



COVID-19: Links to Resources

Compiled by the Professional Development and Engagement Center (PDEC)
updated 5/26/2020

*Please note: These links are sources of information that may be useful in light of COVID-19,
but the PDEC does not advocate for their content.*

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To submit a resource for consideration, please fill out the [following form](#).

Emergency Information, Funding, & Resources

Emergency Information

[San Francisco City Services and Information](#)

COVID-19 updates from the city of San Francisco.

[San Francisco Department of Public Health](#)

Health Orders and other information released by the San Francisco Department of Public Health.

[San Francisco Food Resources Viewer](#)

Interactive map showing location of restaurants, groceries, and other food locations open during COVID-19.

Bay Area Funding Resources

[Performing Arts Worker Relief Fund](#)

Formed by Theatre Bay Area, this resource is for performing arts workers who are facing a loss of income due to the ongoing COVID-19 crisis.

[State of California Employment Development Department](#)

The EDD provides a variety of support services to people who have lost their jobs or have had their hours reduced due to the impacts of COVID-19 in California.

[San Francisco Arts Commission Relief Fund](#)

San Francisco relief fund to provide financial support for the arts community during the COVID-19 emergency.

[San Francisco Arts Commission Resources](#)

Resources compiled by SFAC to support arts organizations and artists during the COVID-19 emergency

[Creative Sonoma](#)

A list of emergency resources for artists and arts organizations sorted by discipline.

[California Arts Council](#)

Emergency funding opportunities, emergency preparedness best practices, and webinars featuring arts leaders and artists from the national arts community.

[Artist Power Center](#)

Founded and fueled at Yerba Buena Center for the Arts, Artist Power Center is a digital platform created to help artists and cultural workers navigate emergency relief and continue to build long-term careers.

Other Arts Funding Resources

[COVID-19 Resources for Artists of Color](#)

These resources include fundraisers, financial support, and mutual aid networks, among other tools.

[Foundation for Contemporary Arts Emergency Grants](#)

The Foundation for Contemporary Arts is creating a temporary fund to meet the needs of experimental artists who have been impacted by the economic fallout from postponed or canceled performances and exhibitions.

Artist Relief

Artist Relief will distribute \$5,000 grants to artists facing dire financial emergencies due to COVID-19.

NYFA Emergency Grants

List of COVID-19 emergency resources (many are discipline and/or location specific).

Actors Fund

The Resource section is an ongoing collaborative effort at The Actors Fund to provide a one-stop database of services and organizations that meet the unique and essential needs of the arts and entertainment professional (can sort by organization and/or state).

Creative Capital

List of arts resources during the COVID-19 outbreak, including National and Local Grants.

COVID-19 & Freelance Artists Emergency Funding

Grants and relief funds geared toward freelance artists & independent contractors.

Musicians Foundation

The Musicians Foundation Grant offers grants for emergency situations if you've been a working musician in the US for the last five years.

Recording Academy MusiCares

The "heart and soul" of MusicCares is the Emergency Financial Assistance Program that provides critical funds for music people struggling with financial, medical, or personal crises.

Wellness Resources

Mental Health

[Sarah Berman](#)

Our counselor is available for free counseling by secure video conferencing online.

[California Peer-Run Warm Line \(855-845-7415\)](#)

A non-emergency resource for anyone in California seeking emotional support.

[Staying Motivated While “Sheltering In Place”](#)

This document has some suggestions and activities to help increase your motivation during this pandemic.

[Pair Up](#)

A place for creatives to find and offer their time to others with the goal of sharing, learning, and problem solving with each other.

[Self-Care Strategies During Uncertain Times](#)

A few self-care activities from [AFSP](#) to help you take a step back, breathe, and focus on your well-being.

Fitness & Yoga

[Jeremy Falk](#)

San Francisco based yoga teacher offering 100% donation based online classes.

[DoYogaWithMe](#)

Offering any new visitors 2 months of free access to their premium content.

[CorePower Yoga](#)

CPY is streaming classes each day at 8am, 1pm, and 6pm MT, with a special weekly collection of online classes also available [here](#).

[Planet Fitness](#)

Free home “work-ins”, with a daily live-streamed class at 4pm PT on [Facebook](#).

[Physique Dance & Fitness](#)

All classes will be available in their Online Program for viewing at no cost.

Meditation

[WeMeditate](#)

Live-streamed, guided meditation sessions daily at 11am PST.

[Mindfulness Association](#)

Daily guided meditation from 7:00-7:30pm.

[Morning MeditOceans](#)

Guided meditations with critters from the Monterey Bay Aquarium.

[SF Dharma Collective](#)

Online meditations held daily to help connect our collective consciousness.

[Healthline: 10 Breathing Techniques](#)

Ten different breathing exercises to reduce stress or anxiety.

[Simply Straight to Sleep: Guided Meditations](#)

A guided sleep meditation created by [Lauren Ostrowski Fenton](#).

Experience Art From Home

San Francisco Performances & Streams

[SFCM Tiny Dorm Concerts](#)

View past live-streamed performances and masterclasses hosted by SFCM.

