



Welcome to the MHVI Covid-19 Resource Digest, volume 22. 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/)

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:

- **The Boston Foundation:** [A Deeper Look at the Impact of COVID-19 on Communities and the Demand for Social Assistance Programs](#). Boston Indicators builds out a dynamic website, developed in collaboration with other researchers, to track the different ways the current public health crisis and its ripple effects are playing out across Greater Boston and Massachusetts.
- **Boston Globe:** [Finding hope in the messiness of the coronavirus pandemic](#). With our loved ones on top of us in close quarters, or accessible only through a screen, things will inevitably be messy. Yet these challenges can help strengthen our personal resiliency.
- **LifeHacker:** [Finally, Tools to Help You Decide What to Do About School](#) from CDC
- **NPR:** [How Safe Is Your School's Reopening Plan? Here's What To Look For](#)
- **WBUR:** [As Distance Learning Continues Into The Fall, Consider These Tips From Homeschoolers](#)
- **American Association of Poison Control Centers:** [Alert](#): According to the National Poison Data System (NPDS), between March 1, 2020 and June 30, 2020 there was a 10% increase in exposures to household cleaners in children 0-5 years old.
- **CommonWealth:** [One in three renters at risk for eviction, advocates say. Cite Census data, which suggest racial disparities](#)
- **The Conversation:** [Millions of America's working poor may lose out on key anti-poverty tax credit because of the pandemic](#)
- **Center on Budget and Policies Priorities:** [Children Facing Very High Hardship Rates](#)
- **New York Times:** [Real Life Horror Stories From the World of Pandemic Motherhood](#). 'I have been given two options: either resign or get fired.'

- **Boston Globe:** [Boston is usually undercounted in the census. This year may be worse.](#) Self-response rates across the state suggest troubling disparities, with many of the typically hardest-to-count communities — Boston, Everett, Chelsea, and Lawrence — also reeling from the coronavirus. Officials fear that might result in serious undercounts in cities that need federal aid most.
- **US Census 2020:** [Shape your future.](#)
- **Centers for American Progress:** [12 Million People Have Been Excluded From Emergency Increases in SNAP Benefits](#)
- **Centers for American Progress:** [Costly and Unavailable: America Lacks Sufficient Child Care Supply for Infants and Toddlers](#)
- **TIME:** [The Coronavirus Seems to Spare Most Kids From Illness, but Its Effect on Their Mental Health Is Deepening](#)
- **The Conversation:** [Children in foster care face deeper jeopardy during the coronavirus pandemic](#)
- **The Conversation:** [4 tips to help kids to cope with COVID-19 anxiety](#)
- **Washington Post:** [6 strategies for sharing disappointing news with kids, in a year with lots of it](#)
- **Washington Post:** [Tips for creating a good learning environment at home](#)
- **Common Sense:** [Parent Tips and Tricks for Distance Learning](#), Keep kids focused, interested, and balanced while learning from home.
- **The Conversation:** [3 ways to promote social skills in homebound kid](#)
- **Child Mind Institute:** [Tips for Partnering With Teachers in the New School Year.](#) How to set up effective lines of communication. [En Español](#)
- **Child Mind Institute:** [How to Set Priorities This School Year.](#) What to do when you can't do it all. [En Español](#)
- **National Taxpayer Advocate:** [NTA Blog: Beginning August 10th, TAS Can Assist with Correcting EIP Amounts for Limited Groups of Taxpayers](#)
- **Washington Post:** [These are the five stimulus payment problems the Taxpayer Advocate Service will help the IRS resolve.](#) Didn't get your \$500 dependent stimulus check? Starting Aug. 10, Taxpayer Advocate Service will help IRS fix stimulus payment glitches.
- **Washington Post:** [FDA says to avoid these 130 hand sanitizer products that may not work, or are toxic.](#) Regulators say some of the products contain dangerous levels of methanol, which can lead to blindness, hospitalization and even death
- **Washington Post:** [How to help children adjust to masks, according to experts and parents](#)

Other news, towards racial justice:

- **Washington Post:** [The Black Lives Matter Movement Hits a Different Kind of Wall.](#) In Portland, when a group of mothers joined the recent protests in solidarity, their spotlight also underscored — for better or worse — the constant presence of the white ally.
- **NPR:** [Parks In Nonwhite Areas Are Half The Size Of Ones In Majority-White Areas, Study Says](#)
- **The Conversation:** [African Americans have long defied white supremacy and celebrated Black culture in public spaces](#)
- **Zora:** [How to Support Your Strong Friend — And Yourself.](#) It's time to dispel the myth of the strong Black woman, for good.
- **Code Switch:** [One Korean American's Reckoning](#), 26 minute audio
- **Essence:** [Valerie Jarrett: We Have An Opportunity To Change The Culture Around Voting.](#) Reflects on the impact of rep. John Lewis' legacy and the importance of voting.

- **USA Today:** [Voting Rights Act was John Lewis' life's work. 55 years later, minority voter suppression remains](#)
- **National Geographic:** [How the U.S. Voting Rights Act was won—and why it's under fire today. In 1965, this historic civil rights law prohibited discrimination against Black voters.](#) Though it has since been gutted, calls are mounting to renew it.
- **TIME's UP:** [Gender and Racial Inequity During Crisis: Black Women and the Pay Gap](#)
- **New York Times:** ["Nice White Parents" is a new podcast ... about the 60-year relationship between white parents and the public school down the block.](#) 60 minute audio
- **Boston Globe:** [A reckoning has emerged on American English, rife with words and phrases with racist origins or connotations.](#)
- **The Boston Foundation:** [Know Your Price: Valuing Black Lives and Property In Boston.](#) Brookings Institution fellow and author Andre Perry highlights the structures creating persistent racial wealth gaps in America's cities - including ours. 79 minute video
- **The Boston Foundation:** [Qualified Renters Need Not Apply: Race and Voucher Discrimination in the Metro Boston Rental Market.](#) Research conducted from August 2018 to July 2019 revealed significant race and voucher discrimination in the Greater Boston housing market. 60 minute video
- **TIME:** [Author Angie Thomas on How Books Are Transforming the Next Generation: 'They're Realizing Their Power'](#)
- **New York Times:** [Returning From War, Returning to Racism](#)
- **Black Excellence:** [Legacy of a Stolen Black Owned Beach | Bruce's Beach,](#) 9.5 minute video
- **New York Times:** [The Shadow Behind Black Mothers and Their Sons.](#) A Black mother describes her many hopes for her child, and all come tinged with a nagging dread.
- **Washington Post/Teen Vogue:** [Coded Language Is Part of Our Racist Education System](#)
- **Washington Post:** [The Black sorority that faced racism in the suffrage movement but refused to walk away](#)
- **PBS Kids for Parents:** [Using Media to Talk With Children About Race](#)

Other news:

- **CommonWealth:** ['Breakfast after the bell' signed into law. Will provide easier access to school breakfasts.](#)
- **Center for American Progress:** [The Basic Facts About Women in Poverty](#)
- **Pediatrics:** [Family Well-being in Grandparent- Versus Parent-Headed Households.](#) Despite caring for children with greater developmental problems and poorer temperaments, grandparent caregivers seem to cope with parenting about as well as parents.
- **Motherly:** [Want to be a happy parent? Let go of these 15 things to find joy](#)
- **Vital Village:** Coronavirus (COVID-19) continues to impact families in unique ways. We want to understand mental health needs of children and their families during the pandemic and identify ways Vital Village can better support the mental health needs of children and their families during the pandemic. We are seeking families with children ages 0-11 to complete the [Child Wellbeing Support Community Needs Assessment](#). **Please share with families!**
- **Science Daily/Vanderbilt U. Medical Center:** [Miscarriage risk increases each week alcohol is used in early pregnancy](#)

Printables/PDFs for families & staff:

- **NIH:** [I'm So Stressed Out! Infographic](#)
- **NIH:** [Get Excited about the Brain! A coloring and activity book for kids ages 8-12](#)
- **SAMSHA:** [The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue](#)
- **SAMSHA:** [The Opioid Crisis and the Black/African American Population: An Urgent Issue](#)
- **National Center for Pyramid Model Innovations:** Emergencies and National Disasters: Helping Children and Families Cope; guide and re-opening resources on our [Emergency page](#).
- **Vital Smarts:** [Work-From-Home Habits of Effective People](#), Download an e-book to learn the seven work-from-home habits of highly productive people, as well as three simple skills for making these habits your own.
- **NCTSN:** [Recommendations for Trauma-Informed Care Under the Family First Prevention Services Act](#)
- **CLASP:** [The Day That ICE Came: How Worksite Raids Are Once Again Harming Children and Families](#)
- The National Academies of Science, Engineering and Medicine: [Encouraging Adoption of Protective Behaviors to Mitigate the Spread of COVID-19](#) Strategies for Behavior Change (2020)
- **Child Trends:** [Considerations for Building Post-COVID Early Care and Education Systems that Serve Children with Disabilities](#)
- **MassKids:** [Straight Talk About Child Sexual Abuse: A Prevention Guide for Parents](#)
- **National Center for Pyramid Model Innovations:** [Wearing Masks](#) This scripted story helps to explain to children the how, why, and when of wearing face masks. Available in [English](#) and [Spanish](#)
- **National Center for Pyramid Model Innovations:** [I Can Be Safe and Healthy by Washing My Hands!](#) Use this scripted story to teach a child about the why and how to wash hands. Available [English](#) & [Spanish](#).

For Self-care:

- **LifeHacker:** [When You're Feeling Anxious, Try 'Havening'](#)
- **HuffPost:** [We've Been Hit by Insomnia during the Pandemic. This Is What's Helped Us](#). Even with lockdown restrictions easing, many of us are struggling to sleep. Here, readers share their tips to help you get some shut-eye.
- **HuffPost:** [Having Vivid Coronavirus Dreams During The Pandemic? Experts Decode Them](#). All those weird Covid-19 dreams you've been having are a normal reaction to social distancing — and there is meaning behind them.
- **Medical New Today:** [Dreams in the time of the coronavirus: How have they changed, and why?](#)
- **Greater Good Science Center:** [Seven Ways to Find Your Purpose in Life. Having a meaningful, long-term goal is good for your well-being](#). Here's how to find one.
- **New York Times:** [5 Minute Coronavirus Resets: How to get unstuck from your anxiety](#).
- **TIME:** [How to Stay Physically and Mentally Healthy While COVID-19 Has You Stuck at Home](#)
- **Boston Globe:** [Trying to separate life from work while stuck at home during COVID-19? Develop a 'shutdown ritual'](#)
- **NPR:** [COVID-19 Etiquette: 6 Common Conundrums](#) (And A Printable Pocket Guide), 19 minute audio
- **Washington Post:** [Skipped your workout — again? An accountability partner can help you meet your fitness goals](#).
- **Medical News Today:** [10 stretches to try before bed](#)
- **Medical News Today:** [Lucid dreaming: Controlling the stories of sleep](#)
- **The Conversation:** [8 simple strategies to fuel your body during a pandemic](#)

- **HuffPost:** [This Is What Binge-Watching TV Does To Your Brain And Body.](#)
- **What's Up Mom:** [Give Good Zoom: Tips and Tricks to Up Your Game](#)
- **Study Finds:** [Working remotely? Take a break every 30 minutes — your home office may be ruining your back!](#)
- **NPR:** [Now Is The Time To Start Biking,](#) 20 minute audio
- **CNN:** [The correct way to make tea? Science weighs in on microwaving vs. kettle](#)
- **ShondaLand:** [Stargazing: A Magical Way to Escape.](#) Stargazing eases our minds and rejuvenates our spirits, and research has shown that it makes us more compassionate toward others.
- **Boston Globe:** There is an American Public Gardens Association, and it has a [database](#) of public gardens you can visit.
- **New York Times:** [Turn the News Into a Rose.](#) You can make paper flowers as elaborate or as simple as you'd like. A simple bloom is a good place to start.
- **New York Times:** [5 Minutes That Will Make You Love 21st-Century Composers](#)
- **TIME:** [Alabama Principal Masterfully Turns 'U Can't Touch This' Into Everyone's Favorite New Coronavirus Awareness Bop](#)

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **MassInc:** [COVID Impact on the Massachusetts Latino Community: Developing a Path For Recovery,](#) August 12
- **Brookings Institute:** [Black households & COVID-19: Impediments to economic security,](#) August 13
- **Boston Globe Talks:** [Justice, Equity & Inclusion Series: Anti-Racism: Skills For The Workplace Now](#) In partnership with the Massachusetts Conference for Women and State Street, August 13
- **Brazelton Touchpoints:** [Building Resilience while Social Distancing: Parental Depression and Coping,](#) August 13
- **Black Mamas Matter Alliance/NATAL:** [Virtual summit:](#) A 4- Part Docuseries About Having A Baby While Black In The United States, August 15
- **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 17: Innovative Solutions for Coordinating Care
 - August 24: Optimizing Support for All Populations
 - August 31: Advancing Breastfeeding Agency in the Community
 - October 5: Sleeping Safely While Breastfeeding
- **Boston Public Library Online:** [Know Your Rights: Rental Housing During the Pandemic,](#) August 12
- **Zero to Three:** [Supporting Families Affected by Domestic Violence,](#) August 12
- **Office of Head Start:** [Home Visiting Series: Curriculum and Ongoing Assessment in Home-Based Programs,](#) August 12
- **Brookings:** [Black households & COVID-19: Impediments to economic security,](#) August 13
- **KID:** ['Safe From the Start' Children's Product Safety,](#) August 13
- **Brazelton Touch Points:** [Building Resilience while Social Distancing: Parental Depression and Coping,](#) August 13

- **HHS Office of Minority Health:** [Advancing the Response to COVID-19: Sharing Promising Programs and Practices for Racial and Ethnic Minority Communities](#), August 17
- **PBS Kids:** *Special Event for Parents:* [Prepping for a Very Different School Year: Strategies for Parents](#), August 18.
- **Pandemic Parenting:** [Talking to Kids about COVID-19](#), August 18
- **New York Times:** [Finish the Fight. A virtual play celebrating the unsung heroes of suffrage](#), August 18
- **Early Childhood National Centers:** [Supporting Families' Employment, Education, and Financial Goals During Difficult Times](#), August 18
- **New England ADA Center:** [The Changing Reality of Disability in America: 2020](#), August 19
- **HuffPost:** [Navigating Kids' Back-To-School Anxiety: A Conversation With Psychologist Dr. Becky Kennedy](#) August 19 Please sign up [here](#) using the promo code 8Parenting19.
- **Office of Head Start:** [Culture, Diversity, Inclusion, and Equity \(CDIE\): Spotlight on Human Resource Systems](#), August 20
- **Brazelton Touch Points:** [Nurturing the Nurturer: Self-care for Providers & Parents](#), August 20
- **MDPH/Suicide Prevention:** [Save the Indian, Save the Man: A Social Justice Perspective on Suicide Prevention](#), August 24
- **Brazelton Touch Points:** [Strengths-Based Family Engagement Webinar Series](#), August 25 – Sept. 22
 - [A View from All Sides: Perspective-Taking to Support Family Engagement](#), August 25
 - [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
- **Office of Head Start:** [Engaging with Families in Conversations About Sensitive Topics](#), August 27
- **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 3rd and 4th.
- **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
- **MDPH/BSAS:** [Supporting Youth and Families in Recovery from Substance Use Disorders](#), Sept. 16 & 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
- **Zero to Three:** [Virtual Annual Conference](#), Oct. 5-9 Registration not yet open
- **PICCK:** [BC ASAP – Same Day Access to Contraception](#), Oct. 7
- **BACE:** [Breastfeeding Foundations for Perinatal Health Workers](#), 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:

- **MassAIMH/MSPCC/United Way:** Nurturing Children's Social Emotional Development: A Trauma-Informed Approach
- **Fathers Incorporated: Gentle Warriors Academy:** Upcoming Trainings
- **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](#)
 - **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](#)
 - **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](#)

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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