

MCAD SURVIVAL GUIDE

MIAMI CENTER FOR
ARCHITECTURE & DESIGN

**RESOURCES TO HELP YOU STAY SAFE,
STAY SANE, & HAVE FUN.**

To MCAD Members and Friends:

We have spent the past few months at home doing the right thing - now we are cautiously emerging from our cocoons and figuring out the next, new normal. To help us with transitions, This week, it's all about **Staying calm and safe in the city.**

Staying Safe During Civil Unrest: 5 Essential Tips

Here are some tips to help you avoid getting caught up in unrest. This solid advice from World Nomad is calm, practical and time tested. [CLICK HERE FOR THE ARTICLE](#)

SAFETY IN OUR PARKS. A GREAT COUNTY WIDE PROGRAM!

Miami-Dade Parks is dedicated to ensuring that each of our patrons has an enjoyable as well as safe experience when visiting our parks and facilities and participating in our programs and special events. On this site, Park Watch, you will find invaluable information on safety in public parks and places. [CLICK HERE FOR INFORMATION](#)

CITY OF MIAMI: Citywide Curfew in Effect

(Miami, FL - May 30, 2020) - Effective tonight at 10:00 p.m. through 6:00 a.m. tomorrow morning, a citywide curfew is in effect. Tomorrow night, Sunday, May 31, the citywide curfew will be in effect from 8:00 p.m. through 6:00 a.m. and will continue each night thereafter as needed and until repealed by further order. [CLICK HERE TO SEE THE ORDER](#)

DOWNTOWN MIAMI DDA - Enhanced Services – Hospitality and Safety Team - Downtown Ambassadors Program

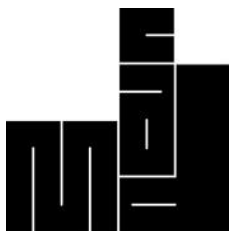
Downtown Ambassadors create a vibrant downtown community through hospitality and security related services in the district. The friendly 20-member team wearing bright orange shirts and a DWNTWN baseball cap is approachable and welcoming. Wondering where to get a passport, find a business, restaurant or event, a Downtown Ambassador will be nearby to help answer those questions. Ambassadors are trained to provide residents, tourists, employees and business owners with a variety of information and assistance.

The Downtown Ambassadors work cooperatively as additional eyes and ears for the City of Miami Police Department, maintaining a professional relationship with all local law enforcement, code compliance, and other city entities.

The Downtown Ambassadors provide the following services throughout Downtown:

- Directions / Way-Finding / Parking information
- Providing “safe walk” services





**The Miami Center
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visit us online at:
<https://miamicad.org>
info@miamicad.org

Photo by C. Stovall

**JOIN US FOR A
MODERATED
TALK ON THE
FUTURE OF
CITIES.**

**URBAN RE-
DESIGN?
CITIES**

June 5 at 5:00 pm
Via Zoom

PANELISTS:
**Cesar Garcia-
Pons, AICP,
LEED AP
Principal
Garcia-Pons +
Associates**

**Juan Mullerat,
Principal
PLUSURBIA
DESIGN
President APA
Gold Coast
Chapter**

**Tony Garcia,
Principal
The Street Plans
Collaborative**

[CLICK HERE TO
PRE-REGISTER
FOR THE ONLINE
DISCUSSION](#)

- Report crime, code compliance violations, solid waste and other concerns to appropriate agencies
- Visiting downtown business owners and managers to share info and report concerns
- Respond to calls concerning specific incidents (suspicious persons, tourists with special needs, graffiti, panhandling, litter) and alerting other responders

[CLICK HERE FOR MORE INFORMATION](#)

FREE digital mental health resources for the duration of the COVID-19 pandemic.

Headspace (in App Library) - New Yorkers across the state can access a specially curated collection of science-backed, evidence-based guided meditations, along with at-home mindful workouts, sleep and kids content to help address rising stress and anxiety

Shine - Resources for anxiety and overall mental health specific to COVID-19

Calm - Mindfulness app that provides free list of curated meditations specific to COVID-19 via video and audio

All Mental Health

App with coping and communication skills specific to COVID-19

Coa - Online therapist-led groups & workshops for anxiety, stress, and connection

Ginger - Strategies, activities, and articles to help users stay grounded during COVID-19

Sleep

Big Health's Sleepio - Digital therapeutic for sleep, fully automated yet highly personalized digital sleep improvement program accessible via app and web

Peer Support

Supportiv - Peer chat support and resource list

Nod - Resource for students to socially connect and reduce loneliness during COVID-19

Self-care

COVID Coach - Resource for everyone, including veterans and service members, to support self-care and overall mental health

HERE'S THE LATEST LINE-UP OF VIRTUAL CONCERTS - LIVE NATION LIVE FROM HOME: Join Live Nation daily for live streams from around the globe — follow artists live from their homes as they share music, stories, and more.. **[Click here for the Concert Link.](#)**

BIKE RIDES

TAKE A BREAK AND GO FOR AN EPIC BIKE RIDE: Here's a list of some serious bike rides along the Eastern coast of Florida. Go Big or Go Home!. **[CLICK HERE FOR THE LIST OF RIDES.](#)**

OK... HERE'S SOME COMFORT FOOD

MIAMI DDA'S "GO LOCAL" RESTAURANT DELIVERY PROGRAM: As the COVID-19 pandemic takes a toll on small businesses and Miami residents find themselves bound to the confines of their home, the Miami Downtown Development Authority (DDA) is bridging the gap between restaurants and consumers with a new campaign that supports neighborhood restaurants and incentivizes consumers to #StayHome by ordering delivery direct from participating businesses. **[CLICK HERE FOR THE LIST OF RESTAURANTS AND DISCOUNTS.](#)**

Until next week... stay safe, stay sane, and stay indoors!

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