

Momentum Newsletter

Staying Connected Together
May 2020



COVID-19

What to Know

Stay safe and healthy. Practice all recommended preventative measures including washing your hands, disinfecting surfaces, covering your cough and practicing social distancing.

UPDATE: Governor, Gina Raimondo, announced a potential reopening for childcare providers under new regulations for June 1, 2020 following specific guidelines. To learn more about the RI reopening plan, you can visit: <https://www.reopeningri.com>

COMMUNITY RESOURCES

Mental Health AWARENESS Month

For helpful information on how to manage stress during this time, [Click Here](#) for tips from the CDC.

[Helping Individuals with Autism Through Uncertain Times](#)

For children services, call 855-543-5465 or visit [Kids Link](#). Adults seeking mental or behavioral health support call BH Link at 414-LINK(5465)

"Be Kind to Your Mind – PAUSE. Breathe, notice how you feel. TAKE BREAKS from COVID-19 content. MAKE TIME to sleep and exercise. REACH OUT and stay connected. SEEK HELP if overwhelmed or unsafe."

MAY 2020



"In a world where you can be anything, be kind." Unknown

Additional information for children is available at Bradley Hospital's [COVID resource website](#). Free confidential phone line 1-855-543-5465 connects caregivers to an experienced clinician that can help them access children services in RI.

[Click Here for FREE Videos of Picture Books Read Aloud!](#)

For more languages, [click here](#)



GROUPS

Momentum is currently providing Telehealth services and **social skills groups** for our clients. To find out more information, please contact Melissa at: msteele@momentumwebsite.org