

## **COVID-19 Information**

- **Service Coordination Support**
  - <https://scsonline.ca/category/covid-19/>
- **Government of Canada**
  - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- **Ontario Ministry of Education**
  - [https://www.ontario.ca/page/ministry-education?\\_ga=2.42567783.376379022.1585925125-745942830.1585925125](https://www.ontario.ca/page/ministry-education?_ga=2.42567783.376379022.1585925125-745942830.1585925125)
- **How Ontario is Responding to COVID-19**
  - <https://www.ontario.ca/page/2019-novel-coronavirus>
- **Ottawa-Carleton District School Board**
  - [https://ocdsb.ca/our\\_schools/novel\\_coronavirus\\_information\\_for\\_parents](https://ocdsb.ca/our_schools/novel_coronavirus_information_for_parents)
- **Ottawa Public Health**
  - [https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx?utm\\_source=OPH&utm\\_medium=Friendly\\_URL&utm\\_campaign=Coronavirus&utm\\_content=Friendly\\_URL](https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx?utm_source=OPH&utm_medium=Friendly_URL&utm_campaign=Coronavirus&utm_content=Friendly_URL)
- **Connecting Ottawa**
  - [http://connectingottawa.com/?utm\\_source=All&utm\\_campaign=April+18th%2C+2018&utm\\_medium=email](http://connectingottawa.com/?utm_source=All&utm_campaign=April+18th%2C+2018&utm_medium=email)
- **Wabano Centre for Aboriginal Health – Resources**
  - <https://wabano.com/clinic/novel-coronavirus-covid-19/>

## **Support for Parents**

- **Psychology Today - How to Explain a Global Health Crisis to Children with Autism (Article)**
  - <https://www.psychologytoday.com/us/blog/neuroscience-in-translation/202003/how-explain-global-health-crisis-children-autism>

**List of Available Resources During the  
COVID-19 pandemic**

- **UNC Frank Porter Graham Child Development Institute – Guide**
  - <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf>
  
- **Child Mind Institute – Resources**
  - <https://childmind.org/coping-during-covid-19-resources-for-parents/#coping>
  
- **Autism Speaks Canada – Resources and Information**
  - <https://www.autismspeaks.ca/media-request-contact-us/news/news-press-releases/covid-19-information-and-resources/#list4>
  
- **Autism Speaks Canada – Took Kits (Informational Guides)**
  - <https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/>
  
- **Kids Help Phone – Resources and Information**
  - <https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/>
  
- **Centers for Disease Control and Prevention – Caring for Children in a Disaster**
  - <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
  
- **The Emotional Impact of Disasters on Children and their Families – Module**
  - [https://www.aap.org/en-us/Documents/disasters\\_dpac\\_PEDsModule9.pdf](https://www.aap.org/en-us/Documents/disasters_dpac_PEDsModule9.pdf)
  
- **Autism Ontario – Resources**
  - <https://www.autismontario.com/list-resources-help-us-through-covid-19>
  
- **eMentalHealth.ca - Coping with the Stress of COVID: Survival Tips for Parents and Caregivers**
  - <https://www.ementalhealth.ca/Ottawa-Carleton/Surviving-as-a-Parent-During-COVID-Coronavirus/index.php?m=article&ID=62307>
  
- **Mommy Hood 101 - Modify and Print our Daily Schedule for Kids at Home**
  - <https://mommyhood101.com/daily-schedule-for-kids>

## **Educational**

- **TIPES – Thinking in Pictures Educational Services**
  - <https://tipes.ca/virtual-services/>
  
- **Jump Start – Educational Activities for Kids**
  - <https://www.jumpstart.com/parents/activities>
  
- **Able2Learn – Daily Living Skills, Home Skills**
  - <https://able2learn.com/daily-living-skills/home-skills/>
  
- **Common Sense Media – Free Online Events and Activities for Kids at Home**
  - <https://www.commonsensemedia.org/blog/free-online-events-activities-kids-at-home-coronavirus>
  
- **Khan Academy**
  - <https://www.khanacademy.org/>
  
- **Khan Academy – Home School Schedule Templates**
  - [https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxzZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh\\_-P-WmksHAzbsrk9d/pub](https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxzZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub)
  
