

1) There are weekly meal drive thru's at Derbyshire Place every Friday at 6 PM. On the first Friday of the month, they are also giving away a week's worth of groceries to each family that comes through for dinner. You must RSVP for the event so that they know how many meals to prepare and provide. 962 Derbyshire Road, Daytona Beach FL - Here is the link to RSVP for this event:

https://docs.google.com/forms/d/13zPR5RAjiMf8SUauJQJOYWUBTPFmLQendCtPZlIfyuo/viewform?fbclid=IwAR07n1X0_0PdYUj_N0Y4_4owWheJC_NE8S6vFqpwagLzeDvFsWhGWz5oaYQ&edit_requested=true

2) There is a Free Food Drop at Daytona One on Friday, May 1st at 11 AM. While supplies last - first come, first serve, drive thru system.

If your child is struggling with anxiety, depression, isolation or any other emotional concerns due to COVID-19 - here are some things that might help:

1) ADAPT is still providing therapeutic services (virtually) to students and accepting new clients. If you are interested, please contact them at 386-898-5003 or ormond@adapt-fl.com

2) If your child is in crisis and in need of emergency mental health/emotional support, they can be taken to Halifax Behavioral Services for a free evaluation. No appointment necessary, walk-ins welcome. Here is the link to the services they offer:

<https://www.halifaxhealth.org/locations/behavioral-services>

3) Stewart Marchman (SMA) is offering free webinars for students to connect with other youth to chat about teen issues. Teen Talk is offered on Tuesday's (grades 6-8) and Thursday's (grades 9-12) at 1 PM. Here is the link your child will need to connect:

<https://campaign.zgraph.com/t/ViewEmail/i/DAC7957E1AC5E0C62540EF23F30FEDED/D2355D998236146833C48669A65BFAC1>

4) The CALM APP can be downloaded to a phone/tablet to use to help reduce stress and anxiety. This is helpful for parents as well as students. Here is the link to learn more about it:

<https://www.calm.com/>

As always, please reach out to any of us for help/assistance/support. That's what we are here for. We enjoy hearing from you and your children! Our website is listed at the bottom of this email - feel free to browse the additional resources and information we have on there.