



For people with intellectual
and developmental disabilities



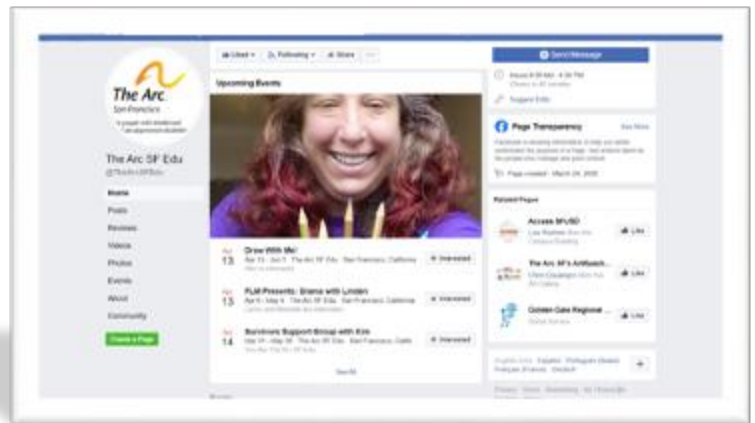
Find us online!
www.thearcsf.org
www.thearcsfhub.org

Stuck At Home?

We're still here to help.

The Arc staff have been working hard – from home! – to bring you the programs and services you love, in new and different ways. Here's a few things, both online and on paper, that we hope you will enjoy.

"Like" our Facebook pages:
The Arc San Francisco
and **The Arc SF Edu**
for fun, educational links,
The Arc Speaks Out! podcast,
cool Facebook Live events,
and our calendar of classes.



STAY CONNECTED WITH THE FRIENDSHIP LINE

Don't have a computer but still want to talk? Now you can call us.

The Friendship Line is a group phone number that lets many people talk on the phone together at once. A staff member from The Arc will be on the line with you, so you'll always hear a friendly voice. Call in and let's chat!

Monday - Friday, 9am - 3pm

☎ 415-480-1097



CHECK OUT THE HUB!

The Hub is a new website where you can access The Arc SF classes and do fun activities online using your computer or smart phone.

www.thearcsfhub.org



ADDITIONAL RESOURCES

GENERAL RESOURCE WEBSITES

San Francisco Free Help Charts: www.freeprintshop.org offers printable lists of free food pantries, free shelters, free medical care, and free mental health support.

SF/Marin Food Bank: pop-up pantries open to the public: www.sfmfoodbank.org/find-food/

FREE HELP LINES

The **Peer-Run Warm Line** (855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need.

Institute on Aging Friendship Line (800-971-0016) is the only accredited 24-hour crisis line in the country for people aged 60 years and older, and adults living with disabilities.

LOW FEE COUNSELING

The Golden Gate Integral Counseling Center is available for tele-health appointments on a case by case basis: (415) 561-0230 or goldengateicc@ciis.edu.

The Liberation Institute: Clients who are interested in and could benefit from telehealth can be added to their wait-list: incoming@liberationinstitute.org or (415) 606-596 ext. 102.

PHONE CRISIS COUNSELING SERVICES

Suicide/Crisis Line
415-781-0500

Alcoholics Anonymous
415-674-1821

Center for Domestic Peace:
Abused Women's Hotline
English: 415-924-6616
Spanish: 415-924-3456

Community Unite Against Violence
LGBTQ+ Support
415-333-4357
Hours: 10am-6pm

Drug/Relapse Line
415-362-3400 - Drug Line
415-834-1144 - Relapse Line

SF Child Abuse Prevention Center
Parental Stress/TALK Line
415-441-5437

San Francisco Women Against Rape
415-647-7273

Men's Crisis Line
415-924-1070

California Youth Crisis Line
800-843-5200

National Alliance on Mental Illness
Non-Emergency Helpline
415-905-6264

Helplink Inmigrant Assistance
415-543-6767

The Trevor Project
866-488-7386

Trans Lifeline
877-565-8860

California Youth Crisis Line
800-843-5200

Comprehensive Child Crisis
415-970-3800

SFDPH Mobile Crisis Team
415-970-4000

Sexual Assault Hotline
800-656-4673

HelpLink
2-1-1

The Arc is Awesome!

