

COVID-19

NAVAJO NATION FAMILY

RESOURCES

Compiled by:

First Things First Navajo Nation Region

Project Indigenous Launch (NNOSERS)

Navajo Nation Early Childhood Coalition

McKinley County Early Childhood Coalition

Navajo Head Start

**Please note: This is a working document and is consistently being updated. If there are any corrections or additions to be made, please send an email to mtsosie@firstthingsfirst.org*

RESOURCE INFORMATION INCLUDED:

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NAVAJO NATION COVID 19 COMMAND CENTER

The Navajo Nation Command Center is mobilized by the Executive Branch of the Navajo Nation. They are operating out of Window Rock, AZ.

Navajo Nation Wide - 928-871-7014

They have locations in Tuba City, Chinle and Window Rock. With expansion in other places to be determined.

If there is a need for supplies, services and information. Have your families call the respective hotline and the command center will take their information and an employee will return their phone call. Navajo Nation Community Health Representatives will be delivering supplies to the families.

COVID 19 TESTING

Tuba City Regional Health Care Corporation

Tonalea Chapter House Hwy 160 Indian Route 21, Tonalea, 86044
May 19, 2020: Testing Hours: 8:00 AM - 1:00PM DST

Gallup Health Cooperative - Community Health Center (*Walk-In Clinic*)

600 E Coal Ave, Gallup, New Mexico
Friday 4:00 PM - 8:00 PM and Saturday 10:00 AM - 2:00 PM
Testing is available for adults without symptoms of respiratory infection.
Contact: (505) 726-9642

Gallup Indian Medical Center (*Drive Thru*)

516 East Nizhoni Blvd, Gallup, New Mexico
Monday, Wednesday and Friday 10:00 AM - 2:00 PM
Offers screening on site to determine if you are eligible for testing
Contact: 505-726-5888

Gallup - RMCHS - Rehoboth McKinley Christian Health Care Services (*Drive Thru*)

1901 Redrock Dr, Gallup, New Mexico
Everyday 8:00 AM - 7:00 PM
Contact: 505-236-1074

COVID 19 TESTING (continued)

Gallup Walmart

- Testing is available to adults (18 and older) who meet CDC and state and local guidelines on who should be tested, including first responders, health care

providers and others with symptoms of COVID-19 and those in high risk groups without symptoms.

- You can get tested at a drive-thru testing site at the Gallup Walmart located at 1650 W Maloney Drive. The site will use a self-administered nasal swab observed by a trained medical volunteer to ensure the sample is taken correctly.
- You can sign up to get tested here: <https://bit.ly/34yWKTh>.
- The drive-thru site will be open each week on Mondays, Wednesdays and Fridays 7 a.m. – 9 a.m. weather permitting.

San Juan County Public Health

355 S. Miller, Farmington, NM

Available May 19, May 20 and May 21 - 8:30am DST to 10:00am DST

Free testing open to anyone

I.H.S. OR 638 HOSPITALS AND CLINICS

To inquire about the availability of services (COVID-19 testing, Pharmacy medication pick up, Women’s Health appointments, Obstetric Ward and Delivery, Pediatric appointments, etc.), please call the hospital/clinic for further information and instructions.

DIAL 9-1-1 if you are experiencing a life threatening emergency.

Central Navajo Region

Chinle Comprehensive Health Care

HWY 191 & Hospital Dr.,
Chinle, AZ 86503
Phone: (928) 674-7001

Tsaile Health Center

Navajo Rte. 64, Tsaile, AZ
86556
Phone: (928) 724-3600

Pinon Health Center

Navajo Rte. 41, Pinon, AZ
86510
Phone: (928) 725-9500

Eastern Navajo Region

Gallup Indian Medical Center

516 East Nizhoni Blvd.,
Gallup, NM 87301
Phone: (505) 722-1000

Crownpoint Health Care Facility

Junction Rd. 371 and Navajo
Rte. 9, Crownpoint, NM
87313
(505) 786-5291

Dzilth-Na-O-Dith-Hle Health Center

6 Rd. 7586
Bloomfield, NM 87413
Toll Free: 1(855) 687-3942

Fort Defiance Region

Tséhootsoóí Medical Center

Corner of Navajo Rte. 12 & Navajo Rte. 7, Fort
Defiance, AZ 86504
Phone: (928) 729-8000

Chiih'toh Blvd. Industrial Bldg., Sanders, AZ
86512

Phone: (928) 688-5600

Sage Memorial Hospital—Navajo Health Foundation

HWY 191 & SR 264, Ganado, AZ 86505

Nahata' Dzill Health Center

Phone: (928) 755-4500

07 Choos Gai Dr., Tohatchi, NM 87325

Phone: (505) 733-8100

Tohatchi Health Center

Northern Navajo Region

Northern Navajo Medical Center

HWY 491 North, Shiprock, NM 87420

Phone: (505) 368-6001

Four Corners Regional Health Center

HWY 160 & Navajo Rte. 35, Teec Nos Pos, AZ

86514

(928) 656-5000

Monument Valley Community Health

Center—Utah Navajo Health System

30 West Medical Dr., Monument Valley, UT
84536

Phone: (435) 727-3000

Montezuma Creek Community Health

Center—Utah Navajo Health System

1478 East HWY 162, Montezuma Creek, UT
84534

Phone: (435) 651-3700

Blanding Family Practice Community

Health Center—Utah Navajo Health System

802 South 200 West, Blanding, UT 84511

Phone: (435) 678-0700

Western Navajo Region

Canyonlands Health Care – Chilchinbeto Clinic

HWY 160 & Rte. 59, Chilchinbeto, AZ

Phone: (928) 697-4000

Inscription House Health Center

HWY 98 Navajo Rte. 16, Tonalea, AZ 86044

Phone: (928) 672-3000

Navajo Mountain Community Health

Center—Utah Navajo Health System

#2 Rainbow Rd., Navajo Mountain, UT 86044

Phone: (928) 672-2494

Kayenta Health Center

HWY 160, Mile Post 394.3, Kayenta, AZ 86033

Tuba City Regional Health Care

167 Main St., Tuba City, AZ 86045

Phone: (866) 976-5941

500 North Indiana Ave., Winslow, AZ 86047

Phone: (928) 289-4646

Winslow Indian Health Care Center

NAVAJO NATION DEPARTMENTS AND SERVICES

The Navajo Nation Division of Social Services (NDSS) is continuing services as follows:

Families will need to call **928-871-6851** for Dispatch from NDSS Executive. They will then make a referral to the correct department and field office.

