

**March 20, 2020 3pm**

Dear PGUSD Families,

An Anonymous poet once wrote, "We wildly underestimate the power of the tiniest personal acts of kindness." During these difficult times I have been truly awestruck by the acts of kindness that I have witnessed; acts both subtle and great, bestowed by families, friends, colleagues and unknown individuals who just wanted to give. So often in our lives, our jobs, and in our busy errands throughout the day, we miss opportunities as we move along. This past week, while difficult, exhausting and sometimes scary, I am grateful for the opportunities that we have all been given to unite, to give, to care and to provide even total strangers a moment of kindness. Thank you, everyone in Pacific Grove, and beyond, for contributing to the education of our students, supporting all the needs that challenge many of our families, and patiently taking each day as it comes with the understanding that we will move past our current trials. Most importantly, thank you to ALL of our staff who have given so selflessly to ensure that we continue to provide great learning opportunities for ALL of our students. PG stands united and strong!

"PG will shine tonight  
PG will shine  
PG will shine tonight  
All down the line  
PG will shine tonight  
PG will shine  
The moon goes up  
The sun goes down  
PG will shine... Go Breakers!"

I wish you all a peaceful and healthy weekend.

## **RESOURCES**

- Community Hospital of the Monterey Peninsula and Montage Health entities remain at the ready to care for our community. As part of our support, Dr. Susan Swick, Physician in Chief, Ohana, has put together a sample schedule and some tips for parents to help them navigate this transition with their children. [www.montagehealth.org/swick-tips](http://www.montagehealth.org/swick-tips)

In addition, Montage Health is offering free eVisits for anyone with minor respiratory symptoms such as flu, allergy, or suspected COVID-19. Visit [evisit.montagehealth.org](http://evisit.montagehealth.org)

- Monterey County has a great resource called 2-1-1 that will get you information on supports such as mental health support, child care, and other questions that might be relevant at this time. Dial 211.

- Community Human Services has taken significant actions to help slow the spread of the Coronavirus, protect their staff, and continue to provide essential services to their clients. Effective Wednesday, March 18th the following programs have modified services:

#### Substance Abuse Treatment Programs

- Genesis House: Operational during shelter-in-place order but closed to the public. No new admissions.
- Outpatient Treatment Centers: Closed to the public. Counseling services offered via tele-health and telephone.
- Substance Use Prevention Program (SUPP): Closed to the public. Counseling services offered via tele-health and telephone.
- DAISY: Closed to the public. Counseling services offered via tele-health and telephone.
- Off Main Clinic: Operational weekdays during shelter in place order and closed on weekends. New dispensing hours M-F, 7:30-9am. Counseling services offered during normal operating hours via tele-health and telephone.

#### Family and Mental Health Programs:

- Family Service Centers: Closed to the public during shelter-in-place order. Mental health services offered via telehealth and telephone. Parent education, supervised visitation and domestic violence groups have been suspended. Support offered to parents and families via tele-health and telephone.

#### Homeless Youth Programs:

- Safe Place: Closed to the public during shelter-in-place order. Counseling services offered via tele-health and telephone. Driveway drop-by hours for distribution of hand sanitizer, basic aid such as food, water and clothing, crisis counseling, information and referral, etc., 10am – 4pm 7 days a week.
- Safe Passage: Operational but closed to the public. No new admissions.
- Salinas Valley and Peninsula Street Outreach Programs: Operational during shelter-in-place order 7 days a week.
- 24-hour helpline: 831.241.0914.
- Shelter: Open at 7 p.m. nightly, 7 days a week.

Kind regards,

Ralph G Porras