

COVID-19 Resources for Parents

CLEAR SELECTED SUPPORT(S)

Please click on the button for the type of service required

Agency	English Website	French Website	Telephone #	Please click on the button for the type of service required										Notes
				Addiction	Cultural	Educational	Financial	Food	Health	Housing	Legal	Mental Health	VAW	
Britannia Woods Community House - SNAP Program La maison communautaire Britannia Woods - Programme SNAP	http://www.britanniawoods.com/snap-program/		613-820-0853		<input type="checkbox"/> Cultural Support African and Caribbean Canadian support	<input type="checkbox"/> Educational Support Educational support			<input type="checkbox"/> Food Security Care packages and food supplies				<input type="checkbox"/> Mental Health Support Family Support	As a responsive community-based agency we are introducing a culturally adapted support line to respond to the unique social and emotional needs that the COVID-19 Pandemic has exacerbated for racialized communities, especially African, Caribbean & Black communities (ACB). Please feel free to circulate to clients and partners. Thanks immensely. What we are Offering: Telephone wellness Support <input type="checkbox"/> Crisis mitigation support <input type="checkbox"/> Provide emotional support for issues rooted in isolation, discrimination, racism or everyday stressors <input type="checkbox"/> Resource Navigation: Help with the navigation process to access community resources, especially individuals face with language and literacy barriers. Proximity care supports; Adhering to Ottawa's Public Health Safety measurements <input type="checkbox"/> Providing care packages & food supplies <input type="checkbox"/> Engage in social, academic and literacy support to children and adults (on an as needed basis) They now can provide in person one-to-one counselling support with respecting social distancing and outside walks when appropriate
ConnexOntario	https://www.connexontario.ca/	https://www.connexontario.ca/fr	1-866-531-2600	<input type="checkbox"/> Web and phone consultation	<input type="checkbox"/> Services in several different languages				<input type="checkbox"/> Web information			<input type="checkbox"/> Phone and Web consultation	ConnexOntario is tracking information regarding COVID-19 for all services in their database. If you need to know about adult services, they can help.	
OCISO - Ottawa Community Immigrant Services Organization	https://ociso.org/		613-725-0202		<input type="checkbox"/> Cultural Services	<input type="checkbox"/> Online support	<input type="checkbox"/> Telephone and Online consultation	<input type="checkbox"/> Telephone and Online consultation	<input type="checkbox"/> Telephone, Online and emergency consultation	<input type="checkbox"/> Telephone and Online consultation	<input type="checkbox"/> Telephone and Online consultation	<input type="checkbox"/> Phone and Online Support	<input type="checkbox"/> Phone and Referral Consultation	<ul style="list-style-type: none"> •Online homework help program through zoom or google classroom •The program is open to ALL students in Ottawa (not catchment based) •For high school students (Grade 9-12) •Run by volunteers who have been volunteering with OCISO a while •Volunteers have experience in working with students who's English isn't their first language •Sessions are between 1 - 2 hours •One on one sessions •No group sessions •Courses covered: English, French, Math, Social Sciences, Science •Students must email Daniela directly or through their Instagram account (@ocisoyouth) •Daniela coordinates the sessions herself •Once the student connects with Daniela, she will aim to set up a session within 2 days max •She will ask them for the assignment they are working on while she coordinates the session, then shares assignment with volunteer so they are prepared ahead of time •Registration process is much shorter than their usual: just name and grade
Pincrest-Queensway Community Centre Centre de santé communautaire de Pincrest-Queensway	https://www.pqcbc.com/		(613) 820-4922		<input type="checkbox"/> Arabic Services		<input type="checkbox"/> Telephone and Online consultation	<input type="checkbox"/> Telephone and Online consultation	<input type="checkbox"/> Telephone, Online and emergency consultation	<input type="checkbox"/> Telephone and Online consultation		<input type="checkbox"/> Phone and Online Support	<input type="checkbox"/> Phone and Referral Consultation	English workshops : Behaviour Management during Covid-19: Thursday May 07th, 2020 from 5:30pm – 7:00pm Self regulation and Emotional regulation during Covid-19: Wednesday May 13th, 2020 from 6:00 pm - 7:00 pm Arabic workshop: Parenting during Covid-19 workshop series, every Tuesday from 12:30pm till 1:30 pm (on going)
Somali Centre for Family Services Le Centre Somalian pur les services à la famille SNAP - Program	https://scfsottawa.org/snap-project/		613-526-2075		<input type="checkbox"/> African, Caribbean, & Black Support							<input type="checkbox"/> Mental Health Programing for children and youth	As a responsive community-based agency we are introducing a culturally adapted support line to respond to the unique social and emotional needs that the COVID-19 Pandemic has exacerbated for racialized communities, especially African, Caribbean & Black communities (ACB). Please feel free to circulate to clients and partners. Thanks immensely. What we are Offering: Telephone wellness Support <input type="checkbox"/> Crisis mitigation support <input type="checkbox"/> Provide emotional support for issues rooted in isolation, discrimination, racism or everyday stressors <input type="checkbox"/> Resource Navigation: Help with the navigation process to access community resources, especially individuals face with language and literacy barriers. Proximity care supports; Adhering to Ottawa's Public Health Safety measurements <input type="checkbox"/> Providing care packages & food supplies <input type="checkbox"/> Engage in social, academic and literacy support to children and adults (on an as needed basis) They now can provide in person one-to-one counselling support with respecting social distancing and outside walks when appropriate	

Agency	English Website	French Website	Telephone #	Addiction Supports	Cultural Support	Educational Support	Financial Support	Food Security	Health Support	Housing Support	Legal Services	Mental Health Support	VAW Support	Notes
Somerset West Community Health Centre African, Caribbean, & Black (ACB) Communities	https://swchc.on.ca/search/node/ACB%20Communities	https://swchc.on.ca/fr	343-571-0097 ACBWalkin@swchc.on.ca		African, Caribbean, & Black Support									Monday - Friday 1:00 - 4:00 p.m. Let's be in charge of our wellness! Are you feeling sad, anxious, confused or overwhelmed by life's struggles and dealing with COVID-19 impacts? We are offering phone support for ACB residents of Ottawa. Support for the community, by the community. We are here to help you regain your wellbeing. We offer practical and emotional support including resource navigation, health coaching and advocacy.
Unicef	https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19	https://www.unicef.org/fr/coronavirus/comment-parler-a-votre-enfant-de-la-maladie-a-coronavirus-covid-19			Arabic Web Info Chinese Web Info Spanish Web Info				Web Info			Web info		How to talk to your children about COVID 19. What parents should know. How teachers can talk to their students.

COVID-19 Resources - Children Ages 0 to 12

CLEAR SELECTED SUPPORTS

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Cultural

Education & Activities

Food

Health

Mental Health

Agency	English Website	French Website	Telephone #	Cultural Support	Education & Activities	Food Security	Health Support	Mental Health Support	Notes
A Better Way to Homeschool	https://www.abetterwaytohomeschool.com/learning-at-home-everything-you-need-in-one				Reading, Math, Science and Arts				A quick start resource to help families pull together a plan for surviving the next 1-2 months at home with their kids, but it can also be a time of slowing down and enjoying life with your children through fun activities.
A+ Click	https://www.aplusclick.org/				Math Skills				Math and logic problems for ages 5 and up to adult
ABC Mouse	https://www.abcmouse.com/				Reading, Math, Science and Arts				For Ages 2 to 8 years old
ABCya	https://www.abcya.com/				Math and Reading Activities				Math and Reading games for K to 6
Access Mars	https://accessmars.withgoogle.com/				Science				Explore the surface of Mars on the Curiosity Rover.
Adventures in Familyhood	https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html				History, Arts, Geography				Virtual field trips are a great way to expose kids to new places all from the comfort of home. In this age of technology, so many museums, zoos and aquariums have set up virtual tours and webcams of their facilities. Now more than ever, is it easier to visit destinations around the world from the comfort of your couch.
Alaska Department of Fish and Game	http://www.adfg.alaska.gov/index.cfm?adfg= viewing.webcams				Science				Alaskan Wildlife cams
All Kids Network	https://www.allkidsnetwork.com/crafts/				Arts and Coordination Skills				Crafts, activities, mazes, dot to dot, etc for Grades K to 12
All Recipes	https://www.allrecipes.com/syndication/museums-with-virtual-tours				Science, Geography, Arts				2500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world..
All-in-One Homeschool	https://allinonehomeschool.com/				Reading, Math, Science and Arts				Every course you could possibly want to homeschool preschool - 8
Arcademics	https://www.arcademics.com/				Math and Reading Activities				Math and Reading Games for K to 6
Ask Dr. Universe	https://askdruniverse.wsu.edu/				Reading, Math, Science and Arts				Ask Dr. Universe is a science-education project from Washington State University. Kids can send Dr. Universe any question they may have about history, geography, Elementary Science Activities
Backpack Sciences	https://www.backpacksciences.com/science-simplified				Science				
Bamboo	https://bamboolearning.com/resources				Reading Skills				Reading skills with voice online - Elementary

