



### **Learn a New Skill**

1. Web design/Development
  - a. <https://www.udemy.com/course/the-web-developer-bootcamp/>
  - b. <https://www.udemy.com/course/automate/?couponCode=APR2020>
  - c. <https://www.codecademy.com/>
2. Learning a language
  - a. <https://www.duolingo.com/>
  - b. <https://www.babbel.com/>
  - c. <https://www.memrise.com/>
3. 3d modeling (blender/sketchup)
  - a. <https://www.blender.org/>
  - b. <https://www.sketchup.com/>
4. Photoshop/Illustrator (online designer, business cards, greeting cards etc.)
5. <https://www.canva.com/>

### **Exercise/Movement**

6. Yoga
  - a. <https://www.patreon.com/user?u=31926846>
  - b. Shanthi Project:  
<https://www.youtube.com/channel/UCtzGLWtzWPxWQQXF4u1dDaA>
  - c. <https://www.youtube.com/user/yogawithadriene>
  - d. <https://ouryogahome.com/>
7. Exercise
  - a. <https://www.youtube.com/user/popsugartvfit>
  - b. Check your gym, might offer free online videos

### **Fun/Relaxation**

8. Live webcams
  - a. <http://www.aquariumofpacific.org/exhibits/webcams>
  - b. <https://explore.org/livecams>
9. Cooking Videos
  - a. <https://www.177milkstreet.com/school/classes/online-classes>
  - b. [https://www.youtube.com/playlist?list=PLKtlunYVkv\\_SjsAy-NdPDo\\_a3a5k7YC6o](https://www.youtube.com/playlist?list=PLKtlunYVkv_SjsAy-NdPDo_a3a5k7YC6o)
  - c. <https://www.youtube.com/user/BonAppetitDotCom>
10. Virtual Museum Tours

- a. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- b. <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- 11. Netflix Party
  - a. <https://www.netflixparty.com/>
- 12. Jack Box Party Games
  - a. <https://www.jackboxgames.com/>
- 13. Writing Prompts
  - a. <https://www.reddit.com/r/WritingPrompts/>
- 14. Meditation/Mindfulness
  - a. <https://www.tarabrach.com/>

### **Mental Health**

- 1. Mental Health Resources
  - a. <https://mhanational.org/covid19#MentalHealthInformationForDiseaseOutbreaks>
  - b. [https://peak-careers.com/ted-talks-self-care/?utm\\_source=April+2020&utm\\_campaign=APRIL+newsletter-+TED+Talks&utm\\_medium=email](https://peak-careers.com/ted-talks-self-care/?utm_source=April+2020&utm_campaign=APRIL+newsletter-+TED+Talks&utm_medium=email)

### **Financial Support Information**

- 2. Financial Support
  - a. <https://mhanational.org/covid19#FinancialSupport>
  - b. If you have a loan check with loan company; they may offer free financial advisors (for example Sofi)
  - c. Stimulus Check
    - i. You can check the status of your check here (keep in mind there have been issues with the web page for the past week or so)
      - 1. <https://www.irs.gov/coronavirus/get-my-payment>
  - d. Mortgage Options
    - i. <https://www.bankrate.com/mortgages/mortgage-lenders-offer-help-to-borrowers-affected-by-coronavirus/>
  - e. Check for rebates from your car insurance company

### **Health**

- 3. Health
  - a. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>
- 4. Overall
  - a. <https://www.compassionatecareercounseling.com/covid-care-resources>

## **General Information/Tips**

### **Voting**

1. The primary election has been rescheduled from April 28th to June 2nd in Pennsylvania. It is strongly encouraged that you register for a mail-in ballot. You can find all of the details here:

<https://www.pavoterservices.pa.gov/OnlineAbsenteeApplication/#/OnlineAbsenteeBegin>