

Community Resources for Families

Visual Supports/Social Stories:

Organization	Services Offered
ErinoaKkids Resources https://www.erinoakkids.ca/Resources/Autism.aspx	Printable visual supports and social stories. Includes a step by step guide for using Boardmaker. Supports communication skills.
Do 2 Learn Resources https://do2learn.com/	Provides free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills.
Easter Seals https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6576200_1.pdf?0.9405035283981562	School Closure kit with visual supports for schedules, token boards, etc. to support independence, build structure and routines and decrease anxiety.
Autism Focus Research Intervention and Modules https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf	Complete toolkit, everything from social stories and visual supports (token boards, choice boards, daily schedules, etc.) to tips to lessen anxiety during this time of isolation

Online Counselling:

Organization	Services Offered
Kids Help Phone https://kidshelpphone.ca/	Crisis phone, web and text support for children to young adults
Yorktown Family Services https://www.yorktownfamilyservices.com/covid-19/	Phone Counselling - schedule an appointment with a therapist for family counselling, counselling for children and adults
Skylark Community Services https://www.skylarkyouth.org/what-we-do/programs-counselling-services/	Phone "walk in" support services - individual and family counselling for children to adults
Etobicoke Children Centre http://www.etobicokechildren.com/walk-in-clinic	Phone support services - individual and family counselling for children to adults
What's Up Walk-in (Griffin Centre) http://www.griffin-centre.org/pdf/COVID-19%20Website%20Message%20March%2020%202020.pdf	Phone counselling - by appointment for teens to adults

Online Support Groups & Classes:

Organization	Services Offered
Geneva Centre https://www.autism.net/programs_/t22653/s24130-remote-services	Intake, parent support groups, flexibility and self-regulation courses, social skills groups, parenting courses, behaviour consultation
Surrey Place https://www.surreyplace.ca/programs-services/wellness-services/	Online wellness services, including using Augmentative Communication, using social media, developing executive functioning skills, healthy eating, visual schedules and transitions, and online appointments with service coordinators.
ConnectAbility https://connectability.ca/what-to-do-while-in-isolation-covid-19-resources/	Online parent groups and various community resources including updates on Special services at home and passport Funding.
Autism Ontario (Toronto Chapter) https://www.autismontario.com/chapters/toronto	Online parent groups and service navigation on how to use the OAP funding

Parent Training and Tips:

Organization	Services Offered
Free ABA online certificate course on VB-MAPP app - Applied Behavior Analysis 101 www.vbmapp.com	Web based, self paced course format with 300 videos to demonstrate concepts and techniques. For parents to learn ABA basics.
Anxiety Canada information on managing COVID-19 related anxiety https://www.anxietycanada.com/covid19/	Scientifically proven strategies for coping with COVID-19 inspired anxiety.
School Mental Health Ontario https://smho-smso.ca/parents-and-families/	Evidence-based information and resources, including videos on social-emotional learning, healthy relationships, stress-management, etc.
Child Mind Website https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/ https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/	Tips for supporting kids through the coronavirus e.g. creating routines, exercise, and managing anxiety
Centre for Addiction and Mental Health Toronto https://www.camh.ca/-/media/files/camh_covid19_info_sheet_talking_to_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253	Tip sheet for talking to children about COVID-19
Holland Bloorview http://hollandbloorview.ca/our-services/family-workshops-resources/covid-19-tip-sheets-and-resources	Tip sheets and resources, including links to funding, legal rights, etc.

Resources highlighted are operated by organizations *outside* of the Toronto District School Board (TDSB). Reference to these resources does not imply endorsement. These organizations are solely responsible for the operation and information found on their sites.