



For the #PashFam, by the #PashFam. Because we're stronger, together. Enjoy these **free** resources compiled by our amazing community!

Category	Resource	Description	Expires
Creative	Pantone Connect	Build and share color palettes. Cross reference and match colors.	July
Creative	Creative Mornings goes Virtual	CreativeMornings chapters from around the world are coming together virtually	Ongoing
Creative	Bread Ahead Bakery IG Live Tutorials	Join us at 2pm (London time) daily for online baking.	Free for 60 days
Creative	Kennedy Space Center Online Activities	An Astronaut Training Experience!	Free for 90 days
Creative	Learn Origami	Become a folding master with a library of free video and written tutorials	Ongoing
Creative	Free Craft Classes	A variety of arts such as embroidery, art, photography, cooking, quilting, ...	Ongoing
Creative	Creative Mornings Virtual Fieldtrips	Gatherings and workshops hosted by people like you for our global community.	Ongoing
Entertainment	Radio Garden	Radio garden lets you tune into thousands of live radio stations	Ongoing
Entertainment	The Shows Must Go On!	Showtunes and full performances from some of the best loved musicals in history.	Ongoing
Entertainment	GOG PC Games	Stay at home and play some games	Ongoing
Entertainment	Netflix Party	Watch your favorite Netflix show with friends while practicing social distancing	Ongoing
Entertainment	National Live Theatre at Home	Every Thursday, 7pm GMT/2pm EST, see a new National Theatre play released!	Ongoing
Entertainment	NBA League Pass Free Preview	Access to full length and condensed replays of all games from the 2019-20 season, as well as an expansive archive of classic games and content.	May 1
Entertainment	Poki	Play some games - Monopoly, Connect 4	Free for 30 days
Entertainment	Boardgame Arena	Play dozens of popular boardgames virtually with friends and other players, many for free.	Free for 7 days
Entertainment	The Great Librarian Novel	Write a book with your community	Ongoing
Entertainment	NFL Game Pass	Replay NFL games from 2009-2019 and NFL Original Shows	Ongoing
Entertainment	New York Metropolitan Opera	See something new! Met Opera on Demand streaming.	Ongoing
Entertainment	Free Audiobooks for Everyone	Take your pick of free audiobooks to fill your ears with delight	Ongoing
Entertainment	Museum and gallery tours you can take on your couch.	See something new today! Visit galleries and museums from around the world without ever leaving your couch.	Ongoing
Entertainment	The Social Distancing Festival	Celebrating artists and the work that has been cancelled/delayed/disrupted.	Ongoing
Entertainment	Explore the outside world!	Take a virtual tour of 30 Famous World Heritage Sites	Ongoing
Entertainment	San Diego Zoo & Safari Park	Hang out (virtually) at the San Diego Zoo & Safari Park!	Ongoing
Entertainment	Kelp Cam	See the Birch Aquarium without leaving your home!	Ongoing
Entertainment	Hotel Del Coronado	Crashing waves. Ocean breezes. Beaming sunshine. Hello beach!	Ongoing
Entertainment	SXSW Short Film Selections	Enjoy these Short Film Selections from SXSW 2020!	Ongoing
Financial Health	How to Ride Out a Stock Market Crash	Your cheat sheet to investing and surviving the Stock Market storm	Ongoing
Financial Health	Hey Berna budgeting template	Free beginners budgeting template to stay on top of your finances	Ongoing
Financial Health	Online money summit by Hey Berna	Free Zoom workshops to help our people protect their sanity and money.	Ongoing
Financial Health	7 Tips on How to Survive a Sudden Drop of Income	We are working on providing a free online event to our readers.	Ongoing
Financial Health	10 Money Management Tips in Crisis Times to Help you Stay Afloat	The best money management tips to help overcome in a crisis. We are working on providing a free online event to our readers.	Ongoing
Financial Health	Clever Girl Finance Courses	All courses are free to support our community navigate life and finances.	Ongoing
Financial Health	USA Small Business Administration	Small Business Guidance & Loan Resources	Ongoing
For Parents	75+ Educational Indoor Activities	Overcome boredom with the kids with these educational learning activities	Ongoing



For the #PashFam, by the #PashFam. Because we're stronger, together. Enjoy these **free** resources compiled by our amazing community!