Battleship Board Game	https://www.amazon.com/Battleship-Planes-Strategy-Amazon-Exclusive/dp/B06Y1N3PTX/ref=lp_166220011_1_4?ts=toys-and-games&ie=UTF8&qid=1585236891&sr=1-4				Strategy Game			7 + easy enough for children but challenging enough for adults
BBC	https://www.bbc.co.uk/history/forkids/				History			Games, quizzes and fact sheets take kids on a journey through time.
Bedtime Math	http://bedtimemath.org/				Math Skills			Math as a fun part of your daily family routine for elementary students
Big History Project	https://school.bighistoryproject.com/bhplive				History			Online history classes for all ages preteen through adults
Boddle Learning	https://boddlelearning.com/				Math Skills			Elem Math through 6th grade
Brain Box	https://brainbox.games/				Reading, Math, Science and Arts			Magic Spell is a carefully crafted spelling adventure.
Breakout Edu	https://www.breakoutedu.com/funathome				Reading, Math, Science and Arts			Educational games K-12
Busy Toddlers	https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3TYXAgw7URARLExpPcJ04rAplsktqLOAwghzgnhwOajc4auX6o12_xw				Stimulation Indoor Activities for Toddlers			Indoor Activities for busy toddlers
Campus Difusión	https://www.difusion.com/campus/			Spanish Oral and Written Skills	Spanish Oral and Written Skills			Resources for Spanish practice
Carmen San Diego	https://www.carmensandiego.com/resources/				Reading, Math, Science and Arts			Carmen Sandiego videos, stories, and lessons for all subject areas
Catch and Toss	https://www.walmart.ca/en/ip/play-day-catch-and-toss/6000197475813				Coordination skills and Physical activity			Outside activity could be done with others
Chalk Academy	https://chalkacademy.com/				Chinese learning activities			Chinese learning activities
Checkers/Chess/Backgammon Board Game	https://www.amazon.com/Presman-1238228-Chess-Checkers-Backgammon/dp/B000MMVQ3Q/ref=lp_166225011_1_14?ts=toys-and-games&ie=UTF8&qid=1585237371&sr=1-14			Chinese learning activities Korean Learning Activities	Strategy Game			Korean Learning Activities from K-11 8 + children could play among themselves or with adults
Chemicool	https://www.chemicool.com/				Science			Learn all about periodic table for Grade 1 to 11
CHEO - Children's Hospital of Eastern Ontario	https://www.cheo.on.ca/en/index.aspx	https://www.cheo.on.ca/fr/index.aspx					Phone and Zoom Consultation	Modified programming being offered virtually, including virtual groups, family and individual sessions
Chrome Music Lab	https://musiclab.chromeexperiments.com/Experiments				Music Activities			Music is for everyone
Cincinnati Pubic Radio	https://www.wxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0				History, Science, Geography			Museums, Libraries, Zoo Offer Online Programs During Coronavirus Closures
CK-12 Foundation	https://www.ck12.org/student/				Reading, Math, Science and Arts			Educational games K-12
Classroom Cereal	https://www.classroomcereal.com/				Reading and Vocabulary			Middle School Reading and Vocabulary Skills
ClickSchooling	https://clickschooling.com/				Reading, Math, Science and Arts			ClickSchooling brings you daily recommendations by email for entertaining websites that help your kids learn.
Club SciKidz	http://www.clubscikidzmd.com/blog/				Science			Daily free science or cooking experiment to do at home.
Clue Board Game	https://www.amazon.com/Hasbro-A5826079-Clue-Game/dp/B01JYVHMVA/ref=lp_166225011_1_13?ts=toys-and-games&ie=UTF8&qid=1585237306&sr=1-13				Strategy Game			8 + children could play among themselves or with adults
Common Sense Education	https://www.common sense.org/education/top-picks/10-great-free-websites-for-elementary-school				Reading, Math, Science and Arts			10 Great Free Websites for Elementary School
CommonLit	https://www.commonlit.org/				Reading Skills			Reading passages for grades 3-12, with reading comprehension and discussion questions

Confident Parents Confident Kids	https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/						Coping Skills	Actively supporting kids' social and emotional development	
Conjuguemos	https://legacy.conjuguemos.com/activities/french/verb/1			Spanish Skills Italian Skills German Skills Portuguese Skills Korean Skills Latin Skills			Multilingual Skills	Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin.	
Conseil des écoles catholiques du Centre-Est	https://conjuguemos.com/	https://www.ecolecatholique.ca/					Online Curriculum Available Remote Teacher Support	Phone or Videoconference Counselling	Social workers reaching out to families and youth who were on their caseloads as well as students on the waiting list Initial contact more of a wellness check-in and a plan to be made with each parent/youth regarding necessary follow-up which will be provided by phone, text or video conference (Google hangout)
Conseil des écoles publiques de l'est de l'Ontario		https://cepeo.on.ca/					Online Curriculum Available Remote Teacher Support	Phone or Videoconference Counselling	Remote teacher support either through phone or group connection Social workers communicating with students they were supporting before March Break with needs related to anxiety, depression and suicidal ideation Support via telephone or videoconferencing
Cool Kid Facts	https://www.coolkidfacts.com/						Reading, Math, Science and Arts		Remote teacher support either through phone or group connection Cool Kid Facts gives your child access to educational videos, pictures, quizzes, downloadable worksheets, and infographics. They can use these to learn about geography, history, science, animals, and even the human body.
Country Reports	https://www.countryreports.org/						Geography		35,000 pages of online content on the cultures and countries of the world for students from K to 12
Crossroads Children's Mental Health	https://crossroadschildren.ca/		613-723-1623					Phone Counselling and Video Conferencing	Sessions are scheduled. Due to Covid-19, our walk-in clinic services have been adjusted to pre-booked appointments on Wednesdays from 9am-1pm and Thursdays from noon-8pm (last appointment at 6pm). Sessions will be conducted by phone or video conferencing. To book your walk-in session please leave a message at 613-723-1623 ext. 232 or info@crossroadschildren.ca. (Please note that when we are returning your call, our number may come up as 'PRIVATE' or 'UNKNOWN' number on your phone.) Once the session is booked, you will receive an invitation to participate through MS Teams. Set up video chat on your computer Set up video chat on your tablet or phone Don't have a device or access to the Internet? We will provide you with a call-in number to connect with a member of our team for your Walk-In Session. Will be conducting Group Sessions via MS Teams.
Crypto Club	https://www.cryptoclub.org/						Reading, Math, Science and Arts		Immerse yourself in cryptography for Grades 4 to 6
Curio	https://www.cbc.ca/parents/learning/view/curio-ca-a-teacher-resource-is-now-free-for-families-to-use?fbclid=IwAR3-oDvc08CJrFEC148bw1LEd06EhaUJ0hBx9FballHRLe05-SjYVHICV4	https://curio.ca/fr/accueil/					Reading, Math, Science and Arts		Curated collections that support the K-12 curriculum, and discover different educational packages that include worksheets, hands-on activities and teacher guides. Curio.ca is available in both English and French, so you'll be able to find educational resources for your French immersion kids.
Curriculum Associates	https://www.curriculumassociates.com/supporting-students-away-from-school			Spanish Skills			Reading and Math Skills		Free printable K-8 Reading and Math activity packs (available in English and Spanish)
Curriki	https://www.curriki.org/						Reading, Math, Science and Arts Math Skills		Digital learning content for preschool through high school
Delta Math	https://deltamath.com/overview						Reading, Math, Science and Arts		A wide range of math content from middle school through AP Calculus
Discovery K12	http://discoveryk12.com/dk12/						Reading, Math, Science and Arts		Online homeschool platform & curriculum for Pre-K to 12th grade. All main subjects are covered, plus extra curriculum courses
Disney World and Disneyland	https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtual-rides-22622893?utm_source=facebook&utm_medium=owned&utm_campaign=romper&utm_content=1584384902&utm_term=share						Arts		While Disney World & Disneyland Are Closed, Take Your Kids On Virtual Rides
Dog on a Log Books	https://dogonalogbooks.com/printables/						Reading Skills		Printable board games, activities and more for phonics and reading all using evidence-based methods. Can be customized to any student's needs including creating flashcards for other subjects.
Dragon Box	https://www.dragonboxapp.com/						Reading, Math, Science and Arts		Math Games for kids

Dream Box Learning	https://www.dreambox.com/at-home				Problem solving				K-8 online math program that looks at how a student is solving problems to adjust accordingly and build a unique learning path for them
Dreme	https://dreme.stanford.edu/news/easy-recipes-will-get-your-family-talking-about-math				Reading and Math Skills				Easy Recipes That Will Get Your Family Talking About Math
Ducksters	https://www.ducksters.com				Reading, Math, Science and Arts				Education for kids all topics
Elemental Science	https://elementalscience.com/blogs/news/80-free-science-activities				Science				80+ do at home science activities
Entertain Kids on a Dime	https://entertainkidsnadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/				Arts and Coordination Skills				100 Activities To Do At Home During School Closures
Facts 4 Me	https://www.facts4me.com/				Reading Skills				A safe research site for elementary-level readers. They are offering -- free 24/7 access USERNAME: read (case sensitive) PASSWORD: read (case sensitive)
Farm Food 360	https://www.farmfood360.ca/				Science and Health				This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.
Fluency and Fitness	https://fluencyandfitness.com/register/school-closures/				Reading Skills				Educational brain breaks to help students review essential literacy and math skills, while getting in some exercise. Find over 900 videos to help your child keep learning at home and burn off some extra energy. Our site is best used for ages 4-8.
Free Children Stories	https://www.freechildrenstories.com/				Reading Skills				Free stories online ages 3-12
Fun Brain	https://www.funbrain.com/				Math and Reading Activities				Math and Reading games for K to 8
Fun Fonix	https://www.funfonix.com/				Reading Skills				Phonics worksheets for kids. Ages for 2 to 8 years old
Funology	https://www.funology.com/				Reading, Math, Science and Arts				Crafts, projects, science, recipes for young children
Gardening Know How	https://blog.gardeningknowhow.com/top-of-the-crop/top-5-plants-seed-propagation-kids/				Science Activity				Top 5 Plants For Seed Propagation with Kids
Go Noodle	https://www.gonoodle.com/				Fitness and Coordination Skills				Movement and mindfulness videos created by child development experts.
Grammaropolis	https://www.grammaropolis.com/				Reading Skills				Work on the 8 parts of speech
Grid Club	https://gridclub.com/				Math Skills				Math games galore
Guess Who? Board Game	https://www.amazon.com/Hasbro-Guess-Who-Classic-Game/dp/B01N6PRX20/ref=lp_166225011_1_1?s=toys-and-games&ie=UTF8&qid=1585236818&sr=1-1				Board Game				6 + lots of fun for children to play among themselves or with adults
Highlights Kids	https://www.highlightskids.com/				Reading, Math, and Arts				Fun games, recipes, crafts, activities
Hoola Hoops	https://www.amazon.com/BSN-Sports-30-STANDARD-HOOPS/dp/B005239XDW/ref=sr_1_1?dchild=1&keywords=hoola+hoops+for+kids&qid=1585238646&sr=8-1				Coordination skills and Physical activity				Could play inside and outside, alone or with others
Instructables	https://www.instructables.com/member/EdgertonCenter/instructables/				Math Skills				3D printing projects and Coding projects, involving math and other K-12 subjects
Into the Book	https://reading.ecb.org/				Reading Skills				Games to get "into the book" for elementary students
IXL 123 Home School 4 Me	https://www.123homeschool4me.com/home-school-free-printables/		Spanish Reading Skills		Math and Reading Activities				300,000+ FREE printable worksheets from toddlers to teens for Grades K to 11
Justin Trudeau's Message to children	https://www.youtube.com/watch?v=zBBiz16J-nU					Video Information	Video Information		Justin Trudeau giving a message to children
Khan Academy	https://www.khanacademy.org/				Reading, Math, Science and Arts				Online education program for toddler through high school...
Kid Spot	https://www.kidspot.com.au/school/primary/learning-and-behaviour/50-favourite-play-based-learning-activities-chosen-by-parents/news-story/eb3cf2fd9fc727cc86f326ef9e8ed8f				Arts and Coordination Skills and Fitness				50 favourite play based learning activities chosen by parents
Kids Gardening	https://kidsgardening.org				Science Activity				We create opportunities for kids to learn and grow through gardening, engaging their natural curiosity and wonder.

