Cornell Families:

During this extraordinary time, many of us may be experiencing heightened fear, anxiety, and uncertainty. The Cornell School District compiled a list of resources that we thought may be helpful to you and your families at this difficult time. Should you need any additional supports, you may reach out to the following:

Liz Lepore, Cornell Student Assistant Liaison - Lepore.Liz@hfi-pgh.org
Gina Walter, Cornell High School Counselor - gwalter@cornellsd.org
Greg Paul, Cornell Elementary School Counselor - gpaul@cornellsd.org

As a reminder, meals are being handed out on Monday, Wednesday, and Friday during the school closure from 11:00 am to 12:00 pm at the location sites: Cornell cafeteria, Coraopolis Gazebo on 5th Avenue, and Cottage Park on Neville Island. Food distributed will cover the meals for Tuesday and Thursday as well as weekends.

**Resource Links List:**  
*(Bottom link in some sections are Spanish Versions)*

**How To Prepare Your Family**

**What To Do If Your Kids Get Sick**

**How To Talk To Your Child**

**For Kids: What Kids Can Do**

**Helping Your Grade Schooler With Homework**

**Help Your Child Get Organized**
Top 10 Homework Tips
https://kidshealth.org/es/parents/homework-esp.html?WT.ac=pairedLink#catlearning

All About Sleep
https://kidshealth.org/en/parents/sleep.html?WT.ac=ctg#catsleep
https://kidshealth.org/es/parents/sleep-esp.html?WT.ac=pairedLink#catsleep

Coping with Stress during Infectious Disease Outbreaks
https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885

Keeping Your Distance to Stay Safe
https://www.apa.org/practice/programs/dmhi/research-information/social-distancing

Creative Activities to do with kids at home
https://mailchi.mp/artwithheart.org/creative-activities-to-do-with-kids-at-home?fbclid=IwAR2sjjq-zGVGGhdB0zeZHBvefzDkF730pqMJOi8Nys5oJvNxbE_SZUXvUAk

Greater Pittsburgh Community Food Bank
https://www.pittsburghfoodbank.org/

RESOLVE Crisis Services UPMC (888-796-8226)
https://www.upmc.com/services/behavioral-health/resolve-crisis-services

Bartender Emergency Assistance Program
https://www.usbgfoundation.org/beap

Pittsburgh Virtual Tip Jar

Aunt Bertha - The Social Care Network (local resource list)
https://www.auntbertha.com/

United Way 2-1-2 (local resource list)
https://www.unitedway.org/our-impact/featured-programs/2-1-1#

Free Food Distribution Sites
https://alcogis.maps.arcgis.com/apps/MapSeries/index.html?appid=abaca148492b47a7ad0d5a71f5d2c5e8

NACAC - National Association for College Admissions Counseling
https://www.nacacnet.org/college-admission-status-coronavirus

You Visit - College Tours
https://www.youvisit.com/collegesearch/

eCampus Tours
http://www.ecampustours.com/

SAT Updates
https://pages.collegeboard.org/natural-disasters

AP Updates