Category	☐Resource	☐Description	🕒Expires
For Parents	Mrs. Brown Art Lessons	Hundreds of art lessons for kids	Ongoing
For Parents	Scholastic Learn at Home	Day-by-day projects to keep kids reading, thinking, and growing	Ongoing
For Parents	Your Stay-at-Home Activity Kit	Tried-and-true DIY activities kids & kids-at-heart will love doing at home	Ongoing
For Parents	An aquarium is letting their penguins go on adventures.	While this may be a strange time for us, these days feel normal for animals at Shedd Aquarium. Take a peek!	Ongoing
For Parents	Jelle's Marble Runs	Enjoy the wonderful world of marble racing with your kids.	Ongoing
For Parents	#COVIBOOK	A short book to support and reassure children under the age of 7.	Ongoing
For Parents	A Comic Exploring The New Coronavirus	Kids, this comic is for you!	Ongoing
For Parents	ABCya Educational Games for Kids	Over 400 fun and educational games for grades Pre-K through 6.	Ongoing
For Parents	FREE Printable Coloring Pages for Kids (and adults, too)	Entertain kids with custom illustrated coloring pages during creative time indoors.	Ongoing
For Parents	Galileo self-directed education	If you are new to homeschooling or already experienced homeschoolers, we help students become self-directed learners.	Ongoing
For Parents	Age appropriate media recommendations.	Great resource for movies, tv shows, apps and games for different student age groups	Ongoing
Jobs	Remote Jobs	100+ Companies Hiring Remotely	Ongoing
Jobs	Work for 7-Eleven	7-Eleven is hiring 20,000 store employees due to increased demand	Ongoing
Jobs	Work for Walmart	Walmart is looking to hire 150,000 additional employees in its stores and warehouses through the end of May.	Ongoing
Jobs	Remote Jobs	Entry-level work that you can do at home	Ongoing
Jobs	Work for CVS	CVS Health is hiring 50,000 workers and delivering bonuses to employees who are required to work on-site during the coronavirus pandemic.	Ongoing
Jobs	We Work Remotely	Search remote jobs on We Work Remotely	Ongoing
Jobs	Career Readiness Online Workshop	Personal Branding, Resume Writing.Etc. Yes, different times for each online workshop	Ongoing
Jobs	Creative Mornings Jobs	Global directory of creative companies, professionals, and jobs	Ongoing
Jobs	Remote Work	Get a remote job you can do anywhere.	Ongoing
Jobs	Google Doc with Remote Jobs	Remote Jobs From 100+ Companies Hiring Remotely	Ongoing
Jobs	Remote Jobs	Remote Jobs from Hacker News	Ongoing
Jobs	Remote tech jobs	Find your next remote tech job	Ongoing
Jobs	Flex Jobs	US National Remote, Part-Time, & Freelance Jobs	Ongoing
Jobs	Remote Jobs	Work from anywhere	Ongoing
Jobs	Make money online	A curated list of 100 modern ways to make money online.	Ongoing
Jobs	Now Hiring	Companies currently hiring now	Ongoing
Jobs	Torch Capital resources	Connecting talent affected by layoffs with employers looking to hire.	Ongoing
Jobs	Elpha	Find great work opportunities	Ongoing
Jobs	Hiring Freezes	Learn which companies are freezing their hiring during this Coronavirus	Ongoing
Jobs	Layoff Hiring List	Helping you find your next great job	Ongoing
Jobs	Internships	A place for students and internships	Ongoing
Jobs	Digital health jobs	Find a job in digital health	Ongoing



For the #PashFam, by the #PashFam. Because we're stronger, together. Enjoy these **free** resources compiled by our amazing community!

