

Resources

Virtual Children's Books and Learning Resources

| Organization / Resource | Description | How to Access |
|--------------------------------------|---|--|
| Audible | Amazon has created free online audio books for children. | Website |
| Unite for Literacy | Unite for Literacy is a free online children book platform with over 400 selections to read and explore. | Website |
| Pebble Go | A digital research tool for children ages 3 and under. There are various learning articles, activities, and literacy support tools. Services are free when accessed through the Toronto District School Board website. | TDSB: Website Pebble Go main link |
| Tumble Book Library | An online digital library to enhance literacy and readying for children ages 6 and under. There are many selections of animated and highlighted text picture books. Services are free when accessed through the Toronto District School Board (TDSB) website. | TDSB: Website Tumble Book Library main link |
| Toy Theater | Toy Theater provides many online free educational games (math, reading, and art activities) for children in elementary classrooms | Website |
| Free Online Learning Services | Star Fall and Kids Learning Ville is a free online learning service for children in Kindergarten to Grade 3. | Star Fall: Website Kids Learning Ville: Website |
| TumbleMath | An online math picture book that provide | TDSB: Website |

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| | wide selections of stories with animation and narration. Services are free when accessed through the Toronto District School Board website. | TumbleMath main link |
| Math Apps | Free downloadable math apps for children. | The Math Learning Centre: Website Mathies: Website |
| The Bank of Canada Museum (Math) | The Bank of Canada Museum has created a free online worksheet for children ages 4-6 to explore and learn more about the Canadian money. | Website |

Virtual Museums for Children and Families

| Organization / Resource | Description | How to Access |
|---|---|-------------------------|
| Rom At Home | The Royal Ontario Museum has created an online platform for children and families to create fun activities at home. Click on the link to explore. | Website |
| Louvre Museum | Located in Paris, the Louvre Museum is providing a free online virtual tour. Enjoy the views! | Website |
| Smithsonian National Museum of Natural History | Smithsonian National Museum of Natural History has created a free 360-degree room by room tour of their entire exhibit. | Website |
| Van Gogh Museum | Explore Van Gogh most famous paintings. | Website |
| Nasa Glenn Virtual Tour | Free virtual tour of Nasa Glenn. | Website |

Virtual Zoos and Aquariums

| Organization / Resource | Description | How to Access |
|-------------------------|---|-------------------------|
| San Diego Zoo | Watch San Diego Zoo animals on live camera. | Website |
| Houston Zoo | Watch Houston Zoo animals on live camera. | Website |
| Monterey Bay Aquarium | Free live camera to explore and learn more about sea creatures. | Website |
| National Aquarium | Free virtual tour of National Aquarium water animals. | Website |

Activities for Children

| Organization / Resource | Description | How to Access |
|-------------------------|---|-------------------------|
| Playdough Fun | <p>What you will need: 1 cup plain flour, ½ cup cooking salt, 1 cup boiling water, 2 teaspoon cream of tartar, 1 tablespoon cooking oil, food colouring, 1 large bowl, and a wooden/plastic spoon.</p> <p>Instructions: With a wood/plastic spoon, mix the flour, water, salt, and cream of tartar in a saucepan. Once it has been mixed, add oil. Wait until it's cooled down and divide into 6 balls. Add a different colour to each ball. Have fun and happy modeling.</p> | Website |
| Making Goop | <p>What you will need: 1.5 cups corn starch, 1 cup water, food colouring, 1 large bowl, and a wooden/plastic spoon.</p> <p>Instructions: Place water and corn starch in large bowl and add a few drops of food colour. With a wood/plastic spoon, mix all ingredients. Have fun!</p> | Website |

Keeping Active at Home

| Organization / Resource | Description | How to Access |
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| <p>Exercise and Yoga for children</p> | <p>Keeping active is very important to children’s well-being. The links provided will have a range of exercises that children and families can do together at home.</p> | <ol style="list-style-type: none"> 1. Moovlee website 2. Cosmic Kids Yoga website 3. Yoga with Adriene website 4. The Body Coach TV website |

