



The Toby Center for Family Transitions

Administration

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March 19, 2020

An Update for Our Client Families Regarding The Coronavirus (COVID-19)

Dear Friends,

Coronavirus (COVID-19) is impacting our country in an unprecedented way. We are proud to be members of your community and understand that each of you is going through unique challenges. Our first and foremost priority is the safety of our clients and staff members.

Here are a few steps we are taking to continue serving our clients in twelve counties as safely as possible:

- We are prepared to react quickly to decisions from local and national officials that impact our services.
- Please don't hesitate to ask your family monitor for guidance during this period. You may also bring wipes, antiseptic and hand sanitizers to use during your visit if in office setting.
- We are following all guidance from health officials regarding enhanced cleaning and hygiene, and are instructing our staff members to practice social distancing and remain home if they feel ill.
- We respectfully ask our clients to observe social distancing when in visitations.

We understand not everyone may feel comfortable with visitations at this time. Please know our goals are to provide you with comfort and security, that we care about your health and safety. Your family monitor may recommend that you consider varying your visitations with time sharing in public libraries and parks, especially.

The Toby Center for Family Transitions

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Preserving Family Ties When Parents Choose to Separate™

It may be helpful and reassuring to know that online resources have shown that the best place for all of us may be outside in the fresh air, getting sunshine and warmth. Sunshine brings us vitamin D which is the natural ability to obtain a major building block for our immune system. Additionally, as you may do your own research, you will find that fresh air does not carry the germs of influenza, or the corona virus.

At heart we are wish to preserve our family ties. The relationship we have with family members, custodial mothers and fathers, non-custodial parents, and children, all are important and especially vulnerable to measured time during this period.

Like many of you, in times of crisis we all need to keep informed and to take measures to protect ourselves and each other. Let's use this time, too, to find additional ways to communicate and reassure. Ask your family monitors for advice.

This is a time to find new opportunities for engaging our children with social changes. Be honest with them, be transparent and loving. Be natural. Your children will understand more than you may think. Their reactions will require your support and care. They will also admire your responsible conduct and your leadership during may be a frightening, and confusing period.

We deeply appreciate your support in these difficult times. Your children will appreciate your support as well. Attached are resources which may be helpful to you! Please Share!

Wishing you all patience, good health and much more joy,

Mark Roseman

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Here are resources provided by the NASW, the National Association of Social Workers which you may find of value:

Succeeding from Home: Working Remotely During the Coronavirus

<https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3>

8 Tips to Work from Home Effectively

<https://www.blackenterprise.com/8-tips-to-work-from-home-effectively-during-the-coronavirus-pandemic/>

8 Tips to Make Working from Home, Work for You

<https://www.npr.org/2020/03/15/815549926/8-tips-to-make-working-from-home-work-for-you>

Talking to Children about COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Coronavirus Tips and Resources for Parents, Children & Others

<https://preventchildabuse.org/coronavirus-resources/>

Sincerely,

Dr. Mark Roseman, CEO

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