

Dear friends,

Children's Institute is concerned about everyone's health, safety, and well-being during the COVID-19 outbreak. We want to share [how we are now operating through this pandemic](#) while following all protocols from the University of Rochester and numerous government agencies. Our mission is critical now more than ever as we all seek to learn about and weather the unprecedented adjustments required of each of us, across all ages including children, to curb community infection rates.



We remain your active partner in promoting and assessing children's well-being including social and emotional health during this global health crisis. We are ready for our ongoing efforts to maintain - and where needed to restore - children's well-being.

-Ann Marie White, Ed.D.
Executive Director

You can continue to reach any Children's Institute staff member by calling (585) 295-1000 [or through email](#). We are working at this time from home offices and will respond in a timely manner.

COVID-19 Resources for Families

We know that this is a challenging time for families and have developed a resource page with information you may find valuable as we all adjust to our new COVID-19 environment. [The Children's Institute website page](#) will be regularly updated as new guidance and resources become available for families experiencing challenges related to COVID-19. This page lists resources for families, activities for children, and other resources such as:

[Heathi Kids](#)[Scholastic](#)[SAMHSA](#)

We have also posted many of these resources on the [Children's Institute Facebook page](#) and encourage you to follow us!

Community Update

This past January, Children's Institute hosted their bi-annual Community Update with a theme of 'Coming Together.'

[Read more](#)

**Spotlight Series****Helping Young People Cope With Stress and Anxiety During Uncertain Times**

Children's Institute presented a live webinar in April on how to support young people who may have high levels of anxiety during these unsettling times.

A panel of Children's Institute experts, parents, and professionals experienced in working with children ages 0-18, shared tips, presented evidence-based strategies, and answered audience questions.

[Watch a recording of the webinar](#)

**Meg's Gift**

Meg's Gift has selected Children's Institute as the recipient of their fundraising efforts this year after learning more about our early intervention and prevention programs for young children. [Meg's Gift](#) is a local non-profit organization created out of love to advocate for mental health intervention throughout the community. We look forward to partnering with them over the coming year!

Make a Lasting Difference - Help a Child Today

As COVID-19 continues to impact everyday life, our work with families, schools, and other organizations is requiring rapid adaption to help protect, restore, and strengthen young children's social-emotional health, well-being and safety. These are challenging times for all of us, and we are sustaining daily operations while growing virtual services in all the ways we can to address community need and response. More than ever, families in our community - alongside the adults who work with children and families in the delivery of health, human services, and education - need support. Now, and in the many months to come, we will continue to help respond to and recover from effects of society's "pause" on children's well-being. Please consider making a safe, secure online donation - we truly appreciate your support now!

[Make a donation](#)

Stay Connected!

Due to the changing circumstances around COVID-19, Children's Institute has switched the 'News & Views' format to an email version as this will allow us to send current information in a timely, safe manner.

Subscribe to News & Views and receive the latest updates from Children's Institute.

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