



COVID-19 Information and Support Resources For Young People in York Region

COVID 19 Self-Assessment <https://www.ontario.ca/page/2019-novel-coronavirus>

Telehealth Ontario 1-866-797-0000 1-866-797-0007 <https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

COVID 19 Statistics of Ontario <https://www.ontario.ca/page/2019-novel-coronavirus#section-0>

211 *Connecting People to Services - Search 211 Online* <https://covid19.211central.ca/>
Information about food, financial assistance, mental health support, employment support, childcare, housing, clothing, shelter and other service needs.

Stop The Spread: How Social Distancing Works (30 second video) <https://youtu.be/wJ2NMD3VWio>

Going out safely - COVID-19 <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-going-out-safely.html>

**** TABLE OF CONTENTS ****

[Children's Aid Resources](#)

[Cleaning Supplies](#)

[Crisis/Help/Mental Health Services](#)

[Disability Resources](#)

[Employment Support](#)

[Finances](#)

[First Nations, Inuit, and Métis focused resources and information](#)

[Food and Water Resources](#)

[Harm Reduction Tools](#)

[Home Schooling Resources](#)

[Internet and Computers](#)

[Keep Busy at Home](#)

[Mental Health and Meditation](#)

[Parenting about COVID 19](#)

Children's Aid Resources

Ontario Association of Children's Aid Societies COVID 19 Resources

<http://www.oacas.org/covid-19-resources/>

TELUS "Mobility for Good" phone program for young people once involved with Children's Aid

<https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/mobility-for-good>

Children's Aid Foundation of Canada is providing grants of up to \$1,000 to help support youth from care (ages 18-29) during the coronavirus (COVID-19) pandemic. These grants are intended to cover short-term needs (e.g., food, rent, mental health services).

<https://www.cafdn.org/for-youth/covid-19-youth-support-fund/#1561663270029-ccce781e-c1b1>

Cleaning Supplies

The Government of Canada has released a list of **approved cleaning and disinfecting products that are effective against COVID 19**. <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>

Crisis/Help/Mental Health Services

360°kids Home Base - updates about services and programs that the Hub will be a part of so that we can stay connected to our youth [@360kids_Homebase](#)

360°kids Let's Chat! Walk-in Clinic

During these challenging times of COVID-19, the counselling team at 360°kids continues to support youth emotional and mental health needs via Facetime, Zoom and phone calls.

Book your session here, totally free! <https://360kids.setmore.com/>

310-COPE 1-855-310-COPE (2673)

Community Crisis Response Service

360°kids Let's Chat Walk In Clinic www.360kids.setmore.com

Now offering phone and video counselling Monday and Thursday

Access York 1-877-464-9675

York Region Services Information Website

Assaulted Women's Helpline

1-866-863-0511 (Toll Free) 1-866-863-7868 (TTY) 416-863-0511 (Toronto)

Resources for Parents of Black Children

https://mailchi.mp/parentsofblackchildren/support?mc_cid=7de6595f3e&mc_eid=e5b46b376a

Canadian Mental Health Association York Region 1-866-531-2600 <https://cmha-yr.on.ca/>

Children's Aid Society of York Region (905)895-2318 1-800-718-3850

ConnexOntario 1-866-531-2600

Addiction, Mental Health and Addiction Gaming Treatment Services

iDetermine! Offered by The Redwood, this safe, accessible and private online platform is for women and non-binary folks who are looking for support to leave or cope with an abusive relationship. Whether accessing counselling support or just to navigate the website for resources, this tool will increase access and bridge the service gap for folks experiencing abuse. <https://www.idetermine.ca/>

Domestic Abuse and Sexual Assault (DASA) Care Centre of York Region – Mackenzie

Health Emergency DASA care service can be accessed by calling 905-883-1212 ext. 0 and asking for the DASA nurse on-call, or by coming to the Emergency Department at Mackenzie Richmond Hill Hospital and asking the nurse at the front desk to see the DASA nurse. DASA counselling services can be accessed by calling 905-883-2216. For more information, please visit

www.mackenziehealth.ca/dasa

Good2Talk 1-866-925-5454

Free, professional and confidential counselling support for post-secondary students in Ontario

Goodhead.ca – Mental Health resource tool for guys into guys.

