

COPING WITH COVID-19: RESOURCES

CAREGIVING

[Caregiving Tips and Resources](#)

The Ontario Caregiver Organization

[Helping Children and Teens Cope with Stressful Events](#)

Canadian Pediatric Society

[How to Support Children through Coronavirus Tip Sheet](#)

London Health Sciences Centre

[SickKids Hospital COVID-19 Learning Hub](#)

Includes links and resources on various topics such as parenting, mental health, and talking to your child about COVID-19

ENTERTAINMENT AND EDUCATION

[Free Resources and Links to Entertain while at Home](#)

Canadian Red Cross

[Free Educational Resources for Children](#)

KidsAbility

[How to Enjoy the Outdoors while Physical Distancing](#)

City of Kingston

MENTAL HEALTH

[Uncertainty During COVID-19 Town Hall Series](#)

Anxiety Canada hosts regular panel discussions on Facebook Live and YouTube on a variety of mental health and wellness topics. Previous town halls are posted for later viewing.

[Online Resources for Social Connection and Mental Wellness](#)

Canadian Mental Health Association

[Tolerance for Uncertainty: A COVID-19 Workbook](#)

Written by Dr. Sachiko Nagasawa, this workbook is based in Dialectical Behavioural Therapy (DBT), which helps the reader identify their feelings and learn to better manage their emotions. The book contains practical information and exercises on topics such as emotional distress and regulation, radical acceptance, and self-compassion.

WORK

[Ergonomics and Temporary Work from Home Practical Guide](#)

Entrac

[Working from Home Online Courses](#)

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