- **Navajo Child Care and Development Fund**
 - Facilities are closed at this time.
- **Developmental Disabilities**
 - Open only by telecommunication:
 - Main Office 928-674-8325
 - Chinle Office 1-800-560-8325
 - Tuba City Office 928-283-4012 or 4008
- **The Navajo Children and Family Services** office are continuing to take intakes by phone.
- **The Department of Self Reliance** is open on Wednesdays only via telephone. DSR will be continuing TANF assistance, General Assistance LIHEAP and Burial Assistance.
 - Support Services 1-866-347-2403 (Toll free) or 928-810-8592
 - Chinle Office 928-674-8194
 - Saint Michaels Office 928-810-8592
 - Greasewood Office 928-654-3910
 - Tuba City Office 1-866-731-7015 (Toll free) or 928-283-6613
 - Kayenta Office 928-697-5660
 - Gallup Office 1-866-704-6940 (Toll free) or 505-722-8940
 - Crownpoint Office 1-866-784-1694 (Toll free) or 505-786-2384
 - Farmington Office 505-278-8190
- **Navajo Treatment Center for Children and Families** will be open Tuesdays and Thursdays at their local offices. Advised to call ahead in case of changes.
 - Administration 928-871-7679
 - Fort Defiance Clinic
 - Clinical Family Therapist 928-729-4441 or cell 928-206-6471
 - Family Therapist 928-729-4284 or cell 928-797-1377
 - Treatment Coordinator 928-729-4282
 - Chinle Clinic
 - Family Therapist 928-674-2201 or cell 928-349-0204
 - Tuba City Clinic
 - Family Therapist 928-283-3270 or cell 928-205-9405
 - Treatment Coordinator 928-283-3269
 - Kayenta/Shiprock Area
 - Family Therapist 505-368-1193 or cell 928-205-3069

- Treatment Coordinator 505-368-1191
 - Crownpoint Clinic
 - Family Therapist 505-786-2333 or cell 928-205-3427
 - Treatment Coordinator 505-786-2420
- **Domestic Violence Response Teams** and shelters are in operation.
 - Crisis Line (Strengthening Families) 505-368-1157
 - Administration Office 928-871-7629

BURIAL ASSISTANCE AND GRIEF

Navajo Nation COVID 19 Burial Assistance - NDSS Navajo Family Assistance Services

- *Services are NOT income based*
- *Assistance phone line: 866-347-2403*

Helping Children Cope with Grief

Whether the loss is a family member or friend, the grieving process can be difficult and every child will grieve in his own way. Parents, caregivers and educators wondering how they can help will find many answers to their questions in the following guide, which has been assembled with advice from several experts in the area of child and adolescent grief. You will find tips broken down into a range of ages and experiences, and information about what to say, who should say it, what to look out for and how to help.

*Please note this guide is from a Western perspective. For a traditional Navajo perspective, we suggest you reach out to the Navajo Nation Mental Health Helpline or your local traditional practitioner via phone. Contact information is located in the TRADITIONAL & CULTURAL RESOURCES section of this guide.

- <https://childmind.org/guide/helping-children-cope-grief/>

BASIC NEEDS ASSISTANCE AND MUTUAL AID

Navajo & Hopi Families Relief Fund Assistance

The following is a request form for assistance. If assistance is needed with food, water or other supplies, please fill out the following form:

- <https://docs.google.com/forms/d/e/1FAIpQLScMcnYWc7ucAXYU9LGND99bpxBjYZGsSh3H-pUHZVybZwFpHg/viewform>

Northern Dine K'e Relief Fund Assistance

The following is a request form for assistance. If assistance is needed with food, water or other supplies, please fill out the following form:

- https://docs.google.com/forms/d/e/1FAIpQLScLpктаqUNohGk89mRVkjhPP3eXqSmkLr5-Arb7ahSIHdyV3g/viewform?fbclid=IwAR0x9bpBKFLQmJxEdz8ThSBM7ffbx6PR_OacTShOlqSUDF1FNMJHsPIdi3U

Bluff Area Mutual Aid

Are you experiencing hardship because of the COVID-19/Coronavirus outbreak? Call, text, or email Bluff Area Mutual Aid for assistance. If you cannot leave your home or are in need of assistance, we are here to help. We will be offering support to the greater Bluff, Utah area with deliveries, food, water, hygiene products, applying for unemployment and more. Please fill out the form below, email or call or text for assistance:

- <https://docs.google.com/forms/d/e/1FAIpQLScr0tJaHQPuU-RriqMjkJa04rvD4gJSHrY7uglxI3EPyZESLQ/viewform?fbclid=IwAR1aVeY2H6MfyMNxLOeR9YMRwkNktbD3pfFesaxioDXK0Tb03fWf3rntiv0>
- Email: bluffareamutualaid@gmail.com
- Call or text: (505) 333-4504

Food Box Distribution

You may call the following entities to request food assistance

- **Navajo Nation Command Center** 928-871-7014 Limited to affected areas.
- **Local Chapter Houses** are distributing food boxes in coordination with St. Mary's Food Bank. Call your local chapter. Chapter Directory located here: https://docs.google.com/spreadsheets/u/0/d/19pHQM1NK5gB6ky_uS7Bne3fkPDkEhqqyxDerTMqtmYI/pub?output=html
- **K'e Infoshop** - Prioritizing elders, the unsheltered, LGBTQ2i+ relatives, and single-parent households. Deliveries in Window Rock, AZ; St. Michaels, AZ; Sawmill, AZ; Navajo, NM; Tse Bonito, NM; Oak Springs, AZ; Hunters Point, AZ; and Ft. Defiance, AZ. Sometimes Kinlichee, AZ, and Ganado, AZ depending on the circumstances. If food box needed, email keinfoshop@protonmail.com or Direct Message on Facebook at <https://www.facebook.com/KeInfoshop/>
- **Rez Refuge** - Families in need in Window Rock/Fort Defiance area. If you know of a family, please email info@rezrefuge.org or Direct Message on Facebook at <https://www.facebook.com/RezRefugeArizona/>

