



We at MCCC recognize that this time of uncertainty is challenging for everyone, and we are committed to offering support and sharing resources that we hope will be helpful. We will be sending out a list of resources about resilience every week to assist all of us as we navigate this new way of being.

Remember – we are all connected, and we will get through this together.

Practice Resilience with MCCC!

Minnesota Communities Caring for Children invites you to join us in a daily, 30-minute, family-friendly practice of resilience, Monday-Friday at 12:30 p.m. on Zoom.



We are living in a particularly stressful moment in global history, and research shows us that there are simple daily practices that can help us self-regulate and support each other – even in stressful and uncertain times like these. Each day we will practice some tool for calming our nervous system and integrating all the parts of our brain so we can be at our best in the challenges that we face. We will gather in community, share strengths from many cultures, and practice relationship building.

No pre-registration required! Just join any day you are available using one of the following methods:

- Join using a computer or smart phone by clicking this link and following the instructions: <https://zoom.us/j/145915007>
- Or join by phone only at: +1 312 626 6799 Meeting ID: 145 915 007
- One tap mobile: +13126266799,,145915007#

[Learn more about upcoming topics and listen to archived recordings of daily practices here.](#)



RESOURCES FOR PARENTS



- [Dr. Micah keeps your family healthy!](#)
- [The Secret to Keeping Your Kids Happy, Busy and Learning if Their School Closes Due to Coronavirus](#)
- [What To Say To Kids When The News Is Scary](#)
- [Parents Share Their Tiny Victories While Working From Home With Kids](#)
- [COVID-19 Well-Being Toolkit and Resources](#)
- [Wellbeing Resources for Healthcare Providers](#)
- [CalltoMindNow.org Mental Well-Being and the Coronavirus](#)
- [Michigan Children's Trust Fund - COVID-19 Parent and Caregiver Guide](#)

RESOURCES FOR KIDS



- [Infographic for kids: Anatomy of the coronavirus](#)
- [Space Racers - Learn about space faring cadets, science lessons, games, and other activities](#)
- [Lesson Plan](#)
- [Other activities](#)