- **Amplify – Quality Learning at Home**
  - <https://freeresources.amplify.com/>
  
- **Kids Activities Blog.com – List of Education Companies Offering Free Subscriptions**
  - <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
  
- **Wide Open School**
  - <https://wideopenschool.org/>
  
- **IXL – Personalized learning**
  - <https://ca.ixl.com/>
  
- **Scholastic – Learn at Home**
  - <https://classroommagazines.scholastic.com/support/learnathome.html>

**List of Available Resources During the COVID-19 pandemic**

- **TVO Kids**
  - <https://www.tvokids.com/school-age>
  
- **Open Culture – Free Kids Educational Resources**
  - [http://www.openculture.com/free\\_k-12\\_educational\\_resources](http://www.openculture.com/free_k-12_educational_resources)
  
- **Ology – Science website**
  - <https://www.amnh.org/explore/ology>
  
- **Science Kids**
  - <http://www.sciencekids.co.nz/>
  
- **Pebble Go – Science and Social Studies**
  - <https://site.pebblego.com/modules>
  
- **National Geographic – Classroom Resources**
  - <https://www.nationalgeographic.org/education/classroom-resources/learn-at-home/>
  
- **National Geographic – Kids**
  - <https://kids.nationalgeographic.com/explore/countries/>
  
- **Museum of Science and History**
  - <https://themosh.org/educate/connect/>
  
- **Khan Academy – American Museum of Natural History**
  - <https://www.khanacademy.org/partner-content/amnh>
  
- **NASA**
  - <https://www.nasa.gov/>
  
- **NASA – Bringing NASA into the Classroom**
  - <https://www.jpl.nasa.gov/edu/teachable-moments/>
  
- **Space Racers – Lesson Plans**
  - <https://www.spaceracers.com/educators/lesson-plans/>
  
- **Skype a Scientist**
  - <https://www.skypeascientist.com/for-families.html>

**List of Available Resources During the  
COVID-19 pandemic**

- **Thought Co. – Chemistry Activities**
  - <https://www.thoughtco.com/chemistry-activities-for-kids-4133581>
  
- **Live Science – Activities**
  - <https://www.livescience.com/coronavirus-kids-activities.html>
  
- **California Science Center – Stuck at Home Science**
  - <https://californiasciencecenter.org/stuck-at-home-science>
  
- **Frost Science – Learning Resources & Activities**
  - <http://www.frostscience.org/frost-sciencehome-learning-activities/>
  
- **Monterey Bay Aquarium – Live Cams**
  - <https://www.montereybayaquarium.org/animals/live-cams>
  
- **Sandiego Zoo – Live Cams**
  - <https://zoo.sandiegozoo.org/live-cams>
  
- **Houston Zoo - Webcams**
  - <https://www.houstonzoo.org/explore/webcams/>
  
- **NHSA – COVID-19 Resources for Head Start**
  - <https://www.nhsa.org/>
  
- **E-Learning for Kids – Math**
  - <https://en.e-learningforkids.org/math/>
  
- **Cool Math 4 Kids – Math Games**
  - <https://www.coolmath4kids.com/>
  
- **Time for Kids**
  - <https://www.timeforkids.com/>
  
- **Unite for Literacy – Virtual Books**
  - <https://www.uniteforliteracy.com/>
  
- **Ottawa Public Library – Isolation Recreation for Kids!**
  - <https://bibliooottawalibrary.ca/en/isolation-recreation-for-kids>

- **XQ - High School Resources for Remote Learning During COVID-19 School Closures**
  - <https://xqsuperschool.org/blog/teaching-strategies/high-school-remote-learning-resources-coronavirus/>
- **Code Ninjas – At-Home Coding**
  - <https://www.codeninjas.com/barrhaven-on-ca>

### **Activities / Games**

- **PBS Kids - Games**
  - <https://pbskids.org/games/>
- **It's Always Autumn – Indoor Activities**
  - <https://www.itsalwaysautumn.com/best-indoor-kid-crafts-activities.html>
- **The Best Ideas for Kids – Indoor Activities**
  - <https://www.thebestideasforkids.com/indoor-activities-for-kids/>

