

Resource Guide for Parents and Teens



Click on the underlined words to lead you to website for further information. Make sure to follow us on our Facebook page for more resources.

VIRTUAL ACTIVITIES RESOURCES



Fun and educational activities available for both DC and Montgomery County residents:

[Engagement Resources for Families](#)

[DC Virtual Community Service Opportunities](#)

[DC Virtual Activity Resources](#)

VIRTUAL LEARNING



MCPS:

Weekly "What to expect" guide for parents/students, [Continuity of Learning](#)

Guide for using [MCPS Zoom](#)

[Click here](#) for information on MCPS Chromebooks & Hotspots distribution

Washington DC:

[Digital learning during COVID-19 school closure](#)

[Family Online Resources](#)

Guide for using [Microsoft Office 365](#)

INTERNET ACCESS

MCPS and DC: [Internet Essentials](#) from Comcast is offering free wifi for 60 days if you are eligible and apply before 4/30.

Charter/Spectrum- Free 60 day WiFi for new Pre-K-12 student users, call (855) 243-8892.

[Suddenlink](#)- Free 60 day WiFi for new K-12 in new households

[Mediacom](#): Free 60 days of services for families who subscribe before May 15th.

MENTAL HEALTH SUPPORT

MCPS Resources:

- [EveryMind](#) is available 24/7 providing free and open to all members of our community. Call/Text: 301.738.2255 for immediate help.

- [Be Well 365](#)

- [ChildrensMentalHealthMatters.org](#)

[NASP](#) a great guide to help children cope with changes resulting from COVID-19

FREE MEALS/GROCERIES



Montgomery County:

Meals & Backpacks Distribution:

[MCPS Meal Service Locations](#)

[Local Food Resources](#)

*Please note: MCPS meal service will resume on Tuesday, April 14

Washington DC:

[DC Local & DCPS Meal Resources](#)

[DC Food Project](#)

SELF-CARE TIPS

- [Mindful- "Healthy Mind, Healthy Life"](#)
- Learn tips about how to navigate COVID-19 through "[Mindfulness](#)"
- [5 FREE Mindfulness Apps](#)
- Feeling overwhelmed? Check out these 4 steps to stop being so hard on yourself, learn about "[Rain](#)"

Connect virtually with friends/family via Facetime, Skype, Zoom, or WhatsApp!

Try a new hobby/home project. Go for a walk or bike ride while maintaining social distancing



ABOUT US

Crittenton Services of Greater Washington empowers teen girls to overcome obstacles, make positive choices, and achieve their goals through programs in schools throughout the Greater Washington area.

Through our programs, teen girls learn to value their gifts and develop essential life skills. Most importantly, they attain a belief in their ability to succeed.

For three decades, the results have been life changing: the girls in our programs are staying in school, avoiding pregnancy, graduating from high school, and going on to college and jobs.

PROGRAMS

Crittenton serves teen girls through...

SNEAKERS: enables girls to navigate the challenges of high school and beyond.

PEARLS: gives pregnant and parenting teens the support, knowledge, and skills they need to succeed as students and moms.

Goal-Setting Girls: helps middle school girls envision their bright future and begin planning for it now!

Meet Our Staff

Siohban Davenport
President & CEO.



Jerrica Davis
**Youth Development
Program Coordinator**



Nikole Donovan
Senior Program Manager



Claudia Garcia
**Bilingual Youth Development
Program Coordinator**



Takema Keyes
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**Youth Development
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