

Self-Care and Support for Grownups

Check out the links for tips, suggestions, and websites to help you through these times.

21 'Alone time tricks': <https://www.self.com/story/parents-finding-alone-time>

5 Self-care apps and websites: <https://www.makeuseof.com/tag/self-care-apps-sites-positive-healthy-reminders/>

Child Mind Institute: Supporting Families During Covid-19:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Thurston County Community Services list: <http://www.crisis-olcic.org/pdf/CommunityServicesListThurston.pdf>

NTPS community resources page: <https://www.nthurston.k12.wa.us/communityresources>