### **Support**

- **Success in Steps – Consultation via Zoom**
  - <https://www.successinsteps.ca/>
- **TIPES – Thinking in Pictures Educational Services**
  - <https://tipes.ca/virtual-services/>
- **Citizen Advocacy - Fetal Alcohol Resource Program**
  - Workers and Coordinators offering service via phone, skype and Zoom meeting to existing clients  
613 761-9522 ext. 234  
[fasd@citizenadvocacy.org](mailto:fasd@citizenadvocacy.org)
- **Big White Wall – An Online Peer-to-Peer Support**
  - <https://www.bigwhitewall.com/?lang=en-ca&from=ca%2F>

- **Maltby Centre Mental Health Services – Services Over the Phone or Video Conferencing (Mental Health or Autism Services)**
  - <https://maltbycentre.ca/covid-19-resources/>
- **Tangerine – Telephone-Based Consultations**
  - <http://tangerinewalkin.com/request-appointment>
- **Stella's Place – Young Adult Mental Health Phone or Video Counselling Appointments**
  - <https://stellasplace.ca/programs/>
- **COVID-19 Therapists – Supporting Frontline Workers**
  - <https://covid19therapists.com/>

### **Social Skills Group**

- **Recreational Respite**
  - <https://recrespite.com/virtual-services/>
- **TIPES – Thinking in Pictures Educational Services**
  - <https://tipes.ca/virtual-services/>

### **Autism Services**

- **Autism Ontario – Virtual services (Webinars, Support Groups, Event – Activities, OAP Information, Service Navigation)**
  - <https://www.autismontario.com/programs-services/connect-us-virtually>
- **CHEO – Virtual Services (ABA Consultations, Education Sessions)**
  - <https://www.cheo.on.ca/en/clinics-services-programs/virtual-autism-services.aspx>
- **ACT Learning Centre – Free Virtual Services**
  - <http://actlearningcentre.ca/free-virtual-services/>
- **AUSOME Ottawa – Virtual Services**
  - <https://ausomeottawa.com/ausome-live-online/>
  - <https://ausomeottawa.com/stay-active-with-ausome/>

## Virtual Therapy Services

- **On the Ball Pediatric – Virtual Physio and Occupational Therapy**
  - <https://www.ontheball.ca/virtualclinic/teleconference>
- **Applied Behaviour Consulting – Remote Video Sessions**
  - <https://www.appliedbehaviourconsulting.com/video-sessions>
- **ABA Connections – Services Online**
  - <https://www.abaconnections.ca/>
- **Aspen Incorporated – Online groups, Tutoring, Telehealth**
  - <http://aspenabaservices.com/>
- **ABC Pediatric Therapies – Virtual Therapy Sessions**
  - <https://www.abcpediatrictherapies.ca/>
- **Monarch House – Digital Services**
  - <https://www.monarchhouse.ca/web/monarch-house-ottawa-kakulu/home>
- **Expanding Horizons Occupational Therapy – Virtual Sessions**
  - <https://www.expandinghorizonsot.com/services>
- **Terrace Wellness Group ABA & IBI Therapy - Virtual Therapy Sessions**
  - <https://www.terracewellness.com/pages/abaibi>
- **ACT Learning Centre – Free Virtual Services**
  - <http://actlearningcentre.ca/free-virtual-services/>

## Helplines

- **CHEO – CTC Social Work On-Call Service for CTC Clients Only**
  - We offer over the phone consultation and support with a CTC social worker. Please call 613 737-0871 (press 0). You can reach us Monday to Friday from 9 am to 3 pm A social worker will call you back the same day.
  - [https://www.cheo.on.ca/en/clinics-services-programs/children\\_s-treatment-centre.aspx#Social-Work](https://www.cheo.on.ca/en/clinics-services-programs/children_s-treatment-centre.aspx#Social-Work)



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- **Canadian Armed Forces, Members Assistance Program**
  - Individual Counselling  
1 (800) 268-7708  
FIL@CAFconnection.ca
  
- **Kids Help Phone, Crisis Text Line**
  - Mental Health Crisis Lines  
686868
  
- **Kids Help Phone, Live Chat Counselling**
  - Distress Lines  
1 (800) 668-6868
  
- **Distress Centre Ottawa and Region, Distress Line**
  - Distress Lines  
613 238-3311
  
