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.
Exploring Neuroscience: Where to Learn More?

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

Community Resources
More community resources can be found on our website: 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: 919-969-2000
  - 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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