



Welcome to the MHVI Covid-19 Resource Digest, volume 24. We're departing from our usual content to bring you resources for these times. *Think a friend or colleague should be getting this newsletter? Share [this link](#) with them to sign up.*

The Massachusetts Department of Public Health (DPH) continues to work closely with the Centers for Disease Control and Prevention (CDC), other Federal agencies and our local Boards of Health to share the most up to date information available. The DPH website is updated continuously with the latest guidance, including printable fact sheets in multiple languages at mass.gov/covid19.

Information about COVID-19 can be found at the Massachusetts Department of Public Health website, by calling 2-1-1 or visiting mass211.org where you are able to live chat. [The CDC Coronavirus \(Covid-19\) website](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

In this volume: Information for supporting families during the Covid-19 pandemic, other news towards Racial Justice, more news for maternal and child health professionals, distance learning and open meeting opportunities, reminders of select past posts with updated resources, and an expanded listing of Racial Justice compendiums.

Information for supporting families during Covid:

- **Boston Globe:** [Most Mass. students will be required to get the flu vaccine this year](#)
- **Washington Post:** [Flu and covid-19: In the face of a looming double threat, U.S. expands access for flu shots at pharmacies.](#) Massachusetts becomes the first state to require flu vaccination for children 6 months or older through college.
- **Forbes:** [An Unacceptable Crisis: Incidents Of Domestic Violence Have Nearly Doubled During The Coronavirus Pandemic](#)
- **Insider:** [COVID-19 lockdowns generated a crisis within a crisis for the victims of domestic violence, new study finds](#)
- **PHYS.ORG/BYU:** [Reports of domestic violence on the rise during pandemic, study finds](#)
- **Insider:** [What to do if you're isolated with an abuser during the pandemic, according to women's shelter and anti-domestic violence advocates](#)
- **Washington Post:** [The centers helping child abuse victims have seen 40,000 fewer kids amid the pandemic](#)
- **CNN:** [Acute anxiety: Internet searches for key words spiked to all-time high early in pandemic](#)
- **New York Times:** [‘I’m Only One Human Being’: Parents Brace for a Go-It-Alone School Year.](#) Just one in five families will have any sort of in-person help, a new survey finds, and parents are feeling stressed and stranded.
- **Common Sense Media:** [Tips and Tricks to Manage Your Kid's School-Issued Computer.](#) From parental controls to consequences for misuse, here's everything you need to know about your kid's school computer during distance learning.
- **Common Sense Media:** [Building a Digital Ecosystem that Supports Kids and Families](#) 58 minute video

- **The Conversation:** [Families can support kids' mental health whether they're learning remotely or at school – here's how](#)
- **The Conversation:** [Parents of bereaved children are also heroes of the pandemic – they can help build resilience in kids](#)
- **HuffPost:** [How To Talk About COVID-19 Back-To-School Plans Without Tension](#). Despite some people's very strong opinions, there actually are no "rights" or "wrongs" right now.
- **NPR:** [20 Questions To Help Decide What's Best For Your Kids \(And You\) This School Year](#), 15 minute audio
- **Politico:** [CDC: One quarter of young adults contemplated suicide during pandemic](#). The toll is falling heaviest on young adults, caregivers, essential workers and minorities.
- **New York Times:** [How to Help Your Child Wear a Mask](#)
- **New York Times:** [How Children's Sleep Habits Have Changed in the Pandemic](#). Spending more time on screens, staying up late and sleeping late may require some adjustments for the start of the school year.
- **New York Times:** [How to Handle Separation Anxiety Meltdowns in Kids](#). The pandemic has made some children even more worried about leaving the sides of parents and caregivers.
- **New York Times:** [How to Protect Your Family's Privacy During Remote Learning](#). Building a safe digital environment is essential to making remote learning work, experts say.
- **The Conversation:** [3 ways to get kids to tune in and pay attention when schools go virtual](#)
- **HuffPost:** [How To Set Up A Home School Environment That Works For Your Kid](#). From screen placement to decorative touches, here's how to give your children a remote learning space they don't hate.
- **NOLA.com:** ['She is regressing something fierce.' Special ed parents confront daunting coronavirus challenges](#)
- **Vox:** [We need to talk about what school closures mean for kids with disabilities](#). As schools prepare for fall, students in special education are being left out of the conversation.
- **FDA:** [Is Your Hand Sanitizer on FDA's List of Products You Should Not Use?](#) FDA testing uncovered toxic ingredients in some hand sanitizers – find out if your product on the list
- **Children's Trust/one tough job:** [back-to-school 2020 resources for parents](#)

