

LIVE With LIO: Resources for Parents and Families

The resources below were shared during MDE-LIO's Deaf/Hard of Hearing (DHH) LIVE With LIO webinar on April 28, 2020.

Social-Emotional Health Resources

- [MDE COVID-19 Social and Emotional Learning Resources](https://bit.ly/3bXyg9e) (bit.ly/3bXyg9e): Resources provided for districts and families from the Michigan Department of Education.
- [TRAILS to Wellness COVID-19 Resources](https://trailstowellness.org/materials/resources/covid-19-resources) (trailstowellness.org/materials/resources/covid-19-resources): Offers materials for students (and school personnel supporting those students) for self-care and managing emotions during the COVID-19 pandemic.
- [Helping Children Cope with Changes Resulting From COVID-19](https://bit.ly/3bS9yHa) (bit.ly/3bS9yHa): Resource provided by the National Association of School Psychologists, offering guidance and strategies for supporting children of all ages.
- ['Stay Home, Stay Mindful'](https://headspace.com/mi) (headspace.com/mi): Governor Whitmer and Headspace have partnered to offer free mental health resources.
- [Zero to Thrive: Helping Families in Times of Crisis](https://zerotothrive.org/covid-19) (zerotothrive.org/covid-19): Provides downloadable infographics to support parents and children during COVID-19.
- [Resources to Support Students With Hearing Loss During COVID-19](https://cid.edu/professionals-3/covid-19-e-learning-resources) (cid.edu/professionals-3/covid-19-e-learning-resources): Central Institute for the Deaf (CID) offers several resources, including links to social stories and strategies for managing stress and anxiety.
- [Michigan Hands & Voices event page](https://mihandsandvoices.org/events) (mihandsandvoices.org/events): Features online webinars and other events specifically geared for parents:
 - Build Your Village, Wednesday, May 13
 - Lunch and Learn, Thursday, May 14
 - New to the Journey, May 20