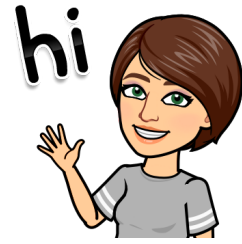


Ms. Stockmann's Community Resource Updates

September 25, 2020



We have updates!

As quickly as our world changes, so do resources. In looking for the most effective way to reach out and highlight upcoming events and resources, I will be sending this newsletter out biweekly. We are updating the [MRH Community Resource Document](#) regularly as soon as new information is available to be a real time resource for families. If you are in need and do not see what you are looking for please let me know!

THIS WEEK'S
TOP STORIES

CARES Grant Opportunities

Salvation Army - Midland has been awarded a 1.3 Million dollars in CARES grant. Up to \$3,000 per family can be awarded to help with rent/mortgage, utilities, and other home assistance if you meet qualification criteria. **TO APPLY: CALL United Way at 211** or contact one of these branches - Salvation Army Family Haven 314-423-7770, Ferguson Community Empowerment Center (314) 524-5200 or Salvation Army Gateway Corps (314) 631-1133.

Have you heard of MapleGOOD?



[Maplegood.com](#) A locally-based citizens' group continue their amazing mission to offer to help with various needs including [student and family support](#) during virtual learning, neighbor buddy program and referrals for resources. On Facebook, email MapleGOODmo@gmail.com and (314) 301-9685. [Mask Trees and 8 Mini-Food and Hygiene pantries](#) are located at various locations throughout Maplewood and Richmond Heights. Here is a link to the [MAP](#)

MapleGOOD runs on the motto *Take what you need, leave what you can.*



MapleGOOD, an all-volunteer mutual aid organization providing resources to local residents, is offering **free community support to K-12 students in Maplewood and Richmond Heights.** If a child in your care is living or receiving schooling in the 63143 or 63117 zip codes (regardless of which school they attend), please complete an intake form at maplegood.org/sfs to help us understand their needs.

We are offering in-person (socially-distanced) and online:



Services are free and confidential, and adults involved in the project have received a background check. Sign up at maplegood.org/sfs | 314-529-1340

Want to volunteer? Let us know at maplegood.org/sfs



Mindful Moments For Kids and Adults

Each newsletter I will add a few ideas for families to use to take a moment and breathe. In this stressful time we may miss opportunities to relax which can lead to burnout. This is a marathon not a sprint...we will get there together.

Rose, Thorn and Bud - Check in with each other by asking what was your Rose (high) and Thorn (low) and Bud(something to look forward to) for the day. Create space for silence and let kids really reflect. There is always a high and low...even small ones!

My Rose for Today - Getting technology to work the first three tries!

My Thorn for Today - I couldn't work outside due to tree trimmers and noise.

My Bud for Today - Looking forward to nice weather this weekend.

Gratitude Walk - This is a spin on a Nature Scavenger Hunt. Go for a walk in your yard, neighborhood or park and look for things to be grateful for! My daughter and I did this yesterday - We found new flowers, shade, cooler weather and neighbors waving as things to be grateful for in our little space of the world.

Disconnecting from Wifi - While scrolling Snapchat and Instagram can be a great mind break, completely logging off from screens can be rejuvenating! Get outside while we have this amazing weather! Please remember your mask and social distancing.



Ongoing Community Resources and Future Events

[Youth Connection Helpline](#)

The BHR Youth Connection Helplines provide 24/7 crisis intervention including mobile outreaches to home and/or community agencies to provide emotional support, referral information and linkage of services for children, youth and their families

BHR
Youth Connection Helpline

| | | | |
|--|---|---|--|
|  call. TOLL FREE 1-844-985-8282 LOCAL 314-819-8802 |  chat. get help now chat online at www.bhrstl.com |  text. BHEARD to 31658 |  go. to your local Safe Place site |
|--|---|---|--|

CALL

To get connected to a certified resource specialist, simply **dial 2-1-1** from a cell or 1-800-427-4626 from a landline phone (TTY 1-866-385-6525).

[United Way 211](#)

Whether you're looking for a childcare provider, hoping to make a food donation, searching for job training, or in need of shelter, United Way 2-1-1 is your go-to resource for all non-emergency needs.

Ongoing updates are always available here

MRH Community Resources: Covid 19

MOBILE MARKET
SEPTEMBER 29TH, 2020
10:00 AM ~ 12:00 NOON
 5415 Page Avenue
 St. Louis, MO, 63112
 WHILE SUPPLIES LAST
 FOR MORE INFORMATION VISIT:
www.betterfamilylife.org
 + PET FOOD ALSO DISTRIBUTED

KID'S CLOTHING EXCHANGE

MOPPET SWAP

A free children's clothing and gear swap for frugal and eco-savvy parents in the St. Louis area.

SATURDAY, OCTOBER 10
 9 AM TO 11 AM
 FIRST UNITARIAN CHURCH OF ST. LOUIS:
 5007 WATERMAN, 63108

***MASKS REQUIRED * OUTDOOR EVENT ***

Swaps occur every three months: January, April, July, and October. Sign up to receive notifications for the next swap: [facebook.com/moppetswap](https://www.facebook.com/moppetswap)
 Inquire for more information, receive email notifications, or sign up to volunteer: moppetswapSTL@gmail.com



Maplewood Public Library

7550 Lohmeyer Avenue, Maplewood, MO 63143 | 314-781-READ | <http://www.maplewoodpubliclibrary.org>

Curbside Hours: Mon—Thu 12-6 pm | Fri 9am-1 pm | Sat 9am-12pm

Tales from Maplewood!

The Maplewood Special Business District has teamed up with Maplewood Public Library to bring you *Tales from Maplewood*, a storybook stroll. Save the date for **October 3, 2020** as we kick off our first Tales from Maplewood with book giveaways and other activities! Visit the City of Maplewood website for more details.



Every Wednesday at 10AM
through December 16
Zoom Stories for Preschoolers
Books, songs and friends!

Monday, October 5 (ages 3-11)
Take & Make Monday for Kids!
 Pick up a fall craft kit through our curbside service. First come, first serve until kits run out. One per child.

Thursday, October 15th, 7PM via Zoom
What's That Book You're Reading?
Kids Book Club (Ages 8-11)

Saturday, October 31, 9:30—11:30 am
DRIVE BY TRICK OR TREATING
 Kids in costume will receive treats.

Tuesdays, October 6, 13, and 20
 4PM-5PM via Zoom, ages 11-18
Virtual Teen Hangout with Tori

Monday, October 12: Take and Make! Phone Stands TEENS!
 Upcycle a cardboard tube into a phone stand and amplifier!

Monday, October 26th:
How-To Video: Brownie in a Mug
Video tutorial available on our social media pages. Materials not provided.

Tuesday, October 27th
Graphic Novel Book Club
 4PM-5PM via Zoom, ages 11-18
"The Promised Neverland" by Kaiu Shirai, illustrated by Posuka Demizu; feel free to read it too, but that's optional!

Family Book Club, 1st Monday, November 2 at 7pm, ages 5-8
 Join Ms. Kim on Zoom as she reads the first chapter of *Pippi Longstocking* by Astrid Lindgren. Request a copy to read in November and discuss in December.

For more information or to register for programs, you can call the library, 314-781-7323 or visit our website's calendar of events, <http://www.maplewoodpubliclibrary.org/events/>



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