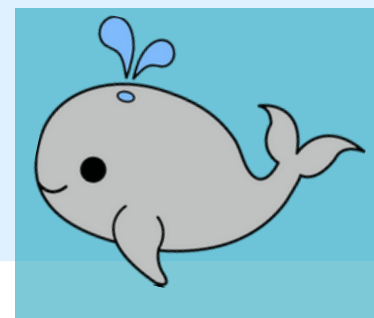


# The WHALE Study Family Newsletter



JANUARY 2024

From the entire WHALE team, we would like to express our heartfelt **gratitude** for your participation in WHALE! Thank you for helping us advance science!

## WHALE FACTS



The research team at Wellness Health And Life Experiences Study (WHALE) is wrapping up data collection by Summer 2024. Our study includes using Magnetic Resonance Imaging (MRI) to investigate how different early life experiences impact brain development! **We'd love to have you participate before the study ends (whalestudy@unc.edu)!**

## WHAT HAVE WE LEARNED SO FAR?

With your help, we've mapped what parts of their brains little kids use for **emotion regulation** (getting calmed down when upset), and **inhibitory control** (stopping themselves from doing things they're not supposed to). In addition, we've examined how families are and aren't predictable & if that matters to kids!

## NEUROSCIENCE IS IMPORTANT FOR THE SOCIETY BECAUSE...

Learning about neuroscience helps us understand when and why problems arise. Our nervous system works to produce thoughts, emotions, and behavior, but also controls important body functions, like breathing.

LOCAL STEM EDUCATION  
OPPORTUNITY FOR YOUR CHILDREN

## ENGINEERING FOR MOMS & DAUGHTERS

brought to you by **InventHERs Institute**

Join us as we develop solutions to real-world problems. We are looking for elementary students (grades 3 - 5) and their caregiver to engage in engineering projects related to improving our community.



These community-based activities are part of a course that addresses issues of equity in engineering education.

6 Saturday Sessions

Jan 27, Feb 3, Feb 24, Mar 2, Mar 30, Apr 6

10am - 12pm  
Duke University

To Register

[duke.is/inventhers2024](https://duke.is/inventhers2024)



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study. Staff can be reached by call, text, or email: [whalestudy@unc.edu](mailto:whalestudy@unc.edu) | 919-914-0588



## ONLINE & COMMUNITY RESOURCES

[3D BRAIN MODEL](#)

[HUBERMAN LAB PODCAST](#)

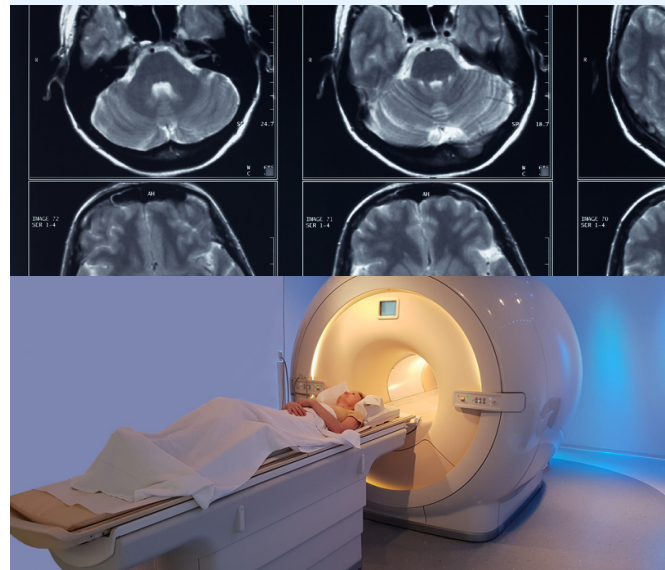
[BRAINS ON! PODCAST](#)

[YOUTUBE CHANNEL:  
NEUROSCIENTIFICALLY CHALLENGED](#)

[NEUROETHICS: A FOCUS ON  
NEUROSCIENCE WITHIN SOCIETY](#)

[CAROLINA SCIENCE CAFE](#)

## Exploring Neuroscience: Where to Learn More?



## Community Resources

More community resources can be found on our website: [circlelab.unc.edu](http://circlelab.unc.edu)

### 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](#)
- **Social Services:**
  - [Durham County](#)
  - [Orange County](#)
  - [Wake County](#)

### FOOD & GROCERIES

- [Food Bank of Central & Eastern North Carolina](#)
- [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.
- **Free/Reduced Price School Meals:**
  - [Chapel Hill-Carrboro City Schools](#)
  - [Durham County](#)
  - [Wake County](#)
- Food Resources by County: [Orange County](#), [Durham County](#), [Wake County](#)

### HEALTH & SAFETY

- [Compass Center for Women and Families](#)
  - 919-929-7122 (24/7 Domestic Violence Hotline)
- [Durham Crisis Response Center](#)
  - 919-403-6562 (24-hour Help Line)
- [InterAct Family Safety and Empowerment Center](#): 919-828-7501 (Main office)
- [Orange County Rape Crisis Center](#)
  - 866-935-4783 (call), 919-967-7273 (text)
- [Freedom House](#)
  - 866-275-9552 (Orange/Person County Mobile Crisis)
  - 919-957-7386 (Durham Women's House)
  - 336-599-8366 (Roxboro)
- [Suicide & Crisis Hotline](#): call or text 988
- [Hope4NC Helpline](#): Call or text "hope" to 1-855-587-3463
- [24/7 Crisis Text Line](#): Text HOME to 741741

### CHILDCARE

- [Childcare Payment Assistance](#)
- [CCSA Child Care Scholarship Program](#)
- [NC Pre-K: state-funded, part-day preschool program](#)
- [Durham Pre-K](#): 1-833-773-5338
- **Child Care Subsidy Programs:**
  - [Alamance County](#): 336-570-6532
  - [Durham County](#): 919-560-8300
  - [Orange County](#): 919-968-2000
  - [Wake County](#): 919-212-7000
- [Child Care Referral Central \(CCRC\) LEARNING](#)
- Scholastics: [Learn at Home](#) & [Book Lists By Age](#)
- [Khan Academy Kids](#)
- [PBS Kids](#)

Find us on Twitter: [@circlelab\\_unc](#), Instagram: [circlelab\\_unc](#), and [Facebook](#)!

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