn to create goals, tasks, and deadlines.

### Make space for learning

- ❖ Your children will achieve their best work in a comfortable and dedicated space devoted to learning.

### Show empathy

- ❖ Allow yourself, your children, and their teachers some latitude and grace during these unprecedented times.
- ❖ Understand you are not going to have all the answers and this transition is not going to be perfect.
- ❖ Acknowledge this is not an ideal situation for anyone and give yourself permission to be flexible.

### Ask for help

- ❖ Remember that you are not alone in this journey.
- ❖ Do not hesitate to ask your child's teacher or school counselor for tips and guidance.

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## Social – Emotional Activities *(click on the links below)*

**BrainPop** - provides movies with social/emotional learning components.

**Centervention** game-based behavior interventions help students practice social and emotional skills.

**Mind Yeti®**: Fifteen mindfulness program sessions designed for educators and families to do alongside children, Mind Yeti provides a great way for everyone to practice mindfulness.

**The Imagine Neighborhood**: a podcast for families designed practice their social/emotional skills.

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## Family Engagement *(click on the links below)*

- ❖ **Parent & Child Activity Calendar** - Parent Institute  
[English version](#) [Spanish version](#)