Kids Health	https://kidshealth.org/en/parents/coronavirus-how-talk-child.html						Web Info	Web Info	How to talk to your child or Teen
Kids Help Phone	https://kidshelpphone.ca/		1-800-668-6868					Phone Counselling	
Kids Listen	https://medium.com/kidslisten/19-great-science-podcasts-you-can-listen-to-with-kids-67e46ac506b8#rb23iuaw6				Science				Science podcasts to listen to with your kids
Kids Sites	http://www.kidsites.com				Reading, Math, Science and Arts				Educational and Fun Games and Activities for Grade K to 4
Kiwi Co	https://www.kiwico.com/kids-at-home				Reading, Math, Science and Arts				Quick & easy at home projects curated for kids 2 and up
Kodable	https://www.kodable.com/				Reading, Math, Science and Arts				Coding for ages 4-10
KQED	https://www.kqed.org/mindshift/55533/exercise-tips-to-help-kids-teens-and-families-stay-balanced-at-home?fbclid=IwAR04iU1PtYrtg6fpqR2tFNp08uhcDNz8SDwrtVewI-vbSD5iIU5FRNLCO				Fitness				Exercise Tips To Help Kids, Teens and Families Stay Balanced at Home
Kraft Canada	http://www.kraftcanada.com/recipes/jell-o-play-dough-157617				Arts and Coordination				Jell-o Play Dough
Learn in Color	https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html				Reading, Math, Science and Arts				75+ Entertaining and Educational Activities for When You're Stuck Indoors
Little Pine Learners	https://littlepinelearners.com/blog/				Arts and Coordination Skills				10 fun hiking sticks you can make for a walk around your neighborhood, yard, or local nature trail
Little Puddins	https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-autism-Educator-.pdf						Austism Web Support		Support for Parents that have children living with Austim
Little Spark Company	https://www.littlesparkcompany.com/printables-library				Reading Skills				Free printables library with activities for children 0-6
Little Twisters Yoga	https://littletwistersyoga.com/online-store/				Fitness and Coordination Skills				Free at-home kids yoga lesson plans
Louvre	https://www.louvre.fr/en/visites-en-ligne	https://www.louvre.fr/en/visites-en-ligne			Japanese Tour Chinese Tour Korean Tour Russian Tour				Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.
Magic Treehouse	https://www.magictreehouse.com/				Reading Skills				Interactive games based on the book series
Makers Stations	bit.ly/freemakerstations				Arts - Film Making and Games				3 Free Weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet.
Mandala Coloring	http://www.supercoloring.com/coloring-pages/arts-culture/mandala				Coordination skills				Mandala Colouring Books (you can find online for free)
Mangahigh	https://www.mangahigh.com/en-us/				Germain Learning Activities Portuguese Learning Activities Spanish Learning Activities	Reading, Math, Science and Arts			Website allows students to play basic games to reinforce math skills and compete against the computer or others
Math @ Work	https://www.hmhco.com/math-at-work				Math Skills				Math Videos with lessons, real life uses of math, famous actors
Math Celebrity	https://www.mathcelebrity.com/online-math-tutor.php				Math Skills				Enter your math problem or search term, press the button, and they show you the step-by-step work and answer instantly. 2nd grade through college.
Math Chimp	http://www.mathchimp.com/fr/eddysfractions.php				Math Skills				Fractions practice
Math Playground	https://www.mathplayground.com/				Math Skills				Elem Math games, logic puzzles and educational
Math Score	http://www.mathscore.com/				Math and Reading Activities				Math and Reading games for K to 8
Maximal List to Minimal List	http://maximalisttominimalist.com/kids-outdoor-activities/				Reading, Math, Science and Arts				11 Simple DIY Kid's Outdoor Activities for Grade K - 8
Met Musuem	https://www.metmuseum.org/art/online-features/metkids/				Art History				A wonderful, endlessly detailed way to get kids engaged in the world of art.

Milwaukee With Kids	https://www.mkewithkids.com/post/here-are-two-weeks-worth-of-fun-and-easy-science-experiments			Science				To keep the learning going, try one of these science experiments each day. They each take about 30 minutes, and use super simple ingredients from around the house.
Mindful Schools	https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/					Mindful Exercises		Mindful Schools will be offering mindfulness classes for kids! Join us online – for mindful activities, mindful movement, read-alouds – and let’s have fun exploring mindfulness together.
Mindheart	https://www.mindheart.co/designables	https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_7ad9668fc9a24cebaf57e1da4d36dfaa.pdf		Offered in many different languages			COVID 19 Support for children	COVIBook for children
Mission US	https://www.mission-us.org/			History				An interactive way to learn history
Mystery Science	https://mysteryscience.com/			Science				K-5th Science lessons
Nasa Climate Kids	https://climatekids.nasa.gov/			Science				This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals
Nasa Kids Club	https://www.nasa.gov/kidsclub/index.html			Science				Space science for kiddos
National Art Gallery (USA)	https://www.nga.gov/education/kids.html			Art History				NGAkids interactives offer an entertaining and informative introduction to art and art history.
National Geographic Kids	https://kids.nationalgeographic.com/			Science and Geography				Geography and animals games, videos, and activities
National Geographic Young Explorer	https://ngexplorer.cengage.com/ngyoungexplorer/index.html			Geography				National Geographic Young Explorers is a magazine designed specifically for kindergarten and first grade students. Children can listen to the magazine being read to them as they follow along with the highlighted text
National Inventors Hall of Fame	https://www.invent.org/at-home-learning-resources			Stem Activities				Activities that children 7 + could do at home.
Normster Chef	https://www.nomsterchef.com/nomster-recipe-library			Reading, Math, Science and Arts				Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science.
Novel Effect				Reading Skills				Novel Effect makes storytime a little more fun for kids (and grown-ups too!) As you read out loud from print books (or ebooks!) music, sound effects, and character voices play at just the right moment, adjusting and responding to your voice.
Ottawa Carleton District School Board	https://www.noveleffect.com/ https://www.ocdsb.ca/			Online Curriculum Available Remote Teacher Support			Virtual Support	Staff reaching out by phone for wellness checkins with students on current caseload and high level of concern. Working on secure virtual platform – once in place, counselling will resume. Urgent care protocol with CHEO is operational for any students requiring that level of support
Ottawa Catholic School Board	https://www.ocsb.ca/			Online Curriculum Available Remote Teacher Support			Virtual Support	Remote teacher support either through phone or group connection Social workers, psychologists and addiction counsellors reaching to students/ families already on caseload for wellness check in. Working on secure virtual platform. Created resource list/ information for families and staff
Ottawa Child and Youth Initiative Initiative pour les enfants et jeunes	https://www.growingupgreat.ca/	https://www.growingupgreat.ca/francais/		Great Educational Online Prgramming			Mental Health Programing for children and youth	150 Days of Programming was designed for frontline workers of critical-hours programs to assist them in easily integrating quality, skill-building activities into their programming. The entirety of the activities and resources are hosted on this unique website, allowing 24/7 access. Having an autonomous web presence for such a resource provides each program with the flexibility to incorporate into programs as each deems fit. As well, a guidebook and the associated template resources are available for download and printing
Ottawa Network for Education Réseau d'Ottawa pour l'éducation	https://onfe-rope.ca/	https://onfe-rope.ca/fr/			School Replacement Breakfast Kits			Breakfast lunch bag kit for school age children
Overcoming Obstacles	https://www.overcomingobstacles.org/			Spanish Learning Activites				Coping Skills
Paragraph Punch	http://www.paragraphpunch.com/			Reading and Writing Skills				Life skills curriculum for students in grades K-12. Their resources include strategies for teaching social and emotional skills
Parenting Chaos	https://parentingchaos.com/homemade-bath-paints/			Arts and Coordination				Teaches students how to write a paragraph through interactive online tutorial
Parents	https://www.parents.com/familyfun-magazine/			Arts and Coordination				Homemade bath paints & Homemade Washable Sidewalk Chalk Paint Recipe
PBS for Parents	https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus#XmuZ3QV_gax.twitter					Health Information for children	Health Information for children	Ultimate guide to creating the experiences you and your kids will remember forever
PBS Kids	https://www.pbskids.org/			Stimulation Activities				Guide for parents on how to talk to your children about COVID 19
PBS Learning	https://www.pbslearningmedia.org/			Reading, Math, Science and Arts				Play with fave show characters and learn too PreK-12 digital media service with more than 30,000 learning materials

Pebble Go	https://pebblego.com/free-pebblego-capstone-interactive-access-school-closures?fbclid=IwAR0ldr6TT3grhEDzj_fEpyvNGG13kqYo5ogwEqYneW70Bkx8L4u7cEi50nE				Reading, Math, Science and Arts			Curricular content hub specifically designed for K-3 students.
PEEP	http://www.peepandthebigwideeworld.com/en/educators/curriculum/family-child-care-educators/plants/activity/guided-activity/157/planting-bean-seeds/		Spanish Learning Activities		Science Activity			Encourage children to use the plant words bean, seed, and soil. Emphasize science process words like observe, describe, compare, and predict.
Phet	https://phet.colorado.edu/				Reading, Math, Science and Arts			Science and math labs and simulations
Phonics Hero	https://www.phonicshero.com/				Reading and Writing Skills			It's step-by-step, building from sounds to single words and then sentences, with children making daily leaps toward conquering reading and spelling
Play Dough to Plato	https://www.playdoughtoplato.com/100-free-playdough-mats/				Arts and Coordination			Playdough mats are an easy way to grow kids' imaginations, develop fine motor skills and teach important skills like counting and the ABCs.
Playing Cards	https://www.amazon.com/Bicycle-02432-Aureo-Playing-Cards/dp/B07MM2VRKW/ref=sxin_1_ac_d_pm7ac_md1-0-VW5k2XlgJDEw-ac_d_pm&cv_ct_cx=playing+cards&keywords=playing+cards&pd_rd_j_807MM2VRKW&pd_rd_r=3e3252455-509f-44e6-8fa0-150b00d2c32a&pd_rd_w=mazlp8pd_rd_wg=mwufe&pf_rd_p=516e6e17-ed95-417b-b7a4-ad2c7b9cbae3&pf_rd_r=SD3D75P4JW33M1XX9545&psc=1&qid=1585239348				Math Activity and Strategy Game			Many different card games can be played with any ages of 4+
Preschool Express	http://www.preschoolexpress.com/				Arts and Coordination Skills			Crafts, activities, bulletin board designs, and finger plays for early education teachers and parents to use with kids
Preschool Inspirations	https://preschoolinspirations.com/				Arts and Coordination Skills			Toddler and preschool age ideas
Prodigies Music	https://prodigiesmusic.com/				Arts & Music			Prodigies is a colorful music curriculum for kids 1-12 that will teach your kids how to play their first instrument, how to sing in tune & how to understand the language of music! 21 for free
Project Explorer	https://www.projectexplorer.org/				Geography			Free videos from around the world from grade 3-12
Quaver Music	https://www.quavermusic.com/info/at-home-resources/				Arts & Music			QuaverMusic is offering free access to general music activities to all impacted schools, including free student access at-home for Grades K to 8
Reading Eggs	https://readingeggs.com/				Reading Skills			For K to 3 reading skills
ReadWorks	https://www.readworks.org/				Reading Skills			ReadWorks is an online resource of reading passages and lesson plans for students of all levels K-12
RedT Kids	https://marketplace.mythinkscape.com/store/redtkids				Critical Thinking			Critical Thinking resources for K-6 students
San Diego Zoo	https://kids.sandiegozoo.org/				Web Information & Virtual Tour			Website just for kids with amazing videos, activities, and games
Scholastic	https://classroommagazines.scholastic.com/support/learnathome.html				Nature and Animal Learnings			
School Mental Health Ontario	https://smho-smso.ca/covid-19/	https://smho-smso.ca/covid-19/			Reading Skills		Web Info	Day-by-day projects to keep kids reading, thinking, and growing
Santé mentale au milieu scolaire d'Ontario								School Mental Health Ontario has some tips and resources to help to support student mental health during the COVID-19 pandemic
Science Education for Public Understanding Program	https://sepuplhs.org/				Science			Science simulations, scientist profiles, and other digital resources for middle school science and high school biology
Scout Pad	https://www.scoopad.com/				Math Skills			Adaptive curriculum in Math and ELA for Grades K-8
Scratch	https://scratch.mit.edu/				Reading, Writing, Arts Skills			Scratch draws students of all types into coding and lays a foundation for future learning.