[San Francisco Symphony: *Keeping Score*](#)

Michael Tilson Thomas and the San Francisco Symphony's *Keeping Score* television series is now available for free global online streaming.

[San Francisco Opera: *Opera is ON*](#)

Opera is ON is available to provide comfort, beauty, and joy during the COVID-19 crisis through streaming content delivered directly to your inbox.

[SFJazz: Fridays at Five](#)

A new series of weekly pre-recorded concerts that aspire to connect you - to music, to musicians, to the warm and unique feeling of experiencing live music.

[SF Ballet @ Home](#)

San Francisco Ballet digs through the archives to showcase some of their favorite pieces from recent years.

Other Performances & Streams

[National Chamber Music Month Virtual Events](#)

A list of live-streamable events to celebrate National Chamber Music Month.

[NPR List of Live Concerts](#)

A comprehensive list updated daily of live virtual concerts to stream.

[Musical America Free Guide to Free Streams](#)

Another comprehensive list updated weekly of free concerts to stream.

[Metropolitan Opera](#)

Nightly opera streams available, with a new schedule each week.

[Live with Carnegie Hall](#)

Live-streaming unforgettable episodes featuring some of the world's finest artists!

[Lincoln Center at Home](#)

Lincoln Center's new portal enables families and communities to keep the performing arts front and center.

[Berlin Philharmoniker](#)

The Philharmonie's Digital Concert Hall is offering free access to all concerts and films.

[Kennedy Center Digital Stage](#)

Watch extraordinary performances from the Kennedy Center's stages and beyond.

[The Royal Opera House: Our House To Your House](#)

Full-length productions, musical masterclasses and glimpses behind the scenes of The Royal Opera House can be seen for free any time, anywhere across the globe.

[Naxos Music Library](#)

Thousands of audio tracks to stream, including classical music, jazz, new age, and educational recordings.

[Medici.tv](#)

The world's leading classical channel that allows users to access the world's most prestigious performances, competitions and events, historical documentaries, educational programs, and master classes.

[JamBase Couch Tour Alert](#)

Enjoy live music with no bathroom lines from the comfort of your own couch.

[Filmed on Stage](#)

Musicals and plays you can stream for free, updated daily.

[National Theatre At Home](#)

Enjoy world-class theatre online, with a new show featured every Thursday.

Museums

[Smithsonian](#)

Many of the Smithsonian's resources are available online, including some of their exhibitions for a virtual museum tour.

[The Walters Art Museum](#)

Explore seven millenia of art from cultures around the world anywhere online.

[SFMOMA](#)

A collection of videos and articles from around the museum.

[de Young Museum](#)

A collection of favorite articles about the collections and exhibitions, videos about conservation, and interviews with curators.

[Google Arts & Culture](#)

Explore museum exhibitions and collections from home.

Live Webcams (mostly animals!)

[Monterey Bay Aquarium](#)

With ten cams to choose from, you can experience the wonder of the ocean no matter where you are!

[Explore](#)

Live nature cams, featuring [Puppy Playroom at Warrior Canine Connection](#), [SPCA LA Cat Porch](#), and much more!

[Edinburgh Zoo](#)

Live cams for pandas, tigers, koalas, and penguins!

[Houston Zoo](#)

Live cams for giraffes, gorillas, elephants, rhinos, chimps, and flamingos!

Other

[The Social Distancing Festival](#)

This site is for celebrating art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever.

Webinars & Online Workshops

Upcoming

[May 29 | Career Exploration and Transition: How to Discover Your Passion During a Time of Uncertainty](#)

This free webinar will focus on strategies to navigate the career exploration process; how to discover your passion while taking into consideration known and yet to be developed interests, priorities, and marketable skills; and how to harness new opportunities that might emerge during and post the Coronavirus pandemic.

[June 2 | Practicing Community Care During COVID-19: Storytelling for Community Healing and Resistance](#)

A series of community care circles to bring together groups of 10 people to reflect on what is happening and share resources & strategies for caring for ourselves and each other.

Ongoing

[One-to-One: How Leaders are Managing the Crisis](#)

Musical America talks with industry experts and leaders about navigating these extraordinary times.

[Bay Area Arts Educators: COVID-19 Weekly Zoom](#)

Every Monday 12-1pm, this is a simple, responsive, inquiry-based space of connection, vulnerability, and mutual support.

[Teaching Artist Think Tank Weekly Zoom](#)

Every Wednesday 3:30-4:30pm, this is specifically for teaching artists to come together, share resources, and respond to our rapidly changing professional and creative worlds.

[Coping with COVID Online Workshops](#)

Hosted by Creative Capital, designed to help artists mitigate the effects of the pandemic and economic situation.

[Art World Conference](#)

Business and Financial Health for Artists and Art Professionals, offering free online finance workshops

[Education Week Webinars](#)

A collection of free and premium virtual broadcasts and webinars.

