



The WHALE Study Family Newsletter

May | 19th | 2020

Message from the Lab Director:

As we enter into late spring/early summer we're seeing some of the restrictions on our activities lift in North Carolina. But we're also in the middle of seeing important milestones such as graduations marked in different and strange ways and for most the lifting of restrictions hasn't changed the day to day reality of juggling work and childcare, for some workers at businesses which have recently opened, this pressure has increased. The future might seem increasingly uncertain as we wonder if a new set of summer activities begin to be canceled and if our children should participate.

In this moment, I asked the folks who work with you at study visits (and who have also been working during this time) what was bringing them joy during these strange times:

- ❖ Going for walks in nature- especially solitary walks to get a break from kiddos ;)
- ❖ A good book and a cup of tea
- ❖ Talking with friends and family via phone, Facetime, Zoom
- ❖ Having socially-distanced chats with neighbors in person
- ❖ Taking a moment to stretch -- rotate the shoulders, bend legs, relax face/jaw since they can tense up when stressed
- ❖ Watching a funny show for all the mood-lifting laughs

For myself, I have enjoyed getting a front row seat to the rapid development in early childhood watching my two young children. Noticing my toddler get better at walking each day is easier because we spend so much time together. At the end of every exhausting day, it brings me a little joy to think about what my kids can do now that they couldn't just a few weeks or months ago or to remind myself what they said or did that day which shows progress in their development - my child said please twice? Progress for the win!

- Dr. Margaret Sheridan

The WHALE Team has **new contact** information:

- Our new phone number is **919-914-0588**
- You may also receive text messages from **833-541-0537** to fill out weekly surveys
- All VISA cards have been mailed out. If you don't receive your card by the end of the week, please let us know so we can verify that we have the correct address on file



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588
Find us on Twitter: [@circlelab_unc](https://twitter.com/circlelab_unc), Instagram: [circlelab_unc](https://www.instagram.com/circlelab_unc), and [Facebook!](https://www.facebook.com/circlelab_unc)

CHILD & FAMILY RESOURCES (CLICK BLUE LINKS)

- Click [here](#) for Coronavirus tips and resources from Prevent Child Abuse America
- Click [here](#) for resources from the US Department of Health & Human Services
- Click [here](#) for resources from the National Child Traumatic Stress Network
- Click [here](#) for resources from the National Domestic Violence Hotline (1-800-799-SAFE)
- Click [here](#) for resources from the Substance Abuse and Mental Health Services Administration

COMMUNITY RESOURCES (CLICK BLUE LINKS)

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- Suicide prevention lifeline: 1-800-272-TALK
- Hope4NC Helpline: 1-855-587-3463

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [ABC Mouse](#)
 - Free with code: AOFLUNICEF
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information
 - 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

Comprehensive Resource Sheets

- Click [here](#) for a list of resources and services in Durham County
- Click [here](#) AND [here](#) for a list of resources and services in Orange County
- Click [here](#) for a list of resources gathered by the Orange County Partnership to End Homelessness
- Click [here](#) for a list of resources and services in Wake County

Research Participation Links

- Click [here](#) for a Research Study Database at UNC
- Click [here](#) for a Research Participant Registry signup for the UNC Dept of Psychology & Neuroscience