St. Mary's Food Bank- Community Food Distribution

Tuba City

- May 22, 2020 from 11:00am - 3:00pm DST or until food runs out
- There will be a Community Food Distribution event at the Western Navajo Fairgrounds in Tuba City, AZ.
- You must have a Valid Arizona ID and a vehicle to pick food boxes up.
- -One person per household will be allowed to get food. ONE person can pick up for elders who can't drive to the food distribution site. The person picking up MUST have a signed letter and picture ID from the person who can't make it.
- This will be a "drive-thru" operation to eliminate any physical contact.

Fort Defiance

- May 28, 2020 from 2:00pm DST till food runs out
- Community Food Distribution event at Fort Defiance Chapter House

Community Pantry Food Programs - New Mexico

Help to those affected by Coronavirus: Come by the pantry on Tuesdays, Wednesdays, & Thursdays from 8:30am till 12:00 noon, or until we run out of food – whichever happens first.

Community Pantry Gallup - Hassler Valley Road (505) 726-8068

- Mobile Pantry Deliveries
 - First Monday of each month.
 - Fence Lake, NM: 9:30am – 10:30am, at the Volunteer Fire Department
 - Candy Kitchen, Pinehill and Ramah: 11:45am – 12:30pm, at the Senior Citizen Center
 - Zuni, NM: 1:45pm -3:00pm, at the Fairgrounds
 - Third Friday of each month.
 - Navajo, NM: 11:00am – 1:00pm, at the Shopping Center

Echo Food Bank Farmington - 401 South Commercial Avenue (505) 326-3770

- Call phone number for mobile pantry or food deliveries in Northwest NM

School Lunch Program (Ages 18 and under)

- **Arizona Summer Lunch Program** - all School Lunch Programs that will continue throughout the summer are listed here: <https://www.azhealthzone.org/summerfood/>

- **MealstoYou.org**

Emergency Meals-to-You (eMTY) provides weekday breakfasts and lunches to students who were receiving those meals through the National School Lunch Program at a free or reduced price but temporarily cannot receive school meals due to emergency school closures. eMTY mails 10 breakfasts and 10 lunches every two weeks directly to the student's home while schools are closed due to COVID-19. This service is available to students in the following school districts.

- Chinle Unified School District - Enrollment ends May 19
- Kayenta Unified School District - Enrollment ends May 30
- Rough Rock Schools Inc - Enrollment ends May 19
- St. Michael Indian School - Enrollment ends May 20
- Tuba City Unified School District - Enrollment ends May 27

Families sign up by filling out an application at: <https://mealstoyou.org/emergency-meals-to-you-application/>

Program availability is based upon school districts who registered with the program. At this time no school districts located on Navajo Nation within New Mexico and Utah are registered.

- **Central Consolidated Schools**

Meals will be provided at 14 bus stops. Locations and times:

https://www.ccsdnm.org/images/Meals_Delivery_Schedule_033120.pdf

Grab and Go Meals from 11 a.m. to 12:30 p.m. during weekdays at the following locations:

- Kirtland Middle
- Shiprock High
- Newcomb High
- Ojo Amarillo Elementary

- Naschitti Elementary – that serve from 11 a.m. to 12:30 p.m. during weekdays

- **Chinle Unified School District**

Grab and Go Meals will be distributed Monday - Friday from 10:30am-1:00pm at the following locations.

- Chinle High School
- Canyon De Chelly Elementary
- Tsaile Public School
- Many Farms Public School

- **Kayenta Unified School District**

Due to the safety of the community, KUSD is not providing a meal program.

- **Gallup McKinley County Schools**

Beginning Monday March 30, 2020 Student meals including breakfast and lunch will be delivered to School Bus stops for the schools listed below. Breakfast and lunch will be packaged together and distributed to children 18 and under at their regular bus stops. Children must be present, or Parent must complete a waiver form with the Student Name and School attended to receive these meals. Forms are available at the Bus stops, or at school pick-up locations. Delivery schedule will be 4 hours later than the regular bus pick-up time. Example, if the regular pick up time at a bus stop is 6:30 am, then meals would be delivered at approximately 10:30 am. Students can still pick up meals at any of these sites between 10:00 am and 1:00 pm. Meals will not be delivered to bus stops within city limits or within 2 miles of a school where meals can be picked up.

- Crownpoint Elementary
- David Skeet
- Catherine A. Miller
- Navajo Elementary
- Chee Dodge
- Ramah Elementary
- Del Norte
- Thoreau Middle School
- Indian Hills
- Tohatchi Elementary
- Tobe Turpen
- Tse Yi Gai
- Twin Lakes

Pickup times for Gallup Schools will be 10:00am-1:00pm. Meals can be picked up at the following Schools:

- Del Norte Elementary
- Indian Hills Elementary
- Jefferson Elementary
- Lincoln Elementary
- Red Rock Elementary

- Rocky View Elementary
 - Stagecoach Elementary
 - Tobe Turpen Elementary
 - Kennedy Middle School
- **Saint Michael Indian School**
 Providing Meals To Go from 11:30am to 1:00pm, Monday through Friday. Includes Lunch for that day and Breakfast for the next day.
 - High School Parking Lot
- **Tuba City Unified School District**
 Providing meals from 7:30 a.m. to 11 a.m., Monday through Friday at the following locations
 - Tuba City Elementary
 - Tuba City High
 - Cameron Elementary
 - Gap Elementary.
- **Window Rock Unified School District**
 Grab and Go Meals will be distributed Monday - Friday from 10:30am-1:00pm at the following locations.
 - Sawmill Chapter House
 - Tsehootsooi Dine Bi'Olta'
 - Window Rock High School

