

Keeping You CONNECTED

VIRTUAL RESOURCES DIRECTORY



***To have your resource included, please contact us at sshaukat@communitylivingyorksouth.ca
This document is updated frequently. Last Updated: May 22nd, 2020**

CLYS SUPPORTS

Although we at Community Living York South (CLYS) are not offering in-person support through our Community Support Programs at this time, we are here to support you. If you require assistance with funding applications or renewals (ie. ODSP, Passport, SSAH, ACSD, OAP etc), are looking for online community resources (mental health, counselling, activities, programming, employment, educational etc), or want to stay connected with other families in your community, contact your coordinator via phone or email.

Community Support Program:

The Community Support Program provides a holistic service to people of all ages who have an intellectual disability and their families residing in Southern York Region.

Annie Zhang (Cantonese, Mandarin): 905-884-9110 ext 382;
azhang@communitylivingyorksouth.ca

Enoch Wong (Cantonese, Mandarin): 905-884-9110 ext 267;
ewong@communitylivingyorksouth.ca

Sadia Shaukat (Hindi, Punjabi, Urdu): 905-884-9110 ext 640;
sshaukat@communitylivingyorksouth.ca

Tharini Tharmalingam (Tamil): 905-884-9110 ext 703;
ttharmalingam@communitylivingyorksouth.ca

A.C.T. 4 Youth Initiative:

The A.C.T. 4 Youth Initiative led by Community Living York South, assists youth with intellectual disabilities to achieve their independence and employment goals.

Christine Mariano: 905-294-4971 ext 348,
cmariano@communitylivingyorksouth.ca

Kamal Dhillon: 905-294-4971 ext. 347,
kdhillon@communitylivingyorksouth.ca

CLYS SUPPORTS

Networks :

netWORKS is a program that focuses on educational training opportunities, activities, and events that allow you to put networking related skills in action.

Terry Ann Hyman: 905-294-4971 ext 390,
thyman@communitylivingyorksouth.ca

Community Living York South is going virtual! Find a list of our extensive virtual workshops, chatrooms, activities, self-care, training, educational, and social offerings by visiting: <https://bit.ly/3dyMv5f>

ONLINE WORKSHOPS/CHATROOMS WEEK OF MAY 25-29 FOR YOUNG ADULTS

MONDAY 25	TUESDAY 26	WEDNESDAY 27
<p>VIRTUAL BOOK CLUB: "CALL OF THE WILD" 2:00PM-3:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/8487318510 +1 438 809 7799 MEETING ID: 848 7318 510</p>	<p>YOUTH COOKING SERIES: 11:00AM- 12:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/8116685185 +1 438 809 7799 MEETING ID: 811 668 5185</p> <p>LEARNING TUESDAY: 2:00PM-3:00PM COMPUTER SKILLS DEVELOPMENT (OPEN TO ALL) (3 OF 4) JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/82186893040 +1 647 374 4685 MEETING ID: 821 8689 3040</p> <p>RELATIONSHIPS (2): 3:00PM-4:00PM "EMOTIONS: SELF-AWARENESS/STANDING" JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/88209446939 +1 587 328 1099 MEETING ID: 883 0944 6939</p>	<p>WELLNESS WEDNESDAY: FOSTER SELF-ESTEEM AND COPE DURING ISOLATION 2:00PM-4:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/89224732059 +1 587 328 1099 MEETING ID: 892 2473 2059</p> <p>DRAWING TUTORIALS (AGES 16+) 12:30PM-1:30PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/86412351691 +1 778 907 2071 MEETING ID: 864 1235 1691</p>
<p>YOUTH CHAT 12:00PM-1:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/87960333903 +1 647 374 4685 MEETING ID: 879 6033 3903</p> <p>CUSTOMER SERVICE (1 OF 4) 3:00-4:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/82864811566 +1 778 907 2071 MEETING ID: 828 6481 1566</p>	<p>FUN FRIDAY DANCE (OPEN TO ALL) JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/83384522957 +1 647 558 0588 MEETING ID: 833 8452 2957 1:00PM-3:00PM</p>	

