



## EDUCATIONAL LEARNING CENTERS

# ELC - Montevideo

## SEL Resources and Information Newsletter

### Into the Unknown

This handout will offer information and some resources/contacts that may help during the distance learning period. It is natural to have questions and concerns about what the situation means for your family.

**We are in this together,  
and we are here to help where we can.**

### Talking Tips for COVID-19

#### Be Informed and Accurate

Sticking to the facts can help with anxiety and keep you safe. Use sources like the CDC\* or Minnesota Department of Health\*.

#### Create a “Normal” Routine

Creating a daily schedule (as much as possible) can be reassuring and keep them from becoming more overwhelmed.

#### Hold Family Meetings

This is a chance to give information and check in with your children about how they are doing and questions they might have. Remember to be as calm and reassuring as possible.

#### Review Basic Hygiene & Know COVID-19 Symptoms

Reviewing basic hygiene and giving reminders can help stop the spread. Fever, cough, and shortness of breath are all possible symptoms of COVID-19. If you notice these symptoms, call a specialized hotline.\*



### School Contact Information

Phone: 320-321-1484

2419 Washington Ave., Montevideo, MN 56265

#### Site Administrator:

Mindy Halverson, [mindy.halverson@swwc.org](mailto:mindy.halverson@swwc.org)

#### Administrative Assistant:

Kayla Coyour, [kayla.coyour@swwc.org](mailto:kayla.coyour@swwc.org)

#### Transition Case Manager:

Andrea Knutson, [andrea.knutson@swwc.org](mailto:andrea.knutson@swwc.org)

#### Elementary/SUN School Social Worker:

Briana Yerigan, [briana.yerigan@swwc.org](mailto:briana.yerigan@swwc.org)

#### Middle/High School Social Worker:

Molly Ludwig, [molly.ludwig@swwc.org](mailto:molly.ludwig@swwc.org)

## Mental Health & Crisis Resources

### Woodland Center

Crisis services 24/7 1-800-432-8781  
Counties served: Kandiyohi, Chippewa, Meeker,  
Renville, Lac qui Parle, Swift, Big Stone

### Western Mental Health

24/7 Crisis Response Hot Line: 1-800-658-2429

### 24 Hour Crisis Text-Line

Free 24/7 support and information over text.  
Text MN to 741741

### United Way 2-1-1

Free and confidential assistance connecting to local  
health and human services information  
Dial 2-1-1

### Local Human Services Agencies

Lac qui Parle County: 320-598-7594  
Kandiyohi County: 320-231-7800  
Yellow Medicine County: 320-564-2211  
Renville County: 320-523-2202  
Lyon County: 800-657-3760  
Swift County: 320-843-3160  
Big Stone County: 320-839-2555  
Chippewa County: 320-269-6401

\*If you need additional services, call 211 to be connected  
with local health and human services.

## School Announcements & Updates

We will be using Honeywell Alerts for larger  
announcements, and email/phone calls for  
other information.

Other sources may include:

- SWWC Website  
[www.swwc.org](http://www.swwc.org)
- Minnesota Department of Education  
<https://education.mn.gov/MDE/index.html>

\*If you don't have internet access, call the  
school at 320-321-1484 and leave a message.  
We will get back to you as soon as possible.

## Information & News Resources Reliable Websites on COVID-19

- Center for Disease Control  
[www.cdc.gov](http://www.cdc.gov)
- Minnesota Department of Health  
[www.health.state.mn.us](http://www.health.state.mn.us)

**STAY SAFE MN**

## Anxiety or stress during COVID-19 is normal



**Take  
breaks**



**Connect  
with others**



**Ask for  
help**