

MyFloridaMyFamily has partnered with AuntBertha to develop an online platform that is providing counties with a comprehensive directory of local resources that will help strengthen families. Search by zip code below to locate resources near you: <https://www.myfloridamyfamily.com/>

**HELPING KIDS COPE WITH THE HOLIDAYS DURING A PANDEMIC & THE START OF NEW FAMILY TRADITIONS**

This year has been difficult to say the least. With the holidays approaching – and the challenges and uncertainty of the coronavirus pandemic still ongoing – you may be wondering how to help your child cope with the disappointment of things being different this year. Below are some helpful links to help prepare kids for a very different holiday season this year:

- **HOW TO HELP KIDS HANDLE HOLIDAY DISAPPOINTMENT DURING COVID-19**  
<https://www.connecticutchildrens.org/coronavirus/how-to-help-kids-handle-holiday-disappointment-during-covid-19/>
- **30 MEMORY MAKING FAMILY CHRISTMAS TRADITIONS TO START IN 2020**  
<https://mommyonpurpose.com/memory-making-christmas-traditions/>
- **PREPARING YOUR KIDS FOR THE HOLIDAYS DURING COVID-19**  
<https://discoveries.childrenshospital.org/holidays-during-covid-19/>
- **THE HOLIDAYS WILL BE DIFFERENT THIS YEAR — HERE'S WHAT TO SAY TO KIDS**  
<https://www.today.com/parents/talking-kids-about-how-2020-holidays-will-be-different-t199125>



**Brevard County Holiday Events 2020**

<https://www.321area.com/christmas/>



There are many things to do for this Holiday break with your family. Try new things this year and make new family traditions. Check out the two links below for events going on in Brevard.

**Holiday Events In South Brevard!**

<https://melbourne.macaronikid.com/articles>

**2020 Holiday Gift Guide AND GIFT GIVEAWAY!**

Christmas will be here before you know it! We want to help you find the perfect gift for everyone. Plus enter to WIN ALL the Gifts on our list!

**Happy Childhood Memories & Brain Development**

Happy childhood memories are essential to a child's developing brain. ... One might expect childhood memories to matter less and less over time, but these memories still predicted better physical and mental health when people were in middle age and older adulthood.

This year may be particularly stressful for parents due to financial hardships. Although this year may not be perfect but we can still take advantage of this time by making more memories with them. If you look back on your own childhood, you may notice that the memories you had with your parents are the things you remember and not the actual gifts you got. Family time together are the moments that mean everything to a child, making them feel safe, secure and loved. And when kids feel like that, they thrive, enabling them to become happy, healthy adults. The best part is that you don't need a lot of money to make happy memories with your kids.

This year start new family traditions like making cookies from scratch, having family movie nights or game nights. You can also make home made Christmas ornaments and decorations or even homemade gifts for family members with you kids. See links above for ideas.

- **THE HEALTH BENEFITS OF A HAPPY CHILDHOOD**  
<https://www.normanregional.com/blog/the-health-benefits-of-a-happy-childhood>
- **CHRISTMAS CRAFTS FOR KIDS**  
<https://www.personalcreations.com/blog/christmas-crafts-for-kids>
- **100 DIY DOLLAR TREE CHRISTMAS GIFT CRAFTS**  
<https://www.prudentpennyinch.com/dollar-store-diy-christmas-gifts/>

**TAKING CARE OF YOUR MENTAL HEALTH DURING THE SOCIALLY DISTANCED HOLIDAYS**

With winter approaching and a global pandemic still upon us, we are all faced with needing to continue practicing safe social distancing during the holidays. Considering the year everyone has had away from family, along with financial hardships, this holiday season will be particularly stressful and tough on our mental health. Below are some helpful resources for recognizing and managing the stressors of this holiday season. You will also find, to the right, Crisis hotline numbers and Emergency 24/7 free and low-cost counseling services.

Remember, stress side effects can look different for everyone, especially for children so it's important to take care of yourself, but also talk with your family to help them prepare and process what this holiday season will look like.

- **4 MINDFUL TIPS TO DE-STRESS THIS HOLIDAY SEASON**  
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-mindful-tips-to-destress-this-holiday-season>
- **TAKING CARE OF YOUR MENTAL HEALTH DURING THE SOCIALLY DISTANCED HOLIDAYS**  
<https://www.reidhealth.org/blog/taking-care-of-your-mental-health-during-the-socially-distanced-holidays>
- **SURVIVING PAINFUL HOLIDAY EMOTIONS**  
<https://www.nami.org/blogs/nami-blog/november-2020/surviving-painful-holiday-emotions>

**HOLIDAY MEALS, DINNERS, FOOD & GIFTS**

There are several places to turn to for free Holiday dinners, meals and food such as, Charities, churches, soup kitchens, and even restaurants may serve a meal to a low-income family, families in need. **Food Pantry Locator:** <https://www.feedingamerica.org/>

As we approach the holidays, churches and charities will begin announcing their food giveaway dates. There are two great Facebook groups that find these announcements and post them centrally on their Facebook group pages. Sometimes these dates and announcements aren't revealed till days before, but these group pages post them ASAP. These groups not only post food resources but holiday gift resources too. To join the groups, visit the following links and request to join:

**Eckerd Connects Brevard Community Resource Facebook Group:**  
<https://www.facebook.com/groups/EckerdConnectsBrevardCommunityResources/>

**Coronavirus Mutual Aid Network of Brevard County, FL Facebook Group:**  
<https://www.facebook.com/groups/mutualaidbrevard/>



**MENTAL HEALTH, EMERGENCY HOTLINES & SERVICES:**

- **Mobile Response Team:** 321-213-0315  
Offers 24/7 crisis intervention and brief counseling for children and families.
  - **Family Support Warm Line:** 1-888-733-6303  
Free 24/7 Emergency Counseling Hotline. Call or Text available.
  - **The U.S. Department of Health & Human Services:**  
Offers an available 24/7 text line. Users can text TalkWithUs to 66746 for text-based support
  - **Veterans Crisis Hotline:** 800-273-8255  
Connects veterans in crisis and their families with qualified responders.
  - **Optum Public Crisis Line:** 866-342-6892  
Emotional Support Help Line that is available to anyone, even if they are not a UMR or United Healthcare plan member. Available free of charge.
  - **Disaster Distress Hotline:** 800-985-5990  
Offers help dealing with the stress of COVID-19
  - **Impower Free Mental Health Counseling:**  
321-639-1224 Opt. 2  
(Mental Health & Substance Abuse Counseling, Case Management and Medication Management)
    - Can offer low cost mental health services.
    - If you have been impacted by COVID 19, Impower can offer FREE mental Health services through telehealth to adults and children.
  - **Coastal Psychiatric Urgent Care:** 321-586-5444  
(Urgent/Same Day Mental Health & Substance Abuse Counseling, Case Management and Medication Management)
    - Sliding scale payments to those who qualify
    - Serves individuals aged 4 & up
    - Accepts out of pocket payments
- Domestic Violence Crisis Lines & Shelters:**
- **Serene Harbor:** 321-726-8282 (Call or Text)
  - **Salvation Army:** (Call) 321- 631-2764 OR (Text) 321-450-4325
  - **Women's Center:** 321-607-6809

**COLD NIGHT SHELTERS AND RESOURCES**

- **Sharing Center of Central Brevard:**  
321-631-0306 ● 113 Aurora St. Cocoa  
Cold Night shelter opens at 6pm for persons experiencing homelessness in the following areas: Cocoa, Cocoa beach, Cape Canaveral, Merritt Island, Rockledge, and Sharps
- **His Place Ministries:**  
321-674-9009 ● 1842 S. Harbor City Blvd. Melbourne  
Cold Night Shelter opens at 8pm-7am
- **Mosaic Palm Bay:**  
321-821-4067 ● 2100 Port Malabar Blvd. N.E Palm Bay  
When temperatures are forecasted for 45 degrees and below, a cold night shelter is open from 6pm-7am.
- **Tomoka Christian Church:** 344 Emerson Dr. NW Palm Bay  
Anyone in need can get hot chili and coffee, as well as a blanket, coat, and bus pass between 4-6 PM when temperatures will be 45 degrees and below.

**Toys for kids:** Sign up ENDS December 11, 2020  
● Sign up is done at <http://toysforkidsbrevard.org/> ONLY.  
● Sign up will open, each morning before 10:00AM.

**Toys for tots**  
● North Brevard: 321-200-6173  
● South Brevard: 321 290-3676

**Salvation army angel tree**  
● Application Site: <https://saangeltree.org/>

**South brevard sharing center**  
● If you are a registered client before October 15<sup>th</sup>, you are eligible to register for the Magic of Christmas by following link and signing up: <https://mysbsc.org/christmas>

**His place ministries:** 321-674-9009