

# Community Connections



NIAGARA  
CHILDREN'S  
PLANNING COUNCIL



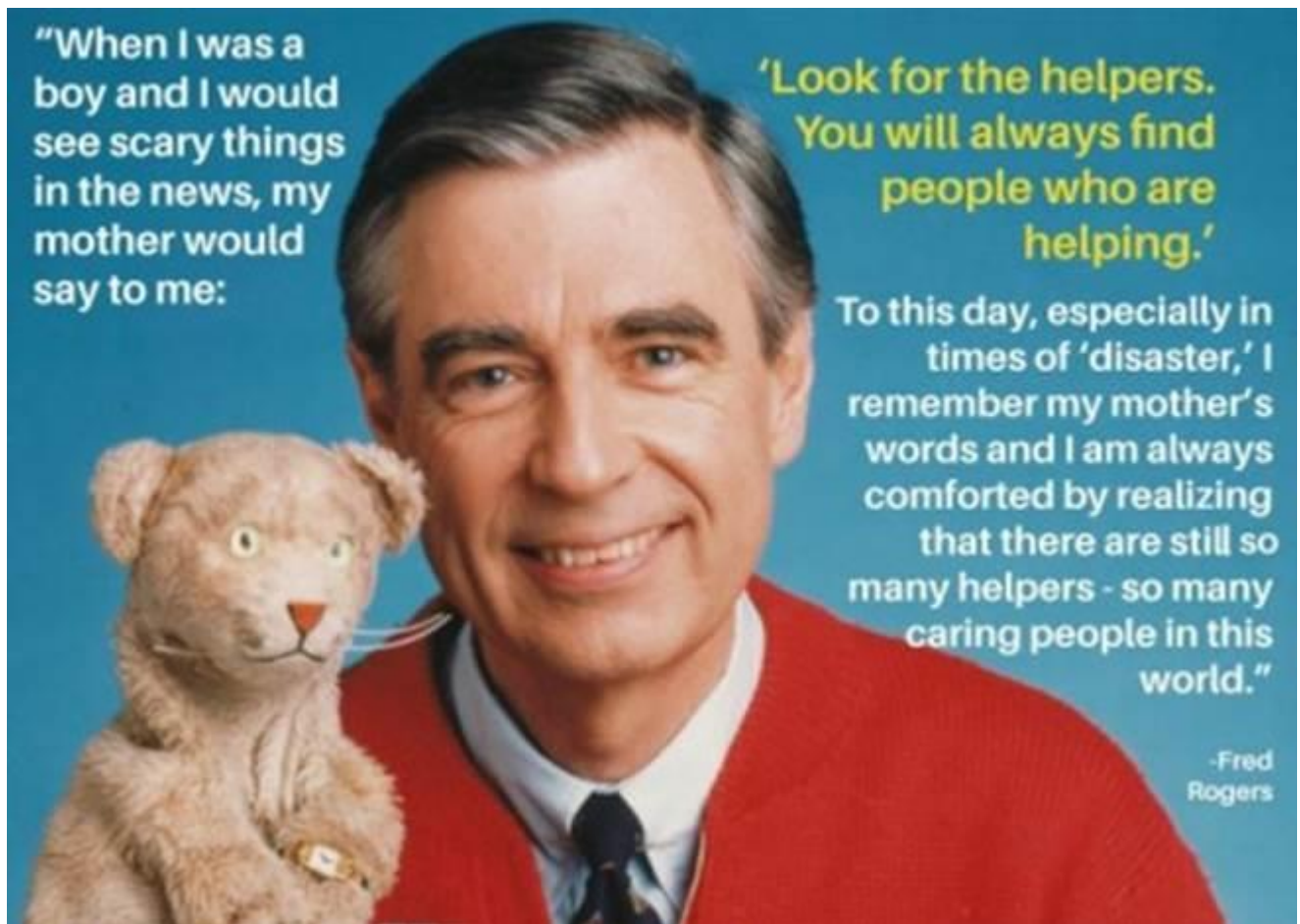
Supporting, Encouraging & Engaging  
children in Safe & Active Wellbeing



Child and Family Centre

## ***Good morning!***

*During these uncertain times, we want to stay connected to you and our community, supporting each other and sharing resources will help all of us and the families that we work with. Below you will find information and resources that are inspiring us – **please feel free to pass this information on to anyone who might be interested.***



**Stay up-to-date** on what is happening in Canada, Niagara and Ontario by only getting your information from dependable sites: (**Facebook Friends are NOT reliable information sources**)

**Niagara Region Public Health Daily Covid-19 Updates:** [Click Here](#)

**Niagara Region Community Resources:** is working with the community to ensure residents are connected to resources, services, programs and support during the COVID-19 pandemic. [Click Here](#)

[Click Here](#) for a message from **Region of Niagara Chair Jim Bradley**

**Ontario Government Covid-19 Update Page :** [Click Here](#) français: [Cliquez ici](#) (this site has the information available in many other languages)

**Health Canada Covid-19 Update Page:** [Click Here](#) français: [Cliquez ici](#)

**Childcare Resource and Research Unit (CRRU)** have developed a comprehensive information source regarding COVID-19 and child care in Canada. [Click Here](#)



**Councillor Adam Russell, Town of Lincoln**

April 2 at 11:21 AM · 🌐

Good Morning Lincoln. We had this amazing perspective shared by a Lincoln resident to Council. It gives such an amazing outlook on what what we are all trying to accomplish.

