

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

- **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

- **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

- **Connecting Ottawa**
 - 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

- **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 – Virtual 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-1vSZhOdEPAWjUQpqDkVAJrFwxz9Sa6zGOq0CNRms6Z7DZNq-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

- **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 – Virtual 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
- **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 – Virtual 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/family-foundational-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

**List of Available Resources During the
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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.baghalfull.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.pqchc.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

Webinars/Webcasts

- **Planning Network – Webcasts (Journey from Adolescence to Adulthood, Wills and Estate Planning...)**
 - <http://www.planningnetwork.ca/en-ca/Events>

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