Other news, towards racial justice:

- **TIME:** [The New American Revolution: A special project, curated by Pharrell Williams, that examines America's oppressive past—and the potential for an equitable future](#).
- **Washington Post:** [Residential segregation plays a role in coronavirus disparities, study finds](#)
- **USA Today:** [Black babies are more likely to survive when cared for by Black doctors, study finds](#)
- **The Conversation:** [Black and Latino essential workers experience greater safety concerns than their white counterparts](#)
- **HuffPost:** [These Coded Words Reveal Bosses' Biases Against Certain Employees](#). Subjective labels like "difficult," "angry" or "challenging" are codes that signal who is not a "fit" in a workplace.
- **HuffPost:** [5 Lies About Racial Diversity In The Workplace You Need To Stop Believing](#). If you want to fix racial inequality at your job, you need to question what harmful beliefs around meritocracy you have internalized.

- **The Conversation:** [How Howard Thurman met Gandhi and brought nonviolence to the civil rights movement](#)
- **The Conversation:** [I prepare aspiring teachers to educate kids of color – here's how I help them root out their own biases](#)
- **TIME:** [Angela Davis In Conversation With Yara Shahidi: 'We're Doing Today What Should Have Started 150 Years Ago'](#)

Other news:

- **Healio:** [Miscarriage risk increases with each week of alcohol consumption during pregnancy](#)
- **The Conversation:** [Getting a flu shot this year is more important than ever because of COVID-19](#)
- **Washington Post:** [Teaching children how to navigate conflict](#)
- **Science Daily/U of Copenhagen:** [Study of one million Danish children: Childhood adversity increases the risk of early death](#)
- **The Conversation:** [Here's how to talk to vaccine skeptics so they might actually hear you](#)
- **WGBH:** [5 Reasons Why Conspiracy Theories Thrive In Medicine And Health](#)
- **HuffPost:** [What Kids Hear When You Criticize Your Body In Front Of Them](#). Parents' personal comments can send harmful messages about body image.
- **Science News/Northwestern U.:** [Naming guides how 12-month-old infants encode and remember objects](#). Encoding objects in memory and recalling them later is fundamental to human cognition.
- **New York Times:** [The Monotony of Family Meals Can Trigger Past Disordered Eating](#). The constant feeding of our children without a break can compound parental eating issues.
- **New York Times:** [Are My Kid's Tantrums Abnormal?](#) If your toddler's meltdowns are atypically frequent or intense, there might be something more going on.
- **Child Mind Institute:** [How Can We Help Kids With Self-Regulation? Some kids need help learning to control their emotions, and resist impulsive behavior. En Español](#)
- **CDC:** The [2019 Youth Risk Behavior Survey \(YRBS\)](#) data show there is still more work to do to help students establish lifelong healthy behaviors. The Youth Risk Behavior Surveillance System (YRBSS) monitors six categories of health-related behaviors that contribute to the leading causes of death and disability among youth and adults.

Printables/PDFs for families & staff:

- **Massachusetts Partnership for Infants and Toddlers:** [What do families want? Findings from a statewide family survey and focus groups](#)
- **Harvard U. Center on the Developing Child:** [Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined](#)
- **Child Trends:** [Supporting Families and Child Care Providers during the Pandemic with a Focus on Equity](#)
- **Fathers, Inc.:** [The Blueprint: Reimagining the Narrative of the Modern Black Father](#)
- **Federal Communications Commission:** [Lifeline Support for Affordable Communications](#), several languages
- **Consumer Financial Protection Bureau:** [Your Money, Your Goals toolkit](#). The toolkit has information that helps you have money conversations with the people you serve. Use the tools to help achieve goals and work through challenges. 43 Tools in English, Spanish and Chinese.
- **Consumer Financial Protection Bureau:** [Booklets to help talk about money](#). These colorful, compact booklets can help you talk with people about money topics that are important to them.