Human Trafficking Helpline (905)758-5285

JACK.ORG School Mental Health Ontario and Kids Help Phone Mental Health Resource HUB

<https://jack.org/COVID>

John Howard Society of York Region (905)470-0003 ext 209

<https://johnhoward.on.ca/yorkregion/wp-content/uploads/sites/3/2020/02/YCP-brochure-1.pdf>

The Youth Counselling Program provides individuals with free weekly one-on-one sessions to discuss situations affecting their lives

Kids Help Phone (24/7) 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*

Krasman Center: Warm/Peer 24/7 Crisis Support Line: 1-888-777-0907

<https://krasmancentre.com/>

LGBT Youthline 1-800-268-9688 Text 647-694-4275 Chat www.youthline.ca

Confidential and non-judgmental 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.

LOFT Street Outreach Van <https://www.loftcs.org/what-we-do/specialized-services/specialized-community-services/>

Mental Health T.O.(MHTO) – Free mental health counselling for infants, children, youth and families. MHTO agents connect callers to qualified counsellors. 9:00 am to 7:00 pm Monday to Friday **1-866-585-6486**

MOBYSS 289-879-2376 or by email at mobyss@cmha-yr.on.ca <https://cmha-yr.on.ca/programs/youth/mobyss/>

Make an appointment to see nurse, peer support worker, and or mental health worker directly

Naseeha Youth Helpline 1-866-627-3342

Peer support for Muslim youth

Queerentine 101: All of your LGBTQ12S COVID 19 Resources in one place

<https://egale.ca/egale-in-action/queerantime-101/>

TeenLine 1-310-855-HOPE 1-800-852-8336 Or text TEEN to 839863

Confidential hotline for teenagers for mental health

Trans Life Line 1-877-330-6366

Peer support service run by trans people, for trans and questioning callers.

Wellness Together Canada: Mental Health and Substance Use Support: <https://ca.portal.gs/>

Women Support Network of York Region 905-853-9270 ext 102 1-800-263-6734

24 hour crisis line offering counselling services for women 18+ years of age

York Region Police Hate Crime Report Line 1-877-354-HATE (4283)

24-hour telephone and TTY crisis line to all woman who have experienced abuse including: counselling, emotional support, information and referrals.

York Support Services Network (YSSN) 905-898-6455

York Support Services Network is a community-based agency that offers a range of case management and community crisis services, to support individuals with a developmental disability and/or a serious mental illness.

Disability Resources

Rick Hansen COVID-19 Resources for Persons with Disabilities <https://www.rickhansen.com/news-stories/blog/covid-19-useful-resources-persons-disabilities#fa>

Canadian Association for Community Living COVIDdisability: Disability Related Resources for Families <https://cacl.ca/coviddisability/>

Employment Support

360°kids understands and empathizes with the stressful time many of you may be experiencing due to COVID-19. We are happy to announce that our Employment Programs continue to be offered and new cohorts are starting regularly.

To apply or for more information, please visit <https://www.360kids.ca/programs-services/employment/>

If you have questions, please email us at employment.programs@360kids.ca.

Thank you for including us in your employment journey and please stay safe, healthy and happy.

Finances

Bank of Canada Scholarship for students in visible minority groups
<https://careers.bankofcanada.ca/job/Ottawa-%28Downtown%29-Scholarship-for-students-in-visible-minority-groups-ON/539662517/>

Service Canada Central Information Resource Page [Coronavirus disease \(COVID-19\) – Employment and Social Development Canada](#)

Employment Insurance 1-833-381-2725

Dedicated Service Canada number for EI claims exclusively related to COVID-19

POST SECONDARY STUDENTS:

- **Canada Emergency Student Benefit (CESB)** will provide support to students and new graduates who are not be eligible for the Canada Emergency Response Benefit or Employment Insurance or unable to work due to COVID-19. This benefit would provide \$1,250 per month for eligible students or \$1,750 per month for eligible students with dependents or disabilities. This benefit would be available from May to August 2020. More details will be made available soon.

- **Canada Student Service Grant (CSSG)** will help students gain valuable work experience and skills while they help their communities during the COVID-19 pandemic. For students who choose to do national service and serve their communities, the new CSSG will provide up to \$5,000 for their education in the fall.

