



Aldersgate E-SAP Activity Corner: Support & Resources for School Staff, Students and their Parents



Funded by the Montgomery County Office of Drug & Alcohol

Edition 1: Covid-19 Time Capsule

We are living through an unprecedented time, and we're all feeling stress and anxiety. Aldersgate Youth Services Bureau is committed to helping families manage these complex times. Located in Willow Grove, PA, Aldersgate offers counseling support and other supportive emotional, behavioral health, and drug and alcohol prevention/intervention services and programs. We also provide Elementary Student Assistance Programming (E-SAP) in school districts throughout Eastern Montgomery County. Each week, we will be helping families work together to manage this crisis by offering activities and resources to build communication amongst families, help children recognize and name their emotions, and identify appropriate coping strategies.



For our first installment of the E-SAP activity corner, we have provided a Covid-19-time capsule. It's important to remember that while this is all new and strange, we are living through history now. This is the perfect opportunity for kids and families to reflect on what is happening in our world right now, and record it for the future. This also gives young people a sense of control and understanding of a very complex issue. Please utilize this resource as an opportunity to connect with your children and help them process their feelings about living through a pandemic.

Time Capsule created by Natalie Long of Long Creations

Natalie Long is a graphic designer and mom from Canada, and created this Covid-19 time capsule for her daughter. The 11-page document consists of various activities like interviewing parents, listing favorite foods, and writing a letter to themselves. Long wrote on Facebook that "we are all living through history right now, and I thought a 'time capsule' would be an amazing way to document this experience to look back on."

Time Capsule Activity

Aldersgate Welcomes Your Thoughts & Feedback

Survey

We Create Success Stories



If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @ info@aldersgateservices.org. If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

Contact us for more resources:
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