

**FRANCIS W. PARKER CHARTER ESSENTIAL SCHOOL**

**& THEODORE R. SIZER TEACHERS CENTER**

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[www.theparkerschool.org](http://www.theparkerschool.org)

***Helpful Links***

<https://www.theparkerschool.org/students/about-school-counselor>

<https://www.health.harvard.edu/mind-and-mood/best-ways-to-manage-stress>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://healthblog.uofmhealth.org/childrens-health/8-ways-to-help-teens-cope-social-distancing-blues>

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

**And, some good news for all:**

<https://www.elle.com/uk/life-and-culture/g31658888/coronavirus-covid-19-good-news/>