- **Wide Open School:** [Brain Breaks and Boosts for Younger Kids](#)
- **mARTin Iemelman:** [Free Coloring Book Masks:, Masks, Masks!](#)
- **Mommy Poppins, NYC:** [Free Coloring Pages for Kids to Download](#)
- **Sesame Street:** [Sneeze and Cough Safely With Grover](#)

Charlie Chaplin: [Good Morning Humanity](#), short video

For Self-care:

- **New York Times:** [It's OK to Feel OK Right Now](#)
- **New York Times:** [How Plants Can Help People Grow](#). Marcus Bridgewater, who posts on TikTok as Garden Marcus, shares tips about caring for one's plants and oneself.
- **TIME:** [Getting Back Pain While Working From Home? An Ergonomics Expert Offers Advice](#)
- **HuffPost:** [5 Signs Your Cat Genuinely Bonded With You During Lockdown](#). Cats and their owners are feeling more connected. An animal behaviorist explains why – and how to avoid separation anxiety.
- **HuffPost:** [Your Dog May Find The End Of Lockdown Distressing. It Needn't Be](#). There's been a spike in canine separation anxiety as owners return to work. Here's how to comfort your pooch.
- **Greater Good Science Center:** [How to Switch Off Your Critics](#). Do you obsess over negative feedback? Shereen Marisol Meraji, of NPR's Code Switch, tries a better way to cope. 23 minute audio
- **Greater Good Science Center:** [Affirming Important Values](#). When your self-image takes a hit, reflect on what matters.
- **30 Seconds:** [Emotional Health & Wellness During COVID-19: 5 Ways to Create Healthy Emotional Boundaries & Start Feeling Better](#)
- **Washington Post:** [Why some people are more optimistic than others — and why it matters](#). A glass-half-full mind-set has been linked to happy romantic relationships, a reduced likelihood of becoming cognitively impaired, fewer sick days and lower levels of pain.
- **Study Finds/U of S. Australia:** [Smiling more often — even faking it — 'tricks' your brain into feeling happy](#)
- **New York Times:** [Feel Like You're Going Out of Your Mind? Consider Your Mind-Set. No](#) one likes to make mistakes, but how you manage them can be a key to a stronger future.
- **NPR:** [Staying Strong During Lockdown Means Reaching Out — And Working Your Mind, Too](#)
- **Washington Post:** [How our brains numb us to covid-19's risks — and what we can do about it](#)
- **NPR:** [Safely Socializing In The Time Of 'Rona](#), 13 minute audio
- **New York Times:** [How to Add More Play to Your Grown-Up Life, Even Now](#). Play can feel silly, unproductive and time consuming. And that's precisely the point.
- **The Conversation:** [6 things you can do to cope with boredom at a time of social distancing](#)
- **NPR:** [Grief For Beginners: 5 Things To Know About Processing Loss](#), 20 minute audio
- **Washington Post:** [Looking for a stress-soothing craft? Try an old one: Paint by numbers](#).
- **Washington Post:** [Time to ditch 'toxic positivity,' experts say: 'It's okay not to be okay'](#)
- **TIME:** [How to Make Homemade Face Masks More Effective—and How to Wear Them Right](#)
- **TIME:** [Standing Too Close. Not Covering Coughs. If Someone Is Violating Social Distancing Rules, What Do You Do?](#)

- **The Conversation:** [In the time of the COVID-19 pandemic, what should you say to someone who refuses to wear a mask?](#) A philosopher weighs in
- **Wirecutter:** [How to Set Up a Remote Learning Space for Your Kids](#)
- **PBS for Parents:** [Make a Mindfulness Jar or Calming Timeout Timer.](#) When things become too much for your little one, pull out this mindfulness jar to help your child relax and settle down.
- **New York Times:** [Nina Simone - I Wish I Knew \(How It Would Feel To Be Free\)](#)
- **New York Times:** [Nathaniel Rateliff - And It's Still Alright](#)
- **CNN:** [Singer's hilarious pandemic video racks up millions of views.](#) Singer KD French sang lead AND backup for a song she wrote about how hard it is to keep off the pandemic pounds.

