

Community Connections

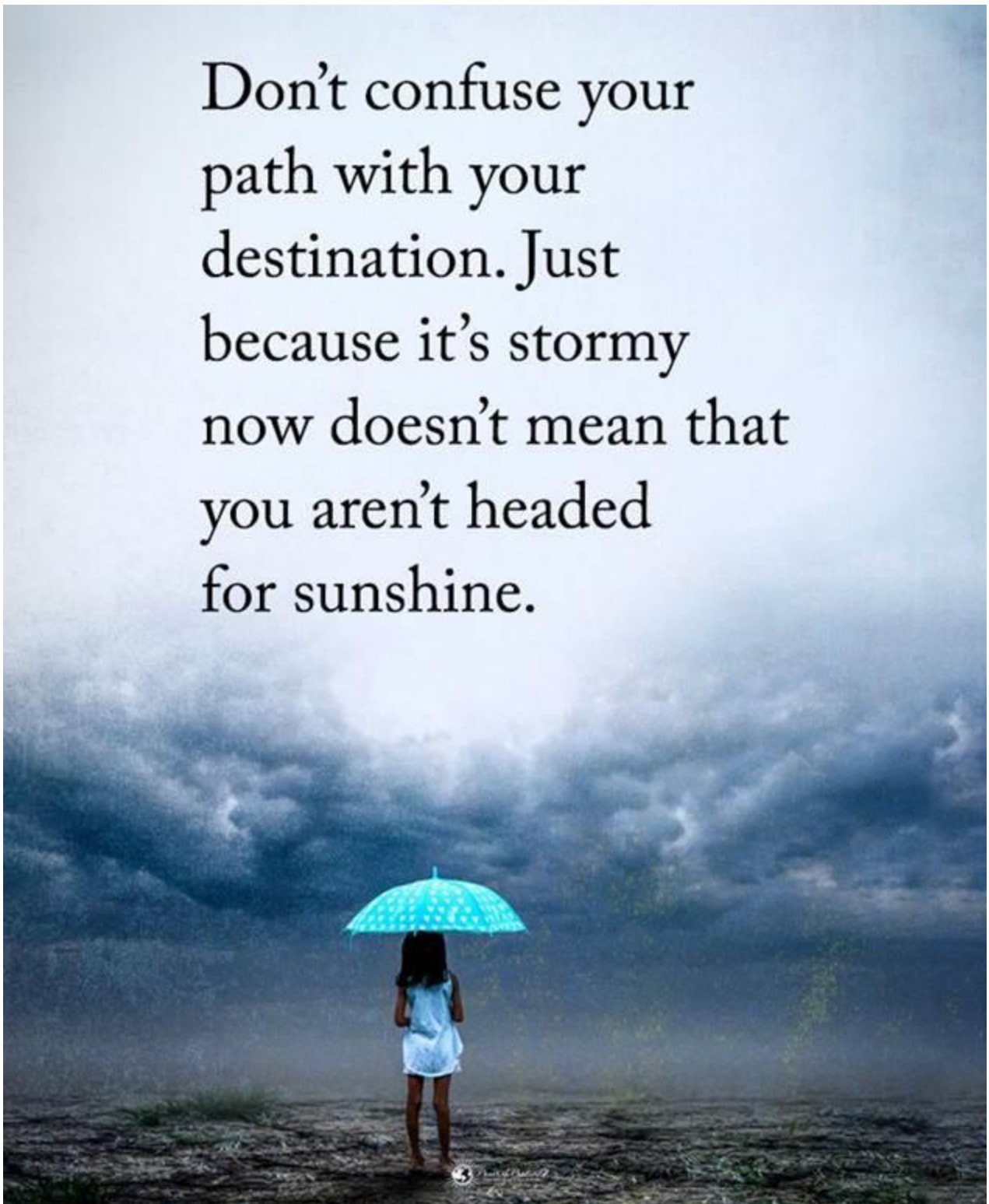
– July 21



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. Also, please let us know if there is anything you have found that has **inspired you** and we will share in future newsletters.*

Don't confuse your
path with your
destination. Just
because it's stormy
now doesn't mean that
you aren't headed
for sunshine.



Spotlight Service: INCommunities



Are there any summer camps open? I can't pay my utility bill can anyone help? I am a senior and am feeling so lonely, is there anyone that can help?

