FIRST Steps Together

Newsletter Links

January 2020 – December 2020

# January 2020

## All Paths to Recovery

https://www.samhsa.gov/medication-assisted-treatment

https://sobermommies.com/

http://www.healthrecovery.org/projects/moms-do-care/

https://www.celebraterecovery.com/

https://refugerecovery.org/

https://www.bostonbulldogsrunning.com/

https://thephoenix.org/

## Success Spotlight: Jewish Family & Children's Service

https://www.zerotothree.org/resources/412-three-building-blocks-of-reflective-supervision

## Reflective Supervision Resource

https://ceed.umn.edu/

http://ceed.umn.edu/reflective-supervision-consultation-preventing-burnout-boosting-effectiveness-and-renewing-purpose-for-frontline-workers/

## Massachusetts Substance Use Helpline

https://helplinema.org/

https://massclearinghouse.ehs.state.ma.us/category/RECOVERY.html

https://massclearinghouse.ehs.state.ma.us/PROG-BSAS-YTH/SA5826.html

## Online Resources

https://www.intherooms.com/home/

https://www.12step.org/social/online-meetings/

https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/

https://r20.com/

## Yoga for Recovery

https://www.yogajournal.com/lifestyle/higher-ground

https://yogarecovery.com/

https://y12sr.com/

## New Podcast

https://developingchild.harvard.edu/resources/the-brain-architects-podcast-brain-architecture-laying-the-foundation/

https://developingchild.harvard.edu/

## Journey Recovery Project

https://journeyrecoveryproject.com/

## Upcoming Trainings and Events

https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/private/2266630874/3294180834/event\_registration.html?connect-session=na1breezr22krn6sfkatw4yq&sco-id=3457706720&\_charset\_=utf-8

https://mchb.hrsa.gov/maternal-child-health-initiatives/home-visiting/home-visiting-program-technical-assistance

https://macmh.org/event-page/trainings/2020-winter-training-series/#1

https://macmh.org/

https://bace-nmc.org/event/nmc-breastfeeding-conference-2/

https://bace-nmc.org/

https://www.nefatheringconference.org/

https://www.nefatheringconference.org/

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://jri.org/training/finder/upcoming/2nd-annual-conference-trauma-and-embodiment

https://jri.org/

https://events.r20.constantcontact.com/register/eventReg?oeidk=a07egl788pc978ec709&oseq=&c=&ch=

https://www.waysideyouth.org/traininginstitute/

http://www.cvent.com/events/improving-the-care-of-newborns-infants-and-families-impacted-by-perinatal-opioid-use-a-massachusetts/event-summary-2077c93732b948d0ac98dcd47fb87dcf.aspx?i=d1a8705b-0f49-4855-b13c-19821f84269a&r=1

https://www.pnqinma.org/

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://adcare.com/

<https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1>

# February 2020

## Video for Frontline Staff: Tips for Supporting Parents in Supervised Visits

http://www.risemagazine.org/

http://www.risemagazine.org/2018/01/visiting-video-staff/

http://www.risemagazine.org/wp-content/uploads/2017/01/Rise-Visiting-TIPS-Making-the-Most-of-Visits.pdf

http://www.risemagazine.org/wp-content/uploads/2017/01/Rise-Visiting-TIPS-Helping-Children-Heal.pdf

## Research on Why Visitation is Important

https://search.proquest.com/openview/d0927118e73764b20b8c1a17fd5855b7/1?pq-origsite=gscholar&cbl=40853

https://www.sciencedirect.com/science/article/pii/S0190740901001700

https://pdfs.semanticscholar.org/fa85/12bf4bbf29254cf344954a412404950def29.pdf

https://fosteringperspectives.org/fpv15n1/FPv15n1.pdf

## Parents Helping Parents

https://www.parentshelpingparents.org/

https://www.parentshelpingparents.org/

## Book Recommendations

https://www.amazon.com/gp/product/B07BPDC21N/ref=dbs\_a\_def\_rwt\_hsch\_vapi\_tkin\_p1\_i0

https://www.amazon.com/gp/product/1950168026/ref=dbs\_a\_def\_rwt\_bibl\_vppi\_i0

https://www.amazon.com/Love-This-Way-Ellen-Aven/dp/0988784602

https://www.amazon.com/Maybe-Days-Book-Children-Foster/dp/1557988021

https://www.amazon.com/dp/B005VSIZYO/ref=dp-kindle-redirect?\_encoding=UTF8&btkr=1

