

Online Educational Supports



Financial Resources



Community 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

[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 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

[Dental Clinic:](#)

[1580 Merivale Rd, Ste 400 Ottawa, K2G 4B5, 613-580-9631](#)

[Action Logement/Action Housing](#)

613-562-8219

[Housing Help](#)

613-563-4532

[Good Companions Seniors Services](#)

info@thegoodcompanions.ca

613-236-0428

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

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

1-855-242-3310

[Big White Wall](#)

[Distress Centre Ottawa and Region](#)

613-238-3311

[BounceBack](#)

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

If you are 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 levelchart \(OCDSB\)](#)

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](#)