



DURHAM
Children's Aid Society

COVID-19 PANDEMIC RESPONSE

RESOURCE LINKS

INFORMATION RESOURCES FOR STAFF

Durham Region Health Department

<https://www.durham.ca/en/health-and-wellness/novel-coronavirus-update.aspx>

<https://www.durham.ca/en/health-and-wellness/resources/Documents/IllnessInfectionDisease/FactsAbout/COVID-19-Social-Distancing.pdf>

Ontario Ministry of Health

<https://www.ontario.ca/page/2019-novel-coronavirus>

Travel Advisory – Government of Ontario

<https://travel.gc.ca/travelling/advisories>

Child Welfare League of Canada re: Children NOT aging out during pandemic

https://7f9b59af-af92-41cd-8e6c-aa2870f170de.filesusr.com/ugd/f54667_273ed04ef9404eda8c34a6b042ed5767.pdf

Mental Health and the COVID-19 Pandemic

<http://www.camh.ca/covid19#coping>

Kids Help Phone

<https://kidshelpphone.ca/>

Health Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

The Gap Committee: Prevent & end homelessness in the Durham Region

<https://gapcommittee.ca/>

Emotional Self-care

<https://www.the519.org/covid19-emotional-selfcare>

TIPS ON HAND HYGIENE

First of all, here is a video showing proper hand-washing steps as taught by the World Health Organization. It is not as simple as you think and if you have worked in a personal care setting you know how important this is.

<https://www.youtube.com/watch?v=lisgnbMfKvI&feature=youtu.be>

Second, here is an informative video about reasons for using soap and water

<https://www.youtube.com/watch?v=lisgnbMfKvI&feature=youtu.be>

MENTAL HEALTH SUPPORT

<https://shoppers.silvercloudhealth.com/onboard/shoppers/stress/>

Organization	Telephone Number	Description of Service
Kids Help Phone (24 Hours)	1-800-668-6868	Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based. Kids Help Phone has expanded its mandate to include former youth in care of any age.
First Nations and Inuit Hope for Wellness Help Line (24Hours)	1-855-242-3310	Immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut
Telehealth Ontario	1-866-797-0000	Free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.
TeenLine	1-310-855-HOPE 1-800-852-8336 Or text TEEN to 839863	Confidential hotline for teenagers for mental health
Assaulted Women's Helpline	1-866-863-0511 (Toll Free) 1-866-863-7868 (TTY) 416-863-0511 (Toronto)	24-hour telephone and TTY crisis line to all woman who have experienced abuse including: counselling, emotional support, information and referrals.
Good2Talk	1-866-925-5454	Free, professional and confidential counselling support for post-secondary students in Ontario
Naseeha Youth Helpline	1-866-627-3342	Peer support for Muslim youth.
Trans Life Line	1-877-330-6366	Peer support service run by trans people, for trans and questioning callers.
LGBT Youthline	1-800-268-9688 Text 647-694-4275 Chat www.youthline.ca	Confidential and non-judgemental peer support through our telephone, text and chat services for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

SUPPORT

ANXIETY SUPPORT

<https://www.anxietycanada.com/>

<https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>

SELF-ASSESSMENT

<https://www.ontario.ca/page/2019-novel-coronavirus>

ONTARIO STATISTICS

<https://www.ontario.ca/page/2019-novel-coronavirus#section-0>

FINANCES

[https://www.canada.ca/en/employment-social-](https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html?fbclid=IwAR3292qjXg-1uzySOElg9mwc_l3tTfyY9oyDIh7-nx9v2uCIKOyAHYnB_Vk)

[development/corporate/notices/coronavirus.html?fbclid=IwAR3292qjXg-1uzySOElg9mwc_l3tTfyY9oyDIh7-nx9v2uCIKOyAHYnB_Vk](https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html?fbclid=IwAR3292qjXg-1uzySOElg9mwc_l3tTfyY9oyDIh7-nx9v2uCIKOyAHYnB_Vk)

- Service Canada now has a dedicated number for Employment Insurance claims exclusively related to COVID-19. The number is: 1-833-381-2725
- Emergency Assistance may be available via Ontario Works. Call the application centre at 1-877-678-6333
- All eviction orders are suspended until further notice
- Personal income tax deadline has been extended to June 1. Community tax clinics are postponed at this time, but information will be posted at Durham.ca as it becomes available.

