

Keeping You CONNECTED

VIRTUAL RESOURCES DIRECTORY



*To have your resource included, please contact us at social@communitylivingyorksouth.ca
This document is updated frequently.

CLYS SUPPORTS

Community Living York South (CLYS) is offering in-person and virtual supports through our Community Support Program. If you require assistance with funding applications or renewals (ie. ODSP, Passport, SSAH, ACSD, OAP etc), are looking for community resources (mental health, counselling, activities, programming, employment, educational etc), or want to stay connected with others in your community, contact your coordinator via phone or email to set up an in-person or virtual appointment.

Community Support Program:

The Community Support Program provides a holistic service to people of all ages who have an intellectual disability and their families residing in Southern York Region.

Winnie Ho (Cantonese, Mandarin): 905-884-9110 ext 382;
who@communitylivingyorksouth.ca

Puja Jit (Hindi, Punjabi, Urdu): 905-884-9110 ext 640;
pjit@communitylivingyorksouth.ca

Crystie Lau (Cantonese, Mandarin): 905-884-9110 ext 267;
clau@communitylivingyorksouth.ca

Athavi Kugathanan (Tamil): 905-884-9110 ext 703;
akugathanan@communitylivingyorksouth.ca

Community Living York South is offering in-person workshops! Please contact your Community Support Coordinator or check out our website for updates on when these workshops are available. Our extensive virtual workshops, chatrooms, activities, self-care, training, educational, and social offerings are still currently available and can also be found on our website here:

<https://bit.ly/3dyMv5f>

To receive updates on what programs and services CLYS is offering, what is available in your community, and general information, subscribe to our weekly newsletter eConnector by clicking the link below

<https://communitylivingyorksouth.us17.list-manage.com/subscribe/post?u=404b82082534c226e2ce113cd&id=54dbf54f77>

CURRENT WORKSHOPS

Autism Ontario Webinars: <https://www.autismontario.com/events>

NADSP Words of Encouragement Series:
<https://bit.ly/2URupV0>

JVS Toronto Workshops: <https://www.jvstoronto.org/workshop-calendar/>

Special Dads Group: <https://sites.google.com/site/specialdadsgroup>

York Support Services Network: <https://yssn.ca/events/>

MENTAL HEALTH

CMHA's COVID-19 Resources Page: <https://cmha-yr.on.ca/learn/covid-19/>

Supportive counselling and case management supports are being provided by telephone to the general community. Some specializations include a youth specialist (SW), a family specialist (SW), Occupational Therapy (OT) and a clinical therapist. An individual will not be refused service if they live outside of our CMHA catchment area. This service will be available Monday to Friday from 8:30 a.m. to 4:30 p.m.

Our Central Intake is open to all other available services and supports:
1-866-345-0183 ext. 3321 <https://cmha-yr.on.ca/>

Bounce Back

The province-wide Bounce Back program is offered in partnership with CMHA Ontario for those who require support to manage mild to moderate anxiety and depression. The Bounce Back program, available in several languages including French, is an online and telephone support program using psychotherapy and Cognitive Behaviour Therapy approaches to coach someone through difficult times.

<https://bouncebackontario.ca/>

Daily Tips for parents: <https://childmind.org/>

CAMH: <http://www.camh.ca/covid19>

Positive Psychology Kit: <https://positivepsychology.com/the-crisis-kit/>

310 COPE: <https://www.yssn.ca/310-COPE>

Mind your Mind Online Support: <https://mindyourmind.ca/>

ConnexHealth: www.myconnexhealth.com

Connect: Working with Stress: <https://bit.ly/3gYlhpq>
<https://bit.ly/2Y9rYgK>

MENTAL HEALTH

York Support Services Network offers the Community Crisis Response Service for persons living in York Region or South Simcoe who are having a mental health crisis, and their family or friends. By calling our toll-free number **1-855-310-COPE (2673)** or (TTY) **1-866-323-7785**, you can speak with a crisis worker any-time you need to.

Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares.
<https://www.bigwhitewall.ca/v2/Home.aspx? returnUrl=%2f>

Obsessive-Compulsive Disorders: A Handbook for Patients and Families (2015, Sunnybrook Hospital, Canada): <https://bit.ly/2QLRG88>

Anxiety Canada: <https://anxietycanada.com/>

Clear Fear App, powered by stem4, provides ways for children and youth to manage symptoms of anxiety: <https://www.clearfear.co.uk/>

York Hills Here to Help Phone Line: Call **905-503-9561** to speak with someone (you may have to leave a message and we will call you back).

The Here to Help Phone Line is a free service available to children, youth (0-18) and their parents, caregiver or adult supporters. This service is available Monday to Thursday from 2:00 PM to 7:00 PM. Please note that the Here to Help Phone Line is not a crisis service.

Youthspeak: <https://youthspeak.ca/programs/>

MENTAL HEALTH

5 Minute Meditation: <https://youtu.be/inpok4MKVLM>

Calming Breathing Exercises: <https://youtu.be/KL4Yeus6EJY>

Guided Mindfulness: <https://centreforconsciouscare.ca/guided-mindfulness>

Meditation Apps: <https://bit.ly/3RNL8TK>

Mindfulness Classes: <https://bit.ly/3RHVuoa>

Open Library (Digital Books): <https://openlibrary.org>

Bounce Back for 15+ years: 1-866-345-0224; bouncebackontario.ca

Kids Help Phone for under 15 years: 1-800-668-6868; kidshelpphone.ca **Post-**

Secondary Students: 1-866-925-5454; or text GOOD2TALKON to 686868

Self-Help Booklet Series: [https://www.camh.ca/covid19booklets?
mc_cid=73b0d7cb19&mc_eid=294b508c4f](https://www.camh.ca/covid19booklets?mc_cid=73b0d7cb19&mc_eid=294b508c4f)

VIRTUAL ATTRACTIONS

British Museum, London: <https://britishmuseum.withgoogle.com/>

Georgia O'Keeffe Museum: <https://bit.ly/3B4nRpN>

Getty Museum: <https://bit.ly/3QwHZ9Q>

MoMA - The Museum of Fine Art: <https://mo.ma/3Dd4JIQ>

Museum of Fine Arts, Boston: <https://bit.ly/3L29N4I>

NASA: https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ

VIRTUAL ATTRACTIONS

Royal Ontario Museum: <https://bit.ly/2wtlzSV>

Bata Shoe Museum: <http://www.allaboutshoes.ca/en/>

Stratford Festival On Demand: <https://bit.ly/33QrYEN>

Animal and Nature LiveCam: <https://explore.org/livecams/>

Casa Loma: <https://casaloma.ca/experience-the-castle/>

Canadian War Museum: <https://bit.ly/39sb0hy>

Legislative Assembly of Ontario: <https://www.ola.org/en/virtual-tour>

Hamilton Civic Museum: <https://bit.ly/2Uk5yIY>

Toronto Public Library Exhibits: <https://www.torontopubliclibrary.ca/ve/>

Canada's Wonderland Virtual Rides: <https://bit.ly/3dA2jET>

Vancouver Aquarium: <https://www.vanaqua.org/live-cams>

Kenai Fjords National Park Virtual Guided Tour: <https://bit.ly/2UCCtrb>

12 Virtual Museum Tours: <https://bit.ly/3eAAiCc>

Children's Museum of Manhattan: <https://cmom.org/learn/cmom-at-home/>

The Louvre: <https://www.louvre.fr/en/visites-en-ligne>

VIRTUAL ATTRACTIONS

The Lion King Experience: <https://www.lionkingexperience.com/>

The Canadian Opera Company - From the Vault: <https://www.coc.ca/vault>

Wild For Life Podcast: <http://www.torontozoo.com/tz/podcasts>

Zoo School: <http://www.torontozoo.com/zotoyou/school>

Virginia's Langley Research Centre: <https://oh.larc.nasa.gov/oh/>

NASA Virtual Tours: <https://go.nasa.gov/3L3tQQv>

National Museum of Anthropology: <https://bit.ly/3RTmUHC>

Natural Museum of Natural History: <https://s.si.edu/3eyaNBv>

Rijksmuseum, Amsterdam: <https://bit.ly/3B76SDe>

AUTISM RESOURCES

Autism Research Institute: <https://www.autism.org>

Kerry's Place: <https://www.kerrysplace.org/update-supports-and-services/>

Autism Educator: <https://theautismeducator.ie/>

Kinark Autism Services: <https://kinarkautismservices.ca/autism-resources>

ACTIVITIES

Inside With Imagination:

Fun Drama Games for the whole family: <https://bit.ly/3ay7R0E>

You can also visit their Youtube channel for more videos: <https://www.youtube.com/user/YoungPeoplesTheatre>

At-Home Workout: <https://fast.wistia.net/embed/channel/5jehdru8mr>

Scribd; One month free of audiobooks: <https://www.scribd.com/?lohp=2>

The Unstoppable Kids Daily Challenges- Jays Care Foundation

These challenges are designed for kids ages 4 - 18 who live in Canada:
www.jayscare.com/challenges

Art City weekly craft videos and activities:

Facebook: <https://www.facebook.com/ArtCityToronto/>

Instagram: <https://www.instagram.com/artcitytoronto/>

The Metropolitan Opera has free audio streams: <https://bit.ly/2WM2AyP>

Hallmark Movie Marathon: <https://www.hmnow.com/>

Arkells Free Music Classes: <https://bit.ly/2WJufQG>

NBA League Pass - 30 Day Free Trial: <https://on.nba.com/39XLyR4>

Hearts for Workers: <https://www.instagram.com/p/B-cTdVThMya/>

Cursive Writing for Kids: <http://www.northlandprep.org/wp-content/uploads/2015/08/cursive-handwriting-worksheets.pdf>

Ontario Science Centre: <https://bit.ly/2yr2VMV>

Sara Elizabeth Centre: <http://www.blueveil.org/>

ABA Visualized - Visual Guidebook for Parents/Teachers: <https://bit.ly/2Wg8G8F>

70 Things to Do with Kids From Home: <https://indyschild.com/70-things-to-do-with-kids-now-that-were-all-stuck-at-home/>

ACTIVITIES

What to Watch, Read, and Listen During Self-Quarantine: <https://nyti.ms/2ycjix0>

Do the 30 Day Lego challenge: <https://cutt.ly/Rtm3tsV>

Stream a concert online: <https://cutt.ly/mtm3iDc>

Take a free online dance class: <https://cutt.ly/qtm3hqp>

Watch Netflix with your friends with Google Chrome: <https://www.teleparty.com/>

87 Free or Cheap Ways To Stay Calm and Decompress (While Still Practicing Social Distancing!): <https://cutt.ly/Ctm3ayG>

Apps for Adults with Special Needs: <https://bit.ly/2JTOMUE>

Association of Child Life Professionals: <https://www.childlife.org/>

Online Monopoly: <http://playrento.com>

Don't forget you can do many things without a computer:

- **Bingo**
- **Treasure hunts**
- **Drawing**
- **Watching TV**
- **Call a friend**
- **Arts & Crafts**
- **Read a Book**

Some ways to stay active are:

- **Yoga**
- **Tai-Chi**
- **Walking up stairs**
- **Walking or jogging**
- **Doing housework**
- **Dancing**
- **Skipping rope, jumping jacks, push-ups, sit-ups**

