

# Keeping You CONNECTED

VIRTUAL RESOURCES DIRECTORY



**\*To have your resource included, please contact us at [zzaidi@communitylivingyorksouth.ca](mailto:zzaidi@communitylivingyorksouth.ca)  
This document is updated frequently. Last Updated: December 23rd 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](mailto:azhang@communitylivingyorksouth.ca)

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

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

**Tharini Tharmalingam (Tamil): 905-884-9110 ext 703;**  
[ttharmalingam@communitylivingyorksouth.ca](mailto: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](mailto:cmariano@communitylivingyorksouth.ca)

**Kamal Dhillon: 905-294-4971 ext. 347,**  
[kdhillon@communitylivingyorksouth.ca](mailto: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 JANUARY 4- JANUARY 8 FOR YOUNG ADULTS

|                 |  |   |
|-----------------|--|---|
| <b>MONDAY</b> 4 | <b>TUESDAY</b> 5   | <b>WEDNESDAY</b> 6  |
|                 | OPEN TO ALL EASY FITNESS<br>1:00PM - 2:30PM<br>JOIN ZOOM MEETING<br>HTTPS://US02WEB.ZOOM.US/J/82243605922<br>+1647 374 4685<br>MEETING ID: 822 4360 5922                                       | OPEN TO ALL<br>WELLNESS WEDNESDAY<br>MAINTAINING MENTAL HEALTH SERIES<br>1:00PM - 2:00PM<br>JOIN ZOOM MEETING<br>HTTPS://US02WEB.ZOOM.US/J/83527548524<br>+16475580588<br>MEETING ID: 835 2754 8524 |
|                 | <b>THURSDAY</b> 7  | <b>FRIDAY</b> 8   |
|                 | SKILL BUILDING THURSDAY<br>GOAL SETTING (EMPLOYMENT) PART 1<br>11:00AM - 12:00PM<br>JOIN ZOOM MEETING<br>HTTPS://US02WEB.ZOOM.US/J/84048051527<br>+1 438 809 7799<br>MEETING ID: 840 4805 1527 | OPEN TO ALL<br>FUN FRIDAY<br>1:00PM - 2:00PM<br>JOIN ZOOM MEETING<br>HTTPS://US02WEB.ZOOM.US/J/84240637249<br>+1 778 907 2071<br>MEETING ID: 842 4063 7249  |

COMMUNITY LIVING York South Inspiring Possibilities | INTÉGRATION COMMUNAUTAIRE York Sud Inspirant des possibilités

### ONLINE WORKSHOPS/CHATROOMS WEEK OF JANUARY 4- JANUARY 8 FOR PARENTS/CAREGIVERS

|   |   |   |
|---|---|---|
| <b>MONDAY</b> 4   | <b>TUESDAY</b> 5  | <b>WEDNESDAY</b> 6  |
| IF YOU REQUIRE SUPPORT CONTACT<br>YOUR COMMUNITY SUPPORT<br>COORDINATOR | IF YOU REQUIRE SUPPORT CONTACT<br>YOUR COMMUNITY SUPPORT<br>COORDINATOR | IF YOU REQUIRE SUPPORT CONTACT<br>YOUR COMMUNITY SUPPORT<br>COORDINATOR |
|   | <b>THURSDAY</b> 7   | <b>FRIDAY</b> 8   |
|   | IF YOU REQUIRE SUPPORT CONTACT<br>YOUR COMMUNITY SUPPORT<br>COORDINATOR | IF YOU REQUIRE SUPPORT CONTACT<br>YOUR COMMUNITY SUPPORT<br>COORDINATOR |

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# CURRENT WORKSHOPS

**Autism Ontario Webinars:** <https://www.autismontario.com/events>

**DSO Webcast: Why You Should Apply for Services After Getting Passport \$5000 Funding:** <https://conta.cc/3dAZ93m>

**Virtual Learn to Camp:** <https://www.pc.gc.ca/en/pn-np/on/rouge/activ/iac-ltc>

**Partners for Planning Webcasts:** [planningnetwork.ca/en-ca/events](http://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

