

## FOOD & SUPPORT RESOURCES

### Food Support in Orange County:

Check <https://ocfoodhelp.org/> to find an interactive map to local soup kitchens, food pantries, home-delivered meals, congregate meals and after-school meals for yourself and your family.

### Have You Heard of CalFresh?

The CalFresh Program, formerly known as Food Stamps, can add to your food budget to put healthy and nutritious food on the table. There are many ways to apply:

- Online: [getcalfresh.org](http://getcalfresh.org)
- By Phone: (800) 281-9799
- In Person: Social Security Office (17075 Newhope St B, Fountain Valley, CA 92708)

### Seeking Further Resources?

Family Resource Centers (FRCs) are located throughout Orange County to provide essential family support services, education, and other resources. Oak View Family Resource Center is located at: 17261 Oak Lane, Huntington Beach 92647 and may be reached by calling (714) 842-4002



## HAVE YOU DIALED 211?

- **Food Resources**
- **Housing Assistance**
- **Child Care Information**
- **Mental Health Resources**

[www.211.org](http://www.211.org)



## Free Events & Activities In Orange County

Looking for inexpensive or free entertainment? Orangecounty.net has compiled a list of events that have no admission charge. Links to the events with details and optional charges may be found on their website at:

[https://www.orangecounty.net/html/events\\_free.html](https://www.orangecounty.net/html/events_free.html)

## Supporting Your Child's Mental Health

Modeling coping skills at home can help your children learn how to deal with their emotions in a healthy way.

Activities such as deep breathing, using stress balls, making art (painting, coloring, doodling) or going for walks can be great strategies for coping with feelings. You can engage in these skills with your child or talk them through doing them on their own.

### OVSD's Virtual Wellness Room

OVSD's Virtual Wellness Room is designed to help students learn relaxation and mindfulness techniques to reduce stress and includes mental health resources. It can be found on the OVSD website at:

<https://sites.google.com/ovsd.org/wellnessroom/home?authuser=0>

For additional resources visit the Student Services Department resource tab at <https://www.ovsd.org/Page/3785>