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **Embrace Race:** [Parents Who Lead on Racial Justice in their Communities](#), August 25
- **Common Sense Media:** [Mirrors and Windows: Why Kids Need to See Themselves Reflected in the Media They Watch](#), August 26
- **Office of Head Start:** [Engaging with Families in Conversations About Sensitive Topics](#), August 27
- **Boston Children's Hospital:** [4 Session Zoom Meeting: The School Nurse and COVID-19](#),
 - Session 3: Caring for High Risk Students, August 27
 - Session 4: Self-Care and Support for Others During the Era of Covid-19, September 1
- **Brazelton Touch Points:** [Strengths-Based Family Engagement Webinar Series](#)
 - [Choosing Your Attitude: Using Strength-Based Family Assumptions](#), Sept. 1
 - [I Hear You: Active Listening to Engage Families](#), Sept. 8
 - [The Power of Observation: Connecting with Families Through the Child's Behavior](#), Sept. 15
 - [The Power of Observation: Connecting with Families Through the Child's Behavior](#), Sept. 22
- **NBCC:** [National Breastfeeding Conference & Convening Reimagined](#). webcast sessions to be released each Monday during [National Breastfeeding Month](#) (and beyond!). The presentations will be offered on-demand and free of charge. The USBC is applying for continuing education (status pending). [Learn more about each set of sessions.](#)
 - August 31: Advancing Breastfeeding Agency in the Community
 - October 5: Sleeping Safely While Breastfeeding
- **Health Resources in Action:** [Secondary Trauma](#). Understand secondary trauma and cumulative stress; focus on improving the wellness and safety of service providers working in direct care with people who use drugs. Sept. 1
- **Pandemic Parenting:** [Grief: Yours, Mine & Ours](#), Sept. 3
- **SAMHSA:** [2020 National Recovery Month Webinar Series](#)
 - [Integration of Medication-Assisted Treatment in Treatment and Recovery Support](#), Sept. 3
 - [SAMHSA Transforming Lives Through Supported Employment](#), Sept. 10
 - [Communities Supporting Recovery](#), Sept. 17
 - [The Importance of Integrating Recovery Support Services: The Certified Community Behavioral Health Clinic Model](#), Sept. 24
- **Story Center:** [Digital Storytelling for Global Health and Rights](#), Sept. 3
- **Office of Head Start:** [Front Porch Series: Elevating the Role of Cultural Responsiveness in Effective Teaching Practices](#), September 3

- **Mental Health America:** 2020 Annual Conference: “COVID-19, Mental Health and the Need for Equity.” September 3-4
- **Health Resources in Action:** Exploring Pathways to Recovery , Sept. 10
- **NICHM:** Protecting Our Children: COVID-19’s Impact on Early Childhood and ACEs, Sept 10
- **Children’s Safety Network:** Preventing Suicide and Self-Harm Among Black Youth, Sept. 10
- **PICCK:** Expanding LARC Services: How to Initiate Postpartum IUD, Sept. 10
- **Office of Head Start:** Anti-Bias Teaching and Learning Environments in Head Start and Early Head Start Programs, Sept. 10
- **National Coalition for Infant Health:** Infant Health Policy Summit, Sept. 10
- **Health Resources in Action:** Exploring Pathways to Recovery Training, Sept 10
- **Health Resources in Action:** Developing an Anti-racist Recovery Movement: Deconstructing and Challenging Existing Policies and Practices Sept. 15
- **Health Resources in Action:** Addressing Drug-Related Stigma and Bias, Sept. 15
- **MDPH/BSAS:** Supporting Youth and Families in Recovery from Substance Use Disorders, Sept. 16 & 17
- **Health Resources in Action:** Analyzing the American War on Drugs and Racist Drug Policies Sept 17
- **HHS Office of Minority Health:** Advancing the Response to COVID-19: Sharing Promising Programs and Practices for Racial and Ethnic Minority Communities, Sept. 17
- **Office of Head Start:** Health Disparities: Responding with a Lens on Race and Ethnicity, Sept. 17
- **Bridgewell:** Resilient Survivors: Strong at Broken Places, September 18
- **BACE:** 4 Day DONA Approved Birth Doula Training, Sept. 18, 25, Oct. 2, 9, in person, in Fall River
- **Mass Breastfeeding Coalition:** Breastfeeding In The Bay State Annual Conference, (virtual) Sept. 21
- **PICCK:** Partners in Contraceptive Choice and Knowledge (PICCK) Annual Meeting for CME/CNE Credit, Sept. 26
- **Fathers Inc.:** Virtual Town Hall, The Blue Print: Re-imagining the Narrative of Modern Black Father, Sept. 29
- **MDPH/SAMSHA:** What We've Learned: COVID-19 & Overdose Prevention Summit, Sept. 29
- **Zero to Three:** Virtual Annual Conference, Oct. 5-9
- **PICCK:** BC ASAP – Same Day Access to Contraception , Oct. 7
- **BACE:** Breastfeeding Foundations for Perinatal Health Workers, October 10
- **BACE:** 4 Day DONA Approved Birth Doula Training, October 10
- **Children’s Trust:** 28th Annual A View from All Sides, October 15, virtual event.
- **Bridgewell:** Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians, October 21
- **Vital Village Network/BMC:** 2020 National Community Leadership Summit, Our Future – Our Communities, One of the most important conferences on the topics of child wellbeing and early-life adversity. Shape the conversation with fellow community leaders, practitioners, change agents, and advocates. October 26-27
- **PICCK:** Postpartum Contraception and Lactation, Nov. 10
- **PICCK:** Implicit Bias Training in Healthcare Part 1, Dec. 8
- **PICCK:** Implicit Bias Training in Healthcare Part 2, Jan. 26

