

# MCFOF.org

## The Informer Vol. 1

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### Helpful Links

#### **Resources**

*Info*MONTGOMERY.org is a collaborative effort of public and private agencies to provide detailed information about health, education and human service resources throughout Montgomery County, MD. It is the goal of *info*MONTGOMERY.org to link individuals and families with services that can help. Whether you are a service provider, parent, youth, senior citizen or individual seeking services for yourself or a loved one, our goal is to link you with the services that can help. They hope you find what you are looking for and thank you for visiting *info*MONTGOMERY.org. Check out their [resource guides](#) to find a list of services and relevant community information. The below link will give you all kinds of information on Covid-19 and updates.

<https://www.infomontgomery.org/covid-19-updates/>

#### **Food**

Emergency Closure Meals Service for MCPS Students & all children 18 & under

<https://www.infomontgomery.org/covid-19-updates/>

#### **Education**

For information about Backpack, food sacks  
Visit <https://www.infomontgomery.org/covid-19-updates/> for more information. MCPS is also partnering with Women Who Care Ministries to provide weekend food sacks. Not sure of the sites, but folks can call 301-963-8588

Updating food resources in MO CO

<https://mocofoodcouncil.org/covid-19-local-food-system-resources/>



13321 New Hampshire Ave.,  
Suite 101  
Silver Spring, Md. 20904



301-879-5200 (P)  
301-879-0012 (F)



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

## Journaling

**KEEP A MOOD JOURNAL** Keeping track of how you feel helps you to better understand your mood, determine practical ways to manage and feel better faster. How do you feel today?



Use this journaling process with your children and develop a toll box of things you can do to change your mood or theirs.

## Fun things to do!!!!!!

Have a house party with your family

- Fix a health meal, have your kids help out
- A good desert
- Bottled water with colorful paper decorated around it
- Make - Name Tags, Party Hats and other decoration
- And Good music some from your kids and some of your favorites
- Games and dancing

Part of the fun is to get the family to work together to make the decorations and fix things. Make it a theme if you want and give it a title like *"Celebrating Life or the end of the week."*

Have FaceTime, Video Time, Zoom, Skype or conference call for birthdays or other celebrations with your family and friends.

