**Online Educational Supports**

## Financial Resources

- **Ontario Works Financial Assistance**
- **Ontario Works - My Benefits**
- **Employment Insurance Benefits (EI)**
- **Canada's COVID-19 Economic Response Plan**
- **Hydro Ottawa (Assistance to customers affected by COVID-19)**
- **The Small Business Centre**

## Community Resources

- **Community and Social Services Help Line-211**
- **Ottawa Public Health**
- **Ottawa Food Bank - Find a food bank near you**
- **Ruckify + United Way connect vulnerable people with technology during COVID-19**
- **Dental Emergency Services (Dental Society)**
- **Dental Clinic:**
  - 1580 Merivale Rd, Ste 400 Ottawa, K2G 4B5, 613-580-9631
- **Action Logement/Action Housing**
  - 613-562-8219
- **Housing Help**
  - 613-563-4532
- **Good Companions Seniors Services**
  - info@thegoodcompanions.ca
  - 613-236-0428
- **Operation Ramzieh: Emergency Relief during COVID-19 for the vulnerable**

## Mental Health Resources

- **YSB Youth Crisis Line**
  - 613-260-2360 | online chat: chat.ysb.ca
- **Mental Health Crisis Line**
  - 613-722-6914
- **Kids Help Phone**
  - 800-668-6868 (crisis line)
- **Good2Talk Post-Secondary Student Helpline**
  - 1-866-925-5454
- **Hope for Wellness Help Line 24/7**
  - 1-855-242-3310
- **Big White Wall**
- **Distress Centre Ottawa and Region**
  - 613-238-3311
- **BounceBack**
- **Huddle Care: Online Peer Support Group**

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**WELLNESS**
- Supporting Student Mental Health at Home
- Talking to your anxious child about COVID-19

**ARTS & CRAFTS**
- All Kids Network
- Jigsaw Explorer
- Kids Think Design
- Lunch Doodle with Mo Williams
- The Met Kids

**ACADEMIC RESOURCES**
- Ontario Ministry of Education Learn at Home
- Online Learning Resources with grade level chart (OCDSB)

**OTHER ACADEMIC RESOURCES**
- ABCmouse
- BoomCards
- Brain Pop
- Canadian Encyclopedia
- Highlight Kids
- Fun Brain
- Learning A-Z
- Kids Discover
- PBS Kids
- Phonics Hero
- Scholastic Learn at Home
- Switcheroo Zoo
- TVO in the Classroom
- Wonderopolis

**SCIENCE & NATURE**
- Access Mars
- Discovery Education
- David Suzuki Foundation – Connecting Kids with Nature
- Farm Food 360
- Mystery Science
- Nasa Kids Club
- National Geographic Kids
- Steve Spangler Science
- Weather Whiz Kids

**READING**
- Seussville
- Storyline Online
- Story Time from Space

**VIRTUAL MUSEUM’S AND ZOO’S**
- Georgia Aquarium
- Great Wall of China
- Louvre Museum
- National Museums of Canada Virtual Exhibits
- Ripley’s Aquarium
- San Diego Zoo

**GET ACTIVE!**
- Cosmic Kids Yoga
- Les Mills on Demand at Home
- GoNoodle
- Shake Break

**PUBLIC HEALTH AND GOVERNMENT RESOURCES**
- Ontario Ministry of Health Updates
- Government of Canada Dept of Health Updates
- World Health Organization
- Public Health Ontario
- Links to Local Public Health Units
- Government of Canada travel advisories

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