FOOD BANKS

- Feed the Need Durham or call 905-571-3863 for a current list of food banks operating in Durham Region
<https://feedtheneedindurham.ca/>
- Salvation Army Oshawa- Services have moved to their Emergency Disaster Services vehicle outside at 45 King Street East, Oshawa. The food bank is open in the vehicle Monday-Friday 9:30am-12pm
- Salvation Army Bowmanville- Food bank hours Tuesday, Wednesday, and Thursday by appointment only. Call 905-623-2185. Service is provided to one client at a time at the front door at 75 Liberty Street South, Bowmanville
- Salvation Army Ajax/Pickering/Uxbridge- Food assistance is available by appointment only at this time at 122 Hunt Street, Ajax. Call 905-427-7123 x222.

PREPARED MEALS/GROCERY SERVICE

- Meals on Wheels is provided by Community Care Durham- call 1-888-255-6680
- Grocery Delivery Service (Food Box) is provided by Community Care Durham- call 1-888-255-6680

PARENTING RESOURCES

[Top Parenting Tips for Parents and Carers in Uncertain Times](#) – Triple P

[Quaranteenagers: Strategies for Parenting in Close Quarters](#) – NY Times

[Parenting Your Challenging Child: Podcast & Listening Library](#)

COVID-19 AND CHILD WELFARE

Collection of resources related to the COVID-19 pandemic and child welfare

<https://oacas.libguides.com/c.php?g=715225&p=5099411>

SUPPORTS FOR CHILDREN WITH AUTISM

<https://d1wsaxfu7b8rcr.cloudfront.net/5e6abebc-740d-4078-adba-af9ecd1410f7/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet%20%283%29.pdf>

HELPING YOUNG CHILDREN

How to Talk to Your Kids About Coronavirus, PBS Kids

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus#.XmuZ3QV_gax.twitter

Talking to your anxious child about COVID-19, CMHO

<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>

Helping Children Cope with Emergencies, Centers for Disease Control and Prevention

<https://www.cdc.gov/childrenin disasters/helping-children-cope.html>

Covibook: Supporting and reassuring children around the world (in multiple languages), Mindheart

<https://www.mindheart.co/descargables>

How to Talk to Kids and Teens About the Coronavirus, Psychology Today

<https://www.psychologytoday.com/ca/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

RESOURCES FOR TEENS & YOUTH

- Kids Help Phone <https://apps.kidshelpphone.ca/resourcesaroundme/welcome.html>
- How can I cope with my feelings about the future? <https://kidshelpphone.ca/get-info/how-can-i-cope-with-my-feelings-about-the-future/>
- Canadian Mental Health Association <http://cmhaww.ca/our-services/mental-health-promotion-and-education/resiliency-during-covid19/>

FIRST NATIONS, INUIT & METIS RESOURCES & INFORMATION

- COVID-19 concerns, closures have families and communities heading out on the land, CBC News https://www.cbc.ca/news/indigenous/covid-19-tradition-land-medicine-1.5500973?_vz=medium%3Dsharebar
- Decolonizing community care in response to COVID-19, NDN Collective <https://ndncollective.org/indigenizing-and-decolonizing-community-care-in-response-to-covid-19/>
- Traditional Indigenous Kinship Practices at Home: Being Child-Centered During the Pandemic, Indigenous Motherhood https://indigenoumotherhood.wordpress.com/2020/03/16/traditional-indigenous-kinship-practices-at-home-being-child-centered-during-the-pandemic/?fbclid=IwAR1ZqZjcu3jgQMx_xwFwU6gWrui7g31zdmT1shwUgq-mLhzPhbyntt1jUh0
- There's a massive free catalogue of Indigenous films online, CBC News <https://www.cbc.ca/arts/there-s-a-massive-free-catalogue-of-indigenous-films-online-and-we-have-6-picks-to-get-you-started-1.4623884>

