



# RESOURCES DURING COVID-19

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THE ROYAL, 1145 CARLING AVENUE, OTTAWA ON K1Z 7K4



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### THE ROYAL

- The Royal and COVID-19 at <https://www.theroyal.ca/COVID19>
- Adult Mental Health Resource Guide – while many groups are not currently running – this resource guide contains links to online resources as well as contact information to follow-up and receive updates as to whether they are now being offered virtually:  
[https://www.theroyal.ca/sites/default/files/2020-02/Adult\\_Mental\\_Health\\_Resource\\_Guide\\_0.pdf](https://www.theroyal.ca/sites/default/files/2020-02/Adult_Mental_Health_Resource_Guide_0.pdf)
- Did you know that The Royal offers family support groups *virtually*? The groups are free, open to the public and will resume in **September** – please check our website in August for more details. The groups are facilitated by Royal social workers. Please contact Denise McGregor for details on how to join: [Denise.McGregor@theroyal.ca](mailto:Denise.McGregor@theroyal.ca)

### BASIC NEEDS

- Affordability Fund for financial assistance with electricity bills - \*Deadline July 31<sup>st</sup>!  
<https://www.affordabilityfund.org/>
- City of Ottawa <https://ottawa.ca/en/health-and-public-safety/covid-19-ottawa/support-and-assistance>
- City of Ottawa Business Reopening Toolkit
- Caregiving Communities portal to search for services  
[www.ontariocaregiver.ca/caregivingcommunities](http://www.ontariocaregiver.ca/caregivingcommunities)
- Federal Covid-19 Relief Programs <https://mailchi.mp/kpopelaw/emergency-osdplow-income-relief-options?e=4c3ea37e70>
- EBO Financial Education Centre offers free remote income tax preparation by phone and other virtual means in order to file income tax from 2010 to 2019. Low-income clients from Ottawa can leave a message at 6130-746-0400 to inquire about this free service.
- Reach Canada provides community and legal referrals in relation to all areas of law, including ODSP, for people living with disabilities. For assistance for an ODSP matter, a legal referral may be requested through the legal referral form on Reach's website, by phone at 613-236-6636 or 1-888-669-4001, or by email at [lawyerreferral@reach.ca](mailto:lawyerreferral@reach.ca)

### FOOD AND GROCERIES

- Grocery stores offer home delivery and pickup options. Call or visit a web site of your local grocery store to learn more
- Kind Space received relief funding from the City of Ottawa to provide grocery vouchers (gift cards) to community members that need them. \$6,300 (between the City and donations to the Community Care Fund) to support 2SLGBTQ+ people in getting groceries. Each person will

receive a \$100 gift card. Accepting requests until the funds are depleted. Fill out the form below. <https://kindspace.typeform.com/to/ghDaR9>

- Local Grocery Stores that Offer Delivery  
[https://www.champlainhealthline.ca/healthlibrary\\_docs/GroceryStoresDeliveryOttawa.pdf](https://www.champlainhealthline.ca/healthlibrary_docs/GroceryStoresDeliveryOttawa.pdf)
- Ottawa Farmers Market list of vendors and their stock who will deliver  
<https://ottawafarmersmarket.ca/covid-19/where-to-find-vendors/>
- This shop is working with a bunch of food shops to centralize delivery to you. The various vendors drop off their online orders to the Burrow Shop, then a box is filled for you with groceries from multiple vendors <https://burrowshop.buchipop.com/>

