

# Winter 2021/2022 Well-Being Guide

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## Welcome...

The COVID-19 pandemic continues to impact our journeys, and everyone is experiencing it differently. We have learned a lot about ourselves which includes our strength and resilience as we experience the evolution of the pandemic. In the spirit of optimism and hopefulness we, at the TDSB, are preparing for winter and continuing to find ways to foster and strengthen parent/caregiver and student positive mental health and well-being.

As parents and caregivers, we may be wondering what we can do to help keep our children active and healthy, and to positively support their mental health and well-being. Within this guide you find a variety of culturally responsive resources and accessible activities to help make this winter a little easier and fun for you and your family. Information on where and how to reach out for help is also included.

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



**Be kind to yourself!** We are all learning as we go along, and many of us are juggling varying demands. Being kind to yourself and acknowledging 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**.



# 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.



[PAHI](#) - 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.](#)



[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.



[Children's Mental Health Ontario](#) - Find resources to help support children and youth mental health

# 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, web therapy 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)



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



School  
Mental Health  
Ontario

[Substance Use Tip Sheets for Parents/Caregivers & Youth](#)



# Winter Programs & Activities for My Child / Youth



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



[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](#) - Year round activity ideas to do at home.



[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 Winter



[City of Toronto: Welcome TO Winter](#) – Find ways to have fun and stay active in Toronto during the colder months.



[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.



# Programs for Children/Youth with Special/Complex Needs



[Meta Centre](#) – Offering a wide spectrum of services and personalized supports to help people live in inclusive engaged and enriched lives in the community



[Geneva Centre for Autism](#) – Offering groups and programs for children and webinars and support for parents



[South Asian Autism Awareness Centre](#) – At SAAAC Autism Centre, we build inclusive communities through culturally responsive autism practices and accessible programming.



[Aptus](#) – Contact for information.



[Variety Village](#) – Families can register for programs.



[Toronto Parks and Recreation Adapted Programs](#) - To ensure the most enjoyable recreation experience families must first contact the Adapted and Inclusive Recreation Programs central hotline at 416-395-6128 to apply for and receive a membership.



[Community Living Toronto](#) – Offering many program to support individuals with intellectual disabilities and their families



[Griffin Centre](#) - Offering a range of professional services including; assessment, service coordination and planning, individual, family and group counselling, specialized day/residential services and respite services



[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



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](#).



Access our interactive [Children's Mental Health Week resource kits](#) for elementary and secondary students, students with complex needs, parents/caregivers and educators.



Access [Culturally Responsive & Relevant Resources](#).



Please visit our [TDSB 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.

# Stay Connected!

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



<https://www.tdsb.on.ca/School-Year-2021-22/Mental-Health-and-Well-Being>



Email: [MentalHealthandWellBeing@tdsb.on.ca](mailto:MentalHealthandWellBeing@tdsb.on.ca)



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