Supplemental Nutrition Assistance (SNAP)

Arizona

Office Locations

- The Arizona DES office in Chinle is temporarily closed until May 26. Please visit the office in Kykotsmovi or Window Rock for limited in-person services, or visit www.healtharizonaplus.gov to access services online. To access over the phone, call 1-855-432-7587

Online Purchases

- Arizona SNAP now allows online purchasing through Amazon.com. This includes free shipping.
- To use your SNAP EBT card, visit www.Amazon.com/SNAP/Register and follow the instructions on the screen. If you are not already an Amazon customer, you will need to create an account and add your SNAP EBT card plus zip code to make sure that you are eligible. There are also opportunities to add an EBT card during checkout or in your wallet.
- If you are unsure of your physical delivery address, call the UPS Customer Center in Holbrook at 928-524-3488 to help determine if UPS can deliver to your home.

Pandemic EBT (P-EBT)

- P-EBT PANDEMIC SCHOOL MEAL REPLACEMENT BENEFITS AVAILABLE TO ARIZONA SCHOOL STUDENTS IN NAVAJO NATION HOUSEHOLDS
- What is Pandemic EBT?
 - Pandemic EBT(P-EBT) provides assistance to households with children who are eligible for free or reduced-price school meals, while schools are out of session due to the COVID-19 pandemic. The Arizona P-EBT Pandemic School Meal Replacement Benefits program is a partnership between DES, the Arizona Department of Education, and the USDA Food and Nutrition Service.
- How Does Pandemic EBT Work?
 - Eligible families will receive a pre-loaded Electronic Benefits Transfer (EBT) card that can be used to purchase groceries.
 - Households currently receiving Nutrition Assistance and/or Cash Assistance benefits will have this additional benefit added to their existing EBT cards. This benefit is available for every child in the household that is enrolled in the Richard B. Russell National School Lunch Act program in Arizona.
- Will My Child Receive Pandemic EBT benefits?
 - Please review the list of eligible schools at <https://des.az.gov/sites/default/files/media/Arizona-P-EBT-Participating-Schools.pdf?time=1588278576595>
 - If your student attends a school on the list and is free or reduced eligible for the National School Lunch Program, the benefit will be issued automatically to you via mail, and for those families currently participating in SNAP or TANF, the additional P-EBT benefit will be preloaded to your current EBT card.
 - Arizona will begin issuing P-EBT cards to households not currently receiving Nutrition Assistance and/or Cash Assistance benefits for children currently participating in the Richard B. Russell National School Lunch Act in mid-May. This will include benefits for March, April and May.
- Any eligible families not identified by DES will be able to apply online in mid-May.
- What Is The P-EBT Benefit Amount For Each Child?
 - \$69 for March, \$126 for April, \$120 for May
- When Will Benefits Be Issued?
 - Arizona Department of Economic Security (DES) will begin issuing March and April benefits to known households that are current Nutrition Assistance and/or Cash Assistance recipients that match the Arizona Department of Education's records in late April. The issuance will be distributed over 13 calendar days by the Parent/Guardian's first letter of the last name. Arizona will then issue
 - May benefits beginning May 1, using the same distribution process over 13 calendar days.
- <https://des.az.gov/services/basic-needs/food-assistance/arizona-p-ebt-pandemic-school-meal-replacement-benefits>

Propane

- **Navajo Oil and Gas Free Propane Refills**
New Dates will be posted on 5/22/20. Visit <https://www.facebook.com/nationsgastech/> for future and updated scheduled dates.

Offering Free Propane Refills (25lb-100lbs) from 10am-3pm at the following chapters:

- May 1, 2020 - Sanders Chapter
- May 4, 2020 - Klagetoh Chapter
- May 6, 2020 - Steamboat Chapter
- May 8, 2020 - Sanostee Chapter
- May 11, 2020 - Cudei Chapter
- May 13, 2020 - Tuba City Chapter
- May 15, 2020 - Tuba City Chapter
- May 20, 2020 - Sawmill Chapter (must be registered with chapter)
- May 26, 2020 - Churchrock Chapter (must be registered with chapter)

Water

Red Feather Development Group

- If you live in a home that doesn't have running water, please contact us (Red Feather Development Group) and we will send you this clever off-grid hand washing station, developed by LavaMae^x, that holds enough water for up to 500 hand washes at a time.
- If you're DIYer you can download the instructions here: <https://lavamaex.org/handwashing-for-all>
- Please call now: 928-440-5119 or email shannon@redfeather.org

Water Warriors United

- If you or others need to request a water barrel. Message [Pam Arthur](#) on Facebook (click Pam's name to take you to her profile)
- Week of May 18, 2020 - serving communities of Tuba City, Gap/Bodaway, Kayenta, and Gallup

HOT LINES, WARM LINES & SUPPORT

National and State Hotlines and Warm Lines

- **National Suicide Lifeline** 1-800-273-8255
- **Crisis Text Line** - text HELLO to 741741
- **Veteran's Crisis Line**
 - 1-800-273-8255, Press 1
 - Or text 838255
- **Teen Line** 310-855-4673, or text TEEN to 839863
- **Arizona**
 - Northern Arizona Crisis Line 1-877-756-4090
 - Teen Lifeline (statewide Arizona) 1-800-248-8336 or text 602-248-8336
- **New Mexico**
 - Agora Crisis Center 1-855-505-4505 or text 505-277-3013
 - Crisis Line 1-855-662-7474
- **Utah**
 - San Juan County Crisis Line 435-979-1588
- **National Alliance on Mental Illness**

- o 1-800-950-NAMI
- o Text: NAMI to 741741

Navajo Nation Mental Health Hotline

- The Mental Health Helpline is also available to anyone at (928) 810-7357. 8AM - 5PM

Tuba City Regional Health Care Center Mental Health Clinic

- TCRHCC Mental Health is available during this time. Telehealth services are available. You can schedule an appointment at 1-866-976-5941.
- TCRHCC Mental Health - COVID-19 and your mental health <https://youtu.be/CwVOT3Ckamw>

NAZCARE Warm Line

1-888-404-5530 is now open 11am-10:30pm 7 days a week

- If you are in need of support, feeling overwhelmed, or just want to talk, our caring staff are available to provide non-judgmental and confidential telephone services. Warm Line staff are certified in Peer Support Training, and experienced in discussion and support related to a broad range of issues surrounding wellness and recovery.

