

Resources from 4-14-2020 Webinar Chat Record:

direct quotations from webinar participants, unedited from chat function of webinar

- <https://triangleonthecheap.com/>
- We have a Peer-Led Facebook Page called "A New Way to Recover" providing Facebook Live events each day where people can log in and interact.
- Consumer Cellular is another carrier that has low cost plans
- wakenetworkofcare.org
- Headspace application for iOS and Android (I believe they may have waived fee during COVID-19, but not sure)
- <https://www.netflixparty.com/>
- Facebook Watch Party
- For friends who are not mobile, I call and invite them to join me by phone as I run errands. We chat and share pictures of various things that I see. My friends enjoy this time of fellowship and actually feeling they are participating on an outing.
- Amazon Prime and Disney+ have movies that are in-theater rentals/purchases available on demand for viewing at home.
- Kate Bowler (Duke Divinity Professor of Theology) started a website called LifeTogetherApart which has been really interesting
- Check out my therapy podcast at [www.pillowfortpod.com](http://www.pillowfortpod.com) :)
- in terms of MOOCs The Science of Well Being through Yale is free via Coursera
- Connecting with natural supports via video for dinner and weekly check-ins. Set aside time each day for prayer and quiet time without any interruptions
- our local bookstore is doing book trivia on YouTube
- Instagram holds live sessions with musicians and DJs
- My siblings and our spouses have been having zoom family meetings
- There is a very affordable, high-quality online course on self-determination and self-advocacy at [sayitsolutions.org](http://sayitsolutions.org). It was developed by me, a person in recovery who is also an MSW and is engaged with Peer Support Specialists. I would be so thankful if you'd check it out or connect with me for more information at [karen.kranbuehl@sayitsolutions.org](mailto:karen.kranbuehl@sayitsolutions.org)
- calm and insight timer apps if people are interested in meditation
- an incredible high-tech resource is [Familysearch.org](http://Familysearch.org) this resource contains the most extensive genealogical database in the world. Among many other things, It allows us to see records of our ancestors. sometimes there are even memories shared about their lives! learning from my ancestors' experiences has helped me to feel connected to them and strengthened me during challenges.
- Meetup groups have moved their groups online with Zoom groups. There are also several social singing groups online including local Triangle groups PopUp Chorus and Flash Chorus.
- There are several free online trainings through Open University
- [freeconferencecall.com](http://freeconferencecall.com) for free group phone calls
- check with yoga studios in your area and beyond. many are providing online classes (donation based)

- Hoopla connects to your library card so you can borrow books and magazines.
- the Libby app
- NC CANSO EMPOWERS Facebook page
- follow Peer Voice NC on Facebook
- PRN and Sunrise have also shared that their warm lines are statewide and for adults and youth/young adults to call:-)
- Monarch Mobile Crisis services are available 24/7, 365 days a year. Available to residents of Roberson, Scotland and Bladen counties. Screening for Face to Face and telehealth services for individuals who are in distress, experiencing isolation, struggling with mental health, intellectual disabilities or substance use disorders. To request Mobile crisis member at Eastpointe 800-913-6109 or Monarch crisis line 800-568-9689
- Friday lunch n learn: <https://zoom.us/j/967600002>
- SAY IT is very excited to be working with RCNC and RSN to bring self-determination development to youth.
- Resources and access to daily facebook live groups go to: Promise Resource Network facebook page
- Autism resource from UNC - <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertian%20Times%20Full%20Packet.pdf>
- Center for Emotional Health offers virtual support for teens