Sequence Board Game	https://www.amazon.com/dp/B0000IIVAL/ref=s9_acsd_simh_hd_bw_bFERPv_c2_x_0_l2pf_rd_m=ATVPDKIKX0DER&pf_rd_s=merchandise-search-11&pf_rd_r=ACC48XY3WNV2V0TVOW6D3&pf_rd_t=101&pf_rd_p=2b8ac118-106a-5e68-95bb-0e2d5e10b35c&pf_rd_i=166220011				Strategy Game		7 + easy enough for children but challenging enough for adults
Seussville	https://www.seussville.com/				Reading Skills		Read, play games, and hang out with Dr. Seuss
Shurley Instructional Materials	https://www.shurley.com/				Reading and Writing Skills		The Shurley English program for grades K-8 provides a clear, logical, and concrete approach to language arts
Sidewalk Chalk	https://www.amazon.com/Regal-Games-Chalk-City-Washable/dp/B071CKSMS7/ref=sr_1_2?crid=YPEAZJ29TDOF&keywords=sidewalk+chalk+bulk&qid=1585238580&srefix=sidewalk+cha%2Caps%2C2101&sr=8-2				Corodination skills		Outside activity could be done alone or with others
Skip Ball	https://www.walmart.ca/en/ip/play-day-summer-outdoor-light-up-orange-skip-ball/600019745f6868				Coordination skills and Physical activity		Outside activity could be done alone or with others
Skipping Rope	https://www.amazon.com/ArtCreativity-Inch-Nylon-Ropes-Kids/dp/B07XLNWRMQ/ref=sr_1_2?keywords=skipping+ropes+for+kids&qid=1585238498&sr=8-2				Coordination skills and Physical activity		Outside activity could be done alone or with others
Smithsonian	https://www.si.edu/kids				Science		No need to travel to one of the Smithsonian's zoos or museums — this website brings your child everything from live video of the National Zoo to the Smithsonian Learning Lab right to their screen
Soccer Ball	https://www.amazon.com/Wilson-Traditional-Soccer-Ball-3/dp/B001C3Q8O8/ref=sr_1_2?dchild=1&keywords=soccer+ball&qid=1585239139&sr=8-2				Coordination skills and Physical activity		Outside activity could be done alone or with others
Songs for Teachers	https://www.songsforteaching.com/preschoolkindergarten.htm				Arts and Coordination Skills		A large selection of fun songs to help teach preschool and kindergarten students
Spelling Training	https://www.spellingtraining.com/				Reading and Writing Skills		Spelling 1-4 grade
Squiggle Park	https://www.squigglepark.com/dreamscape/				Reading Skills		Engaging reading game for grades 2-8 that combines strategy, engagement, and imaginative reading passages to create a fun, curriculum-aligned literacy game.
Star Fall	https://www.starfall.com/h/				Reading Skills		Phonic skills for K to 3
Steve Spangler Science	https://www.stevespanglerscience.com/lab/experiments/				Science		Tons of science experiments that you can do at home
Storyline Online	https://www.storylineonline.net/				Reading Skills		Fave kids books read by famous
Street Hockey Kit	https://www.walmart.ca/en/ip/Greensen-Kids-Hockey-Toy-Set-Children-Sports-Ice-Hockey-Soccer-Goals-Balls-Pump-Practice-Game-Toy-Set-Kids-Ice-Hockey-Goal/PRD6GA500ACWAQO				Coordination skills and Physical activity		Outside activity could be done with others
Super Charged Science	https://www.superchargedschool.com/				Science		Daily lessons and educational activities that kids can do on their own
Super Simple	https://supersimple.com/				Reading, Math, Science and Arts		Resource section includes free flashcards, coloring pages, worksheets, and other resources for children, teachers, and parents
Switch Zoo	https://switchzoo.com/				Science		Play games and learn all about animals from Grades K to 8
SworKit Kids Workout	https://app.sworKit.com/collections/kids-workouts				Fitness and Coordination Skills		Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout.
Teachers Pay Teachers	https://www.teacherspayteachers.com/Store/Literacy-With-The-Littles/Price-Range/Free				Reading Skills		Free Printables for PreK-2nd Grade

The Beachbody Workout	https://linkprotect.cudasvc.com/?url?https%3a%2f%2fvimeo.com%2fshowcase%2f6880106&c=E.1.cHhLvp-Obppe4iXj5kUTYWX5g0Eh2Wwzvdjvw0B6PYFOQhPshCuJTyYsZLv69mXZrUeUwRAV93MOVQK9xMNNW94pXdmj0fr_hR921_xVnK0Y.&typo=1				Fitness		Helping families stay healthy and sane by offering some fun ways to expend energy together
The Best Ideas for Kids	https://www.thebestideasforkids.com/fluffy-slime-recipe/				Arts and Coordination		Fluffy Slime Recipe
The Body Coach	https://linkprotect.cudasvc.com/?url?https%3a%2f%2fwww.thebodycoach.com%2fblog%2fpe-with-joe-1254.html&c=E.1.DDznOD2Egeq1P1-slowvPV2zg38abdSWG2GELoZQruINTQrW6WShAhuKa-PnQLq-aUdkFOzRKKZJ8P-xHNRsOTXFJ4NJo2EaYMCxHXD&typo=1				Fitness		free workout aimed at kids LIVE on their YouTube channel
The British Museum	https://britishmuseum.withgoogle.com/				History and Geography		This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies
The Canadian Homeschooler	https://thecanadianhomeschooler.com/5-canadian-virtual-field-trips/?utm_campaign=shareaholic&utm_medium=facebook&utm_source=socialnetwork				Reading, Math, Science and Arts		Canadian virtual field trip – a unique chance to explore somewhere online, instead of having to visit in person. These offer a glimpse into places that you might never be able to otherwise visit (like the Louvre!)
The China Guide	https://www.thechinaguide.com/destination/great-wall-of-china				History		This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.
The Color	https://www.thecolor.com/				Arts and Coordination Skills		Online digital coloring pages for Grades to K-5
The Concord Consortium	https://learn.concord.org/				Reading, Math, Science and Arts		A collection of hundreds of free K-12 STEM resources, from standalone models and simulations to short activities and week long sequences of curriculum materials.
The Good and the Beautiful	https://www.goodandbeautiful.com/				Reading, Math, Science and Arts		Course sets (Levels 1–5) that combine and thoroughly cover phonics, reading, writing, spelling, literature, grammar, punctuation, art, and geography—all in one easy-to-use, beautiful course
The Homeschool Scientist	https://thehomeschoolscientist.com/paper-structures-engineering-challenge/				Science		Engineering challenges with things you have at home
The Old Farmers' Almanac for Kids	https://www.almanac.com/kids				Reading and Science		Farmer's almanac for kids... Date, weather, moon phase, etc.
The OT Toolbox	https://www.theottoolbox.com/				Arts and Coordination Skills		At home OT, PT, and ST resources designed to build skills in children through movement and play.
The Science Spot	https://sciencespot.net/Pages/classhome.html				Science		Science projects that can be completed with or without Internet access
The Senate of Canada Le Sénat du Canada	https://sencanada.ca/en/sengage/resources/	https://sencanada.ca/fr/sengage/resources/			History		Educational materials to explain how the Senate of Canada works age appropriate from K to 12.
The Well Moments of Poetry	https://www.thewell.world/mindful-music/mindful-poetry-moments				Reading Skills		Poetry Videos.
Turtle Diary	https://www.turtlediary.com/				Reading, Math, Science and Arts		PreK - 5 games for all subjects
Tyto Online	https://www.tytoonline.com/				Science		Next Generation Science video game focused on middle school where students directly engage in science phenomena as they solve problems
University of Illinois Extension	https://web.extension.illinois.edu/firstgarden/			Spanish Learning Activities	Science		Guide to gardening for kids Over 30 Virtual Field Trips with Links
Virtual Field Trips	https://docs.google.com/document/d/1SvldgTx9dJKQ6SjyvPDspGikgE3Exmi3qh2KRku_w/mobilebasic				Science, Geography, Arts		Over 30 Virtual Field Trips with Links
Virtual Musical Instruments	https://www.virtualmusicalinstruments.com/				Music Activities		Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos.
Vocabulary Spelling City	https://www.spellingcity.com/				Reading and Writing Skills		Spellingcity is free right now with code VSCFree90

Georgia Aquarium	https://www.aqc.com/lifestyles/this-live-video-penguins-the-georgia-aquarium-will-just-the-distraction-you-need-today/2HcVUeFp3gPdmNQ64zQeCM/				Science			Live, adorable footage to watch during the quarantine
Canadian Museum of History Musée canadien de l'histoire	https://www.historymuseum.ca/#online-exhibitions	https://www.museedelhistoire.ca/?_ga=2.182635942.1081759982.1586443200-967643379.1586443200			History			Virtual Tours
Ripley's Aquarium of Canada	https://www.ripleyaquariums.com/canada/shark-camera/				Science			Virtual Tours
Ottawa Public Library Bibliothèque publique d'Ottawa	https://bibliooottawalibrary.ca/en/online-bilingual-storytime-heure-du-conte-bilingue-en-direct-0	https://bibliooottawalibrary.ca/fr/npde/17802			Reading Skills			e-books and online resources