## Upcoming Trainings and Events

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://adcare.com/

<https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1>

# March 2020

## Mindfulness to Support Parents and Children

https://childmind.org/article/the-power-of-mindfulness/

https://positivepsychology.com/mindfulness-for-children-kids-activities/

https://www.parents.com/health/healthy-happy-kids/5-mindfulness-and-meditation-apps-for-kids/

https://www.zerotothree.org/

https://public.3.basecamp.com/p/jJpvFHiT4dHxR2vagR5SR6ZC

## Videos on NBO

https://www.youtube.com/watch?v=qAGtD8XuIvE

https://www.youtube.com/watch?v=Ni0Pk8aSzpU

## Infant Mental Health Work: Why It Matters & How It's Done

https://developingchild.harvard.edu/resources/stress-and-resilience-how-toxic-stress-affects-us-and-what-we-can-do-about-it/

## Brazelton Touchpoints

https://www.brazeltontouchpoints.org/offerings/professional-development/

## Parents as Teachers

https://agesandstages.com/

https://agesandstages.com/products-pricing/asqse-2/

https://brookespublishing.com/product/lsp/

https://brookespublishing.com/product/piccolo/

## Circle of Security

https://www.circleofsecurityinternational.com/circle-of-security-model/what-is-the-circle-of-security/

## Serve and Return

https://developingchild.harvard.edu/

https://developingchild.harvard.edu/resources/how-to-5-steps-for-brain-building-serve-and-return/

https://www.youtube.com/watch?v=KNrnZag17Ek&feature=emb\_title

https://www.youtube.com/watch?v=AE82KRxqwBU&feature=youtu.be

https://developingchild.harvard.edu/resources/the-brain-architects-podcast-serve-and-return-supporting-the-foundation/?utm\_source=newsletter&utm\_medium=email&utm\_campaign=march\_2020#podcast

https://developingchild.harvard.edu/collective-change/communicating-the-science/the-brain-architects-podcast/

## Sober Parenting Journey

https://parentingjourney.org/

## Facilitating Attuned Interactions

https://www.erikson.edu/professional-development/facilitating-attuned-interactions/

## Bay State Community Services Training: Lesbian Gay Bisexual Queer/ Transgender (LGBQ/T) Training

https://rachelhessdoula.com/

## Hand in Hand

https://www.handinhandparenting.org/

https://www.handinhandparenting.org/?s=how+parenting+triggers+past+hurts

# April 2020

## Mindfulness to Support Parents and Children

https://www.handinhandparenting.org/2016/08/listen-launch-post-what-is-a-listening-partnership/

https://www.ted.com/talks/andy\_puddicombe\_all\_it\_takes\_is\_10\_mindful\_minutes

https://www.positiveparentingconnection.net/20-calm-down-tips-for-parents/

https://www.youtube.com/watch?v=cyvuaL\_2avY

https://www.pbslearningmedia.org/collection/managing-expressing-feelings/

## Mindfulness

https://plumvillage.org/about/thich-nhat-hanh/

## Approaching and Navigating Virtual Visits

https://www.wrapandrecoverybooks.com/store/WRAP-Workbook\_moreinfo.html

https://www.simplypsychology.org/maslow.html

## Parent-Child Centering Activities

https://www.parents.com/baby/development/growth/11-simple-activities-for-babies-0-to-6-months/

https://www.parents.com/baby/development/growth/11-fun-activities-for-babies-6-to-12-months/

https://www.parents.com/toddlers-preschoolers/activities/indoor/11-fun-activities-for-1-year-olds/

https://www.parents.com/toddlers-preschoolers/activities/indoor/11-fun-activities-for-2-year-olds/

https://www.learning4kids.net/3-year-4-years/

https://handsonaswegrow.com/activities/kindergarten-activities/5-year-olds/

## Resources to Reduce Stress

https://breethe.com/

https://www.headspace.com/headspace-meditation-app

https://www.downdogapp.com/

## New England School of Addiction and Prevention Studies

http://www.cvent.com/events/virtual-51st-new-england-school-of-addiction-and-prevention-studies-740-100-/event-summary-aac6f83b2c90408d94b8911d7368972a.aspx

## Attachment, Regulation, and Competency (ARC)

https://arcframework.org/what-is-arc/arc-at-a-glance/

## Tolerance for Uncertainty: A COVID-19 Workbook

https://www.baypsychology.ca/workshops

## Rapid Response Virtual Home Visiting

https://institutefsp.org/

https://institutefsp.org/covid-19-rapid-response

https://d3dkdvqff0zqx.cloudfront.net/groups/pat/attachments/rr\_vhv\_onepager4%20(003).pdf