Category	☐Resource	☐Description	🕒Expires
Jobs	Virtual Internships	Connecting Students to Virtual Internships during COVID-19	Ongoing
Jobs	Remote startups	150+ Remote Startups hiring	Ongoing
Jobs	Jobs	The ultimate list of job seeker resources	Ongoing
Jobs	Internships	Internship status of companies - COVID-19	Ongoing
Jobs	Internships	Data about internships compiled from discussions on the internet	Ongoing
Jobs	Job resources	Supporting anyone unfortunate enough to be affected by layoffs.	Ongoing
Jobs	Remote jobs and more	The ultimate COVID-19 job resource stack	Ongoing
Learning	Babbel	Three months of free language learning to U.S. students	Ongoing
Learning	Free Two-Month Access to Skillshare	Free two-month Skillshare access for those with .edu and .k12 email addresses	Ongoing
Learning	Here are 450 Ivy League courses you can take online right now for free	Learn from 8 Ivy League schools	Ongoing
Learning	GEEO Teacher Travel - Virtual Trips	Virtually travel around the world with GEEO Teacher Travel.	Ongoing
Learning	Covid-19: Research, Response & Learning	A evidence-based resources page featuring updates, interactive outbreak tools, a short online course, podcasts and more.	Ongoing
Learning	Education Companies Offering Free Subscriptions	Educational resources, mostly for school-aged but some for all.	Ongoing
Learning	Google Analytics Academy	Learn Google Analytics to grow your business and boost your career	Ongoing
Learning	Codecademy	Offering 10,000 scholarships to Codecademy Pro for free to high school and college students across the world for the rest of the school year.	Free for 2 months
Learning	freeCodeCamp	Learn to code	Ongoing
Learning	SCORE Mentors	Small Business Administration resource with mentorships, webinars and more relevant to starting or maintaining a small business. Get a mentor for free.	Ongoing
Learning	1 Free month of Unlimited Access!	An extensive video library of professional development related content as well as English training for those who speak English as a second language.	Ongoing
Learning	Free 7-Day Challenge: Learn 28 American English Expressions in week	7-day mini-course filled with pop culture to teach English as a Second Language. You'll learn new Phrasal Verbs, American Culture, Collocations, Idiomatic expressions. E-workbook included.	Ongoing
Learning	Teachers Pay Teachers	Are you now your kiddo's teacher? Search a lesson you are working on, click the "free" box and activities will pop up. Great for school work and speech therapy!	Ongoing
Learning	Data Visualization	Using Data Studio tool for data visualization and build own dashboards	Ongoing
Learning	Fundamentals of Digital Marketing	A free certification course from google to learn basic of digital marketing.	Ongoing
Learning	Ivy League MOOC Library	thousands of free online courses from Ivy League universities	Ongoing
Learning	Access to Academic EBooks with .edu email	RedShelf is allowing access to 7 ebooks on their site	Free for 1 month
Learning	Academic ebooks Accessible with .edu log in	VitalSource is allowing students access to 7 ebooks	Free for 7 days
Learning	Online Study Abroad!	Connect and engage in culture, while limiting daily in-person interactions with this free study abroad experience, all online April 6-June 26.	Ongoing
Learning	Learning Safari Live!	Zoo keepers giving educational presentations and answering questions live! Presentations are Monday's, Wednesday's, and Friday's! 12:00 Pacific Time 3:00pm Eastern Time	Ongoing
Learning	10-Day Symon Dinner Series	Learn to cook with limited ingredients! Watch every day at 5 PM EST	Ongoing
Learning	E-Textbooks	VitalSource is allowing students to borrow up to 7 e-textbooks	Ongoing
Learning	Training for GSuite Certification	Learning about all the Google Services like Docs, Sheets, Drive etc...	May 25



For the #PashFam, by the #PashFam. Because we're stronger, together. Enjoy these **free** resources compiled by our amazing community!