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

**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. An individual will not be refused service if they live outside of our CMHA catchment area. 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](http://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/>

**Connect: Working with Stress:** <https://bit.ly/3gYlhpq>  
<https://bit.ly/2Y9rYgK>

# 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>

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/>

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 Ontario for Adults:** 1-866-531-2600; [connexontario.ca](http://connexontario.ca)

**Bounce Back for 15+ years:** 1-866-345-0224; [bouncebackontario.ca](http://bouncebackontario.ca)

**Kids Help Phone for under 15 years:** 1-800-668-6868; [kidshelpphone.ca](http://kidshelpphone.ca)

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

**Self-Help Booklet Series:** [https://www.camh.ca/covid19booklets?  
mc\\_cid=73b0d7cb19&mc\\_eid=294b508c4f](https://www.camh.ca/covid19booklets?mc_cid=73b0d7cb19&mc_eid=294b508c4f)

# VIRTUAL ATTRACTIONS

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

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

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

**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](https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ)

# VIRTUAL ATTRACTIONS

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

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

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

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

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

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

**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>



# VIRTUAL ATTRACTIONS

**The Lion King Experience:** <https://www.lionkingexperience.com/>

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

**The Canadian Opera Company - From the Vault:** <https://www.coc.ca/vault>

**Wild For Life Podcast:** <http://www.torontozoo.com/tz/podcasts>

**Zoo School:** <http://www.torontozoo.com/zootoyou/school>

**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>

# 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 Educator:** <https://bit.ly/3aWQRk8>

# 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>

**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](http://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 Classess:** <https://bit.ly/2WJufQG>

**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>

**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>

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

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

**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>

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

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

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

**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>

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

**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/>

**ABCYA:** [www.abcya.com](http://www.abcya.com)

**Fun Brain:** [www.funbrain.com](http://www.funbrain.com)

**Starfall:** [www.starfall.com](http://www.starfall.com)

**Highlights Kids:** [www.highlightskids.com](http://www.highlightskids.com)

**Storyline Online:** [www.storylineonline.net](http://www.storylineonline.net)

**ABC Mouse:** [www.abcmouse.com](http://www.abcmouse.com)

**Wonderopolis:** [www.wonderopolis.org](http://www.wonderopolis.org)

**Time For Kids:** [www.timeforkids.com](http://www.timeforkids.com)

**Brainpop:** [www.brainpop.com](http://www.brainpop.com)

**Phonics Hero:** [www.phonicshero.com](http://www.phonicshero.com)

**Dreamscape:** [www.squigglepark.com/dreamscape](http://www.squigglepark.com/dreamscape)

**Switcheroo Zoo:** [www.switcheroozoo.com](http://www.switcheroozoo.com)

**GoNoodle:** [www.gonoodle.com](http://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](mailto:driversed4u_carol@yahoo.ca); with name, email number

**Various Free courses:** [www.mooc-list.com](http://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](http://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](http://www.zonesofregulation.com/index.html)

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

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

**What Canadian Kids Should Know About #BlackLivesMatter:** <https://www.cbc.ca/kidsnews/post/watch-what-canadian-kids-should-know-about-blacklivesmatter>

# 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>

**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/>

**Friendly Connections on ConnectABILITY.ca:** <https://cltoronto.ca/friendly-connections-on-connectability-ca/>

**Virtual Respite with Ashley & Robyn:** An online group respite opportunity providing recreational engagement and group socialization. This experience is suited for individuals who identify with special needs and who are 15 years of age and older. All materials are included and will be delivered safely to your curbside. For more information or to express interest, please contact Ashley 416-822-5250 or Robyn 416-476-6216 | via email at [avyrsn@gmail.com](mailto:avyrsn@gmail.com)