COVID-19 Resources for Youth Ages 13+

CLEAR SELECTED SUPPORTS

Please click on the button for the type of service required

Agency	English Website	French Website	Telephone #	Please click on the button for the type of service required									Notes	
				Addiction Support	Career Support	Cultural Support	Financial Support	Food Security	Educational Support	Health Support	Mental Health Support	VAW Support		
Youth Services Bureau Service jeunesse	https://www.yvb.ca/	https://www.yvb.ca/fr/	613-260-2360 chat.yvb.ca for chatting online	Phone and Videoconference Support		2SLGBTQ+		Shelter and food available				Phone Counselling Online chat		Direct access to counselling on Walk-in Clinic regular day and hours: Tuesdays and Thursdays noon to 8:00 pm (last scheduled session at 6:00 pm) Sessions offered via phone or Zoom. Following call to reception, a counsellor will call back Crisis Line remains open for support. Emphasizing "physical distancing" as opposed to 'social distancing' with the youth. They have cued their staff to constantly remind the youth in the shelter to maintain physical distance (have even set out caution tape on floors to show how distant they need to be from one another). They also use caution tape around common areas (kitchen, living room) to limit how many are accessing these common spaces. Spectrum Youth Group has mobilized online through Discord.
Iziti	https://www.iziti.org/index.php									Reading, Math, Science and Arts				
A Better Way to Homeschool	https://abetterwaytohomeschool.com/learning-at-home-everything-you-need-in-one-place.html?fbclid=IwAR0Lo2FZ5cWLMt-6nto19auqT15kztoLqw3Iap0P11rcR_rlaNuCUcaYw									Reading, Math, Science and Arts				Entertaining & educational videos for all levels and subjects A quick start resource to help families pull together a plan for surviving the next 1-2 months at home with their kids, but it can also be a time of slowing down and enjoying kids as they learn. Preschool through 8th grade
A+ Click Access Mars	https://www.aplusclick.org/ https://accessmars.withgoogle.com/									Math Skills Science				Math and logic problems for ages 5 and up to adult Explore the surface of Mars on the Curiosity Rover.
ACS	https://www.acs.org/content/acs/en/education/resources/highschool/chemmatters/articles-by-topic.html									Science				High school chemistry
Action Housing Action Logement	https://www.actionlogement.ca/en/home/	https://www.actionlogement.ca/fr/accueil/	613-562-8219				Housing Web Information and Phone Email Consultation							
Adventures in Familyhood	https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html									Science, Geography, Arts				Virtual field trips are a great way to expose kids to new places all from the comfort of home. In this age of technology, so many museums, zoos and aquariums have set up virtual tours and webcams of their facilities. Now more than ever, is it easier to visit destinations around the world from the comfort of your couch.
Alaska Department of Fish and Game	http://www.adfg.alaska.gov/index.cfm?dfc=webcams									Science				Alaskan Wildlife cams 2500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.
All Recipes	https://www.allrecipes.com/syndication/museums-with-virtual-tours/2utm_content=internal&syndication_travelandleisure&utm_term=D9D7D4BC-67B4-11EA-92FD-F81C2FE8590&utm_source=facebook.com&utm_campaign=allrecipes_allrecipes&utm_medium=social									Science, Geography, Arts				
All-in-One Homeschool	https://allinonehomeschool.com/									Reading, Math, Science and Arts				Every course you could possibly want to homeschool preschool - 8
Appletree Medical Group	https://appletreemedicalgroup.com/medical-services/virtual-care/ https://artsology.com/										Virtual Health Care			Virtual care is covered by the provincial health plan in Ontario (OHIP)
Artsology										Art History				Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.

Agency	English Website	French Website	Telephone #	Addiction Support	Career Support	Cultural Support	Financial Support	Food Security	Educational Support	Health Support	Mental Health Support	VAW Support	Notes
Assault Women's Helpline	http://www.awhl.org/		1-866-863-0511 or (TTY) 1-866-863-7868									Phone Counselling and Consultation	
Banzai							Budgetting Skills						Banzai exposes students to real-world financial dilemmas to teach them the importance of smart money management. Games, quizzes and fact sheets take kids on a journey through time.
BBC	https://www.teachbanzai.com/ https://www.bbc.co.uk/history/tv/rise/								History				Games, quizzes and fact sheets take kids on a journey through time.
Big History Project	https://school.bighistoryproject.com/bholive								History				Online history classes for all ages preteen through adults
BioDigital	https://human.biodigital.com/login?returnUrl=/dashboard								Science				
Biology Simulations	https://www.biologysimulations.com/								Biology				A human visualization platform that allows students to explore the human body in really cool ways.
Bounce Back Ontario Retrouver son entrain	https://bouncebackontario.ca/	https://bouncebackontario.ca/fr/	1-866-345-0224								Phone Counselling Online Videos		Biology for Secondary School Level BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.
Brain Scape	https://www.brainscape.com/								Reading, Math, Science and Arts				Brainscape offers over a million flashcard decks for every subject, entrance exam, and certification imaginable
Breakout Edu	https://www.breakoutedu.com/funathome								Reading, Math, Science and Arts				Educational games K-12
Bunk	https://www.bunkhistory.org/								History				Digital archive of history
BWS Education Consulting	https://www.bwseducationconsulting.com/handouts.php								History Reading, Math, Science and Arts				Test Prep for SAT, ACT, etc
Campus Difusión	https://www.difusion.com/campus/					Spanish Oral and Written Skills			Spanish Oral and Written Skills				Resources for Spanish practice Geometry Pactice Worksheets
CanFigureit Geometry Carmen San Diego	https://www.canfigureit.com/ https://www.carmensandiego.com/resources/								Geometry Skills Reading, Math, Science and Arts				Carmen Sandiego videos, stories, and lessons for all subject areas
Cells Alive Centre 507	https://www.cellsalive.com/ http://www.centre507.org/							lunch					Learn all about cells 507 Bank Street
Centre Psychosocial		https://www.centrepyschosocial.ca/fr/	613-744-3233	Telephone Support									
Chalk Academy	https://chalkacademy.com/					Chinese learning activities Korean Learning Activites			Chinese learning activities Korean Learning Activites				Chinese learning activities Korean Learning Activites from K to 11
Chemcool	https://www.chemcool.com/								Science				Learn all about the periodic table
CHEO - Children's Hospital of Eastern Ontario /	https://www.cheo.on.ca/en/index.aspx	https://www.cheo.on.ca/fr/index.aspx		Phone, and Zoom Consultation support						Phone, and Zoom Consultation support	Phone, and Zoom Consultation support		Modified programming being offered virtually, including virtual groups, family and individual sessions
Children's Aid Foundation of Canada	https://www.cafdn.org/						Grants for Youth						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).
Chrome Music Lab	https://musiclab.chromeexperiments.com/Experiments		416-923-0924						Music Skills				Music is for everyone Museums, Libraries, Zoo Offer Online Programs During Coronavirus Closures
Cincinnati Pubic Radio	https://www.wvuu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream:0								History, Science, Geography				
CK-12 Foundation	https://www.ck12.org/student/								Reading, Math, Science and Arts				Educational games K-12
Class Central	https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869?fbclid=IwAR0tbYeSJTzmrgs1x1Brpgh-Lg8zoanTHOAUtFqR-bBX9O6AEh2_lnhTs								University and College online courses.				•Computer Science •Data Science •Programming •Humanities •Business •Art & Design •Science •Social Sciences •Health & Medicine •Engineering •Mathematics •Education & Teaching •and Personal Development
Classroom Cereal	https://www.classroomcereal.com/								Reading and Vocabulary				Middle School Reading and Vocabulary Skills

Agency	English Website	French Website	Telephone #	Addiction Support	Career Support	Cultural Support	Financial Support	Food Security	Educational Support	Health Support	Mental Health Support	VAW Support	Notes
Discovery K12	http://discoveryk12.com/dk12/								Reading, Math, Science and Arts				Online homeschool platform & curriculum for Pre-K to 12th grade. All main subjects are covered, plus extra curriculum courses
Dr. Rogers Math Neighborhood	https://www.youtube.com/channel/UCBQoCpYRYRkRrVsODOPHaA?reload=9								Math Skills				Higher level math series... online video series with detailed solutions to more than a thousand publicly-released College Board SAT Math, Subject Test Math Level 1, and Subject Test Math Level 2 problems.
Dream Box Learning	https://www.dreambox.com/at-home								Problem Solving				K-8 online math program that looks at how a student is solving problems to adjust accordingly and build a unique learning path for them
Ducksters	https://www.ducksters.com								Reading, Math, Science and Arts				Education for kids all topics
Duolingo	https://www.duolingo.com/	https://www.duolingo.com/courses/fr/en/Learn-French				Arabic Skills Bahasa Indonesia Skills Bengali Skills Chinese Skills Czech Skills Dutch Skills German Skills Greek Skills Hindi Skills Hungarian Skills Italian Skills Japanese Skills Korean Skills Polish Skills Portuguese Skills Romanian Skills Russian Skills Spanish Skills Turkish Skills Vietnamese Skills			Multilingual skills				Learn Foreign languages
Ear Music Training	https://trainer.thetamusic.com/en								Music Skills				he Theta Music Trainer offers a series of online courses and games for ear training and music theory.
Earthquake Hazards	https://earthquake.usgs.gov/learn/kids/								Science				Learn about earthquakes
EDX									University and College online courses.				Architecture, Art & Culture Biology & Life Sciences, Business & Management Chemistry, Communication, Computer Science Data Analysis & Statistics, Design Economics & Finance, Education & Teacher Training, Electronics, Energy & Earth Sciences, Engineering, Environmental Studies, Ethics Food & Nutrition Health & Safety, History, Humanities Language, Law, Literature Math, Medicine, Music Philanthropy, Philosophy & Ethics, Physics Science, Social Sciences
Elemental Science	https://www.edx.org/ https://elementalscience.com/blogs/news/80-free-science-activities								Science				80+ do at home science activities
Every Day Earth Family Services Ottawa / Services à la famille d'Ottawa	https://www.everyday-earth.com/ https://familyservicesottawa.org/	https://familyservicesottawa.org/fr/		Virtual Support Group & Intake Phone Support					Science				Interactive video earth science based curriculum supplement 1. Friends for Life - Peer Support Group For teens - English only. 2. Service offered remotely via secure phone and video in both languages. 3. Group program for Children who witness their mothers' abuse - establishing a video group connection.
Farm Food 360	https://www.farmfood360.ca/								Science and Health				This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.
Fem'aide			1-877-336-2433									Phone Counselling and Consultation	Fem'aide offre aux femmes d'expression française aux prises avec la violence sexiste, du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité, 24 heures par jour, 7 jours par semaine.
Five Able	https://app.fiveable.me/								Reading, Math, Science and Arts				Resources for AP students including live reviews, live trivia, and study guides!
Fun Brain	https://www.funbrain.com/								Reading, Math, Science and Arts				Math and Reading games for K to 8
Gardening Know How	https://blog.gardeningknowhow.com/top-of-the-crop/top-5-plants-seed-propagation-kids/								Science Activity				Top 5 Plants For Seed Propagation with Kids
Geo Guesser	https://www.geoguessr.com/								Geography				Tests kids' geography skills. Using images from Google's Street View, it plops players down in the middle of the street and asks them to figure out where they are.
Good 2 Talk Allo j'écoute	https://good2talk.ca/ontario/	https://allojecoute.ca/ontario/	Phone #: 1-866-925-5454 and Text at: GOOD2TALKON to 686868 Français: Texte ALLOJECOUTEON au 686868	Phone and Text Counselling							Phone and Text Counselling		
Grid Club Hippo Campus	https://gridclub.com/ https://hippocampus.org/								Math Skills Reading, Math, Science and Arts				Math games galore 7,000 free videos in 13 subject areas

