Child and Family Services
Brought to you by COVID Recovery Iowa

“Tell Me a Story”: new children’s story read daily at 10AM. Provides a sense of routine and an engaging family activity. https://www.facebook.com/groups/1581970971987124

“Parenting in a Pandemic”: support, activities, resources, individual zooms upon request, live discussions with experts related fields such as play therapists, ER doctor, Iowa PBS Abby Brown... https://www.facebook.com/groups/937325153412822

“Vivo En Iowa”: support and resources for Iowan’s who speak Spanish. https://www.facebook.com/groups/224936542192851

Teen Support Group – connect other teens all across Iowa over zoom – email mandy.gesme@pathwaysb.org for details.

Pre-teen Support Group – connect with other pre-teens from all across Iowa – email mandy.gesme@pathwaysb.org for details. Check out our YouTube video we created with middle schoolers in mind featuring a clip from Miss Teen Iowa https://youtu.be/r5qnVrZjFDw

Teen Mental Health Advocacy Group – meets weekly on Wednesdays – helping us better help teens across Iowa. Email mandy.gesme@pathwaysb.org to nominate a teen.

“Meet the (Grand)Parents” – connections to staff, resources and activities to support your mental health. https://www.facebook.com/groups/645444526101023

Virtual Story Hours: Let us provide you a story hour to help build a child’s communication skills so they can talk about the pandemic if and when they need to or watch our video on our YouTube channel so you can see our book suggestions and learn how to play a virtual game of Pictionary. https://youtu.be/WhcL9xMSV3w


Books on YouTube: we have many children’s books on YouTube to help you address the mental health needs of children and families. Each activity has an activity to go with it – click on “show more” under the book description. Don’t miss Ashton Kutcher’s reading “The Book With No Pictures” by B.J. Novak – good for a therapeutic laugh. https://www.youtube.com/watch?v=nqe_ylkGFTO&t=52s. Subscribe and you’ll get notified each time we add a book.

“Workforce Resources”: – support and resources including self-care for teachers, childcare providers and all essential workers. https://www.facebook.com/groups/261569204942086

“30 Day Fitness Challenge”: – physical activity and connection to an outreach counselor – found on Instagram and YouTube: https://www.instagram.com/covidrecoveryiowa/

Fun DIYs. Self-help tips, and support for Teens also on Instagram https://www.instagram.com/covidrecoveryiowa and our YouTube channel https://www.youtube.com/channel/UC9xusSynoNJicnYkyaG1hk0w

COVID Recovery IOWA
Department of Human Services