



Resources Shared at the February 24th Meet Yourself Session: Supporting Our Children During the COVID-19 Pandemic

Session Panelists:

- Rebecca Moore, NRV Community Services - <http://www.nrvcs.org/>
- Dr. Florence Mogen (or colleague), NRV Pediatrics - <https://nrvpediatrics.com/>
- Kate Jackson, MCPS Tiered Support Systems – <https://mcps.org/>
- Stephanie Rupe, Children’s Health Improvement Partnership (CHIP) - <https://newrivercommunityaction.org/chip/>
- Kim Hughes, Conscious Connections – <https://consciousdiscipline.com/>
- Dr. Pam Ray, New River Health District - <https://www.nrvroadtowellness.com/>
- Katie Thompson (Moderator) – Radford Early Learning Center – <https://www.kindercare.com>

COVID-19 Resources:

- **Relevant Websites:**
 - Vaccinate Virginia (to pre-register for the vaccine) - <https://vaccinate.virginia.gov/>
 - New River Health District – <https://www.nrvroadtowellness.com/>
 - Virginia Department of Health – <https://www.vdh.virginia.gov/coronavirus/>
 - Centers for Disease Control - <https://www.cdc.gov/coronavirus/>
- **Additional Contact Information:**
 - To call and sign up for the COVID-19 vaccine – 1-877-829-4682
 - For general testing and COVID-19 information – 540-267-8240
 - To call the New River Health District about vaccinations – 540-838-8222
 - General New River Health District Number – 540-585-3300

Additional Resources:

- **General Children’s Health Resources:**
 - American Academy of Pediatrics - <https://www.aap.org/> or <https://healthychildren.org/>
 - NRV Pediatrics –
 - <https://nrvpediatrics.com/>
 - Blacksburg Office – 540-552-7272
 - Radford Office – 540-639-5188
 - Carilion NRV Medical Center Office – 540-639-5620
- **Mental and Behavioral Health Resources:**
 - New River Valley Community Services –
 - <http://www.nrvcs.org/covid19/>
 - Crisis Line – 540-961-8400
 - All Other Inquiries – 540-961-8300

- Community Health Center of the New River Valley –
 - <https://chcnrv.org/>
 - Montgomery County Center - 540-381-0820
 - Giles County Center – 540-921-3502
 - Radford/Pulaski Center – 540-585-1310
- Life in Balance Counseling (Christiansburg)
 - <https://lifeinbalancecenter.com/>
 - 540-381-6215
- National Counseling Group (Christiansburg)
 - <https://www.ncgcommunity.com/christiansburg>
 - 540-602-3021
- Compass Counseling Center
 - Christiansburg Office – 540-268-0555
- Cascade Group (Blacksburg)
 - <http://www.thecascadegroupblacksburg.com/>
 - 540-951-4800
- Embrace Healthy Solutions
 - <https://www.ehssupportservices.com/ehs-new-river-valley.html>
 - 540-260-3495
- **Parenting Resources**
 - NRV CARES – Parenting classes and support groups
 - <https://www.nrvcares.org/>
 - 540-381-8310
 - Conscious Discipline – <https://consciousdiscipline.com/>
 - Books recommended by Kim Hughes:
 - Easy to Love, Difficult to Discipline (Becky Bailey, PhD)
 - I Love You Rituals (Becky Bailey, PhD)
- **Meeting Basic Needs:**
 - New River Community Action
 - <https://newrivercommunityaction.org/>
 - 540-633-5133
 - Virginia 211
 - <https://211virginia.org/consite/index.php>
 - Dial 211 for support by phone
 - NRV Thrive Food Assistance Directory (list of food pantries and programs by county)
 - <https://cfnrva.org/partnerships-initiatives/fund-for-the-nrv/thrive/resources/>
 - United Way of Southwest Virginia (Pulaski, Giles)
 - <https://unitedwayswva.org/>
 - United Way of the New River Valley (Montgomery, Radford, Floyd)
 - <https://www.unitedwaynrv.org/>
- **Return to School Plans and Virtual Learning**
 - Contact your school principal, teacher, or guidance office and take advantage of teacher office hours.
 - Floyd County Public Schools - <https://www.floyd.k12.va.us/>
 - Giles County Public Schools - <http://gcps.ss13.sharpschool.com/>
 - Montgomery County Public Schools - <https://mcps.org/>
 - Pulaski County Public Schools - <https://www.pcva.us/>
 - Radford City Public Schools - <https://www.rcps.org/>