

Resources from 3-26-2020 Webinar Chat Record:

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

- Dial in service to Zoom
- Local church Zoom services
- Pen pals
- Connectednation.org
- Virtual peer support groups
- www.getselfhelp.co.uk
- Virtual YMCA classes
- Moodjuice-mcgill.ca/counselling
- Communitytechnetwork.org
- Joe and Charlie on Youtube
- Support incarcerated individuals by sending them money for hygiene items, www.jpays.com
- Learn movie skills through iMovie and Android WeMovies
- Yumi mentioned NYC hotline
- Yoga studio Yogalution offering classes via Zoom
- Local library may be offering local movies
- Next Door for connecting with local neighborhood
- Connect with political candidates and ask how to help
- Heypeers.com
- Supportgroupscentral.com
- Forlikeminds.com
- 7cups.com
- Look into virtual AA groups
- Create handouts with step-by-step instructions to use the technology platform, including screenshots
- Online video gaming with friends
- Youtube tutorials for activities to do at home, like chair yoga and journaling
- Online choir performances
- Facetime walks
- Netflix Party extension for Chrome
- <https://us15.campaign-archive.com/?e=&u=119d7192dab896117d2f11311&id=6aa6bcb8fe>
- Neighborhood scavenger hunts or driving tours (for Christmas lights, sidewalk chalk messages, or stuffed animals in windows)
- Online symphony performances
- Online card games, Words with Friends, ScrabbleGo, Scattergories
- Acapella app
- Write letters to friends
- News or story swap for people with limited electronic resources
- Online journaling platform like wordpress.com or dreamwidth.org
- Share a personal talent or skill on social media
- Religious services on Zoom

- Sketchbook Project
- One Philly: Coronavirus Public Art Project
- Virtual art round robin
- <http://mailchi.mp/ecdan/covid19>
- Reach out to Recreational Therapist at local nursing home
- Make phone calls for political candidate or civic group
- <https://www.abc12.com/content/news/Lapeer-County-nursing-home-comes-up-social-distancing-BINGO-for-residents-568968421.html>
- Chat with nursing home residents through a window
- freeconferencecall.com
- mail cards to nursing homes
- donate old phones to be reused