- **Youth Services Bureau of Ottawa, Mental Health Services Crisis Line**
  - Distress Lines  
1 (877) 377-7775
  
- **Tele-health**
  - 1 (866) 797-0000
  
- **Distress centre**
  - 613 238-3311

**Services francophones**

- **Le CAP – COVID-19, Activités, Ressources, Vidéos**
  - <https://centrelecap.ca/articles/covid-19/>
  - <https://centrelecap.ca/calendrier-evenements/>
  - <https://centrelecap.ca/ressources/>
  - <https://centrelecap.ca/video/>

- **Société franco-ontarien de l'autisme – COVID-19, Ressources, Formations**
  - <https://sfoautisme.org/comment-expliquer-le-coronavirus-a-vos-enfants/>
  - <https://sfoautisme.org/ressources/>
  - <https://sfoautisme.org/formation-webinaires/>
  - <https://sfoautisme.org/ressources-communautaires/>
  
- **Cabinet d'orthophonie – Service virtuel**
  - <https://cabinetorthophonie.com/>
  
- **Bibliothèque publique d'Ottawa – S'isoler sans s'ennuyer pour enfants!**
  - <https://bibliooottawalibrary.ca/fr/isolation-recreation-for-kids>

### **Emergency Food Services**

- **United Muslim Organisations**
  - <https://muslimlink.ca/news/ottawa-gatineau-united-muslim-organizations-offering-covid-19-relief-support-learn-how-to-get-help-and-volunteer>
  
- **Bag-Half-Full**
  - <https://www.baghalffull.com/ottawa>
  
- **Food Bank Ottawa**
  - <https://www.ottawafoodbank.ca/>
  
- **Caldwell Family Centre Familial**
  - <https://www.caldwellfamilycentre.ca/>

### **Respite Services**

- **CHEO – Emergency Respite Services for Children with Special Needs**
  - <https://www.cheo.on.ca/en/news/we-hear-you-cheo-offers-emergency-respite-services-to-families-during-the-covid-19-pandemic.aspx>
  
- **Respiteservices.com**
  - <https://respiteservices.com/Ottawa/respiteservices>

- **Spark Life Care**
  - <https://sparkcares.ca/>

### **Health Care related Services**

- **Ottawa Citizen – CHEO Opens Canada’s First Pediatric Virtual Emergency Department (Article)**
  - <https://ottawacitizen.com/news/cheo-opens-canadas-first-pediatric-virtual-emergency-department/>
- **CHEO – KidCare Pharmacy (Free Delivery and Drive-Thru Services)**
  - <https://www.cheo.on.ca/en/visiting-cheo/pharmacy-kidcare.aspx>
- **Pinecrest-Queensway Community Health Centre - Virtual services**
  - <https://www.pgchc.com/>
- **Appletree Medical Group – Virtual Care**
  - <https://appletreemedicalgroup.com/medical-services/virtual-care/>
- **Babylon by Telus Health – Free Healthcare Mobile App**
  - <https://www.telus.com/en/on/health/personal/babylon>
- **Cover Health – Free Virtual Walk-In Clinic**
  - <https://cover.health/>
- **Doctors On Call**
  - 647 872-9958
  - <http://www.doctorsoncallgta.com/>
- **Dial-A-Doc – Free Phone Visit**
  - <https://dialadoc.ca/>
- **HealthCarePlus – Phone Appointments**
  - 416 532-8277
  - <https://healthcareplus.ca/>

**List of Available Resources During the COVID-19 pandemic**

- **Kidcrew Pediatric Medical Clinic**
  - 416 654-5437
  - <https://kidcrew.com/>
  
- **My Doctor Now**
  - 1 888 853-4446
  - <https://mydoctornow.ca/>
  
- **Telehealth Ontario – Free Medical Advice**
  - Toll-free: 1 866 797-0000
  - Toll-free TTY: 1 866 797-0007
  - [https://www.ontario.ca/page/get-medical-advice-telehealth-ontario?\\_ga=2.256167115.1108817452.1568289998-471997336.1568289998](https://www.ontario.ca/page/get-medical-advice-telehealth-ontario?_ga=2.256167115.1108817452.1568289998-471997336.1568289998)

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