"When you go out and see the empty streets, the empty malls, the empty parks, don't say to yourself, "It looks like the end of the world." What you're seeing is love in action. What you're seeing in that negative space, is how much we do care for each other, for our grandparents, for our immune-compromised brothers and sisters, for people we never meet. All the more reason to take a moment, when you're out on your walk or on your way to the store, or just watching the news, to look into the emptiness and marvel at all of that love. It isn't the end of the world. It is the most remarkable act of global solidarity we may ever witness, in which people come together for the care and safety of our community and the world. Together, we make our world better."

## Supports for you, your clients and families to assist with the anxiety and uncertainty we all are dealing with:

**Mental Wellbeing in Niagara:** [Click Here](#) to learn how you can help protect your mental health with tools and training

**211 Ontario:** [Click Here](#) For **InCommunities** information and referrals for community, government, social and health services, including mental health resources across Ontario call **211** or [1-877-330-3213](tel:1-877-330-3213). [Live web chat is also available.](#)

**Canadian Mental Health Association Niagara:** [Click Here](#) Service will be available and provided by telephone, or other means which do not require in person contact. MAIN LINE: **(905) 641-5222** (Monday to Friday 8:30 a.m. – 5:30 p.m.)

**IMMEDIATE MENTAL HEALTH SUPPORT:** available 24/7: **1-866-550-5205**

**Distress Centre Niagara:** [Click Here](#)

Providing support to individuals in distress or crisis and education to the Niagara community – 24/7 service

- St. Catharines, Niagara Falls And Area - **905-688-3711**
- Port Colborne, Wainfleet and Area - **905-734-1212**
- Fort Erie and Area - **905-382-0689**
- Grimsby, West Lincoln - **905-563-6674**

**Mental Health & Addictions Access Line:** [Click Here](#)

We provide telephone support for adult residents of Niagara facing addiction and mental health concerns. Callers get immediate access to our supportive, trained responders who provide: Information, Support, Connection to Local Services and Follow Up  
Available 24/7 | 100% Confidential | **Toll-Free 1-866-550-5205**

**Pathstone Mental Health:** [Click Here](#) For existing Pathstone clients/ families, Counselling will be offered one-on-one, over the phone with your therapist. For **ALL** children, youth up to age 18 and their families across Niagara Region, Counselling is offered 24/7 through our **Crisis & Support Line at 1-800-263-4944.**

**Niagara Parents:** [Click Here](#) to connect with a public health nurse about parenting questions or call **905-684-7555** or **1-888-505-6070 ext. 7555** (*available in multiple languages*)

**Beacon:** [Click Here](#) Return to resilience and hopefulness, with guidance every day from the BEACON team of experts.

[Cliquez ici](#) Retrouvez votre calme et persévérance grâce aux conseils offerts chaque jour par l'équipe d'experts de BEACON.

**Kids Help Phone:** [Click Here](#): Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at [1-800-668-6868](tel:1-800-668-6868), for 24/7 phone and text support.

**Good2Talk:** [Click Here](#) A phone and texting service that provides confidential support to post-secondary students. Call [1-866-925-5454](tel:1-866-925-5454).

**Hope for Wellness Helpline:** [Click Here](#): Indigenous peoples can call [1-855-242-3310](tel:1-855-242-3310) for immediate mental health counselling and crisis intervention across Canada (available in some Indigenous languages). [Live web chat is also available.](#)

**Talk 4 Healing:** [Click Here](#) Indigenous women can get help, support and resources seven days a week, 24 hours a day, with services in 14 languages by calling [1-855-554-4325](tel:1-855-554-4325) or texting [1-855-554-4325](tel:1-855-554-4325). [Live web chat is also available.](#)

## Check out these Locally Sourced resources and activities:

**Safari Niagara** [Click Here](#) for online Zooniversity

**Mad Science:** Looking for some fun learning while social distancing? Mad Science teams up with Rube Goldberg Inc to provide a fun engineering challenge (and some swag to win!) [Click Here](#)

## Access Your Local Library from Home:

[Click Here](#) Niagara Falls Public Library

[Click Here](#) Welland Public Library

[Click Here](#) Fort Erie Public Library

[Click Here](#) St Catharines Public Library

[Click Here](#) Wainfleet Public Library

[Click Here](#) Lincoln Public Library

[Click Here](#) West Lincoln Public Library



[Click Here](#) Grimsby Public Library

[Click Here](#) Niagara-on-the-Lake Public Library

[Click Here](#) Thorold Public Library

[Click Here](#) Pelham Public Library

[Click Here](#) Port Colborne Public Library

## Things to do to keep you and your children busy while you at home:

**At home play & learning ideas:** Running out of ideas during the pandemic? [Click Here](#) Brock Staff and students will keep posting ideas to Pinterest so keep coming back.

