

**Hello GI Community Members! During this uncertain time some people are experiencing many emotions. If you are feeling anxious, frustrated, scared, alone, depressed or just not yourself, here are some ways to reach out and talk to someone...on-line or with a telephone call. Also included are some things to help keep you and the kids busy, entertained and active. Being alone or parenting can be extra hard right now so please talk to someone for support if you need it.**

## **Mental Health Resources/Online Activities to Support Children/Adolescents During School Closures**

<p>Counselling and Mental Health Distress Phone Lines</p>	<p>Individual Counselling (FREE)  <a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a></p> <p>CMHA COVID-19 Counselling (FREE)  <a href="https://cmha-yr.on.ca/learn/covid-19/telephonebased-supportive-counselling/">https://cmha-yr.on.ca/learn/covid-19/telephonebased-supportive-counselling/</a></p> <p>Individual Counselling (LOW COST)  <a href="https://openpathcollective.org/">https://openpathcollective.org/</a>  <a href="https://www.affordabletherapytoronto.com/">https://www.affordabletherapytoronto.com/</a></p> <p>Crisis/Distress Lines (FREE)</p> <p>Community Crisis Response Service (24 hours) 1-855-310-2673  310-COPE (FREE)</p> <p>Kids Help Phone (24 hours) 1-800-668-6868</p> <p>First Nations and Inuit Hope for Wellness Helpline 1-855-242-3310 (FREE)</p> <p>Krasman Centre - Warm Line (non-crisis) 1-888777-0979  (FREE)</p> <p>York Region Street Outreach Van 905-853-3400 or 1-866-553-4053</p>
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	<p>(FREE)</p> <p>Ontario Shores Crisis Line (24 hours) 1-800-263-2679(FREE)</p>
<p>Museums and Historic Sites</p> <p>Hosting Virtual Tours</p> <p>FREE</p>	<p>Each of the below websites have lists of virtual tours of museums, zoos, and historical sites that can be fun to tour by yourself or with your children. (FREE)</p> <p><a href="https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/">https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/</a></p> <p><a href="https://www.insider.com/museums-theme-parks-offervirtual-tours-ideal-for-social-distancing-2020-3">https://www.insider.com/museums-theme-parks-offervirtual-tours-ideal-for-social-distancing-2020-3</a></p> <p><a href="https://people.com/travel/stuck-at-home-you-can-visithese-world-famous-sites-from-your-couch-for-free">https://people.com/travel/stuck-at-home-you-can-visithese-world-famous-sites-from-your-couch-for-free</a></p>
<p>Online Learning</p>	<p>Free on-line courses for adults</p> <p><a href="http://www.openculture.com/freeonlinecourses">http://www.openculture.com/freeonlinecourses</a></p> <p><a href="https://www.edx.org/">https://www.edx.org/</a></p> <p><a href="https://qz.com/1821327/450-free-ivy-league-universitycourses-you-can-take-online/">https://qz.com/1821327/450-free-ivy-league-universitycourses-you-can-take-online/</a></p> <p>Free On-line learning for children</p> <p><a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a> (MORE STRUCTURED FOR ONLINE LEARNING)</p> <p><a href="https://pbskids.org/">https://pbskids.org/</a> (MOST SUITABLE FOR YOUNGER CHILDREN)</p> <p><a href="https://kids.nationalgeographic.com/">https://kids.nationalgeographic.com/</a> (LESS STRCTURED AND MOST POPULAR FOR EAGER LEARNERS ABOUT NATURE AND WORLD TOPICS)</p> <p>On-line learning for children with a monthly fee</p> <p><a href="https://www.abcmouse.com/abt/homepage">https://www.abcmouse.com/abt/homepage</a> (FIRST MONTH FREE)</p>

	<p><a href="https://www.starfall.com/h/">https://www.starfall.com/h/</a> (MOSTLY FREE ACCEPT MEMBERSHIP REQUIRED TO ACCESS ANIMATED SONGS)</p> <p><a href="https://ca.ixl.com/membership/">https://ca.ixl.com/membership/</a></p>
Fitness and physical health <b>FREE</b>	<p><a href="https://www.self.com/gallery/20-minute-no-equipment-total-body-workout">https://www.self.com/gallery/20-minute-no-equipment-total-body-workout</a> (FOR ADULTS)</p> <p><a href="https://ymca360.org/on-demand#/">https://ymca360.org/on-demand#/</a> (FOR ADULTS AND CHILDREN)</p> <p><a href="https://www.youtube.com/results?search_query=workout+for+children">https://www.youtube.com/results?search_query=workout+for+children</a> (FOR CHILDREN AND FAMILIES)</p> <p><a href="https://www.youtube.com/results?search_query=just+dance">https://www.youtube.com/results?search_query=just+dance</a> (BEST TO PLAY ON SMART TVS FOR CHILDREN TO FOLLOW ALONG)</p> <p><a href="https://circuitimefun.com/">https://circuitimefun.com/</a> (FOR CHILDREN)</p>