TRADITIONAL & CULTURAL RESOURCES

Navajo Traditional and Cultural Services provide community outreach services based on Navajo traditional teachings to promote wellness and a healthy lifestyle.

Diné Haataalii Association, Inc. /Dine Bi Nahagha' Yee Da' Ahoota'

Providing guidance in all matters concerning Dine traditional beliefs, values and structure.

P.O. Box 476, Window Rock, AZ 86515

Contact: Roland Begay, Native Medicine Coordinator

Four Corners Regional Health Center

HWY 160 & Navajo Rte. 35

HCR 6100 Box 30, Teec Nos Pos, AZ 86514

Phone: (928) 656-5000

Fax: (928) 656-5181

Contact: Ernest H. Begay, Traditional Healer & Counselor

Gallup Indian Medical Center—Office of Native Medicine

P.O. Box 1337, Gallup, NM 87301

Phone: (505) 722-1000

Fax: (505) 726-8817

Contact: Sheila Goldtooth, Native Medicine Coordinator

Chinle Comprehensive Regional Health Care Facility—Office of Native Medicine

The CCRHCF Office of Native Medicine coordinates traditional services with the Tsailie Health Center and the Pinon Health Center.

P.O. Box "PH", Chinle, AZ 86503

Phone: (928) 674-7001

Fax: (928) 674-7372

Tuba City Regional Health Care Corporation—Community Counseling Center

167 North Main St.

P.O. Box 600, Tuba City, AZ 86045

Phone: (928) 283-2783

Contact: Pearl Curley, Office of Native Spiritual Medicine Coordinator

Tséhootsooí Medical Center

Corner of Navajo Rte. 7 & Navajo Rte. 12
P.O. Box 649, Fort Defiance, AZ 86504
Contact: HPDP Culture Liaison (928) 729-8055

Winslow Health Care Center—Office of Native Medicine

Protection Prayers, Ceremony Recommendations, Tobacco Smoke Purifications, Herbal Purifications, Tacheeh (Dine or Intertribal Sweat Lodge), Navajo Traditional & Cultural Education.

500 Indiana Ave., Winslow, AZ 86047
Phone: (928) 289-6268
Contact: Thomas E. Yazzie, Native Healer

Navajo Cultural Consultants

Lyle Harvey—*Traditional Emphasis*
(928) 206-9465

Damien Jones—*Moccasin Making & Crafts*
(928) 797-7608

Lillie Pete—*Traditional Food Demonstration*
(928) 349-3215

Richard Begay—*Arrowhead Making & Boys Initiation*
(928) 797-0940

Robert Johnson—*Constellation and Navajo History*
(928) 797-9848

Tom Chee – *Traditional Emphasis*
(928)729-5511

PERINATAL SUPPORT

Postpartum Support International Helpline

- Phone: 1-800-944-4773
- Text: 503-894-9453

Agora Crisis Center

- 505-277-3013

Kassy's Kause

- 505-603-2988 (Spanish & English)

Doulas of the Southwest Virtual Postpartum Support Groups:

- <http://www.doulasofthesouthwest.com/virtual-postpartum-support-group>

MENTAL HEALTH RESOURCES

State of New Mexico NMConnect

- Phone app that provides free 24-hour crisis and non-crisis support and access to behavioral health professionals who can text or talk via phone with individuals needing a listening ear or referrals to longer-term support.
- The app links users to the New Mexico Crisis Access Line (NMCAL), which provides safety net services statewide. NMCAL is still available via phone 24/7 toll-free by calling 1-855-NMCRISIS (1-855-662-7474).
- The NMConnect app, available now for iPhone and Android, includes a “one touch” button for connection to a mental health professional on the State of New Mexico’s 24-hour crisis and access hotline. For more information, <https://www.newmexico.gov/2020/04/14/new-mexico-unveils-app-for-behavioral-health-support/>

For Professionals, Schools, Care Providers

- **Boston Children's Hospital** has produced free professional development for educators on social-emotional learning and behavioral health in schools. Each course is self-paced and includes tools and strategies to be used in the classroom and overall school environment (because face-to-face school will be back in session at some point).
<https://www.childrenshospital.org/taponline>

PARENTING AND FAMILY SUPPORT

Birth to Five Helpline! 877.705.KIDS(5437)

- We made it easy to contact the Birth to Five Helpline! Now, with the touch of your finger, you can call, text or email your questions or concerns to our early childhood professionals!
- Visit the [Apple App Store](#) or [Google Play](#) to download the Birth to Five Helpline app today!
- Our specialists can also offer Zoom video calls to anyone in the state with [children under the age of 1](#), to provide face-to-face interaction to help meet families' needs.

