

## ONLINE RESOURCES FOR STAYING AT HOME

### EDUCATION LINKS:

- Ontario online learning, all ages: [www.ontario.ca/learnathome](http://www.ontario.ca/learnathome)
- Ontario online learning grades 9-12: <https://lah.elearningontario.ca/>
- Dufferin-Peel Catholic District School board online resources: <https://www3.dpcdsb.org/news/news-archives/online-learning-resources>
- 38 ways to use the library from home: <https://torontopubliclibrary.typepad.com/digital-services/2020/03/38-ways-to-use-the-library-from-home.html>
- Live online classes for ages 3-18: [www.outschool.com](http://www.outschool.com)
- An at-home resources site (free) for parents and families to visit that will help with daily activities. The site includes a parent toolkit, activities by age, and daily DIYs. You can visit that here [www.kiwico.com/kids-at-home](http://www.kiwico.com/kids-at-home)
- Scholastic learn at home resources for grades 1-9, resources for teachers, parents: [https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2ycs4\\_UIPzsOFQSGsD4LZfvHeTzjq3htEXDuetmY-aSBOLMjPYnhPjll](https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2ycs4_UIPzsOFQSGsD4LZfvHeTzjq3htEXDuetmY-aSBOLMjPYnhPjll)
- Follow actor Josh Gad @joshgad on Twitter for bedtime story reading

### SENIORS SUPPORT LINKS:

- Friendly Neighbour Hotline (for low-income seniors in social housing): 1-855-581-9580, <http://uhnopenlab.ca/project/hotline/>
- Seniors Safety Line (Elder Abuse Ontario): 1-866-299-1011
- Toronto Seniors Helpline: 416-217-2077 or 1-877-621-2077, for support and referral to services
- Local Health Integration Network (LHIN) Home Care: 310-2222 (no area code required) to find out about services in your area
- Distress Centres of Toronto: 416-408-4357, 416-408-HELP

### MENTAL WELLNESS SUPPORT LINKS:

- Mental health for children and youth, Kids Help Phone: [www.kidshelpphone.ca](http://www.kidshelpphone.ca), text, call, chat: 1-800-668-6868
- Anxiety Explained for Children: [https://www.youtube.com/watch?v=FfSbWc3O\\_5M&feature=emb\\_title](https://www.youtube.com/watch?v=FfSbWc3O_5M&feature=emb_title)
- Anxiety Explained for Teens: <https://www.youtube.com/watch?v=rp0lpKTWrp4>
- Dealing with Anxiety: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

### RECREATION LINKS:

- Active For Life: [https://activeforlife.com/200-activities-you-can-do-with-kids-at-home/?utm\\_source=Newsletter+English&utm\\_campaign=5796d1001c-AfL\\_Coronavirus\\_En\\_Newsletter&utm\\_medium=email&utm\\_term=0\\_f5bcbf5d48-5796d1001c-275244293](https://activeforlife.com/200-activities-you-can-do-with-kids-at-home/?utm_source=Newsletter+English&utm_campaign=5796d1001c-AfL_Coronavirus_En_Newsletter&utm_medium=email&utm_term=0_f5bcbf5d48-5796d1001c-275244293)
- Cosmic Kids Yoga for Kids: <https://www.youtube.com/user/CosmicKidsYoga>

- Hello Wonderful Fun Indoor activities: <https://www.hellowonderful.co/>

**GENDER-BASED VIOLENCE LINKS:**

- Toronto Rape Crisis Centre (24/7): 416-597-8808; [www.trccmwar.ca](http://www.trccmwar.ca)
- Barbara Schlifer Clinic: 416-323-9149 x 234 or fill out the online intake form at: [www.schliferclinic.com/intake](http://www.schliferclinic.com/intake)
- Trans Lifeline (24/7): [www.translifeline.org](http://www.translifeline.org)
- The Assaulted Women's Helpline (24/7): Toll-Free 1-866-863-0511; 416-863-0511 for violence against women shelter referral
- LGBT Youth Line (Ontario based support for LGBTQI2S youth): 1-800-268-9688; [www.youthline.ca](http://www.youthline.ca)
- Support Service for Male Survivors of Sexual Assault (24/7), Ontario: 1-866-887-0015
- Talk4Healing (24/7) (culturally sensitive crisis counselling, advice and support for Indigenous women): 1-855-554-HEAL; [www.talk4healing.com](http://www.talk4healing.com)
- Good to Talk (24/7) mental health service for all post-secondary students: 1-866-925-5454; [www.good2talk.ca/](http://www.good2talk.ca/)