**CrossCan:** [Click Here](#) to help your children continue to learn during the COVID-19 pandemic. This is a showcase for many educational online and digital resources for you to use free of charge and share with other educators and students while schools are closed.

**Pete the Cat:** [Click Here](#) Join the groovy fun with Pete the Cat songs, animated videos and downloadable Pete the Cat activities

**National Film Board of Canada:** [Click Here](#) for free movies and documentaries including Indigenous cinema library [Click Here](#)

**l'Office National du Film du Canada:** [Cliquez ici](#)

[Click Here](#) to play along with **Sheridan Child Care Centre** teacher Miss Michelle with songs and stories

**Active For Life:** [Click Here](#) for over 200 activities you can do with kids at home while you are self-isolating. Just be sure NOT to go to parks or walking trails that are closed.

**The Olympics** won't be happening this year but you can still be active like an Olympian [Click Here](#) for Team Canada free access to daily physical activities and other resources

**Cosmic Kids Yoga:** [Click Here](#) YouTube fun Yoga activities

**The Learning Station:** [Click Here](#) for healthy music for a child's heart, body and mind

**Super Simple Songs®:** [Click Here](#) for a collection of original kids songs and classic nursery rhymes made SIMPLE for young learners. Combining captivating animation and puppetry with delightful music that kids love to sing along with, Super Simple Songs makes learning simple and fun!

**Scholastics Learning From Home:** [Click Here](#) for teaching at home activities for grades pre-K to 9, as well as resources for families and teachers

**Kizclub:** [Click Here](#) for free downloadable printable activities for kids

**Todays Parent:** [Click Here](#) for 87 family activities to help you avoid cabin fever

**If you looking for some on-line learning check out these FREE resources:**

**Infant Mental Health Basics:** [Click Here](#) This workshop provides about 6 hours of content that will help any practitioner better understand why infancy is such a profound and foundational time in a person's lifelong health and mental wellness, and how we can further support optimal development

**Brain Story Certification :** is designed for those seeking a deeper understanding of brain development and its consequences for lifelong health. The course is also designed for professionals seeking certification in a wide range of fields." [Click Here](#) to learn more about this free learning opportunity.



For those with children who may find it hard to explain what is going on, this makes a lovely bedtime story from [Kangatraining Australia](#)

## **The Time We Spring-Cleaned the World**

Author: Louise Gibbons Artist: Maggie Vandewalle

The world...it got so busy,  
There were people all around.  
They left their germs behind them;  
In the air and on the ground.  
The world it got so busy,  
There were people all around.  
They left their germs behind them;  
In the air and on the ground.

These germs grew bigger and stronger.  
They wanted to come and stay.  
They didn't want to hurt anyone -  
They just really wanted to play.

Sometimes they tried to hold your hand,  
Or tickled your throat or your nose.  
They could make you cough and sneeze

And make your face as red as a rose.

And so these germs took over.  
They started to make people ill,  
And with every cough we coughed  
More and more germs would spill.

All the queens and kings had a meeting.  
“It’s time to clean the world up!” they said.  
And so they had to close lots of fun stuff,  
Just so these germs couldn’t spread.

We couldn’t go to cinemas  
Or restaurants for our tea.  
There was no football or parties,  
The world got as quiet as can be.

The kids stopped going to school,  
The mums and dads went to work less.  
Then a great, big, giant scrubbing brush  
Cleaned the sky and the sea and the mess!

Dads started teaching the sums,  
Big brothers played with us more,  
Mums were in charge of homework  
And we read and played jigsaws galore!

The whole world was washing their hands  
And building super toilet roll forts!  
Outside was quiet and peaceful,  
Now home was the place for all sports.

So we played in the world that was home  
And our days filled up with fun and love,  
And the germs they grew smaller and smaller  
And the sun watched from up above.

Then one morning the sun woke up early,  
She smiled and stretched her beams wide.  
The world had been fully spring cleaned,  
It was time to go back outside!

We opened our doors oh so slowly  
And breathed in the clean and fresh air.  
We promised that forever and always  
Of this beautiful world we’d take care!



*We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list.*

**Take Care and Stay Healthy**

*Karen & Sharon*

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