

From the Counseling Center, Week of May 4, 2020

Dear Families,

As we enter the 7th week of virtual learning we wanted to focus on a place of kindness. Kindness towards others as well as kindness towards self. It can be easy to slip into places of feeling helpless because so much in our world around us right now feels uncontrollable. What we can control is how we are treating those around us and how we are treating ourselves.

Below we have a link to a resource to help support ideas of kindness at home.

As a reminder, the counselors and social workers are here as resources so please reach out to us. We'd love to hear from you; let us know if we can be helpful in any way from serving as a sounding board, helping to strategize challenges, or putting you in touch with community resources. Take care ~

During this time, we thought it might be nice to help encourage your child to be kind and think outside of themselves at least once a day. Below is a list of many different ways to be kind to others, including some creative ways to incorporate this into your home life.

<https://docs.google.com/document/d/1r2ACjHjrb-GxLEDXW6W14HV2tawWIZxKXdhCL-X-o5k/e/dit?usp=sharing>

Area Resources

- **Peer Support Text Hotline for TEENS from NAMI-** There is a new way for teenagers in Maine to get help. The Maine chapter of the National Alliance on Mental Illness (NAMI) has launched a teen text support line, offering mental health support. Anyone 14 to 20 years old can text (207) 515-8398 (TEXT) from noon until 10 p.m. each day. The line is for adolescents who may need additional mental health support with a safe space to talk with another young person. Staff providing support via the Teen Text Line are between 19 and 23 years of age. The Teen Text Line is not a crisis line. If you believe that you or someone you know could be in crisis, please do not hesitate to connect with the Maine Crisis Line via phone or text at (888) 568-1112.



- **Resource for Meals:** Pathway Vineyard Church in Brunswick offers free weekly meals to anyone in the community on Tuesday's from 5:00-6:00 P.M. The meal is provided through an outdoor to-go/take out service. Pathway Vineyard Church is located at 2 Columbus Drive in Brunswick.
- **Important Changes to M.S.A.D. No. 75 Meal- Please NOTICE that Bowdoinham Community School has been added back as a site. Breakfast and lunch are NOT NEEDS based. Please come!** This pickup will now include seven days' worth of meals. Each child will receive a large grocery bag filled with seven days of breakfast, lunch, and milk. We will also include cooking/reheating & refrigeration guidelines.
- **Our hours and locations will be as follows:**
 - Mt Ararat Middle School - Wednesdays 11:00 AM - 2:00 PM: PICK-UP IN FRONT BUS LOOP ONLY
 - Bowdoinham Community School- Wednesdays 12:00-1:00PM
 - Bowdoin Central School – Wednesdays 12:00 PM - 1:00 PM
 - Harpwell Community School – Wednesdays 12:00 PM - 1:00 PM

If you cannot pick up at the designated time frame from 12:00 PM - 1:00 PM, the middle school will have extended hours to accommodate the weekly pickup.

As always, if you have any questions, [please contact Katy DiCara, dicarak@link75.org](mailto:dicarak@link75.org).
- Good Shepherd Food Bank - resources
<https://www.gsfb.org/covid-19-partner-agency-updates/>
- Mid Coast Community Action is a local community agency that provides resources for families that are experiencing economic hardship, and/or have other needs. Please reach out to them to find out about potential resources and supports. They help with things like fuel assistance, temporary hardship funds, etc.
<https://midcoastmainecommunityaction.org/> Tel. 207-442-7963
- Bowdoinham food pantry (open Wednesday 4-6pm, 207-751-7779)
<https://bowdoinhamfoodpantry.org>
- MidCoast Hunger Prevention in Brunswick behind Hannaford (12 Tenney Way):
<https://www.mchpp.org> Tel. (207) 725-2716.
 - To-go lunches and bread will be offered outside the eastern entrance Monday-Friday from 11-12:30 and Saturday from 12-1:30.
 - Pre-packed Food Pantry grocery boxes will be made available to clients outside the Food Bank doors Tuesday 11am-2pm and 4pm-6pm, Wednesday from 11am-2pm, Friday from 11am-2pm, and Saturday from 12pm-3pm.

Emergency Situations

Should you or your child experience an emergency of any kind at any time of day while the schools are temporarily closed, we encourage you to utilize the following community resources:

- For mental health emergencies: **Crisis Hotline (1-888-568-1112)**;
- National Crisis Text Line: **Text HOME to 741741**
- For learning how to access resources: **211 Maine (211)**; <https://211maine.org>
- For domestic violence-related support: **New Hope for Women (1-800-522-3304)**
- For emergencies: **Call 911**

Non-emergency Situation

For all non-emergency situations, counselors and social workers can be reached at the following email addresses:

Danielle Hiltz (Carrabassett, Sebec, Sebasticook, Merrymeeting, and Kennebec (Burns and Cherry homerooms): hiltzd@link75.org;

Maura Bannon: (Cathance, Kennebec (Feiss and Obery homerooms): bannonm@link75.org;

Mary Ellen Lagasse: Magalloway, Androscoggin, and Casco Teams: lagassem@link75.org;

Special Education Social Workers: Annie Valliere: vallierea@link75.org; **Matt Howard**: howardm@link75.org; and **Carrie Larson** larsonc@link75.org.