Online Educational Supports

Financial Resources

Ontario Works Financial Assistance
Ontario Works - My Benefits
Connect with us online
311 | 613-580-2400

Employment Insurance Benefits (EI)
1-833-381-2725 (toll-free)

Canada's COVID-19 Economic Response Plan
613-369-3710

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
613-580-6744

Ottawa Food Bank - Find a food bank near you
(613) 745-7001

Ruckify + United Way connect vulnerable people with technology during COVID 19

Dental Emergency Services (Dental Society)
613-523-4185

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

If you are experiencing a life threatening emergency call 911

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# Online Educational Supports

## 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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