

## Adult Resources

**Masks for Donation:** <https://www.dhvani.com/pages/freemasks>

**How to keep kids safe online:** [https://www.happilyfamily.com/how-to-keep-kids-safe-online/#video?utm\\_source=ONTRAPORT-email-campaign&utm\\_medium=ONTRAPORT-email-campaign&utm\\_term=&utm\\_content=How+do+I+keep+my+kids+safe+online%3F&utm\\_campaign=%2AHF%3A+LT+Nurture+-+date+BROADCAST+ALL](https://www.happilyfamily.com/how-to-keep-kids-safe-online/#video?utm_source=ONTRAPORT-email-campaign&utm_medium=ONTRAPORT-email-campaign&utm_term=&utm_content=How+do+I+keep+my+kids+safe+online%3F&utm_campaign=%2AHF%3A+LT+Nurture+-+date+BROADCAST+ALL)

### Free classes:

- [https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/?fbclid=IwAR0m\\_BvStEoGyXdx4BGLRmzwxDUZr5pSS08DpspdUP9gf3duCVF\\_S5ALZdM](https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/?fbclid=IwAR0m_BvStEoGyXdx4BGLRmzwxDUZr5pSS08DpspdUP9gf3duCVF_S5ALZdM)
- Case Western Reserve [University Lectures](#) and [Online Courses](#)
- Enroll in a MOOC or a Massive Open Online Course and be taught by Case Western Reserve University's world-renowned faculty. Learn about leadership, criminal law, even design a weight loss plan!
- Enroll HereFree online happiness course to build neural networks focused on positivity <https://www.cnn.com/2020/03/23/health/yale-happiness-course-wellness/index.html>
- **Daily Dinners with Michael Symon:** Daily at 5 pm on Facebook live for the next 10 days- cooking recipes using “pantry items: <https://www.facebook.com/FoodNetworkKitchen/>
- **30 Day Grief Journaling Class** <https://whats-your-grief.teachable.com/p/30-day-grief-journaling-intensive>
- The Western Reserve Historical Society: Stay engaged by viewing their online exhibits, activities, stories, and more. [View Resources](#)
- **Cleveland Public Library: Stream music, watch movies, or download e-books with the Cleveland Public Library. Or take an online class** <https://cpl.org/booksmoviesandmore/>
- **Cleveland History Center:** Immerse yourself in Cleveland's stories, from the 1790s to today [Explore the Collection](#)
- [Take your mind for a walk:](#) What to listen to when you need escape, comfort and joy
- Watch Some Good News with John Krazinski [Episode 7](#)
- Bake some [frog bread](#)

### Exercise and Movement:

- **Free workouts** from Planet Fitness (for everyone, not just members) streamed daily via Facebook live!: <https://www.facebook.com/planetfitness/>
- ActiveHealth Webinar: Strategies to Cope and Healthy Habits During Coronavirus: [activehealth.webex.com](https://activehealth.webex.com)

- **Better You, Better Ohio! Bureau of Workers' Compensation health and wellness program:** <https://info.bwc.ohio.gov/wps/portal/bwc/site/safety/resources/health-and-wellness-program>
- **Free workout** from Golds Gym: over 600 free workouts until May 31  
<https://www.goldsgym.com/anywhere/>
- **Free yoga classes on demand:** with a range of classes, levels, and types of practices:  
<https://www.doyogawithme.com/>
- **Donation based live dance/yoga/classes- pay what you can:**  
<https://www.flux-flow.com/schedule>
- **Planet Fitness:** <https://www.facebook.com/planetfitness/>
- **Gold's Gym:** <https://www.goldsgym.com/anywhere/>
- **Statewide Meditation:** <https://www.facebook.com/OHCitizenAdvocates/>
- **Explore University Circle:** [CircleWalk!](#) Self-guided tour
- **Adaptive Yoga & fitness:** <https://www.youtube.com/watch?v=LFF0Aqqr-BU&feature=youtu.be>
- **Mindfulness and massage for beginners** [https://www.youtube.com/watch?v=tgJs-LXPaFM&feature=youtu.be&fbclid=IwAR2R3YIAZItC8tG6cr\\_sPgp-nBgSzrdHjsOldaE9\\_KAKHalhPWllfKJf6dA](https://www.youtube.com/watch?v=tgJs-LXPaFM&feature=youtu.be&fbclid=IwAR2R3YIAZItC8tG6cr_sPgp-nBgSzrdHjsOldaE9_KAKHalhPWllfKJf6dA)
- **Inner Bliss Yoga Studio:** streaming live classes during closure for suggested donation of \$5 or pay what you can  
<https://www.innerblissyogastudio.com/iby-chatter/2020/3/14/facebook-live-class-schedule>