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Housing Help Aide Logement	https://www.action-logement.ca/en/housing-help/		613-563-4532				Housing Web Information and Phone Email Consultation						
Huddle Care	https://www.huddle.care/covid/										Online Peer Support Group		We're all suffering from uncertainty around Coronavirus/Covid-19. Whether it's worry around health, finances, or loneliness, you're not alone. We're facilitating free video-based peer-led support groups for people to connect with and support each other. Groups will be sorted by gender, age, and topic.
Hydro Ottawa	https://hydroottawa.com/	https://hydroottawa.com/fr					Financial Support						[Assistance to customers affected by COVID 19]
Innerbody Research	https://www.innerbody.com/html/body.html								Science				Innerbody explores the 11 bodily systems in depth. With interactive models and detailed explanations, this website will help them learn more about the internal mechanics of the amazing human body
Instructables	https://www.instructables.com/member/EdgertonCenter/instructables/								Math Skills				3D printing projects and Coding projects, involving math and other K-12 subjects
IXL 123 Home School 4 Me	https://www.123homeschool4me.com/home-school-free-printables/								Reading and Math				300,000+ FREE printable worksheets from toddlers to teens for Grades K to 11
Jaku Konbit	http://www.jakukonbit.com/				Online Guidance, Counselling - need to set appointment	African and Caribbean Services			Online Guidance, Counselling - need to set appointment				Jaku Konbit's Mentorship Program is offering digital guidance counseling services for youth every: Monday, Wednesday, and Friday 12:00PM-6:00PM via Zoom. These sessions will be designed to familiarize youth with post-secondary options (training, employment, etc.) as well as general academic/community development advice. To make an appointment, email mentorship@jakukonbit.com by 11:00AM on the day you/or the youth would like to talk with the following information: 1. Your/the youth's grade 2. Your/ the youth's area(s) of interest 3. Time requested for counseling session.
Jessica Menard - CASO- Rideauwood Addictions Services			613-868-2767	Phone and Videoconference Support									While you can contact Jess either way throughout the week, she continues to work with us on Tuesdays and Wednesdays only.
Kanopy	https://www.kanopy.com								History and Geography				Video clips and documentary
Khan Academy	https://www.khanacademy.org/								Reading, Math, Science and Arts				Online education program for toddler through high school...
Kids Gardening	https://kidsgardening.org								Science Activity				We create opportunities for kids to learn and grow through gardening, engaging their natural curiosity and wonder.
Kids Health	https://kidshealth.org/en/parents/coronavirus-how-talk-child.html									Web Info	Web Info		How to talk to your child or Teen
Kids Help Phone Jeunesse, l'écoute Kids Think Design	https://kidshelpphone.ca/ http://www.kidsthinkdesign.org/	service en français	1-800-668-6868.						Arts		Phone Counselling		Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design.
Kiwi Co	https://www.kiwico.com/kids-at-home								Reading, Math, Science and Arts				Quick & easy at home projects curated for kids 2 and up
KQED	https://www.kqed.org/mindshift/55533/exercise-tips-to-help-kids-teens-and-families-stay-balanced-at-home?fbclid=IwAR04U1PrzYrtg6FpqB2IFNDpo8uhCDNzr8DwrtVewLvbSD5iUJ5FRNLCQ								Fitness				Exercise Tips To Help Kids, Teens and Families Stay Balanced at Home
Learn in Color	https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html								Reading, Math, Science and Arts				75+ Entertaining and Educational Activities for When You're Stuck Indoors
LGBT Youthline	www.youthline.ca		1-800-268-9688 or chat online or Text 647-694-4275			LGBT Support					Phone Support or Chat Online		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.
Louvre	https://www.louvre.fr/en/visites-en-ligne	https://www.louvre.fr/en/visites-en-ligne				Japanese Tour Chinese Tour Korean Tour Russian Tour			Arts				Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.
Macro Learning	https://macrolearning.com/								Reading, Math, Science and Arts				Resources for AP students
Maison Fraternité		https://www.maisonfraternite.ca/		Phone and Videoconference Support									Clients already involved in service are contacted and offered telephone or videoconferencing consultations. New clients have access to telephone screening

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Makers Stations									Film Making - Arts				3 Free Weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet.
Mangahigh	https://www.mangahigh.com/en-us/					Germain Learning Activities Portuguese Learning Activities Spanish Learning Activities			Reading, Math, Science and Arts				Website allows students to play basic games to reinforce math skills and compete against the computer or others
Math @ Work	https://www.hmhco.com/math-at-work								Math Sills				Math Videos with lessons, real life uses of math, famous actors
Math Celebrity	https://www.mathcelebrity.com/online-math-tutor.php								Math Sills				Enter your math problem or search term, press the button, and they show you the step-by-step work and answer instantly. 2nd grade through college.
Maximal List to Minimal List	http://maximalisttominimalist.com/kids-outdoor-activities/								Reading, Math, Science and Arts				11 Simple DIY Kid's Outdoor Activities for Grade K - 8
Memrise	https://www.memrise.com/	https://www.memrise.com/#				Chinese Learning activities Danish Learning Activities German Learning Activities Italian Learning Activities Korean Learning Activities Polish Learning Activities Portuguese Learning Activities Russian Learning Activities Spanish Learning Activities Turkish Learning Activities Vietnamese Learning Activities			Multilingual skills				
Met Museum	https://www.metmuseum.org/art/online-features/metkids/								Art History				22 languages to learn A wonderful, endlessly detailed way to get kids engaged in the world of art.
Milwaukee With Kids	https://www.mkewithkids.com/post/here-are-two-weeks-worth-of-fun-and-easy-science-experiments								Science				To keep the learning going, try one of these science experiments each day. They each take about 30 minutes, and use super simple ingredients from around the house.
Mindful Schools	https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/										Mindful Exercises		Mindful Schools will be offering mindfulness classes for kids! Join us online – for mindful activities, mindful movement, read-alouds – and let's have fun exploring mindfulness together.
Ministry of Children, Community and Social Services / Ministère des services de l'enfance et des services sociaux et communautaire	https://www.ontario.ca/page/ministry-children-community-and-social-services?_ga=2.191443626.1811378105.1585666448.1481361254.1585666448	https://www.mcsj.gov.on.ca/fr/mcss/programmes/social/ow/help/financial_assistance.aspx					Social Assistance Request						
Mission US	https://www.mission-us.org/								History				An interactive way to learn history
Music Theory	https://www.musictheory.net/								Arts				Introductory and intermediate music theory lessons, exercises, ear trainers, and calculators.
Naseeha Youth Helpline	https://naseeha.org/		1-866-627-3342			Muslim Support					Phone Counselling		Peer to peer Muslim support.
National Art Gallery (USA)	https://www.nga.gov/education/kids.html								Art History				NGAkids interactives offer an entertaining and informative introduction to art and art history.
National Geographic Kids	https://kids.nationalgeographic.com/								Science and Geography				Geography and animals games, videos, and activities
Next Gen Personal Finance	https://www.ngpf.org/						Budgetting Skills		Math and Personal Budgeting Skills Reading Skills				Scads of free resources, games, learning resources, and lesson plans for teaching personal finance
Nitro Type	https://www.nitrotype.com/								Reading and Writing Skills				Improve your typing skills while competing in fast-paced races with up to 5 typers from around the world.
No Red Ink	https://www.noredink.com/								Math Skills				Online curriculum that builds better writers
Numberphile	https://www.numberphile.com/												Short videos about numbers that help kids explore complex math topics and make math more fun.
Ontario Telemedicine Network	https://otn.ca/	https://otn.ca/fr/								Web Information and Virtual Health Care			They offer to connect patients virtually to physicians and offer resources that are managed by a team for minor health issues
Ontario Works Financial Assistance	https://www.mcss.gov.on.ca/en/mcss/programs/social/ow/help/financial_assistance.aspx	https://www.mcss.gov.on.ca/fr/mcss/programmes/social/ow/help/financial_assistance.aspx	311 613-580-2400				Ontario Works Financial Assistance						Phone Consultation
Operation Ramzieh	https://www.eventbrite.com/e/operation-ramzieh-ottawa-relief-kits-for-the-vulnerable-tickets-100126416808							Technology Training and Tips for saving energy					Operation Ramzieh OTTAWA : Relief kits for the Vulnerable Free webinars on how to better utilize technology.

