



**Hingham Public Schools
School Counseling Department
Counseling Resources During School Closure**

We hope you are all staying healthy and are able to access the resources you need during these weeks of school closure and social distancing. We are saddened by the announcement that we will not get the chance to see our students in school again this year, but know that we will all get through this time together. Please do not hesitate to reach out to your student's school counselor or adjustment counselor for referrals, further resources and support. We can all be reached by our school email address during school hours. Here is a reminder of some of the community resources you might find helpful, as well as some new resources we would like to pass along.

Elementary Aged Resources

Toolbox at Home for Families

The Toolbox program that is being used in our elementary and 6th grade classrooms is providing online family Toolbox lessons. They will first be live on Zoom using Meeting ID: 541 076 972 at [this link](#). The lessons will also be [recorded](#) and available for viewing on the [Toolbox Website](#) on the Family Toolbox Page.

[Coronavirus Social Story](#)

[Home Activities to Teach Impulse Control](#)

[Centervention: Social Emotional Learning Activities](#)

[Second Step Emotion Management Lessons K-5](#)

[Social Thinking - Read alouds and other resources](#)

[We Thinkers](#): Thinking Thoughts and Feelings, The Group Plan, Thinking with Your Eyes, Body in the Group, (ages 5 -7)

[You are a Social Detective](#), [Superflex](#) (ages 5 -10)

[Social Fortune or, Social Fate](#) (ages 10+)

For parents and guardians-[how to use Social Thinking materials at home](#)

For All Ages

[Insight Timer app](#)- The largest free library of guided meditations

[30 Days of Kindness Journal](#)



For Teens

[YouTube Channels for Middle and High Schoolers during School Closure](#)

Resources for Families

Hingham Food Pantry

781-740-8180

Social Worker for the Town of Hingham

781-804-2370

Cheryl West is part of the Health Department Team as the community joins other municipalities in providing increased support for their residents and improved access to resources.

Websites

[Minding Your Mind](#)

Webinar from Minding Your Mind called "[Teens, Tweens & Quarantines](#)" You can register with your name and email address for the recording to start. Website also has other information and resources for adults and youth.

[Youth Health Connection](#)

Youth Health Connection is a community benefits program of South Shore Health. It is dedicated to developing the positive mental health and physical well-being of young people across our region. They have a wealth of resources and are offering online and virtual services for youth and families.

[Quincy Family Resource Center](#)

QFRC provides community-based, multicultural, support groups, parenting programs, assessment services, information and referral resources, and education for families whose children range in age from birth to 18. They are available to support you by phone or email, or Zoom assessment and are still accepting referrals, Monday-Friday 9am-5pm. If you need any assistance, please contact Samantha at 617-347-4962 or Caitlin at 617-750-3381 or email QuincyFRC@baystatecs.org.

Free Zoom Groups for From Quincy Family Resource Center

LGBTQ+ Teen Group

Zoom support group for LGBTQ+ teens every Monday from 3:30-4:30pm beginning on Monday, April 6th. Contact Candice to register at 857-939-4078 or ckunigenas@baystatecs.org.



Grandparents Raising Grandchildren & Kinship Caregiver

Zoom support group for grandparents and kinship caregivers every Tuesday at 1pm beginning on Tuesday, April 7th. Contact Ann to register at 617-910-8985 or amacdonald@baystatecs.org.

Support Group for Parents with Children Grades K-12

Zoom support group for parents with children in grades K-12 every Monday at 2pm beginning on Monday, April 6th. Contact Andrea to register at 857-639-4719 or aroderick@baystatecs.org.

Support Group for Parents with Children 0-5 Years

Zoom support group for parents with children 0-5 years every Wednesday at 1pm beginning on Wednesday, April 8th. Contact Samantha to register at 617-347-4962 or skempton@baystatecs.org.

It's a Girl Thing

Zoom support group for girls with some fun activities and conversation for girls ages 8-12 years, every Tuesday from 3-4pm beginning on Tuesday, April 7th. Contact Caitlin to register at 617-750-3381 or calbert@baystatecs.org.