Category	☐Resource	☐Description	🕒Expires
Learning	Tableau Training	Data Visualization tool	May 25
Learning	Career Contessa	Free webinars for the career-minded lady	June 26
Learning	Free books!	Download over 300,000 books from the NYPL	Ongoing
Learning	TNTP Home Learning Resources & Strategies	Resources for learning at home when schools close	Ongoing
Learning	Free planning sessions for school system leaders	A limited number of free planning sessions are available for school system leaders—to help think through instructional content, staff training plans, schedules for home learning, and more. Email to learn more.	May 25
Learning	Free 3 Months of Guitar Lessons from Fender Play	Guitar type and style of your choice.	Ongoing
Learning	Libby	Audiobooks and ebooks	Ongoing
Learning	Quarantine E-Books	100s of PDFs of books for folks to read	Ongoing
Learning	National University Free Online Classes	3 months of free online classes to all CA college and high school students impacted by this.	Ongoing
Learning	Ramit's Fireside Chats	Ramit Sethi will be teaching something new about money, business, psychology and careers at 8:30pm EST time daily until this is over	Ongoing
Mental Health	Mindspo Mindfulness Masterclass	Tap into the present with this free Masterclass.	Ongoing
Mental Health	A collection of podcasts and poetry for uncertain times	A collection of podcasts and poetry for however you're processing or experiencing the COVID-19 pandemic.	Ongoing
Mental Health	Tap into Live Group Meditation	Ten minute guided group meditation. Monday through Friday, 3pm ET with Tap In, a live group meditation app.	Ongoing
Mental Health	Virus Anxiety	Resources for anxiety and your mental health in a global climate of uncertainty.	Ongoing
Mental Health	Meditation and Mindfulness Resources	Compiled resources for mental and emotional wellness through this time, sleep meditations, mindfulness resources, etc. All free.	Free for 3 months
Mental Health	Coronavirus Sanity Guide	Resource page with meditations, podcasts, blog posts, and a "live sanity break," featuring Dan Harris & some of the world's best meditation teachers.	Ongoing
Mental Health	Alo Gives	Free mindfulness videos for kids	Ongoing
Mental Health	Coursera	Free courses for well-being: From de-mystifying mindfulness to understanding the science of happiness.	Ongoing
Mental Health	Mindfulness Moments	Connect, raise your awareness and get centered. Class is held every week, Mon-Fri 9AM PST, 12PM EST. 20-30 minute classes	Ongoing
Mental Health	Practicing resilience in community	12:30 central time M-F, 30 minutes	Ongoing
Mental Health	Reduced Cost Online Counseling	Reduced mental health sessions and free tips from licensed therapists	Ongoing
Mental Health	Resources and Referrals	So many of us are wanting to find support to both process and manage our current experience. Click the link to find telehealth options at reduced rates.	Ongoing
Mental Health	Press pause on your day	Meditation: Just a little goes a really long way	Ongoing
Mental Health	The Science of Well Being	Engage in a series of challenges designed to increase your own happiness and build more productive habits.	Ongoing
Mental Health	Virtual AA/NA meetings	Virtual AA, NA, and Al-Anon meetings (online, via Zoom, or via phone)	Ongoing
Mental Health	Communication & Social Skills Online Class	For Young Adults with ASD, ADHD, Anxiety & other Social Challenges	Ongoing
Mental Health	21 Days of Meditation	Finding hope in uncertain times	Ongoing
Mental Health	The Imperfectly Perfect Self-Compassion Challenge: 5 Days to a New Mindset	Learning the foundation of self-compassion and how to apply it over the course of 5 days (evergreen)	Ongoing
Mental Health	Hacks to calm you down fast	How To Calm Down Quickly, Using These 15 Expert Hacks	Ongoing



For the #PashFam, by the #PashFam. Because we're stronger, together. Enjoy these **free** resources compiled by our amazing community!