### COVID-19

- Social Planning Council of Ottawa <https://www.spcottawa.on.ca/covid19>
- Community Information Center Ottawa (CICO) /211 Eastern Ontario have compiled a comprehensive list of information to residents of Eastern Ontario; how to access essentials, income support, food, mental health services specific to COVID-19 information: <https://easternontario.cioc.ca/>. If you happen to have more specific questions, please contact them for help in locating resources.  
<https://211ontario.ca/211-ontario-services-blog/covid-19-information-sources-for-ontario-residents/https://www.211oncovid19.ca/>
- Ontario Caregivers Covid-19 page has a number of one-pagers on various topics worth checking out <https://ontariocaregiver.ca/covid19/>
- Brene Brown on CBC – Coping with Covid-19 15 minute interview  
<https://www.cbc.ca/radio/thecurrent/our-adrenaline-can-t-outpace-covid-19-but-brene-brown-offers-3-tips-to-better-cope-1.5528127>
- Ann-Marie Covert, MSW, RSW from Mindwell:
  - Anxiety: What it is & Strategies to Cope:  
<https://www.youtube.com/watch?v=Z60QWrXqHhQ>
  - If you only watch one – this is my favourite! 40 Ways to Attack Anxiety in 6 minutes:  
<https://www.youtube.com/watch?v=Sq3uEYuTaj4&feature=share&fbclid=IwAR3EV637mfPoYz5MUK0uj4UC5qNdIQ8Z4SOPJfO0WmVbKFr3b0jckMEZwfl>
  - Pandemic Fear: 8 Ways to Manage Coronavirus Anxiety:  
<https://www.youtube.com/watch?v=1t9cmWrC2iU>
- Wikiguide to Telepsychology  
[https://en.wikiversity.org/wiki/Helping\\_Give\\_Away\\_Psychological\\_Science/Telepsychology](https://en.wikiversity.org/wiki/Helping_Give_Away_Psychological_Science/Telepsychology)
- Tolerance for Uncertainty Workbook – free downloadable resource in French and English  
<https://www.baypsychology.ca/workshops>

### MENTAL HEALTH AND ABUSE COUNSELLING AND SUPPORT

#### Crisis

- Crisis Line/Distress Line <https://www.dcottawa.on.ca/24-7-crisis-line/>
- Crisis Services Canada <https://www.ementalhealth.ca/index.php?m=record&ID=55840>
- CMHA <https://ontario.cmha.ca/documents/are-you-in-crisis/>

#### Mental Health

- Acceptance and Commitment Therapy with Steven Hayes on Youtube <https://www.youtube.com/watch?v=I2Zv4Wn6qec>
- ADDitude Magazine Free Webinars <https://www.additudemag.com/tag/webinar/>
- Anxiety – CAMH has published a free information guide with chapter five on “Help for Partners and Families” <https://www.camh.ca/-/media/files/guides-and-publications/anxiety-guide-en.pdf>
- Anxiety Canada <https://www.anxietycanada.com/>
- Big White Wall <https://www.bigwhitewall.com/?lang=en-ca>
- Bell Let’s Talk Resources (mostly on managing anxiety during Covid-19) [https://letstalk.bell.ca/en/covid-19?fbclid=IwAR2cv2O0OGvhyb40XJIPywM3\\_G2GloOu6yGLdaMdYVaRW6rVugpT7kskl0c](https://letstalk.bell.ca/en/covid-19?fbclid=IwAR2cv2O0OGvhyb40XJIPywM3_G2GloOu6yGLdaMdYVaRW6rVugpT7kskl0c)
- Bounce Back <https://bouncebackontario.ca>
- Canadian Foundation for Healthcare Improvement – Webinar Series: Patient Partnership in a Time of Covid-19 <https://www.cfhi-fcass.ca/opportunities/webinars/webinar-series-patient-partnership-in-a-time-of-covid-19>
- Ottawa Centre for Cognitive Therapy is now accepting clients for in-person visits <https://ocbt.ca/services/>
- Counselling Connect – FREE Counselling for a variety of issues. Ottawa-based community organizations have partnered to offer their services virtually – CMHA, JFS, Family Services Ottawa, OCISO, Walk-In Counselling, Sandy Hill & Somerset West Community Resource Centres, Rideauwood, Youth Services and more – book and appointment by clicking this link: [https://www.counsellingconnect.org/?fbclid=IwAR1g\\_SMh-h66RrMK0ZhowyU8H8flAvc69zRkw6ghxFxfsSsIIHMn6UyyI94](https://www.counsellingconnect.org/?fbclid=IwAR1g_SMh-h66RrMK0ZhowyU8H8flAvc69zRkw6ghxFxfsSsIIHMn6UyyI94)
- CAMH Coping with Anxiety and Stress during Covid-19 <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping> Scroll to end and sign up to receive coping strategies to your personal email.
- CAMH Coronavirus Peer to Peer Discussion Forum <https://covid19.camhx.ca/mod/forum/view.php?id=1>

