

Summer 2021 Well-Being Guide

I'm Looking For...

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Welcome...

The COVID-19 pandemic has been an unexpectedly long and challenging journey for all of us, and everyone has experienced it differently. Increased accessibility to vaccines for all communities gives us reason to believe that better days are ahead. It is in this spirit of optimism and hopefulness that we are preparing for summer.

We recognize that there are many unknowns and much uncertainty this summer. As parents and caregivers, we may be wondering what we can do to help keep our children active and healthy, and to support their mental health and well-being. Within this guide you will find a variety of culturally-responsive resources and accessible activities to help make this summer a little easier for you and your family. Information on where and how to reach out for help is also included.

As we approach the summer it is important for us all to remember:



- **Go easy on yourself!** We are all learning as we go along, and many of us are juggling impossible demands. Being kind to yourself and accepting your feelings helps you stay calm, so you can take good care of yourself and your family.
- **Routines continue to be helpful.** Consistency and structure are calming during times of stress and it's okay to be flexible.
- **Stay active and get outside.** Exercise and fresh air are good for your physical health and your emotional well-being.
- **Acknowledge and validate your kids' feelings.** Children and teens will be disappointed about missing out on important experiences and events. Let them share their feelings and listen without judgment.
- **Connecting and socializing** can help you feel better and stay grounded. This is true for adults and kids.
- **Remember it's okay to reach out for help.**



TDSB Summer Programs and Services



Below is a link to the **Summer Menu of Activities and Supports** for students, parents and caregivers! These programs and activities are being provided by TDSB's Professional Support Services staff from Social Work, Speech-Language Pathology, Psychology, Child and Youth Services and Occupational/Physical Therapy.

During the month of July and the last two weeks of August, PSS staff will continue to offer Virtual Office Hours for Caregivers/Parents of all students, as well as Caregivers/Parents of students with special/complex needs (please see new summer times).

[CLICK HERE](#)



Support For Mental Health and Well-Being



SickKids - This hub provides resources to help support your child's mental health and general well-being.



School Mental Health Ontario - Practical resources to support student mental health.



Kids Help Phone - Find youth resources based on where you live.



Mental Health T.O. - Connecting infants, children, youth and families to mental health services in the Toronto community.



PAH! - Specialized mental health services for the Deaf and hard of hearing children, youth and their families, and children of Deaf adults.



Lumenus - Mental health, developmental and community services.



Across Boundaries - Provides equitable, holistic mental health and addiction services for racialized communities.



Government Financial Support including Canada Emergency Response Benefit (CERB).



Daily Bread Food Bank - Search your local area by postal code/location to access food.



211 Central - Find community and government services where you live.

Support and Resources For Youth



[Youth Mental Health Resource Hub](#) - Mental health resources for youth.



[YouthLink](#) - A youth services organization located in Scarborough.



[Kids Help Phone](#) - Find youth resources based on where you live.



[What's Up Walk-In Clinic](#) - Free counseling for youth.



[Black Youth Helpline](#) - A multicultural helpline and services for children, youth and families.



[Hope for Wellness Helpline](#) - An Indigenous Youth Helpline.



[LGBT Youthline](#) - Confidential, non-judgmental and informed LGBTTTQQ2SI Peer Support.



[Naseeha](#) - Mental health hotline, resources, workshops, webtherapy and more for Muslim and non-Muslim youth and individuals.



[Good2Talk](#) - Confidential support services for ages 17 to 25.
Toll-free: 1-866-925-5454 or text GOODTOTALKON to 686868.

Support and Resources For Youth (continued...)



WOODGREEN

Opportunity made here.

Woodgreen - Social, employment and academic supports for youth.



BounceBack® - A free cognitive behavioural therapy (CBT) program that offers mental health self-help support for those 15 and older. Toll-free: 1-866-345-0224.



Youth Self-Care 101 - Self-care tips for youth.

