

# Community and STEM Resources

*Community and STEM resources for SCFG families*

## COVID-19 Resources:

### Cambridge

- [Cambridge Mayor's Disaster Relief Fund](#) - Emergency assistance for rent and/or utilities and other household needs. Funds will also be allocated for mortgage payments for homes purchased through the City's affordable home ownership programs.
- [Cambridge Food for Free](#) - Weekly food delivery to Cambridge residents at a high risk of hunger during COVID-19
- [Cambridge Public Schools Emergency Meals Program](#) - Cambridge families who are facing food challenges are all welcome to pick up one bag per child/youth, regardless of Free/Reduced Price Lunch status.
- [Cambridge Community Foundation COVID-19 Emergency Fund](#) - One time grants ranging from \$200 to \$1,000 will be made on a rolling basis. Applicants must be Cambridge residents, Cambridge organizations with 501c3 status, or small businesses in our community with demonstrated loss of opportunity or income

### Boston

- [Emergency Meal Sites in Boston](#) - The City of Boston, in partnership with Project Bread, YMCA of Greater Boston, Boston Centers for Youth and Families, and other community organizations, will provide free meals to all youth and teens at various locations and times across the city
- [COVID-19 Resource Guide for Boston's Immigrants](#) - Information for Boston residents regardless of immigration status.
- [Emergency Childcare Programs](#) - Emergency programs are being made available to emergency workers on a limited basis who have no other option for childcare during this public health crisis

### Somerville

- [Somerville Food Security Coalition](#) - Food Access during COVID-19
- [City of Somerville](#) - Food, housing and financial assistance during COVID-19

### All

- [Comcast: Internet Essentials free for 60 days](#)
- [Additional Internet and Cellphone Services](#)
- [Center for Disease Control and Prevention: Talking to children about the Coronavirus](#)
- [PBS Kids: How to talk to your kids about Coronavirus](#)
- [Tech goes Home](#) - A collection of resources on accessing and using technology
- [Project Bread's Food Resource Hotline](#) - If you or someone you know is struggling with food insecurity, Project Bread's FoodSource Hotline offers free, comprehensive statewide food assistance to all Massachusetts residents.
- [Zoom and Google Meets Safety Tips](#) - It is highly recommended that all users (parents and students) follow these safety tips when using these platforms for virtual learning (in English and Spanish)

- [Taking Care of your Mental and Physical Health](#) - It is important more than ever that we take care of our mental and physical health. Boston Public Schools has compiled a list of helpful resources.

## At Home STEM Activities:

- [#SCFGatHome](#) - Check out our long list of hands-on activities, virtual learning experiences, videos and MORE!

## Supporting STEM Habits:

- [Webinar: A Parent's Guide to STEM Education](#)
- [SCIGirls Family Guide for Engaging Girls in STEM](#)
- [Peep and the Big Wide World Parent Videos](#) - Watch parents engage in Science activities with their children, while demonstrating how to cultivate curiosity and interest in STEM.
- [Discover Magazine](#) - STEM Resources that can Help with at Home STEM Learning

## Girl Empowerment:

- [Media Girls](#)- Take a part in guiding your girl(s) to think critically about media messaging, know her true self-worth and help transform media culture so it's healthy and empowering
- [A Mighty Girl](#)- The world's largest collection of books, toys and movies for smart, confident and courageous girls
- [Girls Leadership](#) - Parent videos for how to support the girls in your life. Topics include: Raising your Daughter to speak up; What to do if your daughter clams up; What to do when my daughter comes home upset
- [Ban Bossy](#) - Parent PDF with tips to encourage Girl Leadership, exercises to cultivate you girl's sense of self and passion to lead, and much more!