**ACTIVITES FOR
CHILDREN & FAMILIES**

THINGS TO DO AT HOME

- **Bored during self-isolation? Tour these museums from the comfort of your couch, CTV News**
https://www.ctvnews.ca/health/coronavirus/bored-during-self-isolation-tour-these-museums-from-the-comfort-of-your-couch-1.4852971#_gus&_gucid=&_gup=twitter&_gsc=0mAZ9Lc
- **Learn to code with fun games, Code.org**
<https://code.org/learn>
- **Stuck at home? Need a book? Booksellers are finding ways to get them to you, The Star**
<https://www.thestar.com/entertainment/books/2020/03/18/stuck-at-home-need-a-book-booksellers-are-finding-ways-to-get-them-to-you.html>
- **Universal Makes Movies Now Playing in Theaters Available for Digital Rental, The Wall Street Journal**
<https://www.wsj.com/articles/universal-makes-movies-now-playing-in-theaters-available-online-11584383814>

VIRTUAL TOURS

Animals:

[Monterey Bay Aquarium](#)

[Toronto Zoo](#)

[Big Bear Bald Eagle Cam](#)

[Smithsonian Nation Zoo](#)

[Houston Zoo](#)

[San Diego Zoo](#)

Galleries & Museums:

[The British Museum](#)

[Guggenheim Museum](#)

[Van Gogh Museum, Amsterdam](#)

[Musee d'Orsay, Paris](#)

[National Museum of Modern and Contemporary Art, Korea](#)

[Museu de Arte de Sao Paulo](#)

[Getty Museum, Los Angeles](#)

[Uffizi Gallery, Italy](#)

ONLINE CAMPS

Youth Leadership Camps

<http://ylcc.com/lead-together-online-0>

ARTS & SCIENCE

Dad Lab Science Experiments:

https://twitter.com/thedadlab?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

Jelly Fish Live Cam:

<https://www.georgiaaquarium.org/webcam/jelly-webcam/>

Panda Live Cam:

<https://www.calgaryzoo.com/visit/animals/giant-pandas>

Window Painting:

<https://www.whatdowedoallday.com/window-painting>

Rock Crafts:

<https://www.theinspirationedit.com/rock-stones-monster-craft/>

Finger Print Art:

<https://www.thesprucecrafts.com/fingerprint-crafts-for-kids-4129073>

DIY Lava Lamps and More!:

<https://listotic.com/29-fun-crafts-kids-adults-will-actually-enjoy/17/>

Easy No Bake Playdough:

<https://www.youtube.com/watch?v=oAIAm6BF0fs>

Make Your Own Stress Balls:

<https://www.themakeyourownzone.com/got-stress-make-your-own-stress-ball/>

Easy Science Experiments:

<http://www.sciencekids.co.nz/experiments.html>

Skittles Science Experiments:

<https://www.science-sparks.com/skittles-experiment/>

Art City will be posting **weekly craft videos and activities** on their social media, and wants you to join in! These crafts are intended for children **ages 6-12**, and are designed to use materials that can be found around the house (paper, pencils, scissors, etc.).

Facebook: <https://facebook.com/ArtCityToronto>

Instagram: <https://instagram.com/artcitytoronto>

All kinds of digital experiences for the whole family; performances, films, tours, crafts and DIY

<https://culturedays.ca/en/on/public>

MEDITATION FOR KIDS & CAREGIVERS

The emotional benefits of meditation can include: ([Information from MayoClinic.Org](#))

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance

What is Guided Meditation?