- Evidence Exchange Network for Mental Health and Addictions is offering webinars on Covid-19 and the impact on your mental health. Register here: <https://www.eenet.ca/>
- [Ementalhealth.ca](https://www.ementalhealth.ca) has a wide range of resources listed and a search option – check in with each resource to see if services might now be available virtually.
- Family Services Ottawa offers free, reduced rates, low-cost, sliding scale therapy options. Please call 613.725.3601. Please select option 1 for English and then select option 2 to speak with the intake team during Walk-in Clinic times.
- Face Covid – free ebook  
<https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>
- Kids Help Phone not just for kids! They will receive calls from adults as well! Call a counsellor:1-800-668-6868. Check out some great Covid-articles on their webpage  
<https://kidshelpphone.ca/>
- Mental Health Commission of Canada  
<https://www.mentalhealthcommission.ca/English/covid19>
- Montreal's Museum Of Fine Arts Has Free Online Art Therapy - on their Facebook page every Friday
- OCD Ottawa Support Group is now meeting virtually:  
[https://www.ocdottawa.com/meetings/?utm\\_source=All&utm\\_campaign=April+18th%2C+2018&utm\\_medium=email&utm\\_source=All&utm\\_campaign=April+18th%2C+2018&utm\\_medium=email](https://www.ocdottawa.com/meetings/?utm_source=All&utm_campaign=April+18th%2C+2018&utm_medium=email&utm_source=All&utm_campaign=April+18th%2C+2018&utm_medium=email)
- Ottawa Institute of CBT <https://www.ottawacbt.ca/apps>
- Tend Academy Covid-19 resources for mental health  
<https://www.tendacademy.ca/resources/>
- Wellness Together Canada – mental health and substance use support <https://ca.portal.gs/>.
  - Youth text “WELLNESS” to 686868
  - Adults text “WELLNESS” to 741741

### Substance Use

- CAMH Centre for Addiction and Mental Health <http://www.camh.ca/>
- Canadian Addiction Counsellors Certification Federation [www.cacccf.ca](http://www.cacccf.ca) free addiction counselling to Canadians
- CCSA information on substance use and Covid-19 <https://www.ccsa.ca/Impacts-COVID-19-Substance-Use>
- Living Healthy Champlain – Chronic Pain Workshops
- Rideauwood Addiction and Family Services <https://www.rideauwood.org/covid-news/even-though-our-centre-is-closed-to-visitors-and-clients-we-are-still-here-for-you/> They are offering virtual care for anyone struggling with addictions (gambling, substance, gaming) or

problematic substance use, and have services for adults, youth/young adults, students, and parents/family members. Their services are available at no cost to service users.

- Serenity Renewal for Families is offering counselling virtually (may be a fee for service) <https://www.serenityrenewal.ca/what-we-do/counselling/>
- Wellness Together Canada – mental health and substance use support <https://ca.portal.gs/>

### Abuse

- Unsafe at Home Ottawa a text and online chat tool that allows victims and survivors of domestic violence and abuse to get help and support from 8:30am to midnight. Text (613) 704-5535 or chat online [unsafeathomeottawa.ca](http://unsafeathomeottawa.ca)
- Ottawa Coalition to End Violence against Women <https://www.octevaw-cocvff.ca/get-help>

### Indigenous

- Hope for Wellness Helpline: Indigenous peoples can call 1-855-242-3310 for immediate mental health counselling and crisis intervention across Canada (available in some Indigenous languages). Live web chat is also available.
- Talk 4 Healing: Indigenous women can get help, support and resources seven days a week, 24 hours a day, with services in 14 languages by calling or texting 1-855-554-4325. Live web chat is also available.
- Wabano Covid-19 Outreach <https://mailchi.mp/bfbcdc5c4c75/early-bird-registration-for-the-2019-wabano-symposium-the-land-is-medicine-1607834?e=15afcadfe0>
- <https://covid19.healthstandards.org/resource/indigenous-health-toolkit>
- <https://spark.adobe.com/page/jig8WfbLvmzAs/>
- <https://vancouver.ca/files/cov/First-Peoples-A-Guide-for-Newcomers.pdf>

### Sleep and Calm

- Bounceback – CBT for Insomnia <https://bouncebackontario.ca/>
- Canadian Public Health campaign on sleep <https://sleeponitcanada.ca/>
- Breathing Retraining for anxiety reduction <https://www.youtube.com/watch?v=0Mr9iAC1tLk>
- Dr. Mike Evans 23 ½ Hours video on the health benefits of 30 minutes of activity per day <https://www.youtube.com/watch?v=aUalnS6HIGo>
- Search Inside Yourself (siyli.prg) offers free resources including guided meditations <https://siyli.org/resources/category/guided-meditation>