## Co-Regulation From Birth Through Young Adulthood: A Practice Belief

https://www.acf.hhs.gov/opre

https://fpg.unc.edu/node/9395

https://www.mass.gov/first-steps-together

# May/June 2020

## Supporting Family Time Webinar

https://public.3.basecamp.com/p/DyG9UG5WJ9xGQw9RfMtGBg45

<https://public.3.basecamp.com/p/8EGHVBr1GePaA2kdHgZ5AJJP>

<https://public.3.basecamp.com/p/s7fGEk5Fti9woJkfx657FVVY>

## Women, Infants and Children (WIC)

<https://www.mass.gov/forms/apply-for-wic-online>

## Peer Recovery Centers and Recovery Capital Go Hand in Hand

<https://mahelplineonline.custhelp.com/app/account/opa_result/incident_id/MTYwODU4#description>

<https://helplinema.org/>

<https://www.facebook.com/A-New-Way-Recovery-Center-447672198690167/>

<https://www.facebook.com/Alyssas-Place-Peer-Recovery-and-Resource-Center-1036671136361774/>

<https://www.facebook.com/DevineRecoveryCenter>

<https://www.facebook.com/EDMPeers>

<https://www.facebook.com/P2PRSC/>

<https://www.facebook.com/HFHRC/>

<https://www.facebook.com/Living-In-Recovery-102917867894826/>

<https://www.facebook.com/New-Beginnings-1400295300266527/>

<https://www.facebook.com/NOWARSC/SC>

<https://www.facebook.com/pierrecovery/>

<https://www.facebook.com/PlymouthRecoveryCenter/>

<https://www.facebook.com/Stairway2Recovery>

<https://www.facebook.com/StepRoxRecoverySupportCenter>

<https://www.facebook.com/TheRECOVERProject>

<https://www.facebook.com/therecoveryconnection.org>

<https://www.facebook.com/Turning-Point-Recovery-Center-100326408019268/>

## Confronting Racial Injustice

<https://www.naadac.org/SUD-african-american-communities-webinar>

<https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/?utm_source=newsletter&utm_medium=email&utm_content=we%E2%80%99re%20offering%20guidance%20and%20advice%20for%20helping%20your%20child%20process%20their%20feelings%20as%20well%20as%20ideas%20to%20help%20parents%20dig%20in%20to%20challenging%20questions%20without%20turning%20away&utm_campaign=Weekly-06-02-20>

<https://www.usatoday.com/story/news/nation/2020/05/31/how-talk-kids-racism-racial-violence-police-brutality/5288065002/?utm_source=The+Children%27s+Trust&utm_campaign=cfed4f5373-EMAIL_LeapDay2020_COPY_01&utm_medium=email&utm_term=0_ef356144ac-cfed4f5373-70409379&mc_cid=cfed4f5373&mc_eid=1298f45608>

<https://www.mothermag.com/anti-racist/>

<https://offspring.lifehacker.com/keep-talking-to-your-kids-about-race-and-racism-1842036347>

<https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/>

<https://www.acpe.edu/ACPE/News/Stories/2020/MemberResource060120.aspx>

<https://www.conferencesforwomen.org/confronting-racial-injustice/>

<https://www.conferencesforwomen.org/confronting-racial-injustice/articles-staying-informed-is-critical-as-our-nation-confronts-racial-injustice/>

## Training and Education

<https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

<https://www.mass.gov/topics/masshire>

<https://www.careercenteroffices.com/center/742/futureworks-career-center/>

<https://www.mass.gov/masshire-career-centers/locations?_page=1>

## Partnering with Early Intervention

<https://www.cdc.gov/ncbddd/actearly/parents/states.html>

<https://massclearinghouse.ehs.state.ma.us/>

## Recovery Capital

<https://www.samhsa.gov/brss-tacs>

<https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tacs/family-parent-caregiver-support-behavioral-health-2017.pdf>

## Live and Recorded Webinars and Learning Opportunities

<https://www.mass.gov/orgs/bureau-of-substance-addiction-services>

<https://adcare.com/>

<https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1>

<https://www.mass.gov/massachusetts-home-visiting-initiative-mhvi>

<https://www.naeyc.org/virtual-institute>

<https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-domestic-violence-and-shelter-in-place/>