Recorded webinars, courses and other learning opportunities:

- **U of CA, Berkley:** The Science of Happiness. The first MOOC to teach positive psychology. Learn science-based principles and practices for a happy, meaningful life.

- **National Child Traumatic Stress Network:** Strengthening family resilience and coping with traumatic stress webinars: [Family Resilience](#), [Family Resilience and Traumatic Stress: A Guide for Mental Health Providers](#), [Child Trauma, Race, and Urban Identity](#), [Complex Trauma: In Urban African American Children, Youth, and Families](#), [Building Resiliency: Supporting Youth Affected by Trauma and Community Violence](#)
 - **Brazelton Touchpoints Center:** [Webinar archives](#), Supporting Families and Communities through the Pandemic.
 - **NAEYC:** [Virtual Institute](#), Beginning June 1. Free. Six weeks of newly recorded presentations to support your professional development. The Virtual Institute is open to anyone who is interested in some of the latest research and best practices in early childhood education.
 - **ECLKC:** [Head Start Heals Campaign](#) focuses on healing and addresses topics such as resilience, recovery, how to incorporate mental health consultation effectively, how to address challenging behaviors, and ways to have difficult conversations with families.
 - **The Institute for Family Support Professionals:** Rapid Response Virtual Home Visiting, multiple recorded webinars, including: [Home Visiting Models and COVID 19 Response](#), [Virtual Visit Readiness](#), [Engaging Families in Virtual Visits: A Protective Factors' Approach](#), [Screening in Virtual Visits](#), [Using ASQ-3 in a Virtual Environment](#)
 - **Children's Trust:** [Online Resources For Family Support Professionals](#)
 - **Center for the Developing Child, Harvard U.,** [COVID-19 Resources:](#) Guides, Activities, Infographics, E-books and podcasts; some in multiple Languages.
 - **New England Public Health Training Center,** a wide range of training programs and services that strengthen the public health workforce. New Offerings: [Systems Thinking](#), [Story Telling for Public Health](#), and [Holding Effective Meetings](#).
 - **The Ounce,** trainings designed specifically with the needs of home visitors and supervisors in mind. Developed by home visitors for home visitors. Applicable across all national models.
 - **SAMHSA** [Center of Excellence for Infant and Early Childhood Mental Health Consultation](#), podcasts and webinars
 - **HRSA:** The [MCH Navigator](#) is a centralized portal for pursuing continuous learning in maternal and child health (MCH) and is designed to help emerging and established MCH professionals and students map professional growth pathways. (New trainings added)
 - [The Best Start in Life: Early Childhood Development for Sustainable Development](#)
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Reminders of past postings and updated resources:

- **Mass.gov/Children and Youth with Special Health Needs:** [Emergency Care Planning for Children & Youth with Special Health Needs during COVID 19 and Beyond](#)
- **Mass.gov:** [COVID-19 Food Assistance](#)
- **National Alliance on Mental Illness, MA:** [Mental Health Resources](#), including Navigating a Mental Health Crisis; Peer Support; Parenting; Housing; Employment, Legal, Insurance, and much more
- **Department of Mental Health** [DMH Multicultural Mental Health Resource Directory](#): This directory contains information about organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees.
- **MGH:** [Mental Health Resources for Black, Indigenous and People of Color \(BIPOC\)](#)
- **Distant Together:** [Mental Health Resources for COVID-19](#) 180 languages

