

## **EDUCATION**

[www.classcentral.com](http://www.classcentral.com)

Free online course from top universities like MIT, Stanford, and Harvard.

<https://www.freecodecamp.org/>

Our mission: to help people learn to code for free. We accomplish this by creating thousands of videos, articles, and interactive coding lessons - all freely available to the public. We also have thousands of freeCodeCamp study groups around the world.

## **STAYING CONNECTED**

Google Hangouts (free) – need to have a Google account. Allows up to 10 people to chat in a video call.

Zoom (free) – Users with a free account can host video conferencing for up to 100 people, limit is 40 minutes.

Skype (free) – Up to 50 people for an unlimited duration.

## **THE ARTS**

<https://artsandculture.google.com>

Discover artworks, collections and stories from all around the world.

## **FACEBOOK**

**JBSA CYES-School Liaison** - [https://www.facebook.com/afcyesslo/?ref=br\\_rs](https://www.facebook.com/afcyesslo/?ref=br_rs) , resources for school age children, K-12

**JBSA Military and Family Readiness Flight** – <https://www.facebook.com/mfrcjbsa/>? transition, financial, relocation, job search, etc.

### **Specifically for APF and NAF employees and their families:**

**MagellanAscend.com** – Click on “My Company/Log In”. Type in USAF. For “Select Your Group”, click on Air Force CEAP. Click on the “I agree” box. Click Go.

The following tip sheets may also be helpful:

- [Addressing Healthcare Worker Anxiety about the Coronavirus \(COVID-19\)](#)
- [Preventing Compassion Fatigue](#)
- [Tips for managers: How to help staff members in distress during an infectious outbreak](#)
- [Tips for members: How to manager anxiety and how you react to the situation](#)

**JBSA Chaplain's Office:** 210-466-2828 (duty hours 0700-1700), after normal duty hours call Command Post @ 210-221-9363 for On Duty Chaplain list JBSA FSH, LAK, RND

**Family Life Chaplain:**

Chaplain (MAJ) Mark Smith, is also capable of providing counseling virtually or telephonically. Stress at work, in a marriage, family, or personal relationships can take an emotional toll and even more so during challenging times like these. You can contact Chaplain Smith at (210) 221-9445 or email him at mark.a.smith1143.mil@mail.mil to set up an appointment. He serves Active Duty, Guard, Reserve, Retirees, and DoD civilians.

**Military Family Life Counselor:**

Our Military Family Life Counselor (MFLC), Mr. John Rangel, provides non-medical, off-the-record counseling for relationships, parenting, conflict resolution and military lifestyle issues. We are currently working on rolling out a telephonic/web based counseling component to the MFLC program. The goal is to have these capabilities available this week (30 March). Please call (210) 672-0529 for more information.

**Family Life Program:**

The Family Life Program (FLP) is not currently conducting their normal workshops, classes, or activities in order to abide by the CDC and HPCON mass gathering measures. However, attached is a list of valuable resources for military families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing during COVID-19.

**Personal Financial Counseling:**

The VRC's Personal Financial Counseling professional, Ms. Jeremy Chavez, can now provide virtual counseling to the JBSA community. Having a plan, prioritizing spending, and using resources efficiently will be key to financial stability during uncertain times. Ms. Chavez can be reached at (210) 243-3752 or email her at PFC2.JBSA.USAF@zeiders.com. She serves Active Duty, Guard, Reserve, Gold Star families, and recently retired military (up to 6 months out of service). Please see the attached is a flyer for more information

**Army Wellness Center:**

The Army Wellness Center (AWC) is currently offering wellness classes virtually through Zoom. They also conduct a Facebook live discussion every Monday at 1100 to discuss what kind of content you can expect for the week and anything happening locally that they needs to be highlighted. They also post valuable information daily on their Facebook page and YouTube channel regarding free health/wellness apps, cooking demos, exercise tips and examples, etc. Please see the attached Virtual Health Promotion Flyer and Virtual Health Promotion Class Flyer for more information.

**Nutrition Coaching:**

Nutrition Coaching appointments are currently on hold unless deemed an urgent condition. We are however offering several nutrition classes virtually. Clients can log in from any computer or mobile device to "attend" a class. Attached is a flyer with the class schedule and directs those interested to call (210) 88-3609/2232 to sign up.

**211 Off-base (Texas) Resource Finder:** Phone: [211](tel:211) , website: <http://www.211.org/> ,

Free and confidential help finding local resources across Texas and North America available 24 hours a day, 7 days a week. (In your area- food pantries, housing, senior services, pay utilities, rent, and prescriptions) (State – SNAP, MEDICAIDE, CHIP)

**National Suicide Prevention Lifeline:** Phone: [800-273-8255](tel:800-273-8255) then press 1, **Website:** <http://www.suicidepreventionlifeline.org/>

Free and confidential emotional help for people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Military OneSource:** Phone: [800-342-9647](tel:800-342-9647) , **Website:** <http://www.militaryonesource.mil/>

Free, comprehensive information on every aspect of military life for active duty, Guard, Reserve and their families.

**National Domestic Violence Hotline:** Phone: [800-799-7233](tel:800-799-7233) , **Website:** <https://www.thehotline.org/>

The National Domestic Violence Hotline at 800-799-7233 or 800-787-3224 (TTY) is available 24 hours a day for safety planning and referrals for local resources.

### **SAPR**

JBSA Sexual Assault Hotline 210-808-7272, DoD Safe Helpline: DoD Safe Helpline App: <https://safehelpline.org/app> , Phone: [877-995-5247](tel:877-995-5247)

24/7 support through the Safe Helpline phone or online, information and resources to help address the short and long term effects of sexual assault, as well as practical exercises, to help a person manage self-care.

**Security Forces Desk:** Air Force- 210-671-4748, Army – 210295-5642, Navy 210-221-2244

### **Rainn.org**

Keep an eye on the [RAINN Day Facebook event page](#) to invite others to participate and see how students across the country are spreading awareness. <http://facebook.com/events/629089811237173/>

**Pokemon Go:** adapted the game for social distancing. Play in a group but stay in separate cars and keep space between each other. You get outside, talking to others, having fun, and sharing a common interest.

**DeCA Commissary:** The following links are updated regularly and you can reference them as needed. [www.commissaries.com](http://www.commissaries.com)

[www.facebook.com/YourCommissary](http://www.facebook.com/YourCommissary)

[www.twitter.com/YourCommissary](http://www.twitter.com/YourCommissary)

[www.pinterest.com/YourCommissary](http://www.pinterest.com/YourCommissary)

[www.youtube.com/DefenseCommissary](http://www.youtube.com/DefenseCommissary)

[www.flickr.com/commissary](http://www.flickr.com/commissary)

[www.commissaries.com/subscribe.cfm](http://www.commissaries.com/subscribe.cfm)