<https://institutefsp.org/covid-19-rapid-response>

<https://betsylehmancenterma.gov/covid-19/town-halls>

<https://childrenstrustma.org/training-center/online-resources-for-family-support-professionals?utm_source=The+Children%27s+Trust&utm_campaign=aba6763567-EMAIL_CAMPAIGN_2020_03_30_04_45_COPY_01&utm_medium=email&utm_term=0_ef356144ac-aba6763567-70409379>

<https://childrenstrustma.org/about-us/news/the-childrens-trust-providing-free-parenting-resource-during-coronavirus-pandemic>

## Webinar Series: Trauma, Resilience and Relationships in the Brains of Parents and Children

<https://www.jfcsboston.org>

<https://public.3.basecamp.com/p/qWtqqkPPjVjTFKvDFhJXaskA>

<https://public.3.basecamp.com/p/VADz2dFDqt5FymSJC4Uf2VUr>

<https://us02web.zoom.us/webinar/register/WN_hTxtk4csQR2xq-W-A1V_tw>

## Resources on Parenting During COVID-19

<https://childmind.org/>

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp>

<https://www.sesamestreet.org/caring>

# July/August 2020

## August is National Breastfeeding Month

<http://www.usbreastfeeding.org/page/nbm2020>

<https://www.nichq.org/>

<https://www.nichq.org/improving-our-approach-better-conversations-about-breastfeeding?utm_campaign=Monthly%20Campaign%20-%20December%202018&utm_medium=email&_hsmi=92606106&_hsenc=p2ANqtz--sK2x4Lu_RROSlAaKKCl74T_cNxWP6gDIPMfqpcZqwpeQbT7EP42RtXovdB5jxCQHSNCaHypOSv24YPcy2wH3EfxjUOQ&utm_content=92606106&utm_source=hs_email>

## Webinar Series: Trauma, Resilience and Relationship in the Brains of Parents and Children

<https://public.3.basecamp.com/p/qWtqqkPPjVjTFKvDFhJXaskA>

<https://public.3.basecamp.com/p/qWtqqkPPjVjTFKvDFhJXaskA>

<https://public.3.basecamp.com/p/VADz2dFDqt5FymSJC4Uf2VUr>

<https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>

<https://public.3.basecamp.com/p/VADz2dFDqt5FymSJC4Uf2VUr>

<https://public.3.basecamp.com/p/VRSkiEuTmbAErfhAkX67m8wU>

<https://public.3.basecamp.com/p/VRSkiEuTmbAErfhAkX67m8wU>

## The Source of Parent Confidence

<https://www.youtube.com/watch?v=apzXGEbZht0>

## White Privilege in Motherhood Looks Like

<https://www.blackwomenbirthingjustice.com/>

<https://www.bwwla.org/about-us/>

## Providing Resources, Encouragement and Support for Breastfeeding

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/21-drug-dependency-protocol-english.pdf>

## FIRST Steps Together Podcast

<https://public.3.basecamp.com/p/9gCzJ7SbRevkzUTyDF7C2wwC>

## Breastfeeding Resources and Support

<https://www.nichq.org/>

<https://www.nichq.org/insight/breastfeeding-takes-village-and-too-often-black-women-dont-have-one?utm_campaign=Monthly%20Campaign%20-%20December%202018&utm_medium=email&_hsmi=92606106&_hsenc=p2ANqtz-9HjKch-NJ39ByXzMxAMbLuQJxph5k8R1gHIIAd3LKQqU8scg2-_yCnKw8xbf0_bE7AMankF0pEmSK5gMK1ukRV-4gYcw&utm_content=92606106&utm_source=hs_email>

<https://mail.nichq.org/e2t/tc/VW7N8T2kR_vGW8p13qf4DVcMkV7Wb0N4dlm66N7qyl173p_b1V1-WJV7CgWskW2FWphv396lsFW3_Y7Cb83WvrVN27SKdm1zDJ5W1Tc2bZ9l1g6SW12bjjg9ht0S6W46ZM6Q5_4R6CW2Ng_8D4Zv87cVn_SV62qSl9lW13mc1x8YmrslW4dMJhD8YW-2wVgJhcT5ws0Y2VmZ0rX8WdSDtW7FFyVT8-vPQcW4PNVpc7fTl-XW7lVKm-8_vD-5W7x698k2GyrgJW7mYDmn1QrqHKW81wmV47QMrqdW2ZHBBM3Bk2VJW3wsJGt7G2JSTW8-rs-23fn5sJW1H5mrF7kWh9KW37qjz85jPS5KW3C0XtK4tjJZLVmzYQm86d7m8W5ZRRcw6QnzyHW5Nntl_40wcG2VVKybY3h-gdZW3Nf8wc1cC_ZSW7YwfqT2B8ZS33hxP1>

