



District 5 Resource Links

Upcoming events

Visit:

www.alamedakids.org/calendar to view the full list of events and to [register](#).

Tuesday, May 19

- Virtual Parent/Caregiver Support Group
- Cuentacuentos
- Parenting Class by 4Cs: Walking in My Strengths

Wednesday, May 20

- BANANAS Virtual Playgroup

Thursday, May 21

- Parenting Class by 4Cs: Quarantine Creativity, Projects, Productivity, and Sanity
- Alameda County's Virtual Parent Café
- [Dad-scussions](#)
 - [Register: here](#)

Friday May 22

- Exercise with SNAPkids



General Resources

- [Covid-related resources for Families & Community, Educators & Care Providers, & more](#)
- <https://alamedakids.org/coronavirus-resources-for-parents/>

Food Distribution

- [Locations & Contact Information](#)

Housing

- [Rent Adjustment Program](#)
- [Lead Hazard Resources](#)

Family Activities

- [Talking is Teaching – Everyday tips for families](#)
- [Talk. Read. Sing. It changes everything. Brain Development](#)
- [Virtual Museum & Zoo Tours](#)

Essential Workers

- [Essential Worker Child Care Intake form](#)

Listserves to join

- [Help Me Grow Listerv](#)
- [Alameda County ECE Program Weekly Email Blast!](#)

Mental Health & Wellbeing

- [Stories & One pagers to Help Children Through Covid-19](#)
- [Crisis Support Services of Alameda County 24-Hour Crisis Line](#)
- [Parenting Workshops for Parents & Caregivers](#)
- [A Pandemic Prayer](#)
- [Bubble Blowing Breathing](#)

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