

Connection and Support Resources During COVID-19

A heartfelt thanks to our communities and the creative minds who have made these virtual resources available for these unprecedented times.

This is a living document and as such we will continually update it and redistribute on a weekly basis as we receive more suggestions from you.

We would like to acknowledge that the resources listed here have been pulled from many different sources.

Categories	Connection
	Mental Health
	Things to Do
	Tools and Resources

CONNECTION

- **BC People First-** We're in this Together Tuesday Zoom calls for more information about self advocate support meetings visit <http://www.bcpeoplefirst.com/Tuesdays/>
- **Plan and Plan Institute-** For connection and support individuals and families can call **their toll-free helpline at: 1.844.311.7526**, or check out their website at <https://plan.ca/>
- **Family Support Institute-** Family Support Institute (**FSI**) has put together a great ONLINE set of programs, tools and connection supports, specifically in response to families' needs during the **COVID 19 Crisis**. You can call directly toll free to: **1.800.441.5403** and check out the website tools at: <https://familysupportbc.com/covid/#Access>. Check the [FSI event calendar](#) for Family Support zoom calls and other family focused events and resources
- **VELA Canada-** a non-profit society that provides COVID 19 information and mentoring to individuals with disabilities and their families particularly regarding Microboards and Individualized Funding. Here is a link to VELA's <https://www.velacanada.org/resources/covid-19> information.
- **Family Caregivers of BC-** Family Caregivers of B.C., visit: www.familycaregiversbc.ca or call the toll-free caregivers support line Monday to Friday, between 8:30 a.m. and 7 p.m. (Pacific time): **1 877 520-3267 or 211**
- **The South Asian Health Institute (SAHI)**, a program of Fraser Health, has compiled a list of resources, services and contacts to support the South Asian community during the COVID-19 pandemic, including information in multiple languages. You can [learn more and find links to these resources here](#).
- **British Columbia Aboriginal Network on Disability Society** If you are an Indigenous person living with a disability within the province of British Columbia or are an on-reserve organization requiring health information, resources and support services, BCANDS may be able to assist. You can [visit their website](#) here for information and links to Indigenous organizations and their responses in relation to the COVID-19 pandemic.
- **Métis Nation British Columbia**
[Métis Nation British Columbia \(MNBC\) has created a webpage here](#) with information about their response to COVID-19. On this page you can find their weekly newsletter, advisories and emergency updates, information about [Metis Financial Corporation Business Support Program](#) and more.

- **Social Distance Powwow**
In an effort to bring powwows into everyone's homes during a time when gather together is not possible, the Social Distance Powwow is an online space to showcase dancers, singers, music, regalia and crafts from across North America, including live streamed performances. Visit their Facebook group [here](#), which is open for anyone to join.
- **myCommunity BC maps for COVID-19**
myCommunity BC is an online map built by British Columbians to be an online resource for people to find welcoming places in their own communities and around the province. The myCommunity BC site, [which you can visit here](#), helps strengthen opportunities for inclusion and connection in communities. myCommunity BC has created a category in the map's dropdown menu called "Community Emergency Resources" to help map the amazing gifts and resources that are currently in effect and being offered during the COVID-19 pandemic.
- **ConnecTra Society's virtual gatherings**
[ConnecTra Society](#) is a connecting agency, linking people with physical disabilities to activities and programs to help them grow, gain confidence and be active and involved in community life.
To help unite people, ConnecTra is hosting virtual community gatherings called ConnecTogether until June 30 using YouTube, Zoom, Soundcloud and Facebook. The [scheduled list of online gatherings can be found on their website here](#) and activities including educational videos, live and interactive webinars, podcasts and accessible fitness programs.

MENTAL HEALTH

- **Developmental Disabilities Mental Health Services** Zoom support groups for people who are experiencing anxiety or sadness, especially around Covid-19. To join e-mail anne.halas@fraserhealth.ca and she will send you a referral form and instructions. Anne is a Training Facilitator with Developmental Disabilities Mental Health Services.
- **Anxiety Canada** is a leader in developing free online, self-help, and evidence-based resources on anxiety. See their website <https://www.anxietycanada.com/> for expert tools for managing anxiety.

- **Canadian Mental Health Association BC (CMHA)** launched a special COVID 19 site, STAYING WELL IN UNCERTAIN TIMES at <https://cmha.bc.ca/covid-19/> which provides a wide variety of options for family caregivers about mental health care.
- **Wellness Together Canada: Mental Health and Substance Use Support** provides tools and resources to help Canadians get back on track. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues. <https://ca.portal.gs/>
- **Family Services North Shore** is offering up to 6 weeks of free counselling at this time. <https://www.familyservices.bc.ca/covid-19-support/>
- **Managing stress and anxiety:** https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- **The Wellness Society** <https://thewellnesssociety.org/> has holistic and beautifully designed self-help, therapy and coaching tools, including a recently created Coronavirus Anxiety Workbook.
- **The Centre for Addiction and Mental Health** has a COVID-19 page, which includes a section on coping with stress and anxiety, quarantine and isolation, stigma and prejudice, as well as answers to frequently asked questions.
- **Mental Health First Aid COVID-19 self-care and resilience guide** Mental Health First Aid (MHFA), a program of the Mental Health Commission of Canada (MHCC), aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. MFHA has created a [COVID-19 Self-Care & Resilience Guide](#) which you can read here. You can also [find other helpful COVID-19 resources from the MHCC here](#).

