

# Online Educational Supports



## Financial Resources

### [Ontario Works Financial Assistance](#)

### [Ontario Works -My Benefits](#)

Connect with us online

311 | 613-580-2400

### [Employment Insurance Benefits \(EI\)](#)

1-833-381-2725 (toll-free)

### [Canada's COVID -19 Economic Response Plan](#)

613-369-3710

### [Hydro Ