



# CHARLESTOWN RESOURCES FOR CHILDREN AND FAMILIES



Brought to you by:

**Charlestown Family Support Circle**

The Charlestown Family Support Circle (CFSC) is a program of the Charlestown Coalition. The CFSC assists Charlestown youth and families by connecting them to resources and supports in their community. We provide short term counseling, case management and care coordination services to residents to support families and increase access to services. The program also works with Charlestown providers, through the CFSC task force, to improve care coordination, taking a holistic approach to providing families support and care. We will continue to work remotely/safely with youth, families and members of the community in need of support during the COVID-19 pandemic. If you need assistance or would like to get more involved in the task force, please feel free to contact Phenice at (339)-707-0654 or by email at [Pzawatsky@Partners.org](mailto:Pzawatsky@Partners.org).

## **Parenting Support and Helpful Resources:**

**Parenting Support Line-24 hour** - is a confidential support line for parents that provides services in multiple languages. For assistance call 1 (800) 632-8188.

**Smart from the Start-** is offering virtual support to qualifying families which includes delivering food relief boxes, kids activity kits, parenting support, parenting groups, play groups, counseling and on-call support. For more information please contact Jessica Gonzalez at (857) 318-1921.

**The Charlestown Adult Education Center** - (76 Monument Street in Charlestown) is currently offering the following educational and COVID-relief services: Online HiSET/GED/ESOL classes, online educational tutoring, virtual tax return assistance, career services and placement and college advising, monetary support for food, transportation, internet services, social service and crisis support. If you are in need of any of these services, please contact them at [CharlestownAdultED@gmail.com](mailto:CharlestownAdultED@gmail.com).

**Charlestown Boys and Girls Club**- is providing food resources, hygiene kits and games to club members and Charlestown residents on Fridays. In addition the club is offering online activities and virtual groups for club members. To learn more please refer to the club's [Facebook Page](#) or contact the club at (617) 242-1775.

**John F. Kennedy Center-** is currently providing food resources, elderly services, activity kits for kids and grab and go meals for students and adults (from 8am to noon M-F.). In addition, the Kennedy Center provides family activity resources and zoom story time sessions for children. For more information please review the Kennedy's Center [Facebook Page](#) or contact the agency at (617) 241-8866.

**Children of Alcoholism and Substance Abuse (COASA)** - The Robert F Kennedy Children's Action Corps is a resource available to provide support, counseling and connection to both children and grown-ups. They can be reached by calling (617) 272-5039 or by sending an email to [mmcglame@rfkchildren.org](mailto:mmcglame@rfkchildren.org).

**YMCA Charlestown-** is offering virtual works outs, food resources and story time for kids. Please refer to their website, [Facebook Page](#) or contact the Charlestown YMCA at (617) 286-1220 for more information.

**Charlestown Lacrosse & Learning Center-** is offering tutoring and virtual meetings with children, parents and families. Please refer to the program website or contact Reed Catlin at (240) 538-2477, for more information.



# ADDITIONAL YOUTH AND FAMILY RESOURCES:



## Fitness and Wellness:

**YMCA Health and Fitness Videos** - Visit [ymca360.org/on-demand](http://ymca360.org/on-demand)

**Cosmic Kids Yoga** - Visit [www.pbs.org/video/kidvision-vpk-yoga-park](http://www.pbs.org/video/kidvision-vpk-yoga-park)

**Good Energy at Home with GoNoodle** - Visit [www.gonoodle.com/good-energy-at-home-kids-games-and-videos](http://www.gonoodle.com/good-energy-at-home-kids-games-and-videos)



## Activities for Kids:

### Indoor Games -

- [whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy](http://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy)
- [momypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids](http://momypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids)
- [www.playworks.org/game-library](http://www.playworks.org/game-library)

### 30 Virtual Field Trips -

- The [San Diego Zoo](#) has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
- [Mud Volcano](#), [Mammoth Hot Springs](#), and so much more. Tour [Yellowstone National Park!](#)
- [Explore the surface of Mars](#) on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!
- [Live Cams at the San Diego Zoo](#) [Monterey Bay Aquarium live cams](#) [Panda Cam at Zoo Atlanta](#) [6 Animal Cams at Houston Zoo](#) [Georgia Aquarium has Beluga Whales](#), and more

### Story Time -

- [www.freechildrenstories.com](http://www.freechildrenstories.com)
- [www.storylineonline.net](http://www.storylineonline.net)

### Educational and Learning Activities -

- [www.everclevermom.com](http://www.everclevermom.com)
- [www.weatherwizkids.com](http://www.weatherwizkids.com)
- [www.circletimefun.com](http://www.circletimefun.com)
- [www.classroommagazines.scholastic.com](http://www.classroommagazines.scholastic.com)



## Play Groups:

[Jewish and Family Children Services](#) - Currently providing parenting support groups and play groups.