<https://mail.nichq.org/e2t/tc/VW7N8T2kR_vGW8p13qf4DVcMkV7Wb0N4dlm66N7qyl173p_b1V1-WJV7CgCtvW65MTRQ7YL9lYW3XK3ZN3y9K2lW1G1N718NnRdMW53FF4x8tYsttW5LK2JK6n1PYqW84cZzy2vKg8PW2v9hfC8YZ7h7W6wMgFP7hBJJVW9dZS4h1ldq5dW5DKsGq1d2HGvW2V6D6y66VJ57W8QxfVS7qwxcqW36mpKk4cQCKfN2TD2w-k-_M9W113sDv2n7qF5W55FL4t5PSbhlW1mPb0B2nJlhzW8Lqf9Q2FSfcTW6shCMJ2V43MtW1X7JYZ8QhdlmW97vydC1TV67RVbMLDw8j99MHW1xmmyh6WFbXfVMRz5w71fGmXW8yCbdq899VFZN729239sqf93N1cqmHFkVlstN4LN9SRDvmxQW4d586G2JLf7PW1PTkJH3K_YZL3jHB1>

<https://wicbreastfeeding.fns.usda.gov/>

<https://www.zipmilk.org/states/massachusetts>

## Supporting New Moms in Recovery

<https://public.3.basecamp.com/p/ZN4BUyDobhhtRvmXKzLoB647>

## Supporting Women Receiving Medication for Opioid Use (MOUD) Though Delivery and Early Parenting

<https://www.mass.gov/plan-of-safe-care>

Treatment of Stimulant Use Disorders  
<https://store.samhsa.gov/product/Treatment-of-Stimulant-Use-Disorder/PEP20-06-01-001>

## Remote Learning Resources

<https://www.naadac.org/>

<http://NAADAC.informz.net/z/cjUucD9taT04MDIxMDgwJnA9MSZ1PTkzMjk0MzQ0MyZsaT02NjcwOTY5MQ/index.html>

# September/October 2020

<http://www.thefatherhoodproject.org/media/resourceguide-fatherhood-5-1-18-1.pdf>

## Resources to Serve Dads in Recovery

<https://www.thefatherhoodproject.org/stories-fathers-substance-use-recovery/#_ftn2>

<https://www.thefatherhoodproject.org/>

<https://www.recovery.org/sober-parenting-5-ways-to-rebuild-the-trust-of-your-children/>

<https://www.recovery.org/>

<https://www.childrenstrustma.org/our-programs/fatherhood-initiative#:~:text=The%20Children%E2%80%99s%20Trust%20partners%20with%20community%20agencies%20to,build%20and%20strengthen%20positive%20parenting%20attitudes%20and%20behaviors>

<https://www.childrenstrustma.org/>

<https://www.addiction.com/in-recovery/relationships/parenting/>

<https://www.addiction.com>

## Brazelton Touchpoints Center: Supporting Father Involvement Webinar Series

<https://www.brazeltontouchpoints.org/supportingfathers/>

<http://supportingfatherinvolvementsfi.com/>

## News from the Sites

<https://www.mbsacc.com/carc>

<https://careersofsubstance.org/>

<https://www.mass.gov/orgs/recovery-coach-commission>

<https://www.moar-recovery.org/>

## Upcoming Trainings

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://adcare.com/

<https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1>

## CLAS Corner

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=53>

<https://public.3.basecamp.com/p/dUiknBghAJgHUYWCn1RxG2rt>

## Massachusetts Resource Guide for Fathers

http://www.thefatherhoodproject.org/media/resourceguide-fatherhood-5-1-18-1.pdf

## Power and Control Model for Women Affected by Substance Use

<http://ncdsv.org/images/WomensSubAbusewheelNOSHADING.pdf>

<http://www.ncdsv.org/>

<https://www.loveisrespect.org/>

<https://www.loveisrespect.org/is-this-abuse/power-and-control-wheel/>

## State and National Resources

https://www.casamyrna.org/

https://www.mass.gov/service-details/department-of-transitional-assistance-domestic-violence-services