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ONLINE WORKSHOPS/CHATROOMS WEEK OF MAY 25-29 FOR PARENTS/CAREGIVERS

MONDAY 25	TUESDAY 26	WEDNESDAY 27
<p>GET SOCIAL MONDAY CONVERSATION CIRCLE WITH THERAPIST 6:00pm-7:00pm RSVP: cmarioane@communitylivingyorksouth.ca</p> <p>Parent/Caregiver Chat Time (MANDARIN) 8:00pm-9:00pm Join Zoom Meeting https://us02web.zoom.us/j/82856027003 +1 647 558 0588 Meeting ID: 828 5602 7003</p>	<p>Parent/Caregiver Chat Time - Staying Engaged (English) 10:00am-11:00am Join Zoom Meeting https://us02web.zoom.us/j/86933261268 +1 647 558 0588 Meeting ID: 869 3326 1268</p> <p>Learning Tuesday: Computer Skills Development (Open to all) (3 of 4) 2:00pm-3:00pm Join Zoom Meeting https://us02web.zoom.us/j/82186893040 +1 647 374 4685 Meeting ID: 821 8689 3040</p>	<p>Wellness Wednesday: Easy Nutritional Recipes (Parent/Caregivers) 11:00am-12:00pm Join Zoom Meeting https://us02web.zoom.us/j/89699331023 +1 647 558 0588 Meeting ID: 896 9933 1023</p> <p>Parent/Caregiver Chat Time (Cantonese) 8:00pm-9:00pm Join Zoom Meeting https://us02web.zoom.us/j/85661643473 +1 647 558 0588 Meeting ID: 856 6164 3473</p>
<p>RDSP Workshop (Mandarin) 10:00am-12:00pm Join Zoom Meeting https://us02web.zoom.us/j/84129530938 +1 647 374 4685 Meeting ID: 841 2953 0938</p> <p>Parent/Caregiver Chat Time: CMHA presentation (Hindi/Urdu/Punjabi) 2:00pm-3:00pm Join Zoom Meeting https://us02web.zoom.us/j/85799673691 +1 647 374 4685 Meeting ID: 857 9967 3691</p> <p>Basic First Aid 2:00pm-4:00pm Join Zoom Meeting https://us02web.zoom.us/j/89527096815 +1 647 374 4685 Meeting ID: 895 2709 6815</p>	<p>FUN FRIDAY: DANCE (OPEN TO ALL) 1:00PM-3:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/83384522957 +1 647 558 0588 MEETING ID: 833 8452 2957</p>	

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CURRENT WORKSHOPS

Partners for Planning Webcasts:
planningnetwork.ca/en-ca/events

NADSP Words of Encouragement Series:
<https://bit.ly/2URupV0>

Boys & Girls Club of Albion:
New Videos every Monday/Wednesday/Friday on the IG Channel 4:30pm-5:30pm. Record your dance and tag us @AlbionBGC

CAMH Virtual Autism Mindfulness Groups

The group will take place weekly for 6 weeks Time & Dates: May 28, June 4 & 11 from 4:00pm to 5:00pm (EST) Contact brianne.redquest@camh.ca

CAMH Virtual Mindfulness Groups

Groups will run weekly for 6 weeks Time and dates: May 28 , June 4 & 11 from 2:00pm to 3:00pm (EST) Contact brianne.redquest@camh.ca

JVS Toronto Workshops: <https://www.jvstoronto.org/workshop-calendar/>

Next Gen Men Program experience for boys in Grade 7/8: <https://bit.ly/3fep8PA>

'Create My New Normal': <https://eaa.empoweringability.org/newnormal/>

Special Dads Group: <https://sites.google.com/site/specialdadsgroup>

MENTAL HEALTH

CMHA's COVID-19 Resources Page: <https://cmha-yr.on.ca/learn/covid-19/>

Supportive counselling and case management supports are being by telephone to the general community. Some specializations include a youth specialist (SW), a family specialist (SW), Occupational Therapy (OT) and a clinical therapist. We will be offering single session counselling; however, if someone calls in more than once they will not be refused. An individual will not be refused service if they live outside of our CMHA catchment area. Additional staff will be redeployed to this service based on volumes. This service will be available Monday to Friday from 8:30 a.m. to 4:30 p.m

Our Central Intake is open to all other available services and supports:
1-866-345-0183 ext. 3321 <https://cmha-yr.on.ca/>

Bounce Back

The province wide Bounce Back program offered in partnership with CMHA Ontario for those who require support to manage mild to moderate anxiety and depression. The Bounce Back program, available in several languages including French, is an online and telephone support program using psychotherapy and Cognitive Behaviour Therapy approaches to coach someone through difficult times.

<https://bouncebackontario.ca/>

Daily Tips for parents: <https://childmind.org/>

CAMH: <http://www.camh.ca/covid19>

Positive Psychology Kit: <https://positivepsychology.com/the-crisis-kit/>

310 COPE: <https://www.yssn.ca/310-COPE>

Mind your Mind Online Support: <https://mindyourmind.ca/>

ConnexHealth: www.myconnexhealth.com

Parentbooks offers the most comprehensive selection of resources available anywhere from planning a family to everyday parenting issues to special needs of all kinds. <https://www.parentbooks.ca/>

MENTAL HEALTH

York Support Services Network offers the Community Crisis Response Service for persons living in York Region or South Simcoe who are having a mental health crisis, and their family or friends. By calling our toll free number **1-855-310-COPE (2673)** or (TTY) **1-866-323-7785**, you can speak with a crisis worker anytime you need to.

Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares.
<https://www.bigwhitewall.ca/v2/Home.aspx? returnUrl=%2f>

NHS Obsessions and Compulsions: A Self-Help Guide (2016, UK) Guidebook
<https://bit.ly/2JkaQOI>

Obsessive-Compulsive Disorders: A Handbook for Patients and Families (2015, Sunnybrook Hospital, Canada) <https://bit.ly/2QLRG88>

Anxiety Canada: <https://anxietycanada.com/>

Clear Fear App, powered by stem4 provides ways for children and youth to manage symptoms of anxiety: <https://www.clearfear.co.uk/>

Family Services York Region: www.fsyr.com
For people under 20 years old Kids Help Phone: (24/7) 1-800-668-6868
For people 65+ Crisis Outreach Service for Seniors : 416-217-2077

York Hills Here to Help Phone Line: Call **905-503-9561** to speak with someone (you may have to leave a message and we will call you back).

The Here to Help Phone Line is a free service available to children, youth (0-18) and their parents, caregiver or adult supporters. This service is available Mondays, Wednesdays and Fridays from 9:30 AM to 4:00 PM. Please note that the Here to Help Phone Line is not a crisis service.

Youthspeak: <https://youthspeak.ca/programs/>

Skylark Free Phone Counseling: <https://www.skylarkyouth.org/covid-19-resources/>

MENTAL HEALTH

5 Minute Meditation: <https://youtu.be/inpok4MKVLM>

Calming Breathing Exercises: <https://youtu.be/KL4Yeus6EJY>

Guided Mindfulness: <https://centreforconsciouscare.ca/guided-mindfulness>

Meditation Apps: <http://tiny.cc/18vpnz>

Mindfulness Classes: <http://tiny.cc/r9vpnz>

Open Library (Digital Books): <https://openlibrary.org>

Connex Adults for Adults: 1-866-531-2600; connexontario.ca

Bounce Back for 15+ years: 1-866-345-0224; bouncebackontario.ca

Kids Help Phone for under 15 years: 1-800-668-6868; kidshelpphone.ca

Post-Secondary Students: 1-866-925-5454; or text GOOD2TALKON to 686868

VIRTUAL ATTRACTIONS

British Museum, London: <https://britishmuseum.withgoogle.com/>

Georgia O’Keeffe Museum: <http://tiny.cc/zxvpnz>

Getty Museum: <http://tiny.cc/dvvpnz>

High Museum of Art, Atlanta: <http://tiny.cc/2uvpnz>

MoMA - The Museum of Fine Art: <http://tiny.cc/juvpnz>

Museum of Fine Arts, Boston: <http://tiny.cc/6tvpnz>

NASA: https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ

Virginia’s Langley Research Centre: <https://oh.larc.nasa.gov/oh/>

Glenn’s Virtual Tours: <https://www.nasa.gov/glennvirtualtours>

National Museum of Anthropology: <http://tiny.cc/a0vpnz>

Natural Museum of Natural History: <http://tiny.cc/j1vpnz>

Rijksmuseum, Amsterdam: <http://tiny.cc/a2vpnz>

VIRTUAL ATTRACTIONS

Virtual Museum of Canada: <https://bit.ly/2UmvGmC>

Art Gallery of Ontario: <https://ago.ca/collection/browse>

Calgary Zoo Panda Cam: <https://bit.ly/2QPI0cO>

Royal Ontario Museum: <https://bit.ly/2wtlzSV>

Bata Shoe Museum: <http://www.allaboutshoes.ca/en/>

Ripley's Aquarium Live Feed: <https://bit.ly/3dxMwGM>

Stratford Festival On Demand: <https://bit.ly/33QrYEN>

Animal and Nature LiveCam: <https://explore.org/livecams/>

Hockey Hall of Fame: <https://bit.ly/2JIQKDi>

Casa Loma: <https://casaloma.ca/experience-the-castle/>

Canadian War Museum: <https://bit.ly/39sb0hy>

Legislative Assembly of Ontario: <https://www.ola.org/en/virtual-tour>

Hamilton Civic Museum: <https://bit.ly/2Uk5yIY>

Toronto Public Library Exhibits: <https://www.torontopubliclibrary.ca/ve/>

Canada's Wonderland Virtual Rides: <https://bit.ly/3dA2jET>

Vancouver Aquarium: <https://www.vanaqua.org/live-cams>

Kenai Fjords National Park Virtual Guided Tour: <https://bit.ly/2UCCtrb>

12 Virtual Museum Tours: <https://tinyurl.com/td4pw9e>

Children's Museum of Manhattan: <https://cmom.org/learn/cmom-at-home/>

The Louvre: <https://www.louvre.fr/en/visites-en-ligne>

ACTIVITIES

Inside With Imagination:

Fun Drama Games for the whole family : <https://bit.ly/3ay7R0E>

They'll be posting YouTube videos twice weekly, so stay tuned!