Category	Resource	Description	Expires
Mental Health	Virtual Emotional Wellness Reflection Circle	Hour-long guided meditation, emotional wellness tools & a facilitated reflection dialogue.	Ongoing
Mental Health	Dealing with Coronavirus Anxiety	How we can manage our anxieties during this global pandemic	Ongoing
Mental Health	Insight Timer	35,000 free guided meditations	Free for 21 days
Mental Health	Mindfulness in the Time of Change + Uncertainty	Tools to breathe, slow down, and make sense of these crazy times	Ongoing
Mental Health	Breathing Exercise Amid COVID-19 Outbreak	Breathing exercises to protect your mental health as the COVID-19 outbreak unfolds	Ongoing
Mental Health	5 Tips to Protect Your Mental Health During COVID-19	Mental Health recommendations from experts at UC San Diego Health	Ongoing
Mental Health	Meditation for Anxiety - Yoga with Adreiene	A 15-minute simple at home meditation to provide relief from anxiety, stress and energetic imbalance	Ongoing
Mental Health	20 Minute RAIN Meditation	Bringing mindfulness and compassion to difficult emotions.	Ongoing
Mental Health	Calm Meditations	Take a deep breath: Hand-picked curation of content to support your mental wellness.	Ongoing
Mental Health	Mindspo Youtube	10 free self care tips to feel refreshed	Ongoing
Mental Health	Danielle LaPorte Meditation and Breathing	Offering meditation and encouragement daily at 12:00 PM PT	Ongoing
Mental Health	Live Meditation Broadcast	20 days of live meditation: March 20-April 4, 9.30am PT, 12.30pm ET	Ongoing
Mental Health	Journal Your Feelings: A 30-Day Guided Journey	Daily reflection to navigate your emotions and locate your inner calm: March 22-April 20	Ongoing
Mental Health	Lessen your Anxiety	How to Manage Your Mental Health in the Face of Coronavirus Uncertainty	Ongoing
Mental Health	24/7 Wellness	Health and wellness classes streaming free	Ongoing
Mental Health	Free Yoga Nidra Meditation	Download this Yoga Nidra Healing Meditation for a deep relaxation experience to release anxiety, reduce stress, heal physical and emotional layers, and connect to life's purpose. 1 hour of Yoga Nidra = 4 hours of deep sleep.	Ongoing
Mental Health	Free Mindfulness Resources	Help your wellbeing during COVID-19 - Breathing, Mindfulness and Meditation Resources	Ongoing
Mental Health	Slow-breathing music tracks	Breathing pace is vital when practicing biofeedback at home. Come here to play or download paced slow-breathing music tracks that match your resonant frequency.	Ongoing
Mental Health	Insight Timer Meditation	Re-Centering In Times Of Uncertainty	Ongoing
Other	Resources for Artists in the COVID-19 Crisis	Emergency grants, freelance resources, legal aid, and more.	Ongoing
Other	RPL Staying in? list	More resources from the Rossland Public Library.	Ongoing
Other	Virtual networking event	This is a weekly Wednesday event focused on collaboration, connection and community through April 29, 2020.	Ongoing
Other	Covid19 Risk Assessment	This quiz is great if you feel you have symptoms. It takes a few minutes and will tell you what your next steps should be.	Ongoing
Other	Online Legal Resource Channel	We will be launching an online legal resource under the brand Bootleg Legal; stay tuned for the launch and subscribe to the YouTube channel.	Ongoing
Other	COVID-19 San Diego Community Resources	Latest updates and resources for the City of San Diego	Ongoing
Other	COVID-19 Resources for Undocumented Californians	Latest updates and resources provided (also in Spanish) for undocumented folks throughout California (NorCal & SoCal)	Ongoing
Other	Info on State of CA benefits for workers impacted	Find more info about programs available from the State	Ongoing

