



BONITA CANYON  
ELEMENTARY

# Take Care, Bear families

## EDL Resources & Information

### Mental Health and Wellness Support

As we navigate these uncharted territories, IUSD is making thoughtful considerations regarding resources that would be supportive to students and families. Please find below some helpful resources that may be of assistance to you.

#### Be Well

- [Tools for self-care](#)
- [Parenting the "Insta-Home-Schooler"](#)
- [CDC Tips for Managing Anxiety and Stress](#)
- [How to talk to Children about COVID-19](#)
- [Tips for coping with stress](#)
- [Coping strategies](#)
- [30 Emotionally Healthy Activities](#)
- [Be Well Newsletter - Elementary](#)
- [Be Well Newsletter - Middle School](#)
- [Cosmic Kids- Making Yoga fun for Kids!](#)
- [Color me Calm! - Mandala Coloring pages](#)

#### Community Mental Health

As a reminder, please access your regular mental health provider for support. If you have private insurance, consider calling your carrier for a referral list that matches your child's needs.

For those who are seeking alternatives, here are some on-line therapy options:

1. [Good Therapy](#)
2. [Talkspace](#)
3. [BetterHelp](#)

The above list is not a comprehensive list of providers in Orange County and is NOT a formal referral from IUSD. Please use discretion in selecting a mental health provider.

## Second Step - Home Links

Second Step is a social-emotional learning (SEL) program that teaches children skills for learning, empathy, emotion management, and problem solving. Your little puma should be familiar with this content as they have had second step lessons in their classroom. Here are some home link resources by grade level:

[Kinder](#)

[4th Grade](#)

[1st Grade](#)

[5th Grade](#)

[2nd Grade](#)

[6th Grade](#)

[3rd Grade](#)

[7th Grade](#)

## You got this!

This may look like a lot of information. It is not to overwhelm, but to use at your discretion as you spend more time at home over the next few weeks. This is a great time to reconnect, slow down, and take care. Give yourself some grace; we're all figuring this out. If you and your family need support, know that we are here for you even if the school facility is closed. Please feel free to email or call me. I will be available work days 7:30AM - 4:00PM. Please allow 24 hours for a response, with the exception of holiday breaks, weekends, and when our office is closed.

**Meleah Shank**  
Counselor

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(949) 936-5457

**If you are in need of emergency services please contact 911 or one of the emergency resources below:**

**Irvine Police Department:** (949) 724-7000 (non-emergency line)

**OC Links:** (855) 625-4657

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**Crisis Assessment Team** (mobile county team): (866) 830-6011

**California Youth Crisis Line:** 1-800-843-5200

**Crisis Text Line:** text HOME to 741714

**Didi Hirsch Mental Health 24-hour Crisis Line:** 1-877-727-4747

**211OC** (Free or low cost health and human service programs): 1-888-600-4357

# I can't wait to see your little bear soon!