Youtube: <https://www.youtube.com/user/YoungPeoplesTheatre>

Active for Life; Keeping kids busy at home: <https://bit.ly/2QR2W3o>

At Home Workout: <https://fast.wistia.net/embed/channel/5jehdru8mr>

Scribd; One month free of audio books: <https://www.scribd.com/?lohp=2>

The Unstoppable Kids Daily Challenges- Jays Care Foundation

These challenges are designed for kids ages 4 - 18 who live in Canada:

www.jayscare.com/challenges

Art City weekly craft videos and activities:

Facebook: <https://www.facebook.com/ArtCityToronto/>

Instagram: <https://www.instagram.com/artcitytoronto/>

The Metropolitan Opera has free audio streams: <https://bit.ly/2WM2AyP>

Hallmark Movie Marathon: <https://www.hmnow.com/>

Arkells Free Music Classes: <https://bit.ly/2WJufQG>

Kids Up Front Youtube Channel: <https://bit.ly/2Vg25ua>

NBA League Pass - 30 Day Free Trial: <https://on.nba.com/39XLyR4>

Hearts for Workers: <https://www.instagram.com/p/B-cTdVThMya/>

Cursive Writing for Kids: <http://www.northlandprep.org/wp-content/uploads/2015/08/cursive-handwriting-worksheets.pdf>

Ontario Science Centre: <https://bit.ly/2yr2VMV>

Sara Elizabeth Centre: <http://tiny.cc/omm8mz>

Self-Care Bingo Activity: <https://bit.ly/2Yo5NW3>

ABA Visualized - Visual Guidebook for Parents/Teachers: <https://bit.ly/2Wg8G8F>

70 Things to Do with Kids From Home: <https://bit.ly/2zHGfZw>

ACTIVITIES

What to Watch, Read, and Listen During Self-Quarantine: <https://nyti.ms/2ycjix0>

Do the 30 Day Lego challenge: <https://cutt.ly/Rtm3tsV>

Stream a concert online: <https://cutt.ly/mtm3iDc>

Take a free online dance classes: <https://cutt.ly/qtm3hqp>

Watch Netflix with your friends with Google Chrome: <https://cutt.ly/ptm3jiT>

Virtual Music Circle: <https://cutt.ly/ntm3IYH>

87 Free or Cheap Ways To Stay Calm and Decompress (While Still Practicing Social Distancing!): <https://cutt.ly/Ctm3ayG>

Apps for Adults with Special Needs: <https://bit.ly/2JTOmUE>

Tafelmusik Baroque Orchestra and Chamber Choir: <http://tiny.cc/nvm8mz>

Association of Child Life Professionals: <http://tiny.cc/kvm8mz>

Online Monopoly: <http://playrento.com>

Online Card Games: <https://cardgames.io>

Don't forget you can do many things without a computer:

- **Bingo**
- **Treasure hunts**
- **Drawing**
- **Watching TV**
- **Call a friend**
- **Arts & Crafts**
- **Read a Book**

Some ways to stay active are:

- **Yoga**
- **Tai-Chi**
- **Walking up stairs**
- **Walking or jogging**
- **Doing house work**
- **Dancing**
- **Skipping rope, jumping jacks, push-ups, sit-ups**