### Grief

- Bereaved Families of Ontario, Ottawa is offering 1:1 peer support over the phone and monthly support groups virtually <http://www.bfo-ottawa.org/>

- The Compassionate Friends' When A Child Dies, a self-help group of bereaved parents offering support and understanding meets the third Tuesday of every month. Because of social distancing restrictions, sharing circles will be online. For details, contact by phone at 613-608-3990 or by email: [tcfottawa@gmail.com](mailto:tcfottawa@gmail.com)

### Youth

- Good2Talk: A phone and texting service that offers confidential support to post-secondary students. Call 1-866-925-5454.
- Ontario Caregivers Young Caregivers Support Group Wednesday evenings at 7:30 pm. Register today: <https://www.eventbrite.com/e/young-caregiver-online-support-group-tickets-101926424680>

### Parents

- Huddol free counseling sessions <https://playbook.huddol.com/parenting-in-an-age-of-covid-19/>
- PLEO Parents Lifelines of Eastern Ontario <https://www.pleo.on.ca/where-to-find-us/> 613-321-3211
- Also checkout resources here: <https://cheo.echoontario.ca/parent-caregiver-sessions/>

### Inspiration

- Huddol podcasts [https://www.youtube.com/channel/UCw4xNJ4Kra-PtezBDLDRlBg?view\\_as=subscriber](https://www.youtube.com/channel/UCw4xNJ4Kra-PtezBDLDRlBg?view_as=subscriber)

### Quotes:

- The journey may be difficult, but you are not alone
- Tough love does not work with mental illness
- As long as you are willing to go 2nd, someone else will always go first
- A comfort zone is a beautiful place, but nothing ever grows there – be vulnerable, try something new
- Family recovery can be described as families living well in the absence or presence of mental health challenges
- Similarly to how we are all wearing clothes, but none of us are wearing exactly the same thing, we try on the skills and tailor them to fit our own self-care needs
- For sure there will be bad days, and they will end. Our present circumstances will change – they don't determine where we will end up, only where we start
- Just listen; avoid judgement, fixing and advice-giving – that sounds tough, what are you thinking you will do?



- Be kind to your future self
- When we feel better and take care of ourselves then, we are better able to support others
- Self-care is essential to recovery – it is not selfish – it is freeing and empowering – for an illustration see: Shel Silverston – The Giving Tree (also available on You Tube)  
<https://www.youtube.com/watch?v=XFQZfeHq9wo>

### Isolation

- Virtual Visitors \*based in Ottawa! Opportunities to volunteer and/or receive virtual visits  
<https://virtualvisitors.wixsite.com/website>

### Family Peer Support

- Cornwall Community Addiction and Mental Health Services are offering a number of programs virtually – please check with individual organizers for details.
- Family Councils Ontario offers virtual family forums <https://www.fco.ngo/covid-19/virtual-family-forum>
- Ontario Caregiver Peer Support <https://ontariocaregiver.ca/find-support/peer-support/>
- At IAM, our support line continues to service those previously using Ask the Expert (ATE), the former SSO's Ontario-specific service that assisted people living with schizophrenia and psychosis and their families across Ontario through telephone, online and in-person support. Reach out to one of our counsellors at 1-855-449-9949 or email us at [support@iamentalhealth.ca](mailto:support@iamentalhealth.ca)
- PLEO Parents Lifelines of Eastern Ontario <https://www.pleo.on.ca/where-to-find-us/> 613-321-3211
- Psychiatric Survivors of Ottawa – Family Peer Support Group is now being offered by Zoom. Please visit their website for details on how to join <https://www.pso-ottawa.ca/spring2020> You are also welcome to connect with a member of the Family Peer Support team directly. Sean D. is at 613-567-4379 ext.221 or [seand@pso-ottawa.ca](mailto:seand@pso-ottawa.ca) and Beata Z 613-567-4379 ext.123 or [beataz@pso-ottawa.ca](mailto:beataz@pso-ottawa.ca)
- 7 Cups connects you to caring listeners for free emotional support 24/7; or be a listener for others. <https://www.7cups.com/>
- The Help With Your Health Online program can be accessed from any device with an internet connection and is designed to accommodate all levels of computer skills. The program is FREE to individuals across Ontario who are living with one or more chronic conditions, such as diabetes, chronic pain, high blood pressure, stroke, cancer, heart or kidney conditions, as well as their caregivers. 5-week program begins April 30<sup>th</sup> – registration limited  
<https://www.selfmanagementontario.ca/>