<https://www.canada.ca/en/department-finance/news/2020/04/support-for-students-and-recent-graduates-impacted-by-covid-19.html>

Ontario Student Assistance Program (OSAP) The Ontario government has temporarily deferred payments for Ontario Student Assistance Program (OSAP) loans and now loan repayment will be subject to a six-month interest-free delay until September 30, 2020. For more information, [click here](#) or call 416-325-2929.

Ontario Works Emergency Assistance 1-877-464-9675. TTY: 1-866-512-6228 or 905-895-4293
York Region residents can contact the application centre for more information

Ontario Disability Support Program Covid-19 key information

<https://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/odsp-covid-fact-sheets.aspx>

Rent Provincial changes related to COVID 19 <https://www.ontario.ca/page/renting-changes-during-covid-19>

Rent and Utility Assistance York Region

<https://www.york.ca/wps/portal/yorkhome/support/yr/financialassistance/rentandutilityassistance>

Canada Emergency Response Benefit (CERB) Apply by phone 1-800-959-2019 or

1-800-959-2041 or online <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

The Government of Canada will provide a taxable benefit of \$2,000 a month for up to 4 months to eligible workers who have lost their income due to COVID-19. A portal with a simple questions will help us direct you to the service option that best fits your situation (i.e. eligibility for Employment Insurance benefits or not).

PRISONER SUPPORT FUND Go Fund Me supporting prisoners re-entering the community and the families of those that are still behind bars during COVID 19. Information and application link are both available here: <https://www.gofundme.com/f/prisoner-emergency-support-fund>

First Nations, Inuit, and Métis focused resources and information

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

[COVID-19 concerns, closures have families and communities heading out on the land](#), CBC News
[Decolonizing community care in response to COVID-19](#), NDN Collective

[Traditional Indigenous Kinship Practices at Home: Being Child-Centered During the Pandemic, Indigenous Motherhood](#)
[There's a massive free catalogue of Indigenous films online — and we have 6 picks to get you started](#), CBC News

Food and Water Resources

Fresh Spring Water <https://findaspring.com/category/locations/north-america/canada/>

York Region Food Network: FIND FOOD <https://yrfn.ca/resources/>

Grocery Delivery Service – Grocery Gateway by Longos 8800 Huntington Rd, Vaughan, ON. Call 905 564-8778.

Supermarket Wait Time Tool: <https://covid19-waiting-time.thejoin.tech/>

Harm Reduction Tools

CAYR Community Connections; Contact Aara @ 905-960-2808 or aameyayer@cayrcc.org to request a delivery- this is for Harm Reduction Tools- requires 24 hour notice for delivery.

- Supplies will also be available at different community locations which include;
 - o Swing Shift (10084 Yonge St. Richmond Hill)
 - o Krasman Center (10121 Yonge St. Richmond Hill)
 - o Belinda's Place (16580 Yonge St, Newmarket)
 - o Sutton Youth Services (20898 Dalton Rd, Sutton West)

Home Schooling Resources

[e-learning Ontario for high school students](#)

[DDSB Continuous Student Learning](#)

[Anti-Oppressive/Anti-Racist Home School Options During Quarantine](#)

[List of Education Companies Offering Free Subscriptions](#)

[Amazing Educational Resources](#)

[No School? Let's Have Some Fun](#)

[Special Needs for Special Kids](#)

[Have Fun Teaching](#)

[Idello: Resources for Online Learning](#)

[18 Terrific Educational & Wellness Websites for Kids in Quarantine](#)

[Brainpop](#)

[Curiosity Stream](#) (requires paid membership)

[Tynker](#) (coding for kids)

[Scholastic courses](#)
[Khan Academy](#)
[Kids Activities Blogs](#)
[Fun Brain](#)
[Draw Every Day with JJK](#)
National Geographic Kids: [Amino Labs](#)

Home Schooling: OPEN SCHOOL Preschool – High School (developed by Province of Quebec) <https://www.ecoleouverte.ca/en/>

Internet and Computers

Internet: Free internet for anyone who does not have service <https://www.shaw.ca/internet/wifi>
Computers: Discount Prices for Laptops and Desktops for low income earners
<http://www.rcto.ca/programs-rctech-outreach.asp>

