

Keeping You CONNECTED

VIRTUAL RESOURCES DIRECTORY



*To have your resource included, please contact us at zzaidi@communitylivingyorksouth.ca
This document is updated frequently. Last Updated: August 7th, 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 AUGUST 10-AUGUST 14 FOR YOUNG ADULTS

| MONDAY 10 | TUESDAY 11 | WEDNESDAY 12 |
|---|--|---|
| Marketplace: Independent Living 1:00pm - 2:30pm Join Zoom Meeting https://us02web.zoom.us/j/82050289765 +1 438 809 7799 MEETING ID: 820 5028 9765 | YOUTH COOKING SERIES: 11:00AM-12:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/88060460792 +1 647 558 0588 MEETING ID: 880 6046 0792 MARKETPLACE: EASY FITNESS 1:00 - 2:30PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/89256878410 +1 647 374 4685 MEETING ID: 892 5687 8410 RELATIONSHIPS 3:00PM - 4:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/88309446939 +1647 374 4685 MEETING ID: 883 0944 6939 | MARKETPLACE: G1 PREP (AGES 16+) 1:00 - 2:30PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/84747541600 +1 647 374 4685 MEETING ID: 847 4754 1600 WELLNESS WEDNESDAY 2:00PM - 3:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/86844803819 +1 647 374 4685 MEETING ID: 868 4480 3819 |
| THURSDAY 13 NETWORKS 11:00AM -12:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/87167320681 +1 438 809 7799 MEETING ID: 871 6732 0681 ACT 4 YOUTH 2:30PM - 3:30PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/82018343653 +1 438 809 7799 MEETING ID: 820 1834 3653 | FRIDAY 14 FUN FRIDAY 1:00PM - 3:00PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/84240637249 +1 647 558 0588 MEETING ID: 842 4063 7249 | |

ONLINE WORKSHOPS/CHATROOMS WEEK OF AUGUST 10- AUGUST 14 FOR PARENTS/CAREGIVERS

| MONDAY 10 | TUESDAY 11 | WEDNESDAY 12 |
|-----------|---|--------------------------|
| | DISABILITY TAX BENEFITS (CANTONESE) 10:00AM -11:30AM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/88620890500 +1 647 374 4685 MEETING ID: 886 2089 0500 ***** HOW DOES RESP-WORK FOR PEOPLE WITH INTELLECTUAL DISABILITIES?(ENGLISH) 6:00PM-7:30PM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/82203639156 +1 647 374 4685 MEETING ID: 822 0363 9156 | |
| | THURSDAY 13 DISABILITY TAX BENEFITS (MANDARIN) 10:00AM-11:30AM JOIN ZOOM MEETING HTTPS://US02WEB.ZOOM.US/J/83860732825 +1 647 558 0588 MEETING ID: 838 6073 2825 | FRIDAY 14 |

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

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/>

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

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

Virtual Summer Camps Kerry's Place: <https://www.kerrysplace.org/events/category/camps/>

Community Living York South Virtual Summer Camp. Please contact:

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

Kamal Dhillon: 905-294-4971 ext. 347;
kdhillon@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

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

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>

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

Self-Help Booklet Series: 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>

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

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>

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>

GoNoodle: <https://www.gonoodle.com/>

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

Zoo School: <http://www.torontozoo.com/zotoyou/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 Ontario Webinars: <http://tiny.cc/lsm8mz>

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

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

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>

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>

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/>

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