Virtual Parenting Workshops - First Five Years (Arizona Children's Association)

- To Register, call Krista Bush 928-814-3812
- <https://news.coconinokids.org/arizonas-children-association-to-present-first-five-years-parenting-workshop-through-zoom/>

Arizona Kith & Kin

- Do you care for children (0-5 years old) of friends or family in your home?
- Receive free training and support virtually
- Receive school readiness materials and safety equipment shipped to your home for free.
- Contact Sharrisa Ben to sign up 505-903-3541

Navajo Nation Growing In Beauty

- Online referral form:

Speech Therapy Online Videos

- Simon's Cat Videos: <https://www.youtube.com/user/simonscat>
- SciShowKids – Need a YouTube channel that has LOTS of non-fiction videos that are about five minutes in length or less?: <https://www.youtube.com/user/scishowkids>
- GoNoodle – For your wiggly students, movement brain break videos are awesome: <https://www.youtube.com/user/GoNoodleGames/videos>
- Storyline Online – This is a channel that has celebrities read popular children's books out loud. There are lots of read-aloud books on there: <https://www.youtube.com/user/StorylineOnline>
- https://www.youtube.com/results?search_query=wordless+short+videos

- Inferencing with Commercials: <https://www.youtube.com/playlist?list=PLBiQGs1J86Qw0ERQZdSuhCOV20iBkoX0U>
- Zones of Regulation video clips (emotions): https://www.youtube.com/watch?v=-HQIq3ZwAs0&list=PLIONvp4HQdl-WsLww22sQ2_gxdbZyZLMr

HEALTH, NUTRITION & EXERCISE

Navajo Nation Women, Infant & Children

- Provides breastfeeding assistance, nutritious foods, or infant formula and foods. Eligibility may have changed for households due to no or less income until they return to work. WIC can help during this period of less household income.
- Call 800-307-4231 to determine eligibility.

Cooking to Combat COVID-19 by Native Americans for Community Action

- Native Americans for Community Action (NACA) to present virtual “Cooking to Combat COVID-19 And More” from noon to 4 p.m. Saturday, May 30.
- Featuring President Jonathan Nez, Navajo Nation, Window Rock, AZ; President Eric Adams, Brooklyn Borough, Brooklyn, NY; Neal Barnard, MD, Physician’s Committee for Responsible Medicine, Washington, DC; and Shonri Begay, NACA Health Educator, Flagstaff, AZ; Whitney Brooks, RDNC, and Seneca Nation, Gowanda, NY.
- <https://news.coconinokids.org/native-americans-for-community-action-naca-to-present-virtual-cooking-to-combat-covid-19-and-more-on-may-30/>

Virtual Zumba Classes with Michelle McCauley

- Regular and Indigenous inspired Zumba and Zumba Gold
<https://www.facebook.com/groups/618705502018439/>

Virtual Karate Classes for Kids

- Sign up at: <https://karate.mykajabi.com/offers/Lb8q38ur/checkout>

LITERACY AND BOOKS

Johns Hopkins Center for American Indian Health

- “Our smallest warriors, our strongest medicine: Overcoming COVID-19” (free children’s story book and activity sheets) -
<https://caih.jhu.edu/programs/strongmedicine?fbclid=IwAR0Gud2kiN0pWvaKEY9aEAVMWu8AWninzCVd6eh8hzXxDmmTmAF9siacruM>

Shima Storytelling

- Check the Shima Storytelling for the LIVESTREAM SHIMÁ STORYTELLING PROGRAM -
<https://www.facebook.com/Shim%C3%A1-Storytelling>

- Next scheduled storytime is Wednesday, May 20th from 1 pm - 2 pm MDT (Rez Time) and 12 noon - 1 pm MST (Phx/Flagstaff Time)
- A zoom link will be set up 15 minutes prior so make sure to download the Zoom app for your enjoyment with some fun interactive activities, singing and reading in Diné Bizaad right here on our Shimá Storytelling FB Page

Audible Stories

- Free audio books entertain, engage, and inform young people, ages birth to 18. The experience is completely free – no log-ins, credit cards, or passwords required. Just click, stream and listen. There are selections for our listeners in English, Spanish, German, French, Japanese and Italian.
- <https://stories.audible.com/start-listen>

Unite for Literacy

- Hundreds of non-fiction picture books created for young readers
- Website also can be accessed through the free app, available on iPhone and Android called -- Unite Books -- where families can read the books in our online library.
- Picture books written in English and Navajo, and narrated in many different languages.
www.uniteforliteracy.com

Dolly Parton's Imagination Library

- GoodNight with Dolly launches this Thursday, April 2nd at 5pm DST.
- <https://www.youtube.com/channel/UC0MpwxTbrBOz1g1X-BynUA>

ACADEMICS & ACTIVITIES

UPSTART School Readiness Program (Pre-K)

- Preschool-aged children in an eligible state with a valid address in Arizona, California, Delaware, Florida, Indiana, Mississippi, New Mexico, Ohio, or Texas
- Preschool-aged children born between Sept 1, 2014 and Sept 1, 2015 entering kindergarten Fall 2020
- Priority placement to families at or below 200 percent of federal poverty guidelines *at the time of registration*.
- Support to those who have recently lost income, employment, or access to federally funded preschool due to COVID-19.
- Computer and internet access may be provided, if needed.
- REGISTER at https://www.waterfordupstart.org/summer-learning-path/?gclid=CjwKCAjwte71BRBCEiwAU_V9hzp5UqfN3PH7WficXyx9bulvXt90T4150cW5XIGUs3gplAEqbg1TERoCkKAQAvD_BwE

AZ Cactus Pine Girl Scouts - Petal Power

- Program for pre-K girls. An opportunity for girls to try out Girl Scouting and get a sample of what Girl Scout Daisies (grades k-1) do, BEFORE school starts!
- Girls will receive three subscription-like boxes filled with supplies for activities throughout the summer to kick-start their Girl Scout journey.

- WHO: Girls going into Kindergarten (or 1st grade) in fall 2020
- COST: \$35 (covers membership now through September 2021). For financial assistance please call 602-452-7040.
- INCLUDES:
 - 2019-20 Girl Scout Membership (\$25 value)
 - 2020-21 Girl Scout Membership (\$25 value)
 - Monthly Program Packet sent by mail May-July
 - Invitation to a celebration to wrap up the program and kick-off Girl Scouts!
 - What to Expect From Each Box!
 - May - Introduction to Girl Scouts through story, hands-on activities, and songs. Earn your first award: the Safety Pin that encourages girls to learn their phone number, address, what to do if they get lost, how to help someone who is choking and what to do if there is a fire.
 - June - Earn your first badge: Eco Learner – prepare to explore the outdoors, learn to Leave No Trace and play a game about nature you see around you. Blue Cross Blue Shield sponsors the All About Healthy Living Patch - this program inspires girls to learn about five areas of wellness through fun activities like jump rope, building friendships, planting seeds, discovering new fruits and vegetables and becoming a citizen scientist.
 - July - Summer Fun continues with the Daisy Girl Scout Badge: Board Game Design where girls play and create their own fun. Petsmart Charities Paw Patch shares four themes around Pets; animal careers, advocacy, pet care, and responsibility.

