Hello Students & Parents,

Welcome to our 1st edition of our weekly flyer! During this time of social distancing, we know many of you will be facing different challenges and wanted to provide helpful resources and positive ways to cope. These strategies are beneficial not just for you, but also for your family members, so be sure to share. We know community is extremely important right now, even if it is virtually. So please know we are here to help!

* If you would like to set up a time to check in/talk, please contact us during our office hours by sending an Email, Call or Text.

**School Counselor:** Ms. Brown Burrows, orelia.brownburrows@detroitk12.org
Office Hours - Mon.-Thurs. (10 a.m.—11 a.m.; 12 p.m.—1 p.m.) Phone: 734-363-8305

**Special Education School Social Worker:** Ms. McBride, jazmine.mcbride@detroitk12.org
Office Hours - Mon.—Thurs. (10 a.m.—11 a.m.; 12 p.m.—1 p.m.) Phone: 248-764-5893

**Northeast Guidance Counselor:** Ms. Colson, gcolson@nihdetroit.org
Office Hours - (9 a.m.—11 a.m.; 12 p.m.—2 p.m.) Phone: 313-648-9352
COUNSELING & SOCIAL WORK DEPT.
Tips & Tricks of Surviving and Thriving During COVID-19

Tips & Tricks

- **Headspace** - Special collection of meditation, sleep and movement exercises to help all of us keep a strong and healthy mind. [https://www.headspace.com/covid-19](https://www.headspace.com/covid-19)

- **50 Plus Easy Indoor Activities for Kids** - [https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/](https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/)

Resources

- **Triumph Church** - Food delivery for single parent households on Tuesdays/Thursdays through May 29th. Register at [www.triumphch.org](http://www.triumphch.org).

- **Wayne Metro 19** - Contact at (313) 388-9799 for COVID 19 Funding—Rent, mortgage, property taxes, water bills, funeral or cremation assistance. [https://www.waynemetro.org/covid-19/](https://www.waynemetro.org/covid-19/)

- **Health Support for DPSCS Families** - Families who are in need of medical support are encouraged to contact their primary care physician or if you do not have one, please contact the Detroit Department of Health at Hotline: 313-876-4000, 24 hours a day; or by email: dhdoutbreak@detroitmi.gov.

- **Emotional Support for DPSCD Families** - The District has counselors and support staff available through a hotline, please call 1-833-466-3978 Monday through Thursday from 9:00 a.m. to 4:00 p.m., 5:00 p.m. to 8:00 p.m. and Friday, 9:00 a.m., and 3:00 p.m.

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