Find the words in the puzzle

S Z C C F D X Y J B P F C B I U Q Q T P
 S A I G I E S C T U H W F E I K L E P I
 A G A O N T Z Z V Y K H K G S I P F J P
 F X C M G V S C U B O U N D A R I E S S
 E P F R N D U A O R H E A L T H Y J U S
 T E H E X X P R I J J Z G N O M F C J G
 Y K S S F Y P E J I Q U H G L I V L A P
 I L A P L L O E V W E L L N E S S D R Z
 V I B E U V R R D Z I T Z A A S R B Z Q
 V T R C F U T U T M R E U E R K H D C C
 Q G A T X V J I K C O M M U N I T Y A W
 J E M H G X I J C T K F B G I L O H K B
 P O J V R P D L F K S U A P N L K A S V
 J G W R X U W O U B E Z M R G S U P M M
 L T B A O C A V N P N K N I W U A P U H
 L J G O A L S E F R I E N D S F Q Y M S
 Y L I N N B K A R A O K E E V T L M M K
 U Z N M K T F G Z U R U V O C N N C X K
 N E X E X R G Y W N S R Q J R J Q H Y L
 R J V U A D V O C A T E L Q E W F B U A

ADVOCATE
 FRIENDS
 HEALTHY
 PRIDE
 SKILLS

BOUNDARIES
 FUN
 KARAOKE
 RESPECT
 SUPPORT

CAREER
 GOALS
 LEARNING
 SAFETY
 WELLNESS

COMMUNITY
 HAPPY
 LOVE
 SENIORS
 ZUMBA

Want more fun printable activity pages for yourself or your loved one?
 Contact Erin Lyons at elyons@thearcsf.org.



Name: _____

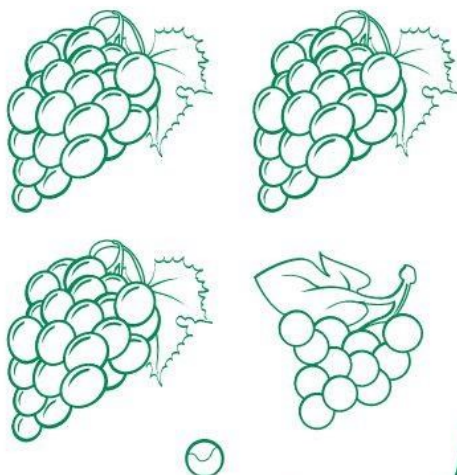
Date: _____



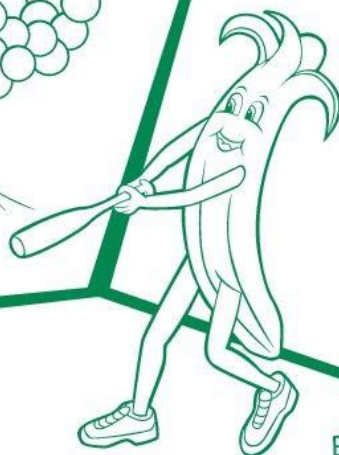
POWER UP WITH COLORFUL FRUITS & VEGGIES!

CLUSTER BUSTER

Circle the grape cluster that is different.



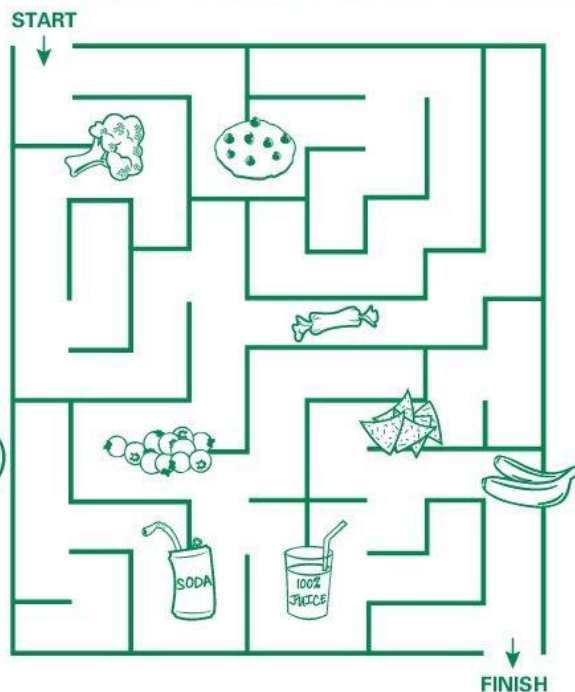
Raisins and 100% grape juice are made from fresh grapes and can count towards servings of fruit.