For these questions and so much more, INCommunities is here to provide the answers! Their mission is "Strengthening communities by bringing people and services together" and they do this by providing information and support through phone calls and on-line searches.

INCommunities is the local 211 provider – one call to this number guarantees a real person on the other end of the phone ready to help you find answers to any community based issue and this service is **available in multiple languages**. A phone call to 211 is always free and always answered.

They also offer an on-line searchable database of community information and resources. Each record is updated annually and provides an overview of the available service plus contact information and locations – [click here](#) to go directly to the database.

The INCommunities website also offers information on their additional services such as the Volunteer Database and Language Services. [Click here](#) to visit their website

Find answers to your community services questions quickly and easily – call 211 or visit the INCommunities website today!

Stay up-to-date:

Want the latest Covid-19 information from Canada, Ontario and Niagara? Be sure to get 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](#)

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](#)

Niagara Parents Resources for Parents during Covid-19. [Click here](#) to visit their page for up to date resources and assistance.

Supports for you, your clients and families:

Pathstone Update - Pathstone has announced a partnership with the City of Thorold to open what will be the 9th Hear & Now Walk-In Clinic offering mental health support to children, youth and their families from birth to age 18. [Click here](#) for information on this new Clinic as well as the other existing Clinics.

Attached are more details on the new clinic that will open on Monday, July 20, as well as re-opening dates for a number of our other off-site clinics.

School Mental Health Assist – [Click Here](#) for Covid related resources for parents, families and students. *français:* [Cliquez ici](#)

Youth focused mental health resources hub [Click Here](#)

Le carrefour aux ressources en santé mentale des jeunes de la COVID-19 [Cliquez ici](#)

Raising Race Conscious Children: [Click Here](#) for a wide variety of resources and advice to assist with talking to young children about race

Anxiety Canada: Struggling to cope during these uncertain times? Anxiety Canada has tools, tips and resources to help understand and manage your feelings of anxiety. [Click Here](#)

Autism Ontario: [Click Here](#) for a list of resources by category that can help all families manage during this pandemic.
[Cliquez ici](#) pour liste des ressources pour nous aider à travers COVID-19

Check out these Locally Sourced resources and activities:

Missed a back issue of Community Connections? [Click Here](#) Check out all 17 issues (so far) on the Niagara Connects website.

Niagara Folk Arts Festival : Arts to the Folks: this Summer, since you can't get to us. We are looking for artists, cultural specific or not, to participate in performing at local residences [Click Here](#)

Virtual Summer Concert Series: [Click Here](#) each Wednesday for the Virtual Summer Concert Series presented by the City of St. Catharines

Brock University Camp at Home - "Camps at Home is a free, online resource for campers and their families to find engaging and educational content to keep them busy and active while

staying safe at home this summer,” said Michelle Leone, Program Manager, Youth University. [Click here](#) to visit the website

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

Telling Tales: [Click Here](#) - a large annual literacy festival in Hamilton, they have year round activities, book reviews and boredom busters on their website

Active for Life: [Click Here](#) to create your own camp at home – weekly themes and tips for children of all ages.

Actif pour Lavie: [Cliquez ici](#) cet été, faites bouger vos enfants grâce à notre camp de jour... à la maison.

The Play First Online Summit - “ECE leaders from around the world, all in one place, sharing insights and ideas on the best way forward for children and the people who love them” running from July 20th to 24th[click here](#) to get your free – yes free – pass

Ontario Camps Association is offering lots of interesting videos and tips on their Facebook site to help kids to #bringcamphome this summer. [Click here](#) to enjoy some fun, home based camp activities.

Hike Ontario has a mission to encourage walking, hiking and trail development in Ontario and on their website you can find local trails, resources for hiking and eventually they will be able to offer training courses again. [Click here](#) to learn more and to start planning a hiking adventure.