ACTIVITIES

Noteworthy Program (music): <https://bit.ly/2X6Np3c>

Hockey Fans in the Stands (hockey): <https://bit.ly/2JMa6C9>

CIBC Theatre For All (theatre): <https://bit.ly/2R6XxW6>

Live From Home Music: <https://www.livenation.com/livefromhome>

Arts Etobicoke Online- Arts in Isolation Programs: <https://bit.ly/35mzGrb>

Boys and Girls Club Virtual Programs: <https://bit.ly/2Wgv7KW>

Balloon Twisting: <https://www.facebook.com/events/582725759252252/>

Craft Ideas for All Ages: <http://tiny.cc/22vpnz>

Easy Drawing Lessons: <http://tiny.cc/62vpnz>

Romain Avril Chocolate Chip Cookies: shorturl.at/cnsET

Cupcakes: <http://tiny.cc/03vpnz>

Card Games Online: <https://cardgames.io>

Comedy: <http://www.thecornercomedy.com/>

Comic Books: Read them for free: <https://comiconlinefree.com/>

Comics (Newspaper): Read them for free: <https://www.gocomics.com/>

Geo Caching: <https://www.geocaching.com/play>

30 Days of Lego Building Challenges: <http://tiny.cc/84vpnz>

Corus Entertainment: <https://canadatogogether.com/en/>

Engineering Activities for Kids: <https://bit.ly/2YAQd9N>

Little Bins Little Hands: <https://bit.ly/3bUOmAp>

Live Concerts for People with Special Needs: <https://xeniaconcerts.com/>

EDUCATION RESOURCES

Scholastic: <https://bit.ly/3amR5lh>

Audible: <https://stories.audible.com/start-listen>

National Geographic Kids: <https://kids.nationalgeographic.com/>

PBS Learning Media: www.nj.pbslearningmedia.org

ABCYA: www.abcya.com

Fun Brain: www.funbrain.com

Starfall: www.starfall.com

Highlights Kids: www.highlightskids.com

Storyline Online: www.storylineonline.net

ABC Mouse: www.abcmouse.com

Wonderopolis: www.wonderopolis.org

Time For Kids: www.timeforkids.com

Brainpop: www.brainpop.com

Phonics Hero: www.phonicshero.com

Dreamscape: www.squigglepark.com/dreamscape

Switcheroo Zoo: www.switcheroozoo.com

GoNoodle: www.gonoodle.com

Dad Lab Science Experiments: <https://bit.ly/3bFb2Ej>

Kids Up Front: <https://www.kidsupfrontottawa.com/online-activities-april-8/>

Tynker - Coding For Kids: <https://www.tynker.com>

EDUCATION RESOURCES

Code: <https://code.org/learn>

Code Academy: <https://www.codecademy.com/>

Alison Fee Online Courses: <https://alison.com/>

EDX: <https://www.edx.org/>

Academic Earth: <https://academicearth.org/>

Udemy: <https://www.udemy.com/>

Khan Academy: <https://www.khanacademy.org/>

Coursera: <https://www.coursera.org/>

Financial (Budgeting, Borrowing, and Real Estate): <http://tiny.cc/r9vpnz>

Online Drivers Ed: Email: driversed4u_carol@yahoo.ca; with name, email number

Various Free courses: www.mooc-list.com

Smart Serve Certification: <https://smartserve.ca/>

University Courses for Free: <http://tiny.cc/1yvpnz>

Online Resources for Students with Special Needs: <http://tiny.cc/wzvpnz>

Vaughan Public Library: www.vaughanpl.info

Homework Choice Board: <https://bit.ly/3bTEwP2>

Home Learning Schedule: <https://bit.ly/2YplyMc>

The Zones of Regulation: www.zonesofregulation.com/index.html

Self & Match: <https://bit.ly/2WIUFWS>

Pathway 2 Success: <https://bit.ly/2Ss8Rwp>

Extra Math: <https://xtramath.org/#/home/index>

SOCIAL CONNECTIONS

Staying Connected Resource Hub:

<https://communitylivingontario.ca/en/staying-connected/>

Helping People with IDD's Defeat Loneliness & Boredom with a Virtual Circle

<https://www.empoweringability.org/virtualcirclesignup/>

Weekly Family Support Call, Every Thursday @ 7 PM ET:

<https://forms.aweber.com/form/78/1153629778.htm>

How to Stay Safe well and Connected:

<https://mailchi.mp/4fcf79d4fe5/covid-19-hcardd>

Staying Connected while Social Distancing:

<https://bit.ly/2JM8vMF>

COVID-19 Resources for Developmental Services

<https://bit.ly/2R6VmSq>

Communication Disabilities Association of Canada Toolkit:

<https://www.cdacanada.com/resources/covid-19/covid-19-communication-rights-toolkit/>

Citizens with Disabilities Ontario Resources: <http://www.cwdo.org/>

AUTISM RESOURCES

Autism Research Institute: <https://www.autism.org/anxiety-five-suspects/>

Autism Ontario: <https://bit.ly/3aRTFPz>

Kerrys Place: <https://www.kerrysplace.org/update-supports-and-services/>

Autism Ontario Webinars: <http://tiny.cc/lsm8mz>

Autism Educator: <https://bit.ly/3aWQRk8>

Everyone Gets Sick Sometimes: <https://bit.ly/3f9zjVf>