#### Free apps during coronavirus for relaxation and movement:

- **DownDog- Yoga, Barre, and other fitness classes until April on Iphone and Ipad**
- **Dark Noise-** Noisemaking app (white noise, rain, thunder, etc)- waiving free for beta version-  
<https://twitter.com/chuckyc/status/1239241005557301253?s=21>
  - **Headspace-** Free for healthcare professionals through the end of this year-  
<https://www.headspace.com/health-covid-19>
  - **Recovery App Sober Grid:** <https://www.sobergrid.com/>
- **Peleton-** offering a free 90 day trial (do not need peleton equipment)- include yoga, hiit, stretching, and other categories- go to the app store to get started

#### Art and Virtual Galleries

- **Printable Mandalas** <https://www.color-a-mandala.com/free-printable-coloring-pages/>
- **Artist Archives of the Western Reserve:** [Online Gallery Tour](#)
- **The Cleveland Orchestra:** Listen and Watch Online  
Listen to excerpts from previous concerts, watch interviews with professionals, or participate in their "Mindful Music Moment" on YouTube [Visit YouTube Channel](#)  
Support the orchestra's new record label by listening to "A New Century" on Apple Music. [Listen Now](#)  
Since 1965, WCLV has broadcast The Cleveland Orchestra on the Radio which features a full-length concert. Listen live Saturdays at 8:00 pm, or Sundays at 4:00 pm on 104.9 FM. [Visit Website](#)
- **Cleveland Institute of Music:** Listen to Archived Performances on [Facebook](#)
- **Monday, Wednesdays and FridaysThe Cleveland Museum of Art:** Online collection and blog  
<https://www.clevelandart.org/home-where-art-stay-connected>

- **moCa Cleveland:** Explore moCa's YouTube Channel  
<https://www.youtube.com/user/MOCACleveland/videos>

**Emotional support including- free online support groups and resources:**

- How to strengthen relationships during social distancing  
<https://www.nicabm.com/strengthening-relationships-while-social-distancing/>
- <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US> (for full document and additional information on COVID-19 and how to find more information about support)
- NAMI hosts online communities where people exchange support and encouragement. These Discussion Groups can easily be joined by visiting [www.nami.org](http://www.nami.org).
- 7Cups:[www.7cups.com](http://www.7cups.com)  
*Free **online text chat** with a trained listener for emotional support and counseling. Also offers fee-for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.*
- EmotionsAnonymous:[www.emotionsanonymous.org](http://www.emotionsanonymous.org)  
*An international fellowship of people who desire to have a better sense of emotional well-being. EA members have **in person** and **online weekly meetings** available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.*
- Support Group Central: [www.supportgroupscentral.com](http://www.supportgroupscentral.com)  
*Offers **virtual support groups** on numerous mental health conditions - free or low-cost. Website also offered in Spanish.*
- TheTribWellnessCommunity:[www.support.therapytribe.com](http://www.support.therapytribe.com)  
*Free, **online peer support groups** offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.*
- SupportGroups.com: <https://online.supportgroups.com/>  
*Website featuring 200+ **online support groups**.*
- ForLikeMinds:[www.forlikeminds.com](http://www.forlikeminds.com)  
***Online mental health support network** that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.*
- 18percent: [www.18percent.org](http://www.18percent.org)  
*Offers a free, peer-to-peer **online support community** for those struggling with a wide range of mental health issues.*
  - The Addict's Parents United: [www.tapunited.org](http://www.tapunited.org)
  - Al-Anon Electronic Meetings: [al-anon.org/al-anon-meetings/electronic-meetings/](http://al-anon.org/al-anon-meetings/electronic-meetings/)
  - Problem Gambling Network of Ohio: <https://pgnohio.org/what-we-do/resources-for-problem-gamblers.html>
- Gamblers Anonymous Hotline Number: 855-2CALLGA (855-222-5542)
- Phone-in meetings: <https://800gambler.org/help-during-the-covid-19-pandemic/>