- Veterans Affairs Caregiver Support Program in partnership with the Elizabeth Dole Foundation is offering a series of Webinars <https://hiddenheroes.org/c3/>

### Older Adults

- Dementia Society Virtual Respite Request Form  
[https://docs.google.com/forms/d/e/1FAIpQLScCmZ8Hly\\_PnzHSsCdaFFluC7N8cxQD0itLgWALAfJVjR2w/viewform](https://docs.google.com/forms/d/e/1FAIpQLScCmZ8Hly_PnzHSsCdaFFluC7N8cxQD0itLgWALAfJVjR2w/viewform)
- Families of residents in long-term care can call the Ministry of Long-Term Care 'Family Support and Action Line. This line is available to LTC families, staff, residents, and the general public to call to receive information or raise concerns during COVID19. Call 1-866-434-0144 8:30 AM- 7PM, 7 days a week.
- NICE – National Initiative for the Care of the Elderly TALK2NICE Community Outreach 1-844-529-7292, <http://www.nicenet.ca/talk2nice> - also for persons with disabilities
- The Council on Aging of Ottawa has a number of ongoing activities  
[https://coaottawa.ca/cat/community-events/?utm\\_source=All&utm\\_campaign=April+18th%2C+2018&utm\\_medium=email](https://coaottawa.ca/cat/community-events/?utm_source=All&utm_campaign=April+18th%2C+2018&utm_medium=email)
- The Ottawa and Renfrew Dementia Society has created a support group specifically for caregivers who are supporting someone living with dementia in Long-term Care or Retirement Home Second Wed of the Month 2-3:30pm on Zoom  
<https://www.eventbrite.ca/e/support-group-long-term-care-and-retirement-home-registration-104479892170>

### Webinars using dialectical behavior therapy skills to manage crisis

- McLean Hospital Webinar on Coping with COVID-19  
[https://www.mcleanhospital.org/video/dr-chris-palmer-offers-tips-help-us-feel-less-overwhelmed-during-covid-19-pandemic?utm\\_campaign=COVID-19&utm\\_medium=email&\\_hsenc=p2ANqtz-98wqGduMtSBNIMcD10YhqbcCWfEb7Kz7b1q2ilCdmd-5QHI2CXr8M5EUq7CChnAau6EQfJh-UwSTJ6aaTZjSe0GPvSL0sYQYwU\\_NHVF69ZSYGZYGU&\\_hsmi=86132631&utm\\_source=hs\\_email&utm\\_content=86132631&\\_hsCtaTracking=ac589794-c7ae-4542-90e3-6e095770f1f7%7C2662ddcb-7124-43ab-ba5c-e8084d9ee73e](https://www.mcleanhospital.org/video/dr-chris-palmer-offers-tips-help-us-feel-less-overwhelmed-during-covid-19-pandemic?utm_campaign=COVID-19&utm_medium=email&_hsenc=p2ANqtz-98wqGduMtSBNIMcD10YhqbcCWfEb7Kz7b1q2ilCdmd-5QHI2CXr8M5EUq7CChnAau6EQfJh-UwSTJ6aaTZjSe0GPvSL0sYQYwU_NHVF69ZSYGZYGU&_hsmi=86132631&utm_source=hs_email&utm_content=86132631&_hsCtaTracking=ac589794-c7ae-4542-90e3-6e095770f1f7%7C2662ddcb-7124-43ab-ba5c-e8084d9ee73e)
- National Education Alliance for Borderline Personality Disorders (NEA.BPD) Free for a limited time webinars: <https://www.borderlinepersonalitydisorder.org/webinars/> \*Riding the Wave of Emotions was just published and is fabulous!