No Problem Too Big Or Too Small - A help-seeking resource for students.



Summer Programs & Activities For My Child/Youth



CampTO - Information will be posted as it becomes available.



City of Toronto Stay, Play and Learn at Home - Free, high-quality recreation activities for all ages at home.



Rise Edutainment - Provides youth with platforms to perform, learn and develop leadership skills. They have Instagram Live sessions often. IG Handle: @rise_edt.



Kids Out and About.com - Online guide for kids, teens, and families living in Toronto including local events, camps, day-trip ideas and more! (Includes FREE and paid resources).



Backyard Camp - Ideas to set up camps from your home particularly if there is some outdoor access.



Bob Rumball Digital Deaf Camp - Provides free daily activities and opportunities to stay connected.



CNIB Virtual Programs - free virtual programs available to all Canadians who are blind or partially sighted, as well as their families, friends and caregivers.



Make Art - Be Well



Dance it Out - Be Well



Ideas For Keeping My Child /Youth Active This Summer



Trails - A list of Toronto trails for pedestrians, cyclists, in-line skaters and more!



Welcome to Ontario Parks - Information about visiting Ontario Parks.



Health and Physical Education Resources - Resources to support parents and caregivers with health and physical education at home.



Games Galore - Games and links to videos with fun activities to try e.g. Box juggling, hopscotch.



Heart and Stroke - Tips for eating healthy and keeping active.



YGym - Virtual physical activities.



Camps or Programs for Children with Special/Complex Needs



Meta Centre – Currently taking registrations in the event they can open during Phase 2.



Geneva Centre for Autism – May offer in person or virtual camp. ASD diagnosis required.



South Asian Autism Awareness Centre – Currently taking registrations in the event they can open during Phase 2.



Aptus – Contact for information.



Variety Village – Families can register for two weeks in August if Phase 2 of the re-opening process happens.



Toronto Parks and Recreation Adapted Programs – Currently taking registrations in the event they can open during Phase 2.



Community Living Toronto – Offering a virtual summer camp 10 a.m. to noon daily.



Griffin Centre – Offering a virtual camp this summer.
Backyard Camp – Ideas and activities to set up camp at your home.



Miles Nadal JCC – Offering virtual programs for children and youth with ASD and other developmental disabilities.



MyCommunityHub.ca – A search engine for activities available in the community for children and youth with developmental disabilities.



For Children with Complex Needs I Want to Know More About:



[Activities at Home for Students with Complex Needs](#)



[Respite Support](#)



[Funding Supports](#)



[More Resources](#)



TDSB Supports and Resources For Mental Health & Well-Being



Student
Mental Health
ACTION KIT

Our Student Mental Health Action Kits contain useful resources and interactive activities for Parents, & Caregivers, Primary Students, Elementary Students, and Teens.



Spend some time exploring our interactive lounges and virtual field trips for Students, Parents & Caregivers, and Staff.



Click here to access our interactive Children's Mental Health Week resource kits for elementary and secondary students, students with complex needs, parents/caregivers and educators.



Click here to access TDSB's interactive Celebrating Pride Guide. You will find 2SLGBTQ+ resources, and supports for students, parents/caregivers and educators.



Culturally Responsive Mental Health Supports.



Please visit our website to access a comprehensive list of resources and supports.



Please visit TDSB's Virtual Library to access a comprehensive selection of books, categorized by age group and interests.



If you or someone you know is experiencing a mental health or substance use emergency, call 9-1-1 or go to the emergency room of your local hospital.



Information is always changing. Please be sure to follow us and check back in for the latest updates.



<https://www.tdsb.on.ca/In-Person-Learning/Resources-During-Covid-19>



email: MentalHealthandWellBeing@tdsb.on.ca



[@tdsb_mhwb](https://www.instagram.com/tdsb_mhwb)



[@TDSB_MHWP](https://twitter.com/TDSB_MHWP)

