



# UPLIFT AND BE UPLIFTED: 3/24/2020 POST-EVENT RESOURCE GUIDE

## COMMUNITY SUPPORT:

- Volunteer match portal for virtual volunteer opportunities related to the covid-19 crisis: <https://www.volunteermatch.org/covid19>
- Virtually tip a Bay Area restaurant employee: <https://unstoppablesoftware.com/bayareatipjar/>
- Hospitality Family on Facebook - <https://www.facebook.com/groups/160053511778907/>
- GMIC NCN on Facebook - <https://www.facebook.com/GMICNCN/>
- Caterers offering take-out meals, some with delivery:
  - Culinary Eye (<https://culinaryeye.com/meal-program>) – San Francisco
  - Betty Zlatchin (<https://www.bettyzlatchin.com/orders>) – San Francisco
  - Organic Chef Catering (<http://www.organicchefcatering.com/meal-delivery>) – San Francisco
  - Carrie Dove (<https://www.carriedovecatering.com/contact>) – East Bay
  - Barbara Llewellyn - East Bay (<http://www.barbarallewellyn.com>)

## ARTICLES AND RESOURCES:

- What would happen if the world reacted to climate change like it's reacting to the coronavirus? <https://www.fastcompany.com/90473758/what-would-happen-if-the-world-reacted-to-climate-change-like-its-reacting-to-the-coronavirus>
- Free Enrollment for Yale course: The Science of Well-Being: <https://www.coursera.org/learn/the-science-of-well-being>
- Wisdom Labs - Free kit for mental, social, emotional well being for your and your team [https://wisdomlabs.com/coronavirus-mental-emotional-wellness-response-kit/?utm\\_campaign=COVID-19%20Response&utm\\_source=wl-website&utm\\_medium=banner&utm\\_content=homepage](https://wisdomlabs.com/coronavirus-mental-emotional-wellness-response-kit/?utm_campaign=COVID-19%20Response&utm_source=wl-website&utm_medium=banner&utm_content=homepage)
- CVS Hiring Furloughed Workers: <https://www.marketwatch.com/story/cvs-plans-to-hire-furloughed-workers-from-its-customers-as-companies-get-creative-during-coronavirus-2020-03-23>