

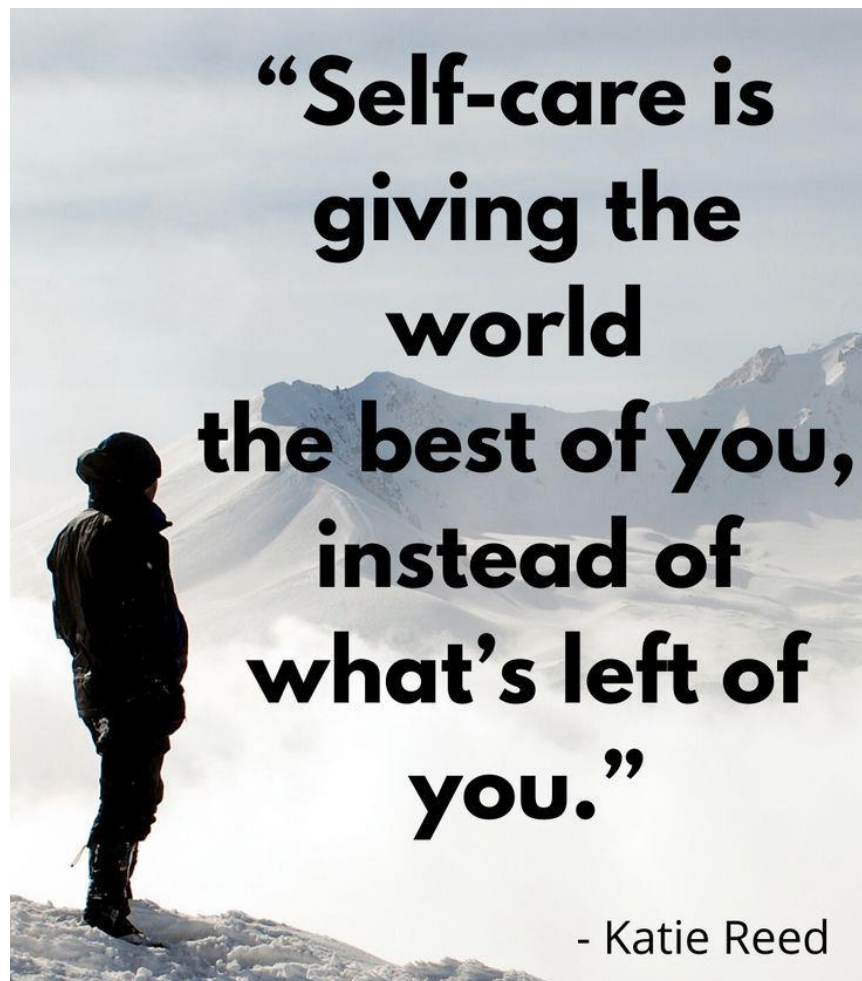
# Community Connections – June 16



## ***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.*



## Spotlight Program: Niagara EarlyON Virtual Services



While the COVID-19 pandemic has changed many aspects of our daily lives, our EarlyON educators have developed virtual activities for families to enjoy safely and from the comfort of their own home. EarlyON centres are sharing these fun and engaging activities through their Facebook pages. [Click Here](#) to see the list of **EarlyON Facebook** pages.

While you are there, check out the **Niagara Children's Water Festival "Virtual" Water Festival**. The team has come together and compiled resources and activities. [Click Here](#) for a four-day lesson plan of water education for you to share with your children through remote learning.

### 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](#)

### Supports for you, your clients and families:

**Lysol: Healthy Habits At-Home Curriculum** [Click here](#) for fun family focused activities, games, and lessons on healthy habits appropriate for students K-2.

**Imagination Press:** [Click Here](#) for four great Covid-19 articles to support you and your children

**Bethesda:** [Click Here](#) to find copies of Tip Sheets and on-line training opportunities

**Stronger Minds by BEACON** [Click Here](#) for a free digital program for all Canadians – to support your mental well-being through the COVID-19 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](#)

**CHU Sainte-Justine:** [Cliquez ici](#) des informations sur Covid-19

**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. *français:* [Cliquez ici](#)

**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**

**Your Covid-19 Mental Health Tool Kit:** Pathstone Mental Health shares tips activities and recommendations for assisting families during this pandemic [Click Here](#) *français:* [Cliquez ici](#)

**Playmaker: Talking to Kids about Racism:** [Click Here](#) To fight racism effectively, we need to tap into the power of optimism to create change. Chief Playmaker and Clinical Social Worker, Steve Gross shares some thoughts on how we can talk to kids about racial injustice and violence against Black people to create change.

## Check out these Locally Sourced resources and activities:

**Welcome to Pathstone TV.:** Every Friday, a new episode focused on mental health and wellness delivered by mental health experts and professionals will be posted. [Click Here](#) Topics ranging from resiliency, anxiety, gratitude, self-awareness, and ways to challenge your thinking round out close to a dozen online video chats.

**Links for Greener Learning:** [Click Here](#) to download the Growing Diversity Garden Manual, a step by step how to set up a garden

**Good Food Box** is open for business and anyone can sign up [Click Here](#). Drop offs in each Niagara community

**Project Share:** [Click Here](#) for garden manual and additional free garden resources

**Bethesda:** [Click Here](#) and scroll to Latest Events at the bottom to register. Call 905-684-6918 ext. 170 or email [servicesinfo@bethesdaservices.com](mailto:servicesinfo@bethesdaservices.com) for more information or to register for any of the free on-line offerings.

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

**Read Aloud Canadian Books Program** will allow, on a temporary basis, a **waiver of licence fees** related to the reading of all or part of select in-print books from participating publishers and authors, and the posting of the video recording online. [Click Here](#).

**Attractions Ontario** [Click Here](#) for virtual tours and online collections from Ontario attractions.

**Help!we've got kids:** [Click Here](#) for 50+ free online resources for you and your kids while social distancing

**Very Well Family:** [Click Here](#) for 100 summer fun ideas for kids and parents

**Parents:** [Click Here](#) for 25 cheap summer activities for kids

**Canadian Children's Authors Virtual Book Readings:** CBC Books has compiled a list of Canadian Children's Book Authors who have shared videos of themselves reading their books, a great opportunity to keep reading at home or at work. [Click here](#) to see the list and connect to the on-line readings.



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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