Early Childhood Development and Activities

Learn about developmental milestones by age and easy at-home activities for children 1 year to 5 years old. Click on the following link. Folders are divided by ages and include the following:

- Ages and Stages Handouts
- Smart Talk Handout - How to build your child's vocabulary
- Things to Do with a 1 Year Old Activity Poster
- Play & Learn at Home - Pipe Cleaners and Colander
- Make Homemade Bubbles
- Play & Learn at Home - Make Paper Towel Cardboard Tube "Building Blocks"
- Play & Learn at Home - Printable Animal Puzzle
- Trace the Shapes Activity Sheet
- Play & Learn at Home - Rainbow Scavenger Hunt
- Access all documents and activities here:
<https://drive.google.com/drive/folders/1MIVDTTrHI03sv-Xaj-Opbo4GPR87vNgIn?usp=sharing>

Infant/Toddler/Preschool At Home Lesson Plans

- <https://www.swhd.org/at-home-lesson-plans-for-parents-and-caregivers-to-use-with-their-young-children/>
- [**Free, Printable Daily Schedule**](#)

UNM Family Development Program

The Family Development Program has created a special cookbook of fun, learning activities for families. Everyday JUNK celebrates the Joy of Uncovering New Knowledge through Play which is how young children learn. It is a cookbook of simple activities designed to encourage discovery, investigation and sheer delight – all qualities that fuel young children’s love of learning and determined efforts to make sense of their world.

Everyday JUNK guides parents and caregivers to use common, everyday “stuff” found in homes as great learning materials. The Resource List will get you started with ideas of what young children love best. You can add your own “stuff” as you figure out lots of creative ways to adapt our suggestions. The Family Development Program’s Everyday JUNK (Joy in Uncovering New Knowledge): A Wemagination Cookbook of Recipes for Family Fun and Learning at Home is offered in both Spanish and English. There are lots of recipes for you to explore and enjoy. Keep checking back: we’ll be adding more!

- <https://fdp.unm.edu/everyday-junk-recipes.html>

COVID 19 Home Planner

- <https://www.facebook.com/photo.php?fbid=10221000845789427&set=pcb.10221000859629773&type=3&theater>

Vroom

- Offers a variety of tools available to download for free, as well as a mobile app that provides easy access to daily “brain building” activities. Vroom was developed with input from early childhood experts, neuroscientists, parents, and community leaders, as well as the Center on the Developing Child. <https://www.vroom.org/tools-and-resources>

Arizona PBS

- ArizonaPBS and PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more. <https://az.pbslearningmedia.org/>

Reading Rockets

- Reading Rockets is a national public media literacy initiative offering information and resources on how young kids learn to read, why so many struggle, and how caring adults can help.
- We bring the best research-based strategies to teachers, parents, administrators, librarians, childcare

providers, and anyone else involved in helping a young child become a strong, confident reader. Our goal is to bring the reading research to life — to spread the word about reading instruction and to present “what works” in a way that parents and educators can understand and use. <https://www.readingrockets.org/audience/parents>

Bedtime Math

- Fantastic resource for helping children to handle numbers skillfully, while making it FUN!

BrainPop

- offering FREE access during quarantine! Make any room a classroom. This is an amazing opportunity.
- [Brainpop.com](https://www.brainpop.com)

National Geographic – kids site.

Scholastic – Learn at home lessons from Pre-K to Grade 9

Massive Collection of Educational lessons, organized by institution in a spreadsheet. .

Share my lessons – lesson plans for homeschooling you can use today.

MINDFULNESS & SELF CARE

The Way of Mindfulness: Resources to Help You Navigate Difficult Times

Working with children can be an exhausting job. Obviously, it is one that we love but we want to encourage you to remember that you are a resource for your child's well-being, but it's the idea of the oxygen mask- adult family members benefit from taking the time to recharge. The following links can help you find your way through a situation that is stressful and very unpredictable. These are both materials to help you care for you, and activities that are calming and centering for children. There will always be stresses and distractions while caring for young children, so building skills that promote greater attention, focus, and calm offer children the benefit of a peaceful, responsive presence. Here are some techniques and strategies that promote mindfulness:

Greater Good's Science Center's Guide to Well-Being During Coronavirus:

- https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus
- [Three Ways to Boost Your Resilience as a Parent](#): Take these steps to feel less overwhelmed.
- [Why Parents Need a Little Self-Compassion](#): Here are three practices to bring a little mindfulness and calm to your busy day.
- [Emotion Coaching: One of the Most Important Parenting Practices in the History of the Universe](#): Here are ways to help kids navigate challenging emotions now and in the future.
- [How to Survive Your Toddler's Epic Tantrum](#): Rest assured, you can learn not to lose it during your child's tantrums (and to prevent meltdowns in the future).
- [How to Decipher the Emotions Behind Your Child's Behaviors](#): Being open to your child's thoughts and feelings can help with the trickiest parenting struggles.
- Drawing as a Way to Manage Emotions : gie.berkeley.edu/practice/drawing-as-a-way-to-manage-%20%20%20%20emotions/?_ga=2.73702033.245014798.1584656738-1334155822.1584656738

Greater Good's [Happiness Calendar](#)

A day-by-day guide to well-being. It can help inject a bit of happiness into your everyday life with videos, articles, practices, podcasts, and other content from the Greater Good Science Center and beyond.