THINGS TO DO

- **Theatre Terrific-** *Theatre Terrific invites you to join the choral class via Zoom. Join us to raise your voice and celebrate coming together as one. Every form of voice is vital, so no matter your musical experience: you are welcome!*
Tuesday and Thursday OUR VOICES – Rise UP. [Click here for more information](#)

- **Co make do:** Every week, co make do will offer up a range of experiences to connect with self, community, and the wider world. These experiences will take place online, using YouTube, Facebook Live, Zoom *and* over the phone, for those without Internet access. They will also offer tech support for those new to digital platforms. All experiences are designed to be doable and safe.
- **West Coast Reach Association** is hosting its weekly “Sing Along from Home” event from 7:00p.m. to 8:00p.m. (PST). It’s a great way of connecting with others through song. To register for the virtual singing sessions (using either your phone or computer), email westcoastreach@gmail.com for details.
- **Sproutflix** is a film distributor that hosts a large and diverse assortment of films featuring people with developmental disabilities. During COVID-19, they are hosting a virtual film festival on their website here with free access to short films. At the bottom of this page, you can also find a form to sign up and receive their weekly email update which will include a free-mini playlists of other films to enjoy from their catalogue.
- **Special Olympics BC** want to help everyone stay active, healthy and having fun. Visit their website here to find weekly wellness calendars with activities for each day of the week throughout the entire month.
- **Virtual Tour:** Cincinnati Zoo will be doing a Home Safari on their Facebook page, 3pm EST, featuring a different animal and a lesson:
<https://m.facebook.com/cincinnati-zoo/photos/a.96076385478/10158043842200479/>
- **Virtual Tour:** 10 homes you can tour virtually, including Buckingham Palace:
<https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtuallytour/>
- **Virtual Tour:** Virtual Rides at Disneyland!
https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtualrides-22622893?utm_term=share
- **Virtual Tour:** Discovery Channel Virtual Field Trips:
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- **Virtual Tour:** Virtual Field Trip list, with trips to Mars, the zoo, the Louvre and more:
https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic
- **Live Streams:** Seattle Symphony Orchestra is providing free live stream performances:
<https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts>

- **Reading:** Author Oliver Jeffers will be reading a book everyday:
<https://m.facebook.com/oliverjeffersart/photos/a.391765256611/10156586435571612/?type=3&source=48>
- **Reading:** Storytime from Space:
<https://storytimefromspace.com/>
- **Dancing:** Living room dance parties with DJ Mel
<https://m.facebook.com/DJ-Mel-48330349120/>
- **Dancing:** 34 Minutes of Dance Along Videos:
https://www.youtube.com/watch?v=sHd2s_saYsQ
- **Craft:** Comic book making and activity sheets
<https://jarrettlerner.com/activities/>
- **Sing along from Home (and feel connected)!** A free, community service. No singing experience needed. Sing along or just sit back and listen. Songs are chosen to touch hearts and lift our spirits. For details email:
westcoastreach@gmail.com
- **NASA** has made their entire media library publicly accessible and copyright free.
- Stuck at home? [These 12 famous](#) museums offer virtual tours you can take on your couch.
- **Canada's Wonderland** is doing virtual roller coaster rides you can take from home.

TOOLS AND RESOURCES

- **CLBC Information for Individual and Families on COVID-19 page** [here](#). This website includes a section dedicated to plain language resources, including info sheets, an emergency plan, and summaries of announcements and teleconference calls. Visit [the new plain language page here](#) and be sure to check back often as we will continue to add new resources.
- **BC Self Advocacy Leadership Network (SALN)**- Self advocate created group designed to mentor and support others. For more information and plain language information and resources visit <https://salnbc.com/>

- **Plain-language Emergency Planning Tool** developed by Self Advocates for Self Advocates. Click link below:
https://familysupportbc.com/wp-content/uploads/2020_03_31_Personal-COVID-19-Emergency-Plan-GENERAL-fillable.pdf
- **myCommunity BC** is an online resource map built by people from all over BC, working together to strengthen opportunities for inclusion and connection in their communities. Under **Community Mapping for COVID-19** a category called "Emergency Community Response" has been created, to help map the amazing gifts and resources (food banks, counselling...) that are currently in effect and being offered during the COVID-19 pandemic. Simply click below to explore or suggest resources in your community or for BC wide:
<https://findsupportbc.com/map/mapping.php>
- **Find Support BC**- connects families of persons with disabilities with resources available to them. It's simple; just click on the link: <https://findsupportbc.com/> and add your own information to get started. It also has a link to the Emergency Community Response category to help users locate the various resources and vital information that are currently in effect and being offered during the COVID-19 pandemic.
- **Support Worker Central** is an online database designed to match individuals, families and agencies with support workers in their communities
<https://familysupportbc.com/support-worker-central/> Updates to the site, and promotion of support worker recruitment and pairing with individuals and families looking for support during the COVID 19 crisis is underway across the Province.
- **Social Stories and Social Scripts to Explain Covid-19 to Individuals we support:**
<https://www.mindheart.co/descargables> (available in different languages):

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR3sKjP71uf9FEbEapihxwzP-96HOqyysVKrvMa15VowwyJBtq4WEBTHMfM>

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_2.pdf?0.9769005281804615

<https://www.ppmid.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>
- **Video Social story to explain COVID-19:**
<https://youtu.be/PEAogQYUmV4>

- **Social story about how everyone gets sick sometimes:**
https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf
- **Create a handwashing visual with your favourite lyrics:**
<https://washyourlyrics.com>
- **Learning about COVID-19 through visuals and videos:**
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- **Visual information sheet about COVID-19:**
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
- **Toolkit for Supporting Individuals with Autism Through Uncertain Times:**
It includes visuals, apps, and guidelines for supporting individuals
<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>