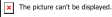


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### **UPDATED LINKS:**

***"Life will break you.  
Nobody can protect you from that,  
and living alone won't either,  
for solitude will also break you with it's yearning.  
You have to love.  
You have to feel.  
It is the reason you are here on earth.  
You are here to risk your heart.  
You are here to be swallowed up.  
And when it happens that you are broken,  
or betrayed, or left or hurt, or death brushes near,  
let yourself sit by an apple tree  
and listen to the apples falling all around you in heaps,  
wasting their sweetness.  
Tell yourself you tasted as many as you could."***

*~Louise Erdrich*

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~Artwork by Daniel Arrhakis

**This is a time of great uncertainty.**

**We are all faced with the changes  
that are beyond our control.**

**Studies show that 1 in 6 Americans  
suffer from depression, anxiety  
or some other form of mental health challenge.**

**Even for those who do not battle for mental health are  
feeling the pressure of lack of control, unpredictability**

and concern for the future.

Here are some tips to help you cope  
in this time of uncertainty:

- Accept the current state of affairs
- Don't take unnecessary risks
- Contact creditors right away
- Send temporary hardship letters
- Use community and government assistance programs
- Lean on your community
- Shop local online
- Trust that things will improve

We are strong and resilient.  
We will make it through this with a better sense  
of who we are and what we need.  
Stay hopeful and optimistic.

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## Local Resources

City of St. Cloud  
Mayor's Daily Update COVID-19

[Visit our website](#)

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Greater St. Cloud Development Corporation  
Updates from State of MN,  
DEED, CEO of CentraCare

[Visit our website](#)

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St. Cloud Area Chamber of Commerce

## **COVID 19 Resources**

[Visit our website](#)

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### **WJON**

**List of Central MN Restaurants Staying Open for Take Out Orders**

[Visit our website](#)

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### **U.S. Small Business Administration Disaster Assistance**

[Visit our website](#)

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### **United Way of Central MN COVID-19 RELIEF FUND**

[Visit our website](#)

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**St. Cloud Times  
Local businesses offering free or reduced-price  
meals to children**

[Visit our website](#)

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**Visit Greater St. Cloud Convention and Visitors Bureau  
Greater St. Cloud Dining Options During COVID-19**

[Visit our website](#)

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**Stearns County  
Local COVID-19 Information**

[Visit our website](#)