- Ohio Citizen Advocates Advocacy for Addiction Recovery: <https://www.oa-ohio.org/covid-19>.
- Narcotics Anonymous Online Meetings: <https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/>.
- eAA: [e-aa.org/](http://e-aa.org/).
- Al-Anon Electronic Meetings: [al-anon.org/al-anon-meetings/electronic-meetings/](http://al-anon.org/al-anon-meetings/electronic-meetings/).
- SAMHSA Virtual Recovery Resources: <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>.
- PsychCentral: [www.psychcentral.com](http://www.psychcentral.com)  
*Offers online mental health resources, quizzes, news, an "Ask the Therapist" function, and online support communities.*

Need to talk to someone?:

- **National Suicide Prevention Lifeline**  
**1-800-273-8255**
- **The PEER Center Warm Line**  
1-800-888-6161
- **Ohio COVID Careline 1-800-720-9616 (24/7)**
- **Disaster Distress Helpline**  
**1-800-985-5990 (1-800-846-8517 TTY)**
- **Ohio Crisis Text Line**  
Text the keyword "4HOPE" to 741 741
- **Ohio Department of Mental Health and Addiction Services help line**  
**1-877-275-6364 (to find resources in your community)**
- **NAMI HelpLine** Monday-Friday, 10:00 a.m. to 6:00 p.m., EST (800) 950-6264
- A warmline is a confidential, non-crisis emotional support telephone hotline staffed by peer volunteers who are in recovery. Callers will find an empathetic listener to talk through their feelings. To find a warmline that serves your area, visit the [NAMI HelpLine Warmline Directory](#) on the [NAMI Resource Library](#) page.

**National papers removing their paywalls (online stories) to give access to reliable coronavirus news coverage and updates:**

- New York Times
- Wall Street Journal
- Washington Post
- Los Angeles Times
- The Guardian
- AP News
- The Athletic

## **Financial Resources**

- Unemployment: <https://unemployment.ohio.gov>
- Medicaid, Food and Cash Assistance, Child Care, Women, Infants and Children Food Assistance: [benefits.ohio.gov](https://benefits.ohio.gov)
- Additional resources for economic support: <https://coronavirus.ohio.gov/businesshelp>

## **COVID-19 Financial Assistance for People Living with Cancer by [Nancy@NancysList.org](mailto:Nancy@NancysList.org)**

- Triage Cancer  
<https://cancerfinances.org/toolkit/#1>  
<https://triagecancer.org/blog>  
<https://triagecancer.org/covid-19-state-laws>
- Circle of Care  
<https://thecircleofcare.org/covid-19-response/covid-19-relief-fund.html>
- The Sam Fund  
<http://www.thesamfund.org/get-help/grants/>
- Cancer Net  
<https://www.cancer.net/navigating-cancer-care/financial-considerations/covid-19-financial-resources-people-with-cancer>
- Cancer Care  
<https://www.cancercare.org/coronavirus>
- Leukemia & Lymphoma Society  
<https://www.lls.org/support/financial-support/covid-19-patient-financial-aid-program>
- Oncolink  
<https://www.oncolink.org/blogs/2020/04/covid-19-emergency-financial-assistance-for-people-with-cancer/>
- PAN Foundation  
<https://www.panfoundation.org/covid-19-financial-assistance/>
- Lungevity  
<https://lungevity.org/media-releases/lungevity-launches-breathe-easier-emergency-response-fund-for-covid-19>
- RareDiseases  
<https://rarediseases.org/nord-launches-financial-assistance-program-for-rare-disease-community-members-impacted-by-covid-19/>
- PearlPoint  
<https://pearlpoint.org/helping-cancer-patients-and-caregivers-navigate-the-financial-impact-of-covid-19/>
- Family Reach  
<https://familyreach.org/family-reach-covid-19-letter/>
- American Cancer Society  
<https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters/managing-costs/programs-and-resources-to-help-with-cancer-related-expenses.html>
- Cancer Support Community  
<https://www.cancersupportcommunity.org/blog/2020/04/what-cancer-patients-survivors-and-caregivers-need>

- <https://www.cancersupportglv.org/get-support/covid-19-resources/>
- Patient Advocate Foundation  
<https://www.patientadvocate.org/connect-with-services/financial-aid-funds/>
- Colorectal Cancer Alliance  
<https://www.ccalliance.org/patient-family-support/financial-assistance-programs>