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.thearc_sfhub.org
**ADDITIONAL RESOURCES**

**GENERAL RESOURCE WEBSITES**

**San Francisco Free Help Charts:** [www.freeprintshop.org](http://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/](http://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](mailto: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](mailto:incoming@liberationinstitute.org) or (415) 606-596 ext. 102.

**PHONE CRISIS COUNSELING SERVICES**

- **Suicide/Crisis Line** 415-781-0500
- **SF Child Abuse Prevention Center Parental Stress/TALK Line** 415-441-5437
- **The Trevor Project** 866-488-7386
- **Alcoholics Anonymous** 415-674-1821
- **Trans Lifeline** 877-565-8860
- **Center for Domestic Peace:** Abused Women's Hotline English: 415-924-6616 Spanish: 415-924-3456
- **Men's Crisis Line** 415-924-1070
- **California Youth Crisis Line** 800-843-5200
- **Community Unite Against Violence LGBTQ+ Support** 415-333-4357 Hours: 10am-6pm
- **National Alliance on Mental Illness Non-Emergency Helpline** 415-905-6264
- **California Youth Crisis Line** 800-843-5200
- **Drug/Relapse Line** 415-362-3400 - Drug Line 415-834-1144 - Relapse Line
- **Helplink Immigrant Assistance** 415-543-6767
- **HelpLine 2-1-1**
The Arc is Awesome!
Find the words in the puzzle

Want more fun printable activity pages for yourself or your loved one?
Contact Erin Lyons at elyons@thearcsf.org.
POWER UP WITH COLORFUL FRUITS & VEGGIES!

CLUSTER BUSTER
Circle the grape cluster that is different.

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

START
FINISH

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

PATTERN PATROL
Complete the pattern by circling the correct food that comes next.
I SPY

Can you find all the items?