Support Services for Children

| Organization / Resource | Description | How to Access |
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| <p>EarlyON Child and Family Centres</p> | <p>EarlyON centres provide a wide range of free services for families and children from birth to 6 years old. The centres implement fun activities, offer professional child development advice and an opportunity to connect with other families. Please click on the link for more information.</p> | <p>Website</p> |
| <p>Holland Bloorview Kids Rehabilitation Hospital</p> | <p>Holland Bloorview Kids Rehabilitation Hospital provides many support services for children and their families. Some of their services would include:</p> <ul style="list-style-type: none"> • Autism, communication, learning and behaviour • Child development program • Neuromuscular services • Writing aids service • Virtual programs and services • Community based child development services • Community programs • Early Learning and Development • Early Learning and Development - Infant Development Program • Early Learning and Development - Community Outreach Service • Early Learning and Development - | <p>Website</p> |

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| | <p>Nursery Schools</p> <ul style="list-style-type: none"> • Feeding services • Music and arts <p>For more information and additional services provided at Holland Bloorview Kids Rehabilitation Hospital please visit their website.</p> | |
| Geneva Centre For Autism | <p>Geneva Centre For Autism provides services for children with Autism Spectrum Disorder from 2 to 12 years old. The programs would include:</p> <ul style="list-style-type: none"> • Intake • Intensive Behavioural Intervention (IBI) • Evening and Weekend Respite • Unstuck and On Target • Secret Agent Society • Zones of Regulation <p>For more information about the services provided at Geneva Centre For Autism please visit their website.</p> | Website |
| Surrey Place Centre: Partnership for Autism Services and Intensive Behavioural Intervention (IBI) | <p>Services for children diagnosed with Autism Spectrum Disorder or fall toward the severe end of the autism spectrum.</p> | Website |
| SickKids | <p>Assessment programs for children with social-emotional concerns.</p> | <p>SickKids Centre for Community Mental Health Serves for children ages 0-17: Tel: 416-924-1164 Website</p> <p>SickKids Infant Psychiatry Program Serves children ages 0-5: 416-813-6582 Website</p> |
| Epilepsy Toronto | <p>Parent support programs, counseling services, education, and advocacy for families with children who have epilepsy/seizure disorder.</p> | 416-964-9095 Website |

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| <p>Early Abilities: Speech & Language, Vision, Hearing Program</p> | <p>Early Abilities provides families with assessments, consultations, parenting support, therapy, and referrals for children from 0-6.</p> | <p>416-338-8255 Website</p> |
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Emotional Support Services

| Organization / Resource | Description | How to Access |
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| <p>Distress Line</p> | <ul style="list-style-type: none"> ✓ Highly trained professionals providing telephone support to individuals experiencing emotional distress. Connect with callers 24 hours a day, 7 days a week, 365 days a year ✓ Text is also available from your mobile phone from 4:00 pm to 12 midnight daily | <p>Greater Toronto Area: 416-408-4357</p> <p>Peel region: 905-459-7777</p> <p>Nationwide: 833-456-4566</p> <p>Text message: 45645</p> <p>Website</p> |
| <p>Gerstein Crisis Centre (Downtown)</p> | <ul style="list-style-type: none"> ✓ Support for those who are living in the Downtown Toronto area ✓ The centre is offering a 24-hour telephone crisis line, virtual face to face support, wellness checks and short-term follow-up support ✓ Crisis Workers are available 24-hours a day, 7 days a week | <p>(416) 929-5200</p> |
| <p>24.7 Crisis Support Peel Dufferin</p> | <p>Mental health crisis available 24 hours a day, 7 days a week.</p> | <ol style="list-style-type: none"> 1. 905-278-9036 2. 1-888-811-2222 |
| <p>Crisis Outreach and Support Team - Oakville, Milton, Georgetown, Acton, and Burlington</p> | <p>Crises support 24 hours-a-day, seven days a week.</p> | <p>1-877-825-9011</p> |
| <p>Government: Wellness Together</p> | <p>Online communication services and additional support resources</p> | <p>Website</p> |

**Canada: Mental
Health and
Substance Use
Support**

Text: 741741