

Resources for Teens and Parents

[East Upper School Freshman Academy Counselors and Social Workers](#)

[Freshman Academy Google Classroom](#) Code: yjni3av

[East Upper School Counselors Google Classroom](#) Class Code: iflaq36

[East Lower School Social Emotional Website](#)

[Grade 6 Social Emotional Google Classroom](#) Code: jmdlqpx

[Grade 7 Social Emotional Google Classroom](#) Code: m4o6wnw

[Grade 8 Social Emotional Google Classroom](#) Code: 6w2hxnI

<https://www.garrisoninstitute.org/blog/webinar-lovingkindness-in-difficult-times-with-sharon-salzberg/>



Webinar: Lovingkindness in Difficult Times with Sharon Salzberg (Recorded) - Garrison Institute

As the COVID-19 pandemic progresses, it has become increasingly clear that humanity is being called to face unprecedented challenges. Many of us have immediate questions- What do I do to stay healthy? How do I care for my loved ones? We are also faced with bigger, more complex questions- What is this going to mean? This kind of...

www.garrisoninstitute.org

2. The Chopra Center <https://chopra.com> - Deepak Chopra and Oprah offering FREE 21-day Meditation HopeGoesGlobal# movement (recorded) that has space for journaling. I'm participating too, it's wonderful! :o)

The Chopra Center | Homepage

The Chopra Center is a nurturing place where people come to find balance, heal, and transform through the foundational teachings

chopra.com

3. UNICEF

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>



How teenagers can protect their mental health during coronavirus (COVID-19) | UNICEF

6 strategies for teens facing a new (temporary) normal

www.unicef.org

4. UNICEF

<https://www.unicef.org/press-releases/covid-19-children-heightened-risk-abuse-neglect-exploitation-and-violence-amidst>



COVID-19: Children at heightened risk of abuse, neglect, exploitation and violence amidst intensifying containment measures – UNICEF

COVID-19: Children at heightened risk of abuse, neglect, exploitation and violence amidst intensifying containment measures – UNICEF

www.unicef.org

5. American Psychological Association

<https://www.apa.org/topics/covid-19/telehealth-children>



Connecting with children and adolescents via telehealth during COVID-19

Like adults, children and teens still need access to psychological services during this public health emergency. Here is APA's guidance for child and adolescent psychologists in the era of COVID-19.

www.apa.org

<https://wideopenschool.org/programs/family/6-12/>