

Child and Family Well-Being

Helpful Resources to Make the Best of Parenting in the age of COVID



Parenting in a Pandemic. Our [Facebook](#) group offers ideas and support to help parents get through each day. Conversation starter, fun activities including our book and activity series, and live talks with experts in parent-related fields such as play therapists, self-care specialists, and doctors.

Tell Me a Story. In need of 5 minutes to finish a task or an activity to add routine to your day? Join our [Facebook](#) group! New story shared each day at 10am. Celebrity readings too! Additional book suggestions and activities found on our [YouTube](#) channel.

FREE Virtual Confidential Counseling for all Iowans. Sometimes, it just helps to have someone listen.

- Iowa Warm Line, (844) 775-9276, Iowa Concern Line, (800) 447-1985,
- Spanish language line: (541) 800-368. or submit a request for assistance at [covidrecoveryiowa.org](https://www.covidrecoveryiowa.org)



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www.COVIDrecoveryiowa.org

IOWA CONCERN 800-447-1985 | IOWA WARM LINE 844-775-WARM | SPANISH LINE 531-800-3687