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www.thelcadaway.org

FAMILY TOOL KIT

*At The LCADA Way, we are focusing on the challenges and needs of our community. The reality of COVID-19, has changed the way we feel, communicate, relate, learn, work, and live. Since different families have different needs, we want to ensure that we are continually providing support for our communities and families. We have created this **Family Tool Kit** which contains helpful resources and supports, to assist you during this time. If you have any questions, or would like assistance in applying these resources, please contact us at The LCADA Way – Prevention Department at (440)-989-5912. We are here to support you!*

TAKING CARE OF YOUR EMOTIONAL HEALTH

<https://emergency.cdc.gov/coping/selfcare.asp>

MANAGING STRESS & ANXIETY

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html



HELPING CHILDREN COPE WITH CHANGES

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>



8 TIPS FOR MANAGING CORNAVIRUS ANXIETY

<https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092>

MANAGING NICOTINE WITHDRAWAL

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/withdrawal.html>

FAMILY CHECK-UP for POSITIVE PARENTING

<https://www.drugabuse.gov/family-checkup>

MARIJUANA TALK KIT for PARENT and YOUTH

<https://drugfree.org/download/marijuana-talk-kit/>



If you or someone you may know, is in need of prevention education and or support services, please contact *The LCADA WAY* – Director of Prevention Services, Mr. Jose Flores at jflores@thelcadaway.org or (440) 989-5912. We will gladly contact you!

We hope that you find these resources educational and helpful. If you have a question or are in need of a specific resource, please feel free to contact us. We would be happy to assist you.

This directory is the first of this series. We will continue to update these resources and supports, and provide them every week throughout the COVID-19 condition.

Tuesday, April 7, 2020