

Resources from the Family Table Webinar (8-6-20)

Bianca Scott's Resources:

- [United Parents Leaders Action Network \(UPLAN\)](#)
- [Follow UPLAN on Twitter](#)

Dr. Seth Shaffer's Resources:

- [MAEC State Resource Map](#)
- [Making a Smooth Transition](#)
- [Helping Children Cope with Changes Resulting from COVID-19](#)
- ['Flip your lid' + upstairs/downstairs brain \(elementary\)](#)
- [Exercise Makes You Smarter and a Better Student \(HS students\)](#)
- [COVID for kids \(resources\)](#)
- Substance Abuse and Mental Health Services Administration (SAMSHA):
24/7 hotline: 1-800-662-HELP (4357)

Mariela Puentes' Resources:

- [Students with Disabilities Can't Just Be an Afterthought This Fall](#)
- [Five Strategies for Serving Students with Disabilities](#)