### BOOKS ON MENTAL HEALTH, COPING AND SELF CARE

Participants and presenters from our family groups have shared the following titles that may be of interest:

- Dr. Xavier Amador, psychologist – I Am Not Sick, I Don't Need Help
- Brene Brown – I thought it was just me, (but it isn't) – Making the Journey from, "What will People Think?" to "I Am Enough"
- Melody Beattie – Language of Letting Go
- Anne Bishop – Becoming an Ally
- Richard Carlson, PhD – Don't Sweat the Small Stuff
- The 7 Habits of Highly Effective Families – Stephen R. Covey
- Martha Davis, PhD, Elizabeth Robbins Eshelman, MSW & Matthew McKay, PhD – The Relaxation & Stress Reduction Workbook
- The Brain that Changes Itself – Norman Doidge, MD
- John Gunderson, M.D. and Paul Links, M.D. - Handbook of Good Psychiatric Management for Borderline Personality Disorder
- Barry J. Jacobs, PsyD & Julia L. Mayer, PsyD – Meditations for Caregivers: Practical, emotional and spiritual support for you and your family
- Virginia Lafond – Grieving Mental Illness
- Joseph Lee, M.D. – Recovering my Kid
- Matthew McKay, PhD – Communication Skills
- The Book of Awesome – Neil Pasricha
- Michael G. Pipich, M.S., LMFT – Owing Bipolar – How Patients and Families Can Take Control of Bipolar
- David Posen, M.D. – Authenticity: A Guide to Living in Harmony with your True Self
- Gretchen Rubin – The Happiness Project
- Karen Salmansohn – The Bounce Back Book
- E. Fuller Torrey, M.D. – Surviving Schizophrenia
- E. Fuller Torrey, M.D. & Michael B. Knable – Surviving Manic Depression
- Douglas Turkington and Helen Spencer – Back to Life Back to Normality
- Self-compassion.org provides a reading list [https://self-compassion.org/resources-2/Treating Psychosis](https://self-compassion.org/resources-2/Treating%20Psychosis) – Nicola Wright, et al

### EQUITY, DIVERSITY AND RACISM

- CAMH Immigrant and Refugee Mental Health Project <https://irmhp-psmir.camhx.ca/courses>
- Copeland Center interactive webinar to examine, discuss, and challenge issues related to cultural differences; consider the difference between being culturally sensitive and culturally responsive; learn self-care tools that will help them care for themselves as they continue this

process; and explore ways to abandon thoughts and actions that interfere with how we interact with each other <https://copelandcenter.com/resources/microaggressions-and-becoming-culturally-responsive>

- OCISO provides psychotherapy and counselling in 8 languages to culturally diverse clients. Following the recommendations of health authorities as of March 17, all OCISO in-person support services were suspended but services are continuing by phone at 613-725-5671 ext. 322 or [pdavies@ociso.org](mailto:pdavies@ociso.org). Patricia Davies, Counselling Program Manager, Ottawa Community Immigrant Services Organization
- PsychologicalScience.Org  
[https://www.psychologicalscience.org/topics/racism?utm\\_source=DBT+Training+and+Product+Updates&utm\\_campaign=4aca135200-EMAIL\\_CAMPAIGN\\_2018\\_10\\_26\\_04\\_31\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_53621bb43c-4aca135200-66164799&goal=0\\_53621bb43c-4aca135200-66164799&mc\\_cid=4aca135200&mc\\_eid=b68073a300](https://www.psychologicalscience.org/topics/racism?utm_source=DBT+Training+and+Product+Updates&utm_campaign=4aca135200-EMAIL_CAMPAIGN_2018_10_26_04_31_COPY_01&utm_medium=email&utm_term=0_53621bb43c-4aca135200-66164799&goal=0_53621bb43c-4aca135200-66164799&mc_cid=4aca135200&mc_eid=b68073a300)
- Books & Authors: Ta-Nehisi Coates - [https://en.wikipedia.org/wiki/Ta-Nehisi\\_Coates](https://en.wikipedia.org/wiki/Ta-Nehisi_Coates) and White Fragility – Robin DiAngelo
- Sick Kids, Toronto offers Cultural Competence Training <http://www.sickkids.ca/patient-family-resources/child-family-centred-care/Health-Equity-Cultural-Competence/Cultural-Competence-E-Learning-Module-Series/Cultural-Competence-E-Learning.html>

