



With the closing of Baby Gator, the extension of other day care and school closings, and expanded shelter-in-place orders, many of us will have to continue this new “work-life balance” reality for longer than we had hoped. For some, this entails adjusting to working at home, perhaps while caring for children during the workday. It may also involve supervising distance-learning/virtual school requirements. For others, it means being unable to work due to suspension of research tasks and elective clinical procedures. To be sure, this is a stressful experience for all.

**In order to assist with some of these new challenges, we have updated the UFCOM Wellness Resource page to include:**

- **Resources/Tips for Working at Home (including while caring for children)**
- **Resources for Those Who Can't Do Their Job During COVID-19**
- **Updated Childcare Resources**
- **Resources to Assist Parents with Distance-Learning/Virtual School**
- **Virtual Peer Support Groups for UFCOM Healthcare Professionals & Researchers**

These resources (and more) can be accessed by clicking the links below or by visiting: <https://wellness.med.ufl.edu/2020/03/30/resources-to-promote-well-being-during-covid-19-outbreak/>

**\*\*And if you're feeling “Zoomed Out” and just need a quick laugh, check out this video: <https://www.youtube.com/watch?v=JMOOG7rWTPg>\*\***

## Resources/Tips for Working at Home

- [UF HR Resources for Working Through COVID-19](#)
- UF Health IT Remote Access Instructions:
  - [On the Bridge](#)
  - [PDF Available at ufhealth.org](#)
- [UF Research Computing Support](#) (via Slack/Zoom)
- [Psychologist's Advice for Newly-Remote Workers](#)
- [Maintaining Well-being while Working Remotely During COVID-19](#)
- [GatorCare Wellness Tips](#) (scroll down for Occupational Wellness suggestions)

- Tips for Working at Home With Kids at Home:
  - [Working at Home With Kids](#)
  - [Working from Home—Try These Tips](#)
  - [Online Lessons/Activities to Keep Your Kids Busy](#)

## Resources for Those Who Can't Do Their Job During COVID-19:

- [NIH Career Training Resources for Researchers](#)
- [A Guide to Find Work During the Coronavirus Pandemic](#)
- [Projects to Tackle While You Aren't Able to Work](#)
- [Free Online Classes](#)
- [Aid-a-Gator Assistance Fund](#)
- [File for Reemployment Assistance \(unemployment compensation\)](#)

## Childcare Services

- [Gator Sitters—UFCOM Student volunteers to assist with childcare/petcare needs](#) \*\*  
*UFCOM medical and PA students have volunteered to provide help with childcare, petcare, and various errands. Compensation is not required (though you are welcome to provide compensation if you are able)*
- Twinkle Toes Nanny Agency has nannies and baby-sitters available and is giving discounts to health professionals. You can contact the owner, Kristy Bickmeyer, at [kristy@twinkletoesnanny.com](mailto:kristy@twinkletoesnanny.com) to make arrangements.
- [Care@Work via Care.com](#) provides access to nannies and baby-sitters with free access for UFCOM faculty & residents.
- [Bambino Sitters](#) has nannies and baby-sitters available and is waiving booking charges.
- [Nanny Poppinz Nanny Agency](#) requires no upfront fees or application.
- [Sitter City](#) offers baby-sitting services.
- [Bouncers Indoor Playground](#) School-age day camp (8am to 5pm) to support health professionals looking for childcare solutions.
- UF Human Resources has names of care providers referred by Baby Gator. Contact Gayla Beach at 352-265-7553 for information.

## Distance-Learning/Virtual School Resources

- [Alachua County Public School \(ACPS\) Log-in Assistance](#)
- [Alachua County School Closure Resources Facebook Page](#) (Created by Alachua County Council of PTAs. Allows families to share information and resources while school is closed (particularly for parents of kids in ACPS))
- [How to navigate Google Classroom](#)
- “Coronavirus Parents: Parenting in a Pandemic” Facebook Group
  - Search for the Group on Facebook and ask to join
  - Obtain information and support from parents around the country attempting to manage parenting in the current environment“
- [Alachua County Public School COVID-19 Information/Updates](#)

- [ACPS Instructional Continuity Plan](#)
- [Free Meals for Alachua County Children/Teens \(0-18\)](#)

## Virtual Peer Support Groups for UFCOM Healthcare Professionals & Researchers:

- [CTSI Clinical Research Professional Connections “Zoom Room” Peer Support: Daily \(M-F 10am-11am\) “open house” for researchers to give/receive encouragement and support](#)
  - Meeting ID: 478 622 6652
  - Password: 047161
- “University of Florida Women in Medicine and Science” Facebook Group
  - Obtain information, support, and encouragement from female colleagues in UFCOM
  - Email Hamleen Gregoire ([hamleen@ufl.edu](mailto:hamleen@ufl.edu)) to request to be added to the group
- Women in Medicine and Science (WIMS) “Zimm Zoom Room”
  - Hosted by Dr. Ellen Zimmermann, Associate Dean of Faculty Affairs
  - Watch for emails from Dr. Zimmermann for Zoom link invitations
- Gainesville Resilience Peer Support Group
  - [Free support group for healthcare professionals](#) (Saturdays 3:30pm via Zoom)
  - Free 24/7 HIPAA-compliant Zoom Line for healthcare professionals ONLY:  
<https://zoom.us/j/919258971?pwd=bUI4QWVVDK2E0eldSYnZFYjINSm95UT09> (Meeting ID: 919 258 971, password: Peer)

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**As a reminder, in order to access mental health services, please call the UF Health Staff Telepsych Services center between 8:30 a.m. and 7 p.m. (7 days per week) at 352-265-5459 or email [c19peersupport@shands.ufl.edu](mailto:c19peersupport@shands.ufl.edu) [please provide your name, contact number, and best time(s) to receive a call back].**

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Stay well!

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