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: 6w2hxnl

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](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](http://chopra.com)

3. UNICEF


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

6 strategies for teens facing a new (temporary) normal

[www.unicef.org](http://www.unicef.org)

4. UNICEF

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

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/