- https://greatergood.berkeley.edu/article/item/your_happiness_calendar_for_march_2020

How You and Your Kids Can Destress During Coronavirus

Research shows that just being in the presence of a compassionate, safe adult can help kids calm down. As families, we can be "that person" for each other. Use this link to find out more:

- <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Brain Gym

Resource to integrate the right and left sides of the brain to help you and your child feel ready to learn, actively engaged, calm, and relaxed. We use Brain Gym to assist us to be positive, clear thinking, refocused, energized and more motivated. A full PDF of the 26 Brain Gym exercises is attached.

- <https://www.youtube.com/watch?v=VL4an7UC3wA>

Handling Temper Tantrums - Conscious Discipline Skills by Becky Baily

- <https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/>
- <https://www.youtube.com/watch?v=Uwulvk0Hg9U>

COVID-19: Five Helpful Responses for Families from NAEYC

We can help children (and ourselves) by creating a sense of rocking-and-rolling, safety, connecting, and cultivating a new sense of normal with these five tips:

- <https://www.naeyc.org/resources/pubs/yc/mar2018/rocking-and-rolling>

Free Meditation Classes and Exercises

- [https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times nonsubs_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times_nonsubs_031720)

INTERNET/WI-FI RESOURCES

Navajo Tribal Utility Authority

Wifi is available from 9 AM to 3 PM Monday through Friday.

- Chinle NTUA District Office parking lot
- Dilkon NTUA District Office
- New NTUA Headquarters in Fort Defiance

Navajo Nation Library Drive Up Internet

Available April 13th-June 30th, 2020

Contact NNDIT for Wi-Fi Password: 928-871-6554

Access is restricted to K-12, College Students

- Students are required to stay in their vehicles
- Each student will be allowed access for 4 hours per day
- Access to wifi is available 7 days per week, 5:30am-7:30pm
- Only one device may connect to wifi
- Wifi Networks: NN-Student-WiF-2.4G or NN-Student-WiF-5G

Navajo Technical University

Wi-Fi "Hot Spots" for students (K-college):

- Upper Fruitland, NM at Ojo Amarillo NHA
- Huerfano, NM at NAPI NHA
- Nageezi, NM at Nageezi Chapter House
- WiFi Name: Sacred Wind Wi-Fi
- No password

Must remain in vehicle and must comply with curfew times in their areas. For information about NTU wifi hotspots in Chinle and Crownpoint, contact Jared Ribble at jribble@navajotech.edu.

Diné College Locations

Request access by emailing the Office of the President for Diné College.
officeofthepresident@dinecollege.edu

- Chinle
- Crownpoint
- Shiprock South
- Tsaile Campus
- Tuba City
- Window Rock

Fort Defiance, AZ (Good Shepherd Mission)

Indian Wells Elementary

State Rte 77 & Indian Rte 15

Leupp Public School

- Select FUSD-LEARN, and then follow instructions for access.

Shiprock UA Cooperative Extension Site

East NM Highway 64, NN ANP Building, Shiprock, NM

- Select "UA Guest"

Tuba City Chapter House

- Select UA Guest, then follow instructions to setup account.

Tuba City High School Pavillion

- Free Choice Wireless WiFi will be available Mon-Thurs., 8am-3pm DST.
- You must remain inside your vehicle and practice social distancing

CLEANING AND DISINFECTING

CDC Guidelines <https://www.cdc.gov/coronavirus/2019-ncov/downloads/disinfecting-your-home.pdf>

- How to clean and disinfect: Wear disposable gloves to clean and disinfect. Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.
- To make a bleach solution, mix: - 5 tablespoons (1/3rd cup) bleach per gallon of water
OR - 4 teaspoons bleach per quart of water
- Homemade Sanitizer - 70 30

- CDC List of EPA Approved Disinfectants for COVID 19: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Soft surfaces - For soft surfaces such as carpeted floor, rugs, and drapes, clean the surface using soap and water or with cleaners appropriate for use on these surfaces. Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

Safe and Proper Use of Disinfectants and Household Cleaners Webinar -

https://mediaspace.nau.edu/media/THHN+WebinarA+Safe+and+Proper+use+of+Disinfectants+%26+Household+Cleaners/0_gywuggfv?fbclid=IwAR16Wio-nw9XCmpQ206rdG8SGI393c6UFH5orESQ6b5ejLIBWNSYY8HZv8U

Cleaning Children's Toys <https://www.swhd.org/tips-for-keeping-your-childs-toys-clean-and-sanitized/>

FIRST THINGS FIRST COMMUNITY RESOURCES

- **First Things First website**
- **Article: FTF; Resources for AZ Families with Young Kids**
- **Article: FTF; Parenting in the Time of Corona Virus**
- **Article: FTF; Tips for Talking to Young Children about Corona Virus**

YouTube Video Reading with Your Baby

<https://www.youtuhttps://youtu.be/28uZFnX6ulsbe.com/watch?v=28uZFn>

First Things Blog-Guiding young children through difficult times

<https://www.firstthingsfirst.org/first-things/guiding-young-children-through-difficult-times/>

Items to be Added Soon:

CHALLENGES OF HOMESCHOOLING

FEARS OF SENDING CHILDREN BACK TO SCHOOL

PUBLIC HEALTH SUPPORT FOR PROGRAMS IN REOPENING

NAVAJO NATION PUBLIC HEALTH ORDERS

HOW TO MAKE MASKS AND PROPER WEARING (SEW & NO-SEW)

GROCERY STORE LISTINGS (HOURS, PHONE NUMBERS)

SAFE SHOPPING VIDEOS/TIPS

HANDWASHING VIDEOS/TIPS

NM PEER TO PEER WARMLINE

NM PBS CHILDREN'S PROGRAMMING - FULL DAY

FAMILY DEVELOPMENT PROGRAM - RECIPES FOR FUN LEARNING & MINDFULNESS

RESOURCES

AVENUES FOR EC SERVICES - INFANT MENTAL HEALTH COUNSELING

NEW MEXICO, UTAH ALAMO, TOHAJILEE RESOURCES

CHILDREN'S LIBRARY GALLUP

**CHILDREN'S HEALTH - RECOMMENDATION TO CONTINUE WELL
CHILD/DEVELOPMENT**