Greetings Dossin Families!

Just a boost of encouragement. You are wearing many hats now as a parent, caregiver, employee, teacher, friend, relative and beyond. A lot is being asked of your household while trying to maintain your everyday needs and sanity. Even on days when you feel things didn’t go as planned or were chaotic, just know that you are doing your very best! Small ways to find some balance may look like:

1. Making breaks and sleep a priority
2. Focusing on what you can control and let go of what you cannot
3. Prioritizing yourself over toxic relationships and situations

Did you know that children experience stress just like us? Students are experiencing compounded levels of stress from the fear of their health and their loved ones, loss or fear of loss of loved ones, being present and completing classwork, and being isolated from teachers, friends and family. This prolonged stress can suppress the part of their brain used for learning. Stress and anxiety in children can manifest as some of the following symptoms:

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<th>Survival Brain</th>
<th>Learning Brain</th>
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<td>Frequent headaches or stomach aches</td>
<td>Trouble focusing on class instruction</td>
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<td>Unusually acting out or withdrawing</td>
<td>Challenges with remembering things</td>
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<tr>
<td>Trouble sleeping</td>
<td>Trouble with describing things</td>
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<td>Loss of appetite or overeating</td>
<td>Constantly moving around unusually</td>
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So, these behaviors may be commonly called going “stir-crazy” but they’re only being human. Check out the Self-Care section for more support for you and your student.

Resource Corner

We serve the WHOLE family. Below, you’ll find resources to help relieve some stressors.

Food Distribution and Lifestyle Support

Gleaners
Weekly food distribution sites can be found at: https://www.forgottenharvest.org/COVID19/?fbclid=IwAR3quy5778YgG0IrX3E4Z4vJoLxDC37wvr2-tN1br042Vvmsa0kJ2fwLs
Here to Help Foundation
Assists with car repairs, rent/security deposit, furniture, used vehicles for employment, utility bills. Details about requirements can be found at www.heretohelpfoundation.org

Wayne Metro CARES
Relief and recovery services for food/income, emergency plumbing, water/energy assistance, rent/mortgage assistance and funeral assistance. Contact at 313-388-9799 Monday-Saturday.

Self-Care

DPSCD
Mental Health Support Line for trauma, grief and resources. Services offered M-Th 9am-4pm and 5pm-8pm, Fridays 9am-3pm. Contact 1-833-466-3978 to speak to a trained social worker.

Development Center Prevention Groups and Support
Weekly conference groups help to provide social and emotional support to students and parents. Contact Armando Ozuna at oazuma@develctrs.org or 734-992-7127 for more details.

Community Care Services
Provides mental health services for children, teens and adults through telehealth. Services can be accessed through computer, tablet or smartphone. Phone contact is available for those without internet access. For an intake appointment, 313-389-7500 or www.comcareserv.org

2-1-1 Hotline: Please dial 2-1-1 to get connected to available mental health resource in your area.

Sesame Street Caring for Each Other provides videos for children to process their feelings as well as stress relief techniques such as breathing and meditation. They even have dance parties! https://www.sesamestreet.org/caring. Check out Sesame Street’s Facebook page!