



## **CHILDREN & YOUTH – WELL-BEING, RESILIENCE & MENTAL HEALTH THROUGH COVID LOCAL RESOURCES SHARED FROM OUR PANELISTS**

### **2-1-1**

- 211 is a 24/7 FREE information hotline that can help you or a loved one find information on community programs, social services, health and government services in your area.
- <https://211ontario.ca/> or call 2-1-1

### **Wellkin Child & Youth Mental Wellness**

- Mental health supports for infants, children, youth from birth to 17 years of age, and their families.
- No cost for services and no health card required.
- [www.wellkin.ca](http://www.wellkin.ca) / 1-877-539-0463
- Parent/Caregiver Hub - The Hub for Parents & Caregivers is a virtual space where parents and caregivers of children/youth can be reminded that they are not alone, both through learning about wellness resources in their communities and connecting with other parents and caregivers.  
<https://www.parentcaregiverhub.ca/>
- Youth Hub – The Hub also offers a virtual space for youth aged 13-25 to get information, access support and connect with other youth: <https://wellkin.ca/the-hub/>

### **EarlyON Child and Family Centres**

- Oxford EarlyON is here to support families with children aged 0-6 years and beyond.
- Connect if you've had a baby during the pandemic and are looking for ways to connect with other parents, you've been home with your young children and are looking for ideas to engage them in meaningful and fun learning activities, or you have a child is getting ready for their next learning adventure at school in the fall! [www.oxfordearlyon.ca](http://www.oxfordearlyon.ca)

### **Triple P Positive Parenting Program**

- Triple P gives parents and caregivers simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. Children's Aid Society of Oxford County offers parenting programs to support parents with strategies to address the big and small problems of family life: <https://www.casoxford.on.ca/helping-families/triple-p-parenting-program>

### **Big Brothers, Big Sisters of Oxford County**

- Go Girls and Game On Programs are free online programs that encourages positive self-confidence, balanced eating and active living all while connecting with other youth going through similar experiences:  
<https://oxford.bigbrothersbigsisters.ca/go-girls-registration/>  
<https://oxford.bigbrothersbigsisters.ca/game-on-registration/>



### Thames Valley District School Board – Return to Learn Resources

- The COVID-19 pandemic has had a significant impact on students, families and staff. More information about priorities as students return to learn can be found here: <https://www.tvdsb.ca/en/our-board/return-to-learn.aspx>
- Mental Health and Well-Being Information: <https://www.tvdsb.ca/en/students/mental-health-and-well-being.aspx?mid=384>

### London District Catholic School Board – Return to School Resources

- The return to school this year brings a new time of uncertainty, even as schools do their utmost to ensure the health and well-being of our students, families and staff. More information about mental health and well-being resources can be found here: [https://www.ldcsb.ca/apps/pages/index.jsp?uREC\\_ID=1076472&type=d&pREC\\_ID=1370029](https://www.ldcsb.ca/apps/pages/index.jsp?uREC_ID=1076472&type=d&pREC_ID=1370029)

### Media Time Plan

- When media is used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep. To create a family media plan, click here: <https://www.healthychildren.org/English/media/Pages/default.aspx>

### School Mental Health Ontario

- During these challenging times, parents may be worried about their child's mental health and well-being. The following links include evidence-based information and resources for students, parents and families: <https://smho-smso.ca/parents-and-families/>

### Psychology Today

- Dr. Bruce Perry, child psychologist and trauma expert, has a helpful guide for parents looking for answers. His research on handling stress and staying regulated can inform us as we're faced with challenges ahead. Click link below to find simple tools you can use at home to build resilience and reduce stress at home: <https://www.psychologytoday.com/ca/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>

### Permission to Feel – Mark Brackett, Ph. D.

- Dr. Marc Brackett joins Brené Brown's podcast as they talk about how emotional literacy – being able to recognize, name, and understand our feelings – affects everything from learning, decision making, and creativity, to relationships, health, and performance: <https://brenebrown.com/podcast/dr-marc-brackett-and-brene-on-permission-to-feel/#close-popup>

### Walk in Counselling Services in Oxford County

- A listing of walk in clinic times and locations: <https://cmhaoxford.on.ca/programs-services/walk-in-counselling/>

### Other Resources

- Children's Mental Health Ontario: [www.cmho.org](http://www.cmho.org)
- Ontario Centre of Excellence for Child & Youth Mental Health [www.cymh.ca](http://www.cymh.ca)
- Kids Help Phone: 24/7 crisis support: 1-800-668-6868, text 686868, <https://kidshelpphone.ca/>
- Reach Out Crisis Support: (519) 433-2023 or 1-866-933-2023, <https://reachout247.ca/>