Ben Banana

MIGHTY MAZE

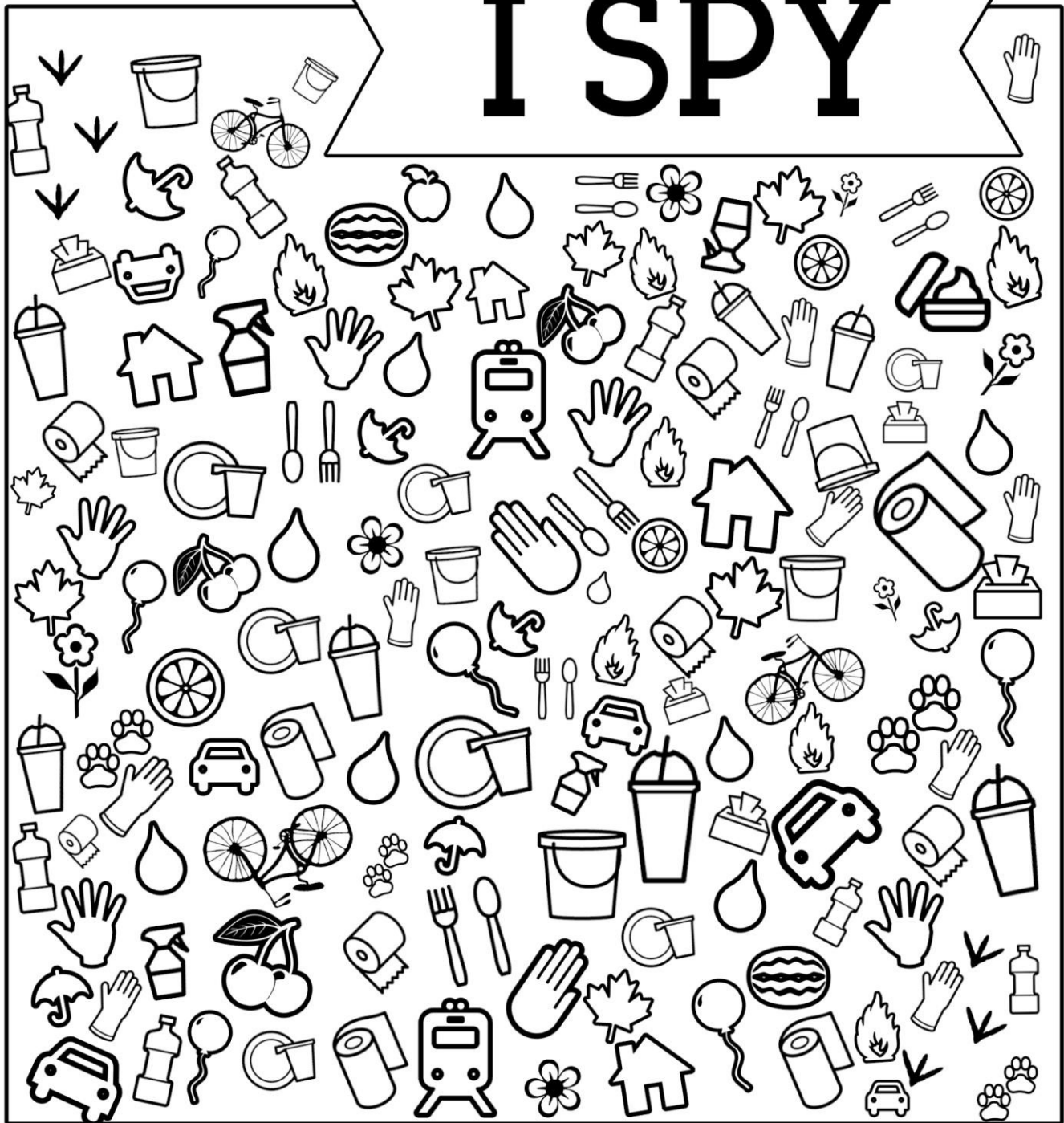
Help Ben Banana get to the finish by making healthy food choices.



PATTERN PATROL

Complete the pattern by circling the correct food that comes next.

I SPY



- | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 2 | | 4 | | 5 | | 7 | | 4 | | 6 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | |
| 3 | | 2 | | 4 | | 6 | | 2 | | 7 | | 3 | | 9 | | 6 | |

Can you find all the items?

