



NEW YORK CITY DEPARTMENT OF EDUCATION

ACADEMY OF AMERICAN STUDIES



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Dear Families,

We know families are struggling to balance work, child care and self-care while keeping worries — both your children's and your own — under control. You don't have to do it alone. We are all working in a new environment which can create uncertainty and heightened stress. Managing transitions and adapting to change are not always easy. In an effort to help ease your transition while students are home, we want to make sure you know school counselors are here to provide support and resources to students and families while we work remotely from home.

Please feel free to email your counselor with any concern, difficulty or just have a need to talk. Our emails are below. We can also make an appointment to speak over the phone.

Ms. Wilson rwilson13@schools.nyc.gov

Ms. Antoine mantoine@schools.nyc.gov

Ms. Colon nbanyoncolon@schools.nyc.gov

Local Resources:

Find Food - Food Bank of New York: <https://www.foodbanknyc.org/get-help/>

- Managing Anxiety and Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Visiting Nurse Service of New York: <https://www.vnsny.org/how-we-can-help/community-programs/community-mental-health-services/>
- Child Center of NY: childcenterny.org We strengthen children and families with skills, opportunities, and emotional support to build healthy, successful lives.

To get regular updates on the latest developments regarding coronavirus in New York City, text COVID to 692-692. For updates in Spanish, text COVIDESP to 692-692. You will receive regular SMS texts with the latest news and developments.

<https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page>

The main NYC Health coronavirus page contains information that includes prevention tips, a list of symptoms and links to various city sites with information pertaining to the crisis.