

Step 4 Life 5K – Brighton, CO (April 21, 2012)

Covid-19 Resources

Underlined text indicates a clickable link that will take you to another website.

Online Resources for Recovery and Self-Help

Smart Recovery Resources and Tools	My Recovery Online Meeting Room 24/7	LifeRing Secular Recovery Online Meetings
Narcotics Anonymous Online Meeting Search	Recovery Dharma Buddhist Addiction Healing	AA Boston Website
Alcoholics Anonymous AA Online Meeting Search	Adult Children of Alcoholics Online Meetings	Hazleton Betty Ford Foundation Tips for Safeguarding Your Addiction Recovery
Al-Anon Online Meetings for Anyone Affected by Addiction in a Family or Friend	In the Rooms Resources for Recovery and Online Meetings	Learn To Cope Online Support for Anyone Affected by Addiction in a Family or a Friend

Resources for Coping with Stress and Parents/Caregivers

It is normal for children (and adults) to feel worried about Covid-19 and the many disruptions to everyday life that have come with efforts to curb it.

National Association of School Psychologists: Talking to Kids About COVID-19: A Parent Resource	The National Child Traumatic Stress Network: Caregiver Guide to Helping Families Cope With COVID-19	American Foundation for Suicide Prevention: Taking Care of Your Mental Health in the Face of Uncertainty
NPR: Just for Kids - A Comic Exploring The New Coronavirus	 Scroll to page 4 for a table on how children of different ages might react and how to help	World Health Organization: COVID-19 Advice for the Public: Myth Busters

[National Parental Stress Hotline](#)

Social distancing may put youth at higher risk for experimenting with alcohol & other substances due to stress, greater access, & more time with older siblings.

Substance Abuse and Mental Health Administration Parent Resources for Talking To Youth About Alcohol and Drugs	National Institute on Drug Abuse Positive Parenting To Prevent Drug Abuse
Network of Care Behavioral Health Resources	

[Guide to Talk to Your Children About and Prevent Marijuana and Other Substance Use.](#)
[Resources for Parents and Caregivers about At Home Activities, Mental Health and More.](#)

Allston Brighton Substance Abuse Task Force | [abdrugfree.org](#)

DOWNLOAD: <https://tinurli.com/29d20r>



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