http://www.thehotline.org/

http://www.ncadv.org/

## Intimate Partner Violence & Substance Use

http://www.healthrecovery.org/trainings/intimate-partner-violence/

http://www.healthrecovery.org/

<https://healtheknowledge.org/course/view.php?id=358>

<https://healtheknowledge.org/course/index.php?categoryid=64>

<https://store.samhsa.gov/product/Substance-Abuse-Treatment-and-Domestic-Violence/sma15-3583>

https://www.samhsa.gov/

## Intimate Partner Violence & Pregnancy

<https://www.thehotline.org/is-this-abuse/pregnancy-abuse/>

https://www.thehotline.org/is-this-abuse/pregnancy-abuse/#recent-posts-2

## Specialized Massachusetts Program

https://www.atask.org/site/

https://www.jfcsboston.org/Our-Services/Community-Services/Journey-to-Safety-Response-to-Domestic-Abuse

https://www.maps-inc.org/cause/domestic-violence-sexual-assault-advocacy/

http://www.maps-inc.org/office-locations/

https://tnlr.org/en/

https://www.odscunity.org/

https://saheliboston.org/

<http://www.janedoe.org/>

<http://www.janedoe.org/know-more/>

## Intimate Partner Violence During COVID-19

<https://www.samhsa.gov/>

https://www.samhsa.gov/sites/default/files/social-distancing-domestic-violence.pdf

<http://www.nationalcenterdvtraumamh.org/>

# November/December 2020

## Reconnecting with Gratitude

<https://www.doinggoodtogether.org/bhf/blog/active-gratitude>

<https://www.doinggoodtogether.org/bhf/gratitude-garden>

<https://www.doinggoodtogether.org/bhf-book-lists/gratitude-picture-books>

<https://sunshine-parenting.com/a-grateful-family-is-a-happy-family-5-practices/>

## Massachusetts Act Early Webinars

<https://umassamherst.co1.qualtrics.com/jfe/form/SV_5nKIvbTc2BPT0rj>

## Resources from the Journey Recovery Project

<https://journeyrecoveryproject.com/>

<https://massclearinghouse.ehs.state.ma.us/>

<https://massclearinghouse.ehs.state.ma.us/mm5/merchant.mvc?Screen=PROD&Product_Code=SA3588>

<https://journeyrecoveryproject.com/wp-content/uploads/2020/10/ProviderBrochure_ForWeb_F.pdf>

<https://journeyrecoveryproject.com/wp-content/uploads/2020/06/DPH_JourneyGuides_PrenatalTipSheet_V13_Web.pdf>

<https://journeyrecoveryproject.com/wp-content/uploads/2020/06/DPH_JourneyGuides__NeoNatalAbstinenceSyndrom_v24_Web.pdf>

<https://massclearinghouse.ehs.state.ma.us/mm5/merchant.mvc?Screen=PROD&Product_Code=SA5823>

<https://massclearinghouse.ehs.state.ma.us/mm5/merchant.mvc?Screen=PROD&Product_Code=SA3588>

## How to Support Your Recovery Over the Holidays

<https://www.hazeldenbettyford.org/recovery/tools/todays-gift>

## Holiday Activities for Kids

<https://teachingmama.org/christmas-pictures-duplo/>

<https://teachingmama.org/christmas-sensory-bin/>

https://www.craftprojectideas.com/hanukkah-tissue-paper-sun-catchers/

https://www.creativejewishmom.com/2009/11/make-cute-chanukah-decorations-from-popsicle-sticks.html

<https://www.whattoexpect.com/toddler/kwanzaa-activities-for-kids.aspx>

<https://www.scholastic.com/teachers/articles/teaching-content/kwanzaa-mkeka-mat-craft/>

## Webinar: Understanding and Treating Mother and Child Dyads

https://public.3.basecamp.com/p/rz7nHjYLJW13LipxQA5wscLw

## Webinar: Developing an Anti-Racist Recovery Movement

https://www.youtube.com/watch?v=pycQ2ZJwA7A&feature=youtu.be

## Building New Foundations Series:

<https://www.thencit.org/building-new-foundations-blog>

## [COVID-19 resources for family support professionals](https://www.mass.gov/info-details/covid-19-resources-for-family-support-professionals)

<https://www.mass.gov/info-details/covid-19-resources-for-family-support-professionals>

## Class Corner

<https://www.mass.gov/service-details/racial-equity-data-road-map>

## Your COVID-19 ‘Choose-Your-Own-Adventure’ Mental Health Guide.

<https://www.healthline.com/>