In guided meditation, our practice is shaped by another person's voice. Because the mind has a tendency to wander where it will, many of us find it easier to focus and relax when our minds aren't entirely left to their own devices. This form of meditation is often led by a (real live) guide in group settings, or by recordings presented on apps, podcasts, videos, CDs, etc. ([Information from mindworks.org](#))

Guided meditation scripts for caregivers to read aloud:

- <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Relaxation/Child%20Relaxation%20Script.pdf>
- <https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love>

Gratitude Journal Prompts:

<https://rhythmsofplay.com/gratitude-journal-prompts-printable/>

Anger Dice Game:

<https://www.pinterest.ca/pin/ARed4eRzLfCehldXbKm6NboTajy5AuT4bcmeQwuFLjWOyxHjdRAcEoc/>

Mindfulness Activities for kids:

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Guided meditation for kids:

- <https://www.youtube.com/watch?v=CvF9AEe-ozc> – 5 minutes in length
- <https://www.youtube.com/watch?v=mX4JBB1cBk> – 7 minutes in length
- <https://www.youtube.com/watch?v=DWOHcGF1Tmc> – 16 minutes in length
- <https://www.youtube.com/watch?v=nsPo4T3v6dA> – bedtime meditation – 33 minutes in length

MOVEMENT & EXERCISE

Yoga is great for the whole family! [WOWYoga](#) have made a yoga video that is great for kids and families. Kids can get some energy out and adults can relax 😊 Check out their full YouTube video <https://youtu.be/uuGqpNILbiY>

Are You ready to dance?? Everyday at 12:15pm EST [Kickstartology Workshops, Events, Programs](#) is having a 10-minute online dance party through Zoom! Check the link to download Zoom (it's free!) and get your dance on www.kickstartology.com

The Daily 20 Program – 5 minute bursts, 4 times a day =Happy Brain!Are you ready to take a brain break? <https://fast.wistia.net/embed/channel/5jehdru8mr?fbclid=IwAR34cZ6Mw7tOXb-8uUV6fVJRsoKWRA78rFLGRDAm3u18xzUhlTbz47qh0ck>

Indoor Obstacle Course: Try this one or make your own version! <https://momypoppins.com/new-york-city-kids/boredom-busters/build-an-indoor-obstacle-course-for-kids-in-7-steps>

Indoor Scavenger Hunt: Try this one or make your own version! <http://scavenger-hunt.org/indoor-savenger-hunt-list/>

Canada's Wonderland Virtual Roller Coasters: <https://www.youtube.com/channel/UCmlgKn7CF8frAV5wdFs2AwQ>

Family Cardio Workout: <https://www.youtube.com/watch?v=5if4cjO5nxo>

Zumba for Kids:
<https://www.youtube.com/watch?v=ymigWt5TOV8>
<https://www.youtube.com/watch?v=q0U1A7ovy3l>

Home Exercises for Kids: <https://www.youtube.com/watch?v=aHVR2FnTpdK>

Stay physically active during self-quarantine
<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>

EDUCATIONAL RESOURCES

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Writing activities:

<https://www.startwithabook.org/summer-writing>

Educational free websites:

Learnincolour.com

e-learning Ontario for high school students

<https://lah.elearningontario.ca/>

DDSB Continuous Student Learning

https://www.ddsb.ca/en/programs-and-learning/optional-continuous-student-learning-at-home.aspx?fbclid=IwAR0z37MSw6kRtq59y0FulrQbayeG_RvTT4xRr9eDlc2gxxKBczaoQWAgKvk

Anti-Oppressive/Anti-Racist Home School Options During Quarantine

https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/mobilebasic

List of Education Companies Offering Free Subscriptions

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Amazing Educational Resources

<http://www.amazingeducationalresources.com/>

No School? Let's Have Some Fun

https://docs.google.com/document/d/19o_X9jxQtOJHy86nXVT2dfhBZl-FK7kuMzGL1svq024/mobilebasic

Special Needs for Special Kids

<https://www.specialneedsforspecialkids.net/>

Have Fun Teaching

<https://www.havefunteaching.com/resources/relief-packs/>

Idello: Resources for Online Learning

<https://www.idello.org/en>

18 Terrific Educational & Wellness Websites for Kids in Quarantine

<https://www.shedoesthcity.com/18-terrific-educational-wellness-websites-for-kids-in-quarantine>

Wide Open School

<https://wideopenschool.org/>

Audible: Free stories for children

<https://stories.audible.com/start-listen>

KPR Online Learning Resources

<http://www.kprschoools.ca/en/LearningResources0.html>