

March 24, 2020 11am

Good morning PGUSD Families,

FOOD SERVICE

PGUSD's Food & Nutrition Services Department is committed to maintaining social distancing and minimal contact with individuals while distributing meals. We ask our families to help ensure meals are distributed and received as safely as possible.

We are enforcing "walk-up" tables where we take your child's order and place the number of meals onto the table for you/your child to grab. If a family is ahead of you, please maintain 6-foot distance from the family, until it is your turn to come up to the table.

For "drive-thru" pick-ups, we are using trays to pass out the number of meals ordered to minimize handling and potential contact.

Below at the current sites for meal distribution, 11:30a - 12:15p, Monday through Friday during school closures:

- Pacific Grove High School: distribution in student parking lot off of Sunset Dr.
- Robert Down Elementary: distribution in front of Pine Ave. gate between the main building and kinder wing
- Corner of Arkwright/Moreland

Till this afternoon, stay well.

Ralph

RESOURCES/ADDITIONAL INFO

FOOD BANK FOR MONTEREY COUNTY

Food for families in need- Friday, March 27 at 9am

Two sites: Los Arboles Middle School 294 Hillcrest Ave., Marina
Seaside High School 2200 Noche Buena St., Seaside

*While supplies last. Recipients are encouraged to stay in their vehicles and drive through to access food.

CENTRAL COAST YMCA

The Central Coast YMCA is focusing our resources to best support the most pressing needs in our community. We are aligning with our community partners to serve parents who must work including health care workers, first responders and all "essential" employees in our community. Our facilities and resources will be used to provide crucial child care for the children of those essential workers.

Day Camp Details:

There will be a limited number of Day Camp participants

Camp will be offered on a Daily or Weekly basis - First Come, First Serve

Essential Camp hours are 8:30am - 5:30pm for \$35 /day or \$170 / week

TK* to 8th grades (*must be potty trained)

STEM, Homework Time and Y KidFit exercise are part of the camp curriculum

If you or a family member fall into one of these categories, please contact your local Central Coast

YMCA, branch for more details and current information.

AIM YOUTH MENTAL HEALTH

Mental & Emotional Health Resources During COVID-19 Pandemic

National Resources:

The National Suicide Prevention Hotline: 1-800-273-TALK (8255)

Substance Abuse & Mental Health Services Admin: 1-800-985-5990 or text TalkWithUs to 66746

Crisis Hotlines: 1-877-663-5433 or locally at 831-458-5300

The National Crisis Text Line: text Connect to 741741

National Hopeline Network: 1-800-784-2433

LGBTQ+ National Youth Talkline: 1-800-246-7743

California Based Resources:

California YOUTH Crisis Line: 1-800-843-5200

California Peer-Run Warm Line: 1-855-845-7415

Beacon Health, Mental Health referrals for Medi-Cal beneficiaries: 1-855-765-9700

Monterey County Based Resources:

Natividad Medical Center Crisis Line: 831-755-4111

Monterey County Behavioral Health: 888-258-6029

Community Human Services: 831-658-3811

Interim, Inc. OMNI Warmline: Call 831-800-7660, text 831-998-7916, omni@interiminc.org

Valley Health Associates: Youth Outpatient Drug Treatment: 831-424-6655

Equine Healing Collaborative, Marriage and Family Therapists and Social Workers, 831-582-1017

Harmony at Home: Carmel (831) 625-5160, Salinas (831) 272-6644, Sarah@Harmony-At-Home.org

NAMI (National Alliance for Mental Illness) Monterey: info@namimonterey.org or 831-422-NAMI

Monterey County United Way: Call 2-1-1 or text your zip code to 898-211

Sam's Guide: http://mcdss.co.monterey.ca.us/docs/SAM's_GUIDE_2019.pdf

THRIVING YOUNIVERSITY

A resource shared by Monterey County Office of Education.

Thriving YOUNiversity would love to gift you our short ebook "Taking Time to B.R.E.A.T.H.E." for free. It is filled with research-based reflections and activities to help you strengthen your wellbeing, increase your resilience, and build your capacity to empower yourself to show up consistently as the person you want to be. In this ebook, you will learn about and engage in exercises related to the following:

B - Building Belonging

R - Reflecting On Your Purpose

E - Engaging In Self-Compassion

A - Amplifying Attention, Awareness, and Awe

T - Tapping Into Thankfulness and Appreciation

H - Harnessing Your Thoughts

E - Empowering Empathy Everyday

This is a time for all of us to learn, stretch, and grow... and find out how amazingly resilient we can be. We all deserve to B.R.E.A.T.H.E. a little easier!

<https://thrivingyouniversity.com/resources/>

FREE ZOOM MASTERCLASS

Dr. Norouzi teaches a Conscious Parenting class through the PG Adult School and is offering a free Zoom Masterclasses for both conscious parenting and mindfulness to the public. Join the class on Thursday, March 26 at 5pm. No need to register. Any questions, please contact Dr.

Arayeh Norouzi directly at 831.915.9438 or arayeh@yahoo.com

<https://zoom.us/j/3744268226?status=success>