

PEARL RIVER PARENT CONNECTION

A newsletter brought to you by PRSD School Social Workers
Norma Canals and Natalie Cervantes-Libassi

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Dear Students & Parents,

We hope this finds you well during these difficult and unprecedented times. We would like to continue to support students' social emotional needs during this challenging time for all. We have created this newsletter to provide you with some resources. You can also visit the [ELF website](#) and [Mrs. Canals](#) website for additional information and resources.

If you need additional support during this time please feel free to contact us.

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Please remain encouraged, stay safe and make the most of your time off.



We are all in this together

Those words mean so much to all of us during this trying time. We found this article especially helpful in understanding the different emotions we are all feeling. We all miss the way our life was less than two weeks ago. Yes, there are others who are experiencing more devastating loss in their lives. But we have to remind ourselves that it is ok to grieve the loss of our normalcy. We are all missing our students and can not wait to be reunited with them. We hope you find this [article](#) helpful.



Stay Healthy!!

As support staff we are aware of the needs of students as we confront this health crisis. Children are naturally curious and tend to react to stressful situations. Here are a few guidelines to respond to your child/childrens questions and how to provide them with accurate information:

- Remain calm and reassuring
- Make yourself available
- Monitor the use of media
- Maintain a normal routine to an extent as possible
- Be honest and accurate

Here is a resource from the National Association of School Psychologists with more information.

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)



Take care of your body. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.

Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and build a strong support system.

Take breaks. Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.

Stay informed. When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.

Avoid too much exposure to news. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

Seek help when needed. If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the **New York State COVID-19 Hotline 1-844-863-9314**

A vertical advertisement for the New York State COVID-19 Emotional Support Helpline. The top half shows a close-up of a doctor in a white lab coat holding a smartphone. Text overlay reads: "If you are overwhelmed with COVID-19 you are not alone. Connect to support right here in NY." The bottom half has a dark purple background with white text: "NEW YORK STATE COVID-19 EMOTIONAL SUPPORT HELPLINE: 1-844-863-9314 8 AM - 10 PM, 7 days a week". At the bottom is the logo for the Office of Mental Health, featuring a stylized figure and the text "Office of Mental Health".

Local Resources



The [NAMI Rockland HelpLine](#) is a free service that provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public. Our HelpLine is available Monday - Thursday 10 am - 4pm and Friday 10 am - 1 pm. A well-trained and knowledgeable volunteer or HelpLine staff will respond to your call or message. Many staff members and volunteers live with a mental health condition or provide care and support to a family member or friend.

Contact us at: (845) 359-8787. For more information please visit NAMI ROCKLAND [Website](#)



United Way's 2-1-1 Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. It is open 365 days a year.

WHY IS 2-1-1 SO IMPORTANT?

Every hour of every day, hundreds of people in the Hudson Valley and thousands of people in the United States need essential human care services, from substance abuse assistance to adequate care for a child or an aging parent and people often don't know where to turn. In many cases, people end up going without these necessary and readily available services because they do not know where to start. 2-1-1 makes it possible for people to more successfully navigate the complex and ever-growing maze of human service agencies and programs. By making services easier to access, 2-1-1 helps people to get assistance when a problem first develops – rather than allowing a problem to grow. So when you have a human care service question or need, call 2-1-1 or go to <http://www.hudson211.org/cms/>

FamilyWize

Prescription Savings Card Program

Prescription Savings Card

BIN 610194
CARD ID 008801350
GROUP ID 847987
PCN FW



Show this card to your pharmacist every time.

This is not insurance - discounts only.

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Partnered With



Since 2006, UWRC has partnered with **FamilyWize**, an organization focused on improving the health of communities through a free prescription discount card. To date, 11,164 Rockland County residents have realized a savings of over \$1,000,000 in prescription medication through our partnership with FamilyWize.

UWRC believes that people should never have to choose between putting food on the table or taking their prescription medication and that is why this partnership was formed. The FamilyWize card immediately lowers the cost of prescription medications by an average of 45% percent for people with and without insurance. Just by presenting the FamilyWize card or mobile app at their local pharmacy, people can save on the cost of their medicine, with no strings attached.

To learn more about UWRC and access information on the FamilyWize program visit our website at https://www.uwrc.org/family_wise.html.

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