



# COVID-19 Resource List



## 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](#)



## Mental Health Resources

[YSB Youth Crisis Line](#)

613-260-2360 | online chat: [chat.ysb.ca](https://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



## 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

[211 Ottawa](#)

[Hope for Wellness Help Line 24/7](#)

1-855-242-3310

[Big White Wall](#)

[Distress Centre Ottawa and Region](#)

613-238-3311

[BounceBack](#)

[Action Logement/Action Housing](#)

613-562-8219

[Housing Help](#)

613-563-4532

[Good Companions Seniors Services](#)

[info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)

613-236-0428

[Operation Ramzieh: Emergency Relief during COVID 19 for the vulnerable](#)

[HighJinx Ottawa](#)

[Mental Health Commission/Commission de la sante mentale du Canada](#)

[Huddle Care: Online Peer Support Group](#)

**If you experiencing a life threatening emergency call 911**

# 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](#)