

# Parent Workshop Resource Links

Mental Health/ Therapy  
[betterhelp.com](http://betterhelp.com)

Meditation/ Mindfulness  
[insighttimer.com](http://insighttimer.com)

Program for Early Parent Support  
[peps.org](http://peps.org)

Self Care for Parents  
[parentselfcare.org](http://parentselfcare.org)

Children's health guide  
[kidshealth.org](http://kidshealth.org)

Support for health and wellness + children and families  
[helpguide.org](http://helpguide.org)

NJ Based Activities, Programs  
[https://www.kidsguidenj.com/health\\_family/support\\_groups.html](https://www.kidsguidenj.com/health_family/support_groups.html)

Parent Resources  
<https://www.parentshelpingparents.org/schedule>

Children's Resources  
<https://sesamestreetincommunities.org>

City of Rahway Covid-19 Updates  
<https://www.cityofrahway.org/departments/health/covid/>

Child Care Assistance and Resources  
<https://www.childcarenj.gov/Resources/Coronavirus#2aanchor>

Union County Food Distribution Updates  
<https://ucnj.org/covid19/food-distribution-events/>

County Level Social Services  
[njhelps.org](http://njhelps.org)

Union County Covid-19 Updates  
[ucnj.org/covid19](http://ucnj.org/covid19)

Union County Rental Assistance program  
[ucnj.org/rental-assistance](http://ucnj.org/rental-assistance)

Union County Employment Center  
[ucajc.org](http://ucajc.org)