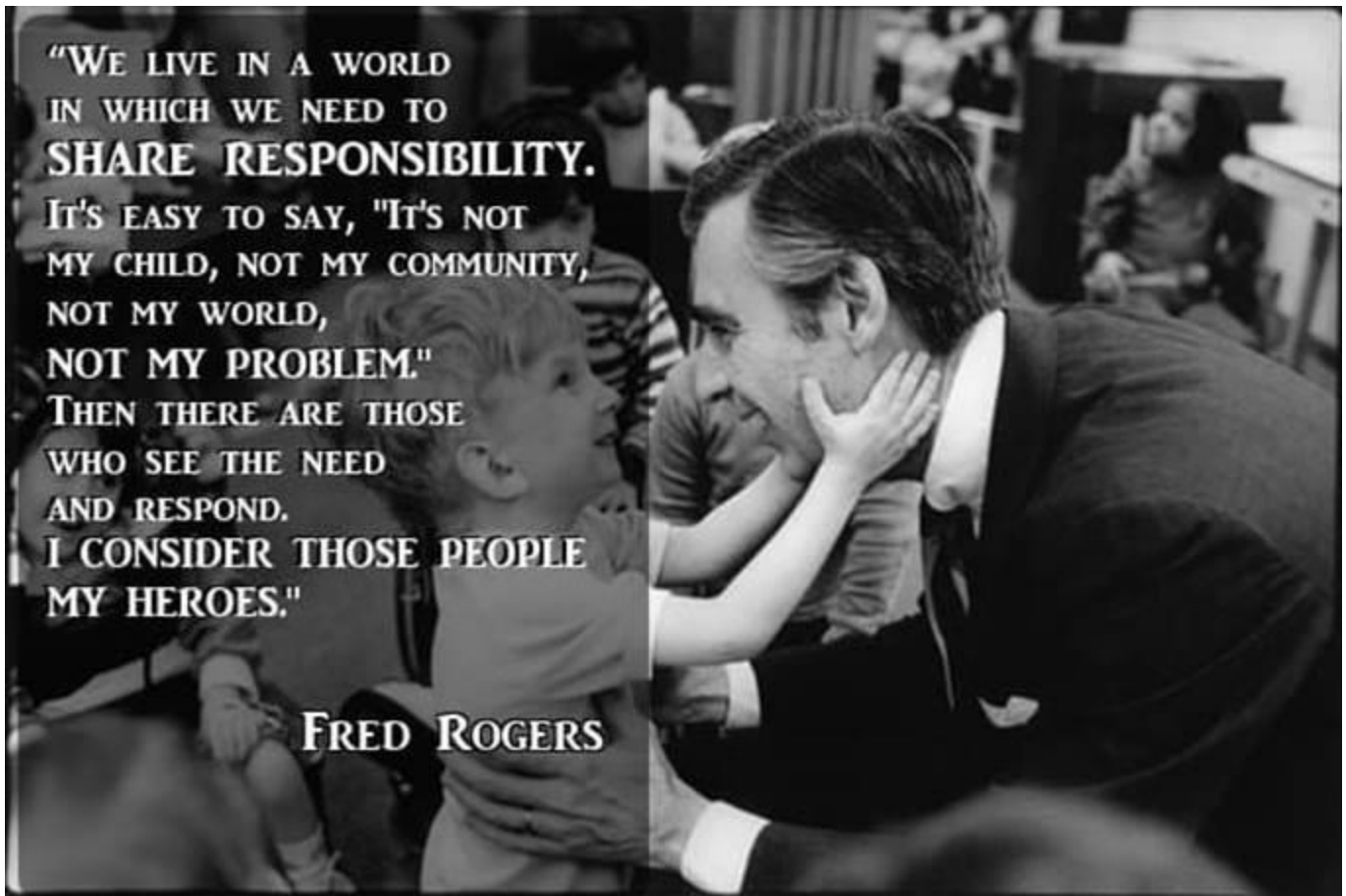
Penguin Random House Canada - Camp Penguin Virtual Programming - In addition to their items for purchase, there are free downloadable activities plus free virtual programming with children’s authors. [Click here](#) to visit Camp Penguin.

Book Riot: 20 Books for Kids to Watch – [Click here](#) to view the list of 20 Books for Kids to watch on YouTube with the book readings being done by the authors or celebrities.

Lawson Foundation: Recommended Resources for Increasing Outdoor Play in Early Learning and Child Care Programs in the Context of COVID-19 – [Click here](#) to learn lots of new activities, resources and safe practices for outdoor play.

Red Ted Art: Looking for some new craft ideas? [Click Here](#)

Vroom – is a compilation of brain boosting activities, tips and ideas to help parents and caregivers interact with the children in their lives. [Click here](#) to visit the website to learn more. Check back for new resources in the coming weeks and sign-up for our Vroom eNews to get updates directly delivered your inbox!



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

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WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:

Keeping a distance of 2 metres from others



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