Keep Busy at Home

City of Markham Fitness: Commit to Fit – Free online resource of fitness and wellness videos
<https://www.youtube.com/channel/UCqU3LthhkS1zdEFIZEa3KZw>

[Bored during self-isolation? Tour these museums from the comfort of your couch](#), CTV News
[Learn to code with fun games](#), Code.org

[Stuck at home? Need a book? Booksellers are finding ways to get them to you](#), The Star
[There's a massive free catalogue of Indigenous films online — and we have 6 picks to get you started](#), CBC News

[Universal Makes Movies Now Playing in Theaters Available for Digital Rental](#), The Wall Street Journal

<https://smartserve.ca/online-training/> Smart Serve Ontario is now offering *free trainings* and certifications until the end of April. This a great opportunity for anyone who is trying to become a server, hostess, or is in a job which requires the handling of alcohol. The test is usually close to \$40!

<https://www.classcentral.com/university/utoronto> University of Toronto is now offering *free courses* across the board which can all be done online. Some courses provide certifications upon completion.

Live Cam: [San Diego Zoo](#)

Live Cam: [Vancouver Aquarium](#)

Live Cam: [Beluga whales at Georgia Aquarium](#)

Cam: [Africam offers people a live safari from the comfort of their own home](#)

Virtual tours of museums around the world

[The Royal Ontario Museum in Toronto](#)

[Canadian Museum of History in Ottawa](#)

[The Louvre in Paris, France](#)

[The British Museum in London, England](#)

[The Guggenheim in New York, New York](#)
[National Gallery of Art in Washington, D.C.](#)
[Musée d'Orsay in Paris, France](#)
[National Museum of Modern and Contemporary Art in Seoul, South Korea](#)
[Pergamon Museum in Berlin, Germany](#)
[Van Gogh Museum, Amsterdam, The Netherlands](#)
[Uffizi Gallery, Florence, Italy](#)
[The Museu de Arte de São Paulo \(MASP\) in São Paulo, Brazil](#)
[The National Museum of Anthropology in Mexico City, Mexico](#)

Mental Health and Meditation

Therapy resource: FACE COVID 19

<https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>

Anxiety Support

- <https://www.anxietycanada.com/>
- <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>
- [Anxiety Support | #1 Online Counseling Website | BetterHelp.com](#)
- Anxiety: Canada Mental Health Services, Help and Support, www.ementalhealth.ca
- [Resources around me](#), Kids Help Phone
- [How can I cope with my feelings about the future?](#), Kids Help Phone
- [Resiliency during COVID19](#), Canadian Mental Health Association
- Distress Centre Ontario, <http://www.dcontario.org>

Guarding mental health during the COVID-19 pandemic; an article to help increase awareness and understanding of all aspects of dealing with the stress of mandated or self-isolation.

<https://www.rehab4addiction.co.uk/coronavirus/mental-health-coronavirus>

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

- | | | | |
|---|--|---|---------------------------------|
| ? | Gain a new perspective on stressful situations | | |
| ? | Build skills to manage your stress | ? | Increase self-awareness |
| ? | Focus on the present | ? | Reduce negative emotions |
| ? | Increase imagination and creativity | ? | Increase patience and tolerance |

What is Guided Meditation? ([Information from mindworks.org](#))

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.

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

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>

Zoom Article: <https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>

Parenting about COVID 19

- [How to Talk to Your Kids About Coronavirus](#), PBS Kids
- [Talking to your anxious child about COVID-19](#), CMHO
- [Helping Children Cope with Emergencies](#), Centers for Disease Control and Prevention
- [Covibook: Supporting and reassuring children around the world](#) (in multiple languages)
- [How to Talk to Kids and Teens About the Coronavirus](#), Psychology Today
- [Top Parenting Tips for Parents and Carers in Uncertain Times](#) – Triple P
- [Quaranteenagers: Strategies for Parenting in Close Quarters](#) – NY Times
- [Family Conflict Management During Physical Distancing](#) – Raising Children
- [The Parenting Show: COVID-19 Special Edition](#) – Rogers TV on YouTube
- [Parenting Your Challenging Child: Podcast & Listening Library](#) – Lives in the Balance