



The WHALE Study Family Newsletter

June | 8th | 2020



Message from the Lab Director:

This has been a hard week. The COVID-19 pandemic has [disproportionately affected people of color in America](#). And this week has been a terrible, visceral, reminder of the fact that racism in America is not just institutionalized, it does not just pattern access to work, healthcare, and education. It is also physically dangerous, it places Black people at risk of violence and death. The events of the last week have roiled many communities with anger and sadness, including our own. Here, in the CIRCLE lab, we hope that our work helps to bend the long arc of history towards justice, but we know that justice is coming too slowly now and it sometimes seems, not at all.

If you haven't yet, now is the time to start talking to your children about racism. This is not a political issue, it's a human rights issue. There are lots of great resources, some of which you can find below. Also attached is a [helpful graphic](#) with references, reminding parents of research that shows that children understand and make judgments based on race much earlier than many imagine.

Finally, some children are heading back to camps and daycare this week and some are not. This decision and its impact is tough for all families to figure out. We will continue to provide what support we can to you through the next several months as you make whatever decision you feel is best for your family.

Thank you,
Margaret

Links to Resources:

- ❖ Click [here](#) for a Teacher's Reading List of Antiracist Books for Kids
- ❖ Click [here](#) for Antiracism Resources for Teachers
- ❖ Click [here](#) and [here](#) for resources from the National Child Traumatic Stress Network
- ❖ Click [here](#), [here](#), and [here](#) for resources from Teaching Tolerance

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 have not received your card, 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](#), Instagram: [circlelab_unc](#), and [Facebook!](#)

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