

COVID-19 Resource

Parent Support Resources

Updated December 1, 2020

Due to COVID-19, services and programs are changing rapidly. Please contact agencies directly to determine the availability of their individual programs.

Organization	Support/Resource
Dakota County Parent Support Outreach Program (PSOP)	Families in Dakota County with one child under age 10, can get free assistance connecting to resources and supports. PSOP Social Workers, can connect families to mental health, chemical health parenting education, transportation and housing resources. Call Children and Family Intake for Eligibility: 952-891-7459
U Got This.	A free text messaging program that supports parent and caregivers with children, birth to 18. To sign up to receive U Got This text messages, go to https://z.umn.edu/ugotthis
NAMI-MN Parent Support Warmline	Supporting parents when they are over whelmed by their child's behaviors. All messages returned within 24 hours. parent.resources@namimn.org
Isuroon	This free program offers parent support and navigation for Somali and East African parents and caregivers living in Dakota County and are worried about their children's behavior. 612-886-2731



Wash your hands.



Stay home when sick.



Cover your cough.



Keep 6 feet apart.



Stay informed.

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Online Resources	
ACEs Connection	Join this social network to learn about trauma-informed and resilience-building practices which includes a Parent Resource Center.
CASEL Cares Initiative	The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). Offers weekly webinars, resources, and guidance.
Center for Parent and Teen Communication	Hosted by Children’s Hospital of Philadelphia provides science-based strategies for strengthening family connections and building youth prepared to thrive.
Child Mind Institute	Helps parents make good decisions and navigate the challenges of parenting; and, provide expert guidance on how to respond in the most effective ways.
Conscious Discipline	Free webinars, on-line courses, and a podcast to build caregivers skills needed to create a strong foundation for optimal brain development, resilience, mental health and social-emotional skills in ages 0-3.
COVID-19 Parental Resources Kit	Hosted by the CDC: this parent toolkit strives to ensure children and young people’s social, emotional, and mental well-being.
Family Resiliency Webinars Fall 2020	Hosted by the U of M Extension; topics include discipline, mental well-being, self-care, family finances, more. Contact: 612-625-0237
Family News from the U of M	Provides information and featured events that help families make informed decisions leading to better health and well-being.
Healthy Children	Hosted by the American Academy of Pediatrics offering tips to help families through the COVID-19 outbreak.
Helping Children Cope with Changes Resulting from COVID-19	This Parent Resource Guide from the National Association of School Psychologists and School Nurses is available in several languages.
Live More Screen Less	Promotes balanced and intentional use of technology to meet the social, emotional, and physical needs of young people and their families in MN.
MN Prevention Resource Center	Provides resources to prevent youth alcohol, tobacco/vaping, marijuana, and prescription drug use.



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Mom Enough	Join this online community <i>the moms our children need, the women we want to be.</i>
NAMI MN	Offers thirty different virtual classes and vital information about mental illnesses, treatment, and resources. Contact: 651-645-2948
Nexus-FACTs	The Resilient Parent Series offers free webinars to help parents support their child's mental health needs.
On Our Sleeves	Offers online hope to families navigating the children's mental health system.
Online Stress Busters	Hosted by the Bakken Center, at the U of M, free, registration is required for an informal hour of meditation and light movement. Be guided through exercises that will leave you feeling physically, emotionally, intellectually, and spiritually rejuvenated. Contact: 612-624-9459
Online Support Groups	Groups for African American Youth, Gender-Creative Kids, LGBT2Q+, and Foster Grandparents. Hosted by the Dakota Child and Family Clinic .
PACER Center	Provides assistance, workshops, and other resources to help families make decisions about education and other services for their child or young adult with disabilities. Contact: 952-838-9000
Pediatric Mental Health Minute Series	Real-time education to support you as you care for children and youth with mental health disorders. Hosted by the American Academy of Pediatrics .
School Decision-Making Tool for Parents, Caregivers and Guardians	This CDC tool is designed to help you think through school re-entry and the choices your child's school is offering.

For up to date, accurate information, visit the [Minnesota Department of Health \(MDH\) COVID-19](#) webpage, the [Centers for Disease Control \(CDC\) Coronavirus webpage](#), or the [Dakota County COVID-19 webpage](#).



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