## ON-LINE ACTIVITIES

### Theatre and Music

- Andrew Lloyd Webber musicals: <https://dailyhive.com/mapped/andrew-lloyd-webber-musicals-friday-stream>
- Filmed on Stage Musicals (may have a cost) <http://www.filmedonstage.com/>
- Musicals <https://nerdist.com/article/live-action-musicals-streaming/>
- NAC Live Stream Performances [https://nac-cna.ca/en/canadaperforms?gclid=CjwKCAjwkun1BRAIEiwA2mJRWdEOuU5wRLcqeykNwB3WEVSkee7hVvwYz9mcBaa4NrIC1q6cfhvtYBoCAVsQAvD\\_BwE](https://nac-cna.ca/en/canadaperforms?gclid=CjwKCAjwkun1BRAIEiwA2mJRWdEOuU5wRLcqeykNwB3WEVSkee7hVvwYz9mcBaa4NrIC1q6cfhvtYBoCAVsQAvD_BwE)
- National Theatre at Home free on YouTube <https://www.nationaltheatre.org.uk/nt-at-home>
- Ottawa Music Live on Facebook

### Art Galleries, Aquariums and Museums

- Art Gallery of Ontario (AGO) <https://ago.ca/collection/browse>
- 12 Famous Museums offer virtual tours online. Visit <https://artsandculture.google.com/partner>
- Ocean Voyager live views from the Georgia Aquarium. <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- Oh You Pretty Things - Filmmaker Gary Hustwit is streaming his documentaries free for a limited time <https://www.ohyouprettythings.com/free>

### Travel and Adventure

- CAA Virtual Vacations, Armchair Adventures [https://caaneo.ca/blog/travel/virtual-vacations-armchair-adventures-and-more-how-to-satisfy-the-travel-itch-while-at-home/?\\_cldee=anVsaWV0LmhheW5lc0B0aGVyb3lhbC5jYQ%3d%3d&recipientid=contact-56d7fa5a7dbfe711812a480fcfeae051-8c783ac51b604926bed316449e029204&esid=51d6dd6f-4c77-ea11-a811-000d3af46914](https://caaneo.ca/blog/travel/virtual-vacations-armchair-adventures-and-more-how-to-satisfy-the-travel-itch-while-at-home/?_cldee=anVsaWV0LmhheW5lc0B0aGVyb3lhbC5jYQ%3d%3d&recipientid=contact-56d7fa5a7dbfe711812a480fcfeae051-8c783ac51b604926bed316449e029204&esid=51d6dd6f-4c77-ea11-a811-000d3af46914)
- Canada's Wonderland virtual roller coaster ride <https://www.canadaswonderland.com/blog/2020/march-2020/heres-how-to-take-a-virtual-ride-on-all-the-rides-at-canadas-wonderland-in-your-own-home>
- Travel Zoo <https://www.travelzoo.com/ca/blog/20-amazing-places-you-can-visit-from-home/>

### Education and Learning

- Coursera - Free online courses from top universities <https://www.coursera.org/?cartId=53330483>
- Edx - Free online courses from top universities <https://www.edx.org/course>
- Laura Horn Art's Abstract Collage Creations course <https://www.laurahornart.com/>
- Udemy courses <https://www.udemy.com/courses/free/>
- Discover the Power of Self-Compassion (3 free videos) [https://product.soundstrue.com/power-of-self-compassion/free-video-series/?\\_ke=eyJrbF9lbWFpbCI6ICJuaWNvbGEud3JpZ2h0QHRoZXJveWFsLmNhliwglmtsX2NvbXBhbnlfaWQiOiAiSk1EZ2FxlIn0%3D](https://product.soundstrue.com/power-of-self-compassion/free-video-series/?_ke=eyJrbF9lbWFpbCI6ICJuaWNvbGEud3JpZ2h0QHRoZXJveWFsLmNhliwglmtsX2NvbXBhbnlfaWQiOiAiSk1EZ2FxlIn0%3D)
- The Science of Well-Being free 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness. <https://www.coursera.org/learn/the-science-of-well-being>

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### Yoga

- Five Parks Yoga <https://www.youtube.com/channel/UCrtTMWDx4u1dVKMpXNhjwpA>
- Yoga and Fitness ideas from the Boston Globe:  
<https://www.bostonglobe.com/2020/03/15/nation/not-going-gym-here-are-some-free-workouts-you-can-do-home-during-coronavirus-shutdown/>
- Yoga with /Adrienne on YouTube
- Blogilates on YouTube

### Other

- Marketplace ideas for free streams <https://www.marketplace.org/2020/03/20/heres-what-to-read-and-stream-for-free-during-the-covid-19-pandemic/>
- Ontario Caregivers has a full list of activity lists here: <https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance-FINAL.pdf>