- **SAMSHA:** [Suicide Prevention Lifeline, COVID-specific tips, Spanish](#)
 - **SAMSHA:** [Disaster Distress Line \(including COVID as a disaster\) - a 24/7/365 multilingual hotline for crisis support](#)
 - **MDPH/SAMSHA:** [Massachusetts Substance Use Helpline](#), an [extensive list](#) of substance use and recovery resources to support support treatment and recovery service providers, people who may be using substances, people in recovery, and other allies as the COVID-19 pandemic continues to evolve.
 - **Boston Public Library:** [COVID-19 Mutual Aid Resources](#)
 - **MA 211:** [HelpSteps](#)
 - **Project Bread:** [Fliers in English, Spanish, and Portuguese on how to PIN P-EBT card](#)
 - **MA Law Reform Institute:** [SNAP & rules for reporting UI in Massachusetts](#)
 - **MA Immigrants & Refugees Advocacy Coalition:** [Resources](#)
 - **Families First:** [Covid-19 Parenting Tips and Resources, Spanish](#)
 - **Children's Trust/one tough job:** [back-to-school 2020 resources for parents](#)
 - **Common Sense Open School:** [free and low-cost internet and devices](#)
 - **MassLegalHelp:**
 - If you need an emergency 209A restraining order or 258E harassment prevention order, see [Asking the court for a restraining order or harassment prevention order during COVID-19](#)
 - Evictions and foreclosures are on hold! See [COVID-19 and Housing](#)
 - Your landlord cannot lock you out or shut off your utilities, See [Illegal Eviction](#)
 - For other public services affected by COVID-19, see our [novel coronavirus](#) webpage.
 - [You have the right to an interpreter](#)
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Racial Justice Resource Compendiums:

- **WGBH:** [Racism: Coverage And Context](#), A series of virtual forums examining race and inequality in Massachusetts
- **Pocket:** [Beyond the KKK: Understanding White Supremacy as a System of Power](#) [Crystal Marie Fleming](#), author of *How to Be Less Stupid About Race: On Racism, White Supremacy and the Racial Divide*, offers a curated reading list examining how systemic racism has been deeply entrenched within our economic system, social and political institutions, public policies, and cultural symbols.
- **Common Sense Media:** [Dr. Ibram X. Kendi Picks: Anti-Racist Books for Kids](#)
- **PBS Parents:** [Talking to Young Children About Race and Racism](#)
- **Justice in June**
- **Appleseed Centers:** [Resources & Tools Regarding Racism & Anti/Blackness and How to be a Better Ally](#)
- **Appleseed Centers:** [Anti-Racism Resource for White People](#)
- **Anti-Defamation League:** [Anti-Bias Education](#)
- **Greater Good Science Center:** [Key Readings from Black Educator-Leaders and Other Leaders of Color](#)
- **Greater Good Science Center:** [Anti-Racist Resources from Greater Good](#)
- **Washington Post:** [Understanding racism and inequality in America](#)
- **Embrace Race:** [Webinars, Articles and Action Guides in English and Spanish](#)
- **Pocket:** [Black Voices at the Mic: Great Podcasts on Love, Sci-Fi, and Radical Honesty](#)
- **America & Moore, Diversity Education, Research and Consulting:** [21-Day Racial Equity Habit Building Challenge](#) ©

- **Smithsonian Magazine:** [158 Resources to Understand Racism In America](#). These articles, videos, podcasts and websites from the Smithsonian chronicle the history of anti-black violence and inequality
 - **Museum Of African American History And Culture:** [Our American Story Online Series](#) showcases individuals and events in the African American experience and places them in the context of a larger story—our American story.
 - **National York Times:** A [collection of historical photos, poetry and articles](#) about Juneteenth, commemorating the end of slavery in the U.S.
 - **30 Seconds Mom:** [Education As an Agent of Change: A Racial Justice Reading List & Resource Guide](#)
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Free Massachusetts Department of Public Health education publications and other materials are available at the [Massachusetts Health Promotion Clearinghouse](#).

Previous volumes of the MHVI Covid-19 Digests can be found in the [State Library of Massachusetts](#) archives.

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