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Ottawa Carleton District School Board	https://www.ocdsb.ca/			Phone and Videoconference Support					Online Curriculum Available Remote Teacher Support		Phone and Videoconference Support		Staff reaching out by phone for wellness checks with students on current caseload and high level of concern. Working on secure virtual platform – once in place, counselling will resume. Urgent care protocol with is operational for any students requiring that level of support Remote teacher support either through phone or group connection
Ottawa Catholic School Board	https://www.ocsb.ca/			Virtual platform					Online Curriculum Available Remote Teacher Support		Virtual Platform		Social workers, psychologists and addiction counsellors reaching to students/ families already on caseload for wellness check in. Working on secure virtual platform. Created resource list/ information for families and staff Remote teacher support either through phone or group connection
Ottawa Child and Youth Initiative Initiative pour les enfants et jeunes	https://www.growingupgreat.ca/	https://www.growingupgreat.ca/francais/							Great Educational Online Programming		Mental Health Programming for children and youth		
Ottawa Dental Society	https://ottawadentalsociety.org/dental-emergency/	https://ottawadentalsociety.org/frurgence-dentaire/	613-523-4185							Emergency Dental Care			If there is a dental emergency please call for appointment
Ottawa Food Bank La banque d'alimentation d'Ottawa	https://www.ottawafoodbank.ca/	https://www.ottawafoodbank.ca/fr/	613-745-7001					Food banks remain open lunch					All Food Banks remain open
Ottawa Mission / La Mission d'Ottawa Ottawa Network for Education / Réseau d'Ottawa pour l'éducation	https://ottawamission.com/ https://onfe-rope.ca/	https://ottawamission.com/serveice-en-français https://onfe-rope.ca/fr/						School Replacement Breakfast Kits					35 Waller Street - for males only Breakfst lunch bag kit for school age children
Over Drive Overcoming Obstacles	https://www.overdrive.com/ https://www.overcomingobstacles.org/					Spanish Learning Activities			Reading Skills		Coping Skills		E-Books Life skills curriculum for students in grades K-12. Their resources include strategies for teaching social and emotional skills Teaches students how to write a paragraph through interactive online tutorial
Paragraph Punch	http://www.paragraphpunch.com/								Reading and Writing Skills				
PART - Practice and Research Together	https://mailchi.mp/5449b16ee07f/shamimandjullit-26386897e-0881bed0ff									Web Evidence Base Research	Web Evidence Base Research		Part 1: Learning about Child Welfare and Pandemics This section includes resources to support general understandings of COVID-19, and the influences that this pandemic has on the child welfare sector. Public health and government measures such as school and activity closures, restrictions on movements of children and families, and loss of employment or supports may place new stressors on children, parents and caregivers. These resources will help outline the broad familial, social, and economical impacts of a pandemic, and how the child welfare system may be required to respond to better protect and support children, youth and families in their communities. Part 2: Team Activities Feeling disconnected from your team? Choose one or two activities from the list below to connect practitioners on your team and engage in research/EIP focused discussions Part 3: COVID-19 Self-Care Plan Worksheet As we cope with the current COVID-19 pandemic, there are many ways in which our lives have changed and adjusting to these changes can be hard. So, while we learn to cope and adjust to this new life, it's important to prioritize our self-care. A self-care plan can help us cope with the many emotions that may be evoked during this uncertain time.
PBS Learning	https://www.pbslearningmedia.org/								Reading, Math, Science and Arts				PreK-12 digital media service with more than 30,000 learning materials
Phet	https://phet.colorado.edu/								Reading, Math, Science and Arts				Science and math labs and simulations Chemistry
Play Mada Games	https://www.playmadagames.com/								Chemistry				
Positive Physics	https://www.positivephysics.org/home								Science				An online physics problem and video bank designed for conceptual, standard, honors or AP1 physics Free videos from around the world from grade 3-12 QuaverMusic is offering free access to general music activities to all impacted schools, including free student access at-home for Grades K to 8
Project Explorer	https://www.projectexplorer.org/								Geography Arts & Music				
Quaver Music	https://www.quavermusic.com/info/at-home-resources/												
Quizlet	https://quizlet.com/								Reading, Math, Science and Arts				
ReadWorks	https://www.readworks.org/								Reading Skills				For students to practice and master whatever they are learning. ReadWorks is an online resource of reading passages and lesson plans for students of all levels K-12
Revenu Canada Agency / Agence du revenu Canada	https://www.canada.ca/en/revenu-agency.html	https://www.canada.ca/fr/agence-revenu.html					Child Benefit Canada Employment Insurance Claims						Service Canada now has a dedicated number for Employment Insurance claims exclusively related to COVID-19.
Revenu Canada Agency / Agence du revenu Canada	https://www.canada.ca/en/revenu-agency.html	https://www.canada.ca/fr/agence-revenu.html	1-833-381-2725										
Rideauwood Addictions and Family Services	https://www.rideauwood.org/		613.724.4881	Online Counselling & Phone Counselling									Individual counselling to existing clients Reaching out to schools/other partners to identify/refer students who might need additional supports. Just explore, have fun, and learn some science along the way
Robert Krampf The Happy Scientist Roberts Smart Centre	https://thehappyscientist.com/ https://www.robertssmartcentre.com/		613-728-1946	Tele-Support and Counselling					Science		Tele-Support and Counselling		

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Ruckify and United Way	https://ruckify.com/en/relief/						Smart Phone, Tablet, Computer, Webcam Access						<p>Connect vulnerable people with technology during COVID 19</p> <p>Ruckify is the world's largest peer-to-peer rental marketplace, and offers the opportunity for individuals and companies to rent out at a low cost their items to their local communities.</p> <p>Social service providers are struggling to reach their clients remotely without proper technological equipment. This makes things especially hard for vulnerable people to communicate with their social workers, doctors, counselors, mental health professionals and other services that keep them healthy.</p> <p>You can provide an immediate lifeline to critical services for the most vulnerable, just by lending your unused technological devices through Ruckify.</p> <p>Using Ruckify Express Delivery we pick up and deliver your items. Your items are also sanitized before pick up and drop off. Items are covered for damage or if anything goes missing using our insurance coverage option.</p>
San Diego Zoo	https://kids.sandiegozoo.org/								Web Information Nature and Animal Learnings				
Sandy Hill Community Health Centre / Centre de santé Côte de sable	https://www.shchc.ca/	https://www.shchc.ca/fr/	613-789-8941	Phone Counselling				Phone Consultation			Phone Counselling		<p>Website just for kids with amazing videos, activities, and games</p> <p>Individual counselling available</p> <p>Responding to calls for information and referral to community resources and supports related to family issues and also social/practical issues such as food</p> <p>Day-by-day projects to keep kids reading, thinking, and growing</p>
Scholastic	https://classroommagazines.scholastic.com/support/learnathome.html								Reading Skills				
Science Education for Public Understanding Program	https://sepuplhs.org/								Science				<p>Science simulations, scientist profiles, and other digital resources for middle school science and high school biology</p>
Scout Pad Scratch	https://www.scoutpad.com/ https://scratch.mit.edu/								Math Skills Reading, Writing, Arts Skills				<p>Adaptive curriculum in Math and ELA for Grades K-8</p> <p>Scratch draws students of all types into coding and lays a foundation for future learning.</p> <p>233 Murray</p>
Sheppards of Good Hope / Les Bergers d'espoirs	https://www.sghottawa.com/	https://www.bdeottawa.com/						lunch					
Shurley Instructional Materials	https://www.shurley.com/								Reading and Writing Skills				The Shurley English program for grades K-8 provides a clear, logical, and concrete approach to language arts
Sight Reading Factory	https://www.sightreadingfactory.com/								Music Skills				Sight reading and sight singing practice exercises.
Smart Music	https://www.smartmusic.com/								Music Skills				Music practice transformed
Smithsonian	https://www.si.edu/kids								Science				No need to travel to one of the Smithsonian's zoos or museums — this website brings your child everything from live video of the National Zoo to the Smithsonian Learning Lab right to their screen
Squiggle Park	https://www.squigglepark.com/dreamscape/								Reading Skills				Engaging reading game for grades 2-8 that combines strategy, engagement, and imaginative reading passages to create a fun, curriculum-aligned literacy game.
St Luke's Table	http://stlukesable.ca/							lunch	Science				760 Somerset Street West Tons of science experiments that you can do at home
Steve Spangler Science	https://www.stevespanglerscience.com/lab/experiments/												
TeenLine	https://teenlineonline.org/talk-now/		1-800-852-8336 Or Text TEEN to 839863								Phone and Text Counselling		
Telehealth Ontario / Télésanté Ontario	https://www.ontario.ca/page/get-medical-advice-telehealth-ontario	https://www.ontario.ca/fr/page/obtenir-des-conseils-medicaux-telestante-ontario	1-866-797-0000							Phone Consultation			Free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.
The Beachbody Workout	https://linkprotect.cudasvc.com?url=https%3a%2f%2fvimeo.com%2fshowcase%2f6880106&c=E_1cHhLv-0bpe4Xiz5kUTYwXSp0lEh2Wwvdygw0B6PFDOhaPshCuTVYs2Lv69m3ZrUeUwRAV93MOVOK9xMNV94pXdm0fr_hR92L_xvNk0Y_8tvp0=1								Fitness				Helping families stay healthy and sane by offering some fun ways to expend energy together
The Body Coach	https://linkprotect.cudasvc.com?url=https%3a%2f%2fwww.thebodycoach.com%2fblog%2fpe-with-ice-1254.html&c=E_1DDznOD2EgeqI1P1-slowyPV2jg38abd5WGe2GELoZOruINTQYrW6WShAuka-PnQUq-aUDkF0zRKZj8P-xTHN-rsOTXfJ4NJo2EaYMcHXHD&tpo=1								Fitness				free workout aimed at kids LIVE on their YouTube channel
The British Museum	https://britishmuseum.withgoogle.com/								History and Geography				This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies

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The Canadian Homeschooler	https://thecanadianhomeschooler.com/5-canadian-virtual-field-trips/?utm_campaign=shareaholic&utm_medium=facebook&utm_source=socialnetwork								Reading, Math, Science and Arts				Canadian virtual field trip – a unique chance to explore somewhere online, instead of having to visit in person. These offer a glimpse into places that you might never be able to otherwise visit (like the Louvre!)
The China Guide	https://www.thechinaguide.com/destination/great-wall-of-china								History				This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.
The Concord Consortium	https://learn.concord.org/								Reading, Math, Science and Arts				A collection of hundreds of free K-12 STEM resources, from standalone models and simulations to short activities and week long sequences of curriculum materials.
The Good and the Beautiful	https://www.goodandbeautiful.com/								Reading, Math, Science and Arts				Course sets (Levels 1-5) that combine and thoroughly cover phonics, reading, writing, spelling, literature, grammar, punctuation, art, and geography—all in one easy-to-use, beautiful course
The Great Courses Plus	https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREE&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=10006148fbclid=IwAR1vaJk-7_aCdyE7550Tjns4JZ_jl6KjvsJb4CnXY03nfm3FdfJlaNpvs								Reading, Math, Science and Arts				Classes for older teens or adults
The Homeschool Scientist	https://thehomeschoolscientist.com/paper-structures-engineering-challenge/								Science				Engineering challenges with things you have at home
The Science Spot	https://sciencespot.net/Pages/cia_sshome.html								Science				Science projects that can be completed with or without Internet access
The Senate of Canada Le Sénat du Canada	https://sencanada.ca/en/sengage/resources/	https://sencanada.ca/fr/sengage/ressources/							History				Educational materials to explain how the Senate of Canada works age appropriate from K to 12.
The Well / La Source	http://the-well.ca/							lunch					154 Somerset Street West (ring the doorbell) - for females only
The Well Moments of Poetry	https://www.thewell_world/mindful-music/mindful-poetry-moments								Reading Skills				Poetry
Tia Health	www.tiahealth.com									Virtual Health Care			Virtual care is covered by the provincial health plan in Ontario (OHIP), Alberta (AHCIIP), and British Columbia (MSP) , but <u>not</u> the other provinces. Patients with a valid Ontario, Alberta, or British Columbia health card will not be charged. Patients in other provinces will receive a receipt that may be reimbursed through a health spending account or other private insurance.
Trans Lifeline	https://www.translifeline.org/		1-877-330-6366			Trans Support					Phone Counselling		Peer support service run by trans people, for trans and questioning callers. Keyboarding practice
Typing Typing Club	https://www.typingclub.com/ or https://www.typing.com/								Keyboarding practice Science				Next Generation Science video game focused on middle school where students directly engage in science phenomena as they solve problems
Tyto Online	https://www.tytoonline.com/								Science, Geography, Arts				Over 30 Virtual Field Trips with Links
Virtual Field Trips	https://docs.google.com/document/d/15vdqTz9dK0G5YvP0soGlgE3iExm3qh2KRNku_w/mobilebasic								Music Skills				Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos.
Virtual Musical Instruments	https://www.virtualmusicalinstruments.com/												Let's kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos.
Wabano Centre for Aboriginal Health	https://wabano.com/			Web Support		Indigenous Support							Women's Group: Ottawa Wellbriety Zoom Meetings Tuesday & Thursday - open for all - 6:30 PM Sunday at 10:30 AM Monday for Indigenous Women 2:00 PM Join Zoom Meeting via https://us04web.zoom.us/j/7994218665 Meeting ID: 799 421 8665 Clinic – Open 9-5 Monday to Friday (Covid-19 pre screening is in place) Mental Wellness – still remain available for walk in crisis (Mon-Fri 9-9) but unfortunately we are not doing family sessions, or seeing our regular clients one on one. MW Outreach – has been modified to phone check ins only. Wellbriety meetings – are still taking place via Zoom (See attached) COC – Circles are still continuing, all facilitators are still working, circles are now being done via conference calls. We are trying to utilize Microsoft teams but finding it difficult. The only difference for circles would possibly be the amount of supports available to them. (For example- housing is not operational at this time). I am still accepting referrals for COC and performing intakes via the phone. And just a FYI – I am working full time from home for the time being but will be starting my mat leave from rainbows to tornadoes and winter storms to tsunamis, meteorologist Crystal Wicker breaks down the fascinating world of weather.
Weather Wiz Kids	http://www.weatherwizkids.com/								Science				

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What Was There	http://www.whatwasthere.com/								Geography				Allows students to type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help them learn about history.
Wild, Free & Crafty	http://wildfreeandcrafty.com/2020/03/15/free-online-art-lessons-for-kids/?fbclid=IwAR3C-wLp5oLpUuKCVyqk7MAeufpGnh73265cfkvV76ev0yepdyNo7M1d								Arts and Coordination				FREE online art lessons for kids (and adults). Ease some anxiety with art therapy, learn how to create awesome projects, and enjoy getting creative.
Yellowstone National Park	https://www.nps.gov/vehl/learn/photosmultimedia/virtualtours.htm								Virtual Tour				Virtual Tour of the Yellowstone National Park
Youngzine YouthNet / RéseauAdo	https://www.youngzine.org/ http://ynra.ca/	http://ynra.ca/fr/		Virtual Support Group and Phone support					Current Events				News and more for kids Working towards developing virtual group programming for the week of March 30. Critical cases will continue to receive 1:1 follow-up with Social Worker through virtual sessions
YouTurn Youth Support Services	https://www.youturn.ca/	Provides French Services	613-789-0123	Phone and Web Support							Phone and when urgent Face-to-Face Counselling	Phone Counselling and Consultation	Is providing support services not having FF meetings with clients, except on case by case urgent basis.
Youville Centre	http://www.youvillecentre.org/												
School Mental Health Ontario Santé mentale au milieu scolaire d'Ontario	https://smho-smso.ca/covid-19/	https://smho-smso.ca/covid-19-fr/	613-231-5150 ext 121	Text - Phone - Skype - FaceTime							Text - Phone - Skype - FaceTime Web Information Online support		readWorks is an online resource of reading passages and lesson plans for students of all levels K-12 School Mental Health Ontario has some tips and resources to help to support student mental health during the COVID-19 pandemic
All Kids Network	https://www.alkidsnetwork.com/crafts/								Arts and Coordination Skills				Crafts, activities, mazes, dot to dot, etc for Grades K to 12
Jigsaw Explorer	https://www.jigsawexplorer.com/puzzles/reflected-barn-jigsaw-puzzle/								Online Puzzles				
Kennedy Center	https://www.kennedy-center.org/education/mo-willems								Arts				Doodles
Ministry of Education of Ontario Ministère d'éducation de l'Ontario	https://www.ontario.ca/page/learn-at-home https://www.boomlearning.com/	https://www.ontario.ca/fr/page/apprendre-la-maison							Reading, Math, Science and Arts				Online education program for toddler through high school...
Brain Pop	https://www.brainpop.com/								Reading, Math, Science and Arts				BrainPOP is here to help you and your curious learners stay informed and on-track with free access during school closures.
The Canadian Encyclopedia L'Encyclopédie canadienne	https://www.thecanadianencyclopedia.ca/en	https://www.thecanadianencyclopedia.ca/fr							Reading, Math, Science and Arts				
Learning A-Z	https://www.learnin-a-z.com/								Reading Skills				Learning A-Z is an education technology company dedicated to expanding literacy through thoughtfully designed resources
Kids Discover	https://online.kidsdiscover.com/								Reading, Math, Science and Arts				Access our award-winning library of over 2,000 visually stunning science and social studies articles on any internet-enabled device, at any time
TVO	https://education.tvo.org/								Reading, Math, Science and Arts				Discover new and interactive ways you can inspire curiosity, exploration, growth and learning. Bring TVO's in-depth Current Affairs, thought-provoking Documentaries, and award-winning TVOkids content into your lessons today! For all Grade levels
Wonderpolis	https://wonderpolis.org/								Reading, Math, Science and Arts				Online education program for toddler through high school...
Discovery Education	https://www.discoveryeducation.com/								Reading, Math, Science and Arts				Virtual Learning page to find ready-to-use strategies and engaging resources for educators and parents, and browse sessions from VirtCon, our recent 2-day professional learning event. Discover practical, creative, and effective ways to maximize digital resources in a virtual setting and design differentiated virtual learning experiences for students.
David Suzuki Foundation La Fondation David Suzuki	https://davidsuzuki.org/take-action/act-locally/connecting-youth-with-nature/#editor-4	https://fr.davidsuzuki.org/?lang=ge_notification							Reading, Math, Science and Arts				Kids need nature! And so do parents, grandparents, caregivers and teachers. Encourage kids to spend time outside and teach them about environmental responsibility with these activity guides
Mystery Science Georgia Aquarium	https://mysteryscience.com/ https://www.abc.com/lifestyles/th-is-live-video-remains-the-georgia-aquarium-will-just-the-distraction-you-need-today/2HCVUeFp3ePdmNQ64zOeCM/								Science Science				Open-and-go lessons that inspire kids to love science! Live, adorable footage to watch during the quarantine
Canadian Museum of History Musée canadien de l'histoire	https://www.historymuseum.ca/#online-exhibitions	https://www.museedelhistoire.ca/?_ga=2.182635942.1081759982.1586443200-967643379.1586443200							History				Virtual Tours
Ripley's Aquarium of Canada	https://www.ripleyaquariums.com/canada/shark-camera/								Science				Virtual Tours
Ottawa Public Library Bibliothèque publique d'Ottawa	https://bibliooottawalibrary.ca/en/online-bilingual-storytime-heure-du-conte-bilingue-en-direct-0	https://bibliooottawalibrary.ca/fr/node/17802							Reading Skills				e-books and online resources

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Mental Health and Addiction Services of Ottawa	https://www.mhaso.ca/smart-recover		613-225-7272								Online Support		<p>A psychologist recommended this application. It offers many insights, talks, meditations on addictions. It is Insight Timer. Psychologist is also a teacher on that App and have used it for 7-8 years.</p> <p>It is free and has helped them as well in difficult time. You only pay if you want to do courses. Just place keyword Addiction and you will get a list. Visit their website and then install the App.</p>
Tungasuvingat Inuit	https://www.tungasuvingatinuit.ca/		343-551-1423 lc: casemgr@tungasuvingatinuit.ca for Jennifer Switzer	Phone and Online Support		Inuit Services	Phone Consultation and Referral	Food Vouchers			Phone and Online Counselling	Phone and Referral Consultation	<p>If the family is already connected with either Paulina or Phil, or Jennifer Switzer can provide their contact details as well if you do not have them.</p> <p>As discussed, TI is adapting its programs to the current environment and staff remain available to support families by phone, social media and virtually. Below is a summary of the current supports and services that TI is able to provide to families at this time:</p> <p>Food security</p> <ul style="list-style-type: none"> •TI is currently distributing grocery gift cards to Inuit families in Ottawa and across Ontario by mail or email. Please contact Jennifer if a family is in need, and we can confirm if they are on the list or add them <p>Counselling services</p> <ul style="list-style-type: none"> •TI has a team of counsellors that are able to provide counselling support over the phone or through videoconferencing. •If you would like to refer a family for counselling please contact me directly and I can make the referral to the managers to be assigned to a counsellor. <p>- TI & Inuuqatigilt have partnered with Indigo to bring books to Inuit Children under 18 years.</p> <p>If you are currently supporting an Inuit family and would like to access this support please send me an email with the following: Mental Health and Resilience During COVID-19: Free 1 hour webinar</p> <p>8 Techniques to Manage Anxiety During Coronavirus: Try this at Home, Dr Becky</p>
CTRI - Crisis & Trauma Resources Institute	https://ca.ctrinstitute.com/free-webinar/										Webinar		
Try This At Home	https://drbeckyathome.com/home/8-techniques-to-manage-anxiety										Online Information		
University of California San Francisco	https://psychiatry.ucsf.edu/coronavirus/coping										Online Information		
Brené Brown	https://brenebrown.com/podcast/brene-on-anxiety-calm-over-under-functioning/										Podcast		
All Kids Network	https://parasolwellness.com/why-am-i-so-tired/										Online Information		