ACTIVITIES

Noteworthy Program (music): <https://bit.ly/2X6Np3c>

Hockey Fans in the Stands (hockey): <https://bit.ly/2JMa6C9>

CIBC Theatre For All (theatre): <https://bit.ly/2R6XxW6>

Live From Home Music: <https://www.livenation.com/livefromhome>

Arts Etobicoke Online- Arts in Isolation Programs: <https://bit.ly/35mzGrb>

Craft Ideas for All Ages: <https://bit.ly/30Sr2mj>

Art Lessons: <https://www.artyfactory.com/>

Cupcake Decorating Lessons: <https://bit.ly/3L3xwBt>

Card Games Online: <https://cardgames.io>

Comedy: <http://www.thecornercomedy.com/>

Comic Books: Read them for free: <https://comiconlinefree.com/>

Comics (Newspaper): Read them for free: <https://www.gocomics.com/>

Geo Caching: <https://www.geocaching.com/play>

Corus Entertainment: <https://www.corusent.com/>

Little Bins Little Hands: <https://bit.ly/3bUOmAp>

Live Concerts for People with Special Needs: <https://xeniaconcerts.com/>

EDUCATION RESOURCES

Scholastic: <https://bit.ly/3amR5lh>

Audible: <https://stories.audible.com/start-listen>

National Geographic Kids: <https://kids.nationalgeographic.com/>

ABCYA: www.abcya.com

Fun Brain: www.funbrain.com

Starfall: www.starfall.com

Highlights Kids: www.highlightskids.com

Storyline Online: www.storylineonline.net

ABC Mouse: www.abcmouse.com

Wonderopolis: www.wonderopolis.org

Time For Kids: www.timeforkids.com

BrainPOP: www.brainpop.com

Phonics Hero: www.phonicshero.com

Dreamscape: www.squigglepark.com/dreamscape

Switcheroo Zoo: www.switcheroozoo.com

GoNoodle: www.gonoodle.com

Dad Lab Science Experiments: <https://bit.ly/3bFb2Ej>

Kids Up Front: <https://www.kidsupfrontottawa.com/online-activities-april-8/>

Tynker - Coding For Kids: <https://www.tynker.com>

EDUCATION RESOURCES

Code: <https://code.org/learn>

Code Academy: <https://www.codecademy.com/>

Alison Fee Online Courses: <https://alison.com/>

EDX: <https://www.edx.org/>

Academic Earth: <https://academicearth.org/>

Udemy: <https://www.udemy.com/>

Khan Academy: <https://www.khanacademy.org/>

Coursera: <https://www.coursera.org/>

Financial (Free Online Lessons): <https://bit.ly/3eFvOKD>

Online Drivers Ed: Email: driversed4u_carol@yahoo.ca; with name, email number

Various Free courses: www.mooc-list.com

Smart Serve Certification: <https://smartserve.ca/>

University Courses for Free: <https://www.open.edu/openlearn/free-courses>

Online Resources for Students with Special Needs: <https://bit.ly/3d2uyRj>

Vaughan Public Library: www.vaughanpl.info

Homework Choice Board: <https://bit.ly/3bTEwP2>

Home Learning Schedule: <https://bit.ly/2YplyMc>

The Zones of Regulation: www.zonesofregulation.com/index.html

Self & Match: <https://bit.ly/2WIUFWS>

Extra Math: <https://xtramath.org/#/home/index>

What Canadian Kids Should Know About #BlackLivesMatter: <https://www.cbc.ca/kidsnews/post/watch-what-canadian-kids-should-know-about-blacklivesmatter>

EDUCATION RESOURCES

Study Tool Guides - <http://www.intelligent.com>

Create a study plan - Study plans are particularly important for online students since you need to have self-discipline and determination to complete your studies without the constant reminders of an instructor. The guide will help you get started on creating your study plan

<https://www.intelligent.com/create-a-study-plan/>

Take Effective Notes - Many college classes involve lectures from professors and discussions among classmates. Taking notes during these lectures and discussions is an important part of the learning process. There is no right or wrong way to take notes, but there are some helpful tips that can make note-taking easier and more useful for studying.

<https://www.intelligent.com/take-effective-notes/>

Study Smart Before Exams - When it comes times to study, many common study methods can help enhance your exam prep and reduce stress. Here is a detailed list of common study methods college students use to prepare for exams

<https://www.intelligent.com/study-smart-before-exams/>

Use Test Taking Strategies on Exam Day - The following tips will guide you through exam prep and the exam itself.

<https://www.intelligent.com/use-test-taking-strategies-on-exam-day/>

Manage Your Stress - Learn different ways to manage stress during this time of significant transition and discovery.

<https://www.intelligent.com/manage-your-stress/>

SOCIAL CONNECTIONS

Weekly Family Support Call, Every Thursday @ 7 PM ET:
<https://forms.aweber.com/form/78/1153629778.htm>

Staying Connected while Social Distancing:
<https://bit.ly/2JM8vMF>

Communication Disabilities Association of Canada Toolkit:
<https://www.cdacanada.com/resources/covid-19/covid-19-communication-rights-toolkit/>

Citizens with Disabilities Ontario Resources: <http://www.cwdo.org/>

Friendly Connections on ConnectABILITY.ca: <https://connectability.ca/en/>