

Child Wellness Resources



Prioritizing children's wellness leads to better outcomes.

Kids feel their best when they're healthy—physically, mentally, emotionally, and socially. You can support your child or teen with these free wellness resources below.

General Wellness

Our Wellness Centers across our service area provide free classes and activities that support your health goals. Find our virtual wellness programming calendar here: www.cardinalinnovations.org/Members/Wellness-Centers

Visit one of our Wellness Centers

Davie Wellness Center

142 Gaither Street, Mocksville, NC 27028
Hours: Monday-Friday, 8:30 a.m. – 5 p.m.
Call: 336-778-3658

Forsyth Wellness Center

650 Highland Avenue, Winston-Salem, NC 27101
Hours: Monday-Friday, 8:30 a.m. – 5 p.m.
Call: 336-714-9100

Rockingham Wellness Center (Inside Layne's Pharmacy)

509 South Van Buren Road, Eden, NC 27288
Hours: Monday-Friday, 9 a.m. – 5 p.m.
Call: 336-778-3659

Stokes Wellness Center

3172 NC Hwy 8 South, Unit B, Walnut Cove, NC 27052
Hours: Monday-Friday, 8:30 a.m. – 5 p.m.
Call: 336-778-3657

Physical Wellness

Eating Well

- Find immediate access to food here: www.feedingthecarolinas.org/locations
- Visit the NC Health and Human Services website to learn more about general food and nutrition services and how to apply for food stamps: www.bit.ly/2MKkI9i

Staying Active

Get moving with the free **Nike Training Club** app. With over 185 workouts, it has something for everyone. Scan this QR code with your smartphone to get started:



Need Free WiFi?

Public libraries offer free WiFi to visitors. You can also apply for discounted home WiFi with a program called Lifeline. Learn more here: www.bit.ly/3oMidjZ

Social Wellness

Find a Social Group

Get connected to others who have similar interests with MeetUp. This free app links you to online and in-person groups, so you and your kids can find a social event that works for you. Get started here: www.meetup.com

Learn More About Social Wellness

The National Institutes of Health created this easy-to-read social wellness toolkit for parents and children. See the toolkit in English and español here: www.nih.gov/health-information/social-wellness-toolkit

Mental and Emotional Wellness

Meditation

Start practicing mindfulness with guided meditation. The **Insight Timer** app offers over 70,000 free guided meditation sessions.

Download the app from here: insighttimer.com

Exploring Spirituality

These resources are for those who are religious, spiritual, or building their belief system.

Find a local house of worship (in alphabetical order):

Buddhist temples:	www.bit.ly/3arZOnk
Christian churches:	www.bit.ly/3cEl2Bq
Mosques:	www.bit.ly/3j6JL2k
Synagogues:	www.bit.ly/3oD2p31

Learn more about other spiritual practices here: spiritualityandpractice.com

Talking It Out

7 Cups is a 24/7 online peer counseling platform. Caring listeners help support and affirm your feelings, so you don't have to bottle it all up. There are chatrooms available for teens ages 13-17. Sign up on their website: www.7cups.com

Activities for Families

Spend time together with these relaxing and educational activities:

- Coloring can help reduce anxiety. **Coloring Home** offers free coloring pages for children, teens, and adults. Color together by printing out pages from their website: www.coloringhome.com
- **Centervention** created a list of 75 social and emotional learning activities for children to do with their parents.

Check out the list here:

www.centervention.com/social-emotional-learning-activities.

Need mental health help fast?

Call ****ASK (star-star-2-7-5)** from your cell phone or dial **1-800-939-5911**.

If you or your loved one is having thoughts of suicide, there is help.

- Call 911
- Call our 24/7 Access and Crisis team at **1-800-939-5911**
- Call the the 24/7 Suicide Prevention Lifeline at **1-800-273-TALK (8255)** or chat online
- For people who identify as LGBTQ, can also call the TrevorLifeline 24/7 at **1-866-488-7386**, chat online, or text **"TREVOR"** to **1-202-304-1200**
- For past and current members of the U.S. military, can also call Military Crisis Line at **1-800-273-8255** (press 1), chat online, or text **838255**.

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone or **1.800.939.5911**.

Or visit us online: cardinalinnovations.org.

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