Past

[Rebooting and Managing after COVID-19](#)

Hosted by The NonProfit Times

[ACCM2020 California Arts Advocacy Day](#)

Recorded webinars from CA Arts Advocacy Day

[COVID-19 & Freelance Artists Archived Events](#)

[COVID-19 Resources and Actions for Artists and Freelancers](#)

Hosted by Music Workers Alliance

[Look for the Helpers: Learning and Teachings for Building Resilience](#)

Hosted by HowlRound TV Network

[Virtual Forums: Combatting Coronavirus](#)

Hosted by The Chronicle for Higher Education

[Essential Strategies for Working Remotely: Interpreting Emails, Text Messages, and Chats without Virtual Misunderstandings](#)

Ideas on how to interpret written communication so that you can successfully communicate with virtual miscommunication and misunderstandings.

[Stress Management in the COVID-19 World](#)

The five techniques proven by science to reduce stress, and how to easily integrate them into your daily life.

Articles & Writings

[“Beating Pandemic Burnout”](#)

By Rebecca Pope-Ruark

Published by Inside Higher Ed

[“Home Offices Shouldn’t Be Toxic Workplaces”](#)

By Nina Berman

Published by Fractured Atlas

[“Productivity and Happiness Under Sustained Disaster Conditions”](#)

By Aisha S. Ahmad

Published by The Chronicle of Higher Education

[“Why do we turn to music in times of crisis?”](#)

By Michelle Langley and Leah Coutts

Published by World Economic Forum in collaboration with The Conversation

[“The Power of Music to Help Cope with COVID-19”](#)

By Kim Waterman

Published by Northwestern Medicine

[“How to Ace the Virtual Interview”](#)

By Kim Brettschneider

Published by The Chronicle of Higher Education

[“How to Salvage a Disastrous Day in Your COVID-19 House Arrest”](#)

By Aisha S. Ahmad

Published by The Chronicle of Higher Education

[“Mental Health During a Pandemic”](#)

By Michelle Llamas

Published by Drugwatch

Teaching Resources

[Arts Education Alliance of the Bay Area](#)

Free memberships available now, and join the voices of teachers, artists, and community members supporting the arts.

[Save the Music Foundation](#)

Save the Music is committed to sharing high quality educational resources with music teachers and schools.

[Carnegie Hall: Resources for Music Educators](#)

Carnegie Hall's Weill Music Institute provides a wealth of digital programs and resources for educators to use free of charge, including the [Music Educators Toolbox Resources](#).

[National Guild for Community Arts Education](#)

Membership is in a "pay what you can" model during the COVID-19 crisis, while webinars and social forums are free.

[Royal Opera House Learning Platform: Create and Learn](#)

Whether you're looking for simple activities, a creative home-schooling project, or theatrecraft fun, Create and Learn invites you to explore the magical world of the theatre from home for free!

[The Chronicle of Higher Education](#)

Free webinars available, plus sign up for a newsletter of the most recent education news delivered right to your inbox each morning.

[Education Week Webinars](#)

A collection of free and premium virtual broadcasts, including upcoming and on-demand webinars.

[Resources to Help Ensure Accessibility for People with Disabilities](#)

A high-level overview created by the National Endowment of the Arts of ways to create an inclusive experience for your virtual and digital events.

PDEC & Library Resources

PDEC Resources

[SFCM COVID-19 Student Relief Fund](#)

The COVID-19 Student Relief Fund supports the remote learning needs of SFCM students. This \$25,000 fund allows students to apply for reimbursement for technological equipment necessary for a successful semester at home.

[PDEC Guides and Handouts](#)

We've put together some resources that will help you understand and create materials you'll need as you enter your professional life.

One-On-One Appointments

Don't hesitate to schedule an appointment with [Rachael Smith](#) or [Danielle Cheiken](#) to discuss anything regarding your professional development.

Online Music Research Tools

SFCM's Library Catalog

Search thousands of item records available at SFCM, then narrow your search using filters. You can find some journal articles directly, but you will have better searching results in databases specific to your research topic.

Cambridge Companions Online

Series of educational collections written by leading experts covering a wide range of musical genres.

IPA Source

The web's largest library of International Phonetic Alphabet (IPA) transcriptions and literal translations of opera arias and art song texts.

JSTOR (LibGuides)

Most widely used research database offering academic journals, ebooks and primary sources.

Music & Performing Arts Collection (LibGuides)

Index of an extensive range of research materials including classical music and opera, Theater and popular music.

Oxford Music Online

Covers all aspects of music, including composers, performers, terminology, musical genres and forms. Includes New Grove Dictionary of Music and Musicians, New Grove Dictionary of Jazz and New Grove Dictionary of Opera.

RILM Abstracts of Music Literature

A comprehensive bibliography of writings on music serving the global music research community.

PQDT Open

Free access to the full text of dissertations and theses.

Other Resources

San Francisco Public Library

SFPL offers remote access to many online databases, including JSTOR, Academic Search Complete (EBSCO), and full-text journals not available at the Conservatory ([Music Research Tools](#)).

Internet Archive

A non-profit library with millions of free books, movies, software, music, and websites all available for free.

IMSLP

Location of music in the public domain.

Citation: Chicago Manual of Style