

Family Resource Guide 2020

Table of Contents

Support & Crisis Hotlines	1
National Domestic Violence Hotline: 1-800-799-7233	1
National Sexual Assault Hotline: 1-800-656-HOPE (4673)	1
National Suicide Prevention Lifeline: 1-800-273-8255	1
Parental Stress Line: 1-800-632-8188 (MA)	1
More Crisis Resources: https://interface.williamjames.edu/guide/help	1
Find a Therapist	1
Holliston Youth & Family Services (Holliston, MA)	1
Interface Referral Service (MA)	2
National Helpline - SAMHSA: 1-800-662 HELP (4357)	2
Psychology Today - Find a Therapist	2
Supports for Children/Families with Special Needs	2
Federation for Children with Special Needs	2
Massachusetts Family Ties: 1-800-905-TIES (8437)	2
One Tough Job	3
Understood: Tools & Resources for Families	3
Parenting Support Groups	3
Apps for Stress Management & Support:	3
COVID Coach: Stress management app	3
Insight Timer: Guided meditations, music and wellness talks	3
Talking Parents: Co-parenting app	4
Websites and Apps for Kids & Teens:	4
Daniel Tiger - young children (preschoolers)	4
Go Zen!: Anxiety management app for kids-teens	4
MeditOceans: Guided Meditations by the Monterey Bay Aquarium	4
Sesame Street: Little children, big challenges	4
Other Resources	4
PBS Parents	4
211info	4
Zero to Three - Parenting	5
Support for Service Members & Veterans	5
Make the Connection: Resources & support for Veterans	5
Military OneSource: 1-800-342-9647	5
Reading Recommendations	5

This family resource guide was compiled by Sofia Reddy, LICSW www.sofiareddy.com

Please note: This guide is for informational purposes only and is not an all-inclusive list of resources.

Sofia Reddy does not endorse any specific resources listed here. Website links & phone numbers might change over time. Please contact the agency or program directly with questions or concerns.

Support & Crisis Hotlines

National Domestic Violence Hotline: 1-800-799-7233

<https://www.thehotline.org/>

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

<https://www.rainn.org/>

National Suicide Prevention Lifeline: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

Parental Stress Line: 1-800-632-8188 (MA)

“The Parental Stress Line is a project of Parents Helping Parents of Massachusetts. Parents and caregivers who are experiencing any kinds of problems related to their children can call the Parental Stress Line for support. The Parental Stress Line is staffed by volunteer counselors who are sympathetic and nonjudgmental. The hotline is available 24 hours a day, 7 days a week.”

<https://www.parentshelpingparents.org/parental-stress-line>

More Crisis Resources: <https://interface.williamjames.edu/guide/help>

Find a Therapist

Holliston Youth & Family Services (Holliston, MA)

Serves families in Holliston, MA. They “provide **confidential counseling** (individual, family, or group), **court diversion**, crisis intervention, consultation, and referral services to children, adolescents and parents.”

<https://www.townofholliston.us/youth-and-family-services/pages/about-us>

This family resource guide was compiled by Sofia Reddy, LICSW www.sofiareddy.com
Please note: This guide is for informational purposes only and is not an all-inclusive list of resources. Sofia Reddy does not endorse any specific resources listed here. Website links & phone numbers might change over time. Please contact the agency or program directly with questions or concerns.

Interface Referral Service (MA)

“INTERFACE is a mental health resource and referral Helpline that subscribing communities have contracted with to help children, adults and families become connected to mental health and wellness resources.”

<https://interface.williamjames.edu/contact>

Additional parenting resources:

<https://www.williamjames.edu/community/resource-hub/parenting-resources.cfm>

National Helpline - SAMHSA: 1-800-662 HELP (4357)

“SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.”

<https://www.samhsa.gov/find-help/national-helpline>

Psychology Today - Find a Therapist

<https://www.psychologytoday.com/us/therapists>

Supports for Children/Families with Special Needs

Federation for Children with Special Needs

“The Federation currently oversees over 15 projects related to supporting families whose children have special educational needs and special healthcare needs, as well as families of culturally and economically underserved populations by promoting family engagement within general education. The projects are organized into five “Centers” by the primary type of service offered to families.”

<https://fcsn.org/programs/>

Massachusetts Family Ties: 1-800-905-TIES (8437)

Family TIES of Massachusetts provides information and referral services, emotional support, and training to parents of children and youth with special needs.

<https://www.massfamilyties.org/>

This family resource guide was compiled by Sofia Reddy, LICSW www.sofiareddy.com
Please note: This guide is for informational purposes only and is not an all-inclusive list of resources. Sofia Reddy does not endorse any specific resources listed here. Website links & phone numbers might change over time. Please contact the agency or program directly with questions or concerns.

One Tough Job

“One Tough Job connects parents in Massachusetts with parenting information and resources. Parents can search for resources by their child's age (0-6 years old) or by topic. Parents can also enter their zip code to find parenting support organizations and programs nearby.”

<https://www.onetoughjob.org/>

Understood: Tools & Resources for Families

“Differences are Our Greatest Strength. Nurture Them and We'll Thrive. We Provide a Huge Range of Tools & Resources to Support Thinking Differences. Start Today. Free Resources. Empowering People. Supportive Communities. Tools, Resources, Support.”

<https://www.understood.org/pages/en/families/>

Parenting Support Groups

“Parenting Education and Support Programs help parents with young children to develop the knowledge, skills, and confidence they need to be the best parents they can be. These groups are led by trained professionals and provide opportunities for parents to learn new skills, connect with other parents, and get information about community resources. Check the website to find a parenting group near you.”

<https://childrenstrustma.org/our-programs/parent-education-and-support-programs/parenting-education-support-group-contact-list>

Apps for Stress Management & Support:

COVID Coach: Stress management app

“The COVID Coach app was created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.”

<https://mobile.va.gov/app/covid-coach>

Insight Timer: Guided meditations, music and wellness talks

“# 1 free app for sleep, anxiety and stress (includes meditations and stories for kids/teens)”

<https://insighttimer.com/>

This family resource guide was compiled by Sofia Reddy, LICSW www.sofiareddy.com

Please note: This guide is for informational purposes only and is not an all-inclusive list of resources. Sofia Reddy does not endorse any specific resources listed here. Website links & phone numbers might change over time. Please contact the agency or program directly with questions or concerns.

Talking Parents: Co-parenting app

“Helping co-parents communicate effectively. Avoid child custody disputes and minimize tension by having an unalterable record of past conversations.”

<https://talkingparents.com/home>

Websites and Apps for Kids & Teens:

Daniel Tiger - young children (preschoolers)

Teaches about emotional regulation and social skills

<https://pbskids.org/apps/daniel-tiger-for-parents.html>

Go Zen!: Anxiety management app for kids-teens

Programs for kids 5-15 years old and their families to cope with anxiety

<https://gozen.com/>

MeditOceans: Guided Meditations by the Monterey Bay Aquarium

Sesame Street: Little children, big challenges

Toolkits for families and educators on various topics including divorce, resilience & incarceration

<https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/>

Other Resources

PBS Parents

Age by age tips and activities on academics, arts, emotional wellness and social skills

<https://www.pbs.org/parents>

211info

A free, confidential nationwide service that connects people to available help and info

www.211.org

This family resource guide was compiled by Sofia Reddy, LICSW www.sofiareddy.com

Please note: This guide is for informational purposes only and is not an all-inclusive list of resources.

Sofia Reddy does not endorse any specific resources listed here. Website links & phone numbers might change over time. Please contact the agency or program directly with questions or concerns.

Zero to Three - Parenting

“Our approach to supporting parents is based on the belief that parents are the true experts on their children, and that there is no “one-size-fits-all” approach to raising children. The information and tools we offer are designed to support parents in developing their own ways to promote their children’s growth and development.”

<https://www.zerotothree.org/parenting>

Support for Service Members & Veterans

Make the Connection: Resources & support for Veterans

“No matter when, where, or how you served, or what you’ve experienced in military or civilian life, you may be facing challenges that affect your health, relationships, and life. Whether your military role ended two decades ago or two days ago, you share with Veterans everywhere the common bonds of duty, honor, and service to our nation. Every day, Veterans connect with resources and support to manage and confront the issues they may have and find solutions for improving their lives.”

<https://maketheconnection.net/veterans>

Military OneSource: 1-800-342-9647

“Let Us Connect You to Resources, Benefits & Services for Your Best Military Life. A Department of Defense-Funded Program Serving Service Members, Family and Survivors. Sign Up For eNewsletter. Schedule Consultation. Get Free 24/7 Support.”

<https://www.militaryonesource.mil/>

Reading Recommendations

[Peaceful Parent, Happy Kids](#): How to stop yelling and start connecting by Laura Markham

*Check out her website with free resources: ahaparenting.com

[How to talk so kids will listen and listen so kids will talk](#) by Adele Faber and Elaine Mazlish

This family resource guide was compiled by Sofia Reddy, LICSW www.sofiareddy.com
Please note: This guide is for informational purposes only and is not an all-inclusive list of resources. Sofia Reddy does not endorse any specific resources listed here. Website links & phone numbers might change over time. Please contact the agency or program directly with questions or concerns.

[The Whole Brain Child](#): 12 revolutionary strategies to nurture your child's developing mind, survive everyday parenting struggles, and help your family thrive by Daniel J. Siegel & Tina Payne Bryson

[The Yes Brain](#): How to cultivate courage, curiosity, and resilience in your child by Daniel J. Siegel & Tina Payne Bryson

[He's Not Lazy](#): Empowering your son to believe in himself by Adam Price

[Raising Your Spirited Child](#): A guide for parents whose child is more intense, sensitive, perceptive, persistent, and energetic by Mary Sheedy Kurcinka

[Ready, Set, Breathe](#): Practicing mindfulness with your children for fewer meltdowns and a more peaceful family by Carla Naumburg

[Mindful Games Activity Cards](#): 55 fun ways to share mindfulness with kids and teens by Susan Kaiser Greenland

[The Explosive Child](#): A new approach for understanding and parenting easily frustrated, chronically inflexible children by Dr. Ross W. Green, Ph.D.

This family resource guide was compiled by Sofia Reddy, LICSW www.sofiareddy.com
Please note: This guide is for informational purposes only and is not an all-inclusive list of resources. Sofia Reddy does not endorse any specific resources listed here. Website links & phone numbers might change over time. Please contact the agency or program directly with questions or concerns.