

Social Work Resources: When the world seems out of control, faith is our cornerstone. Our hope rests in Him alone, and while that truth is rooted deep within our souls, it is normal to feel a sense of loss of control during this time. Remember who is in control and what proactive strategies you can do to maintain emotional well-being:



Here are a couple resources shared this past week if you haven't had the chance to take a look at them. [This](#) describes possible emotional reactions and resources on explaining COVID-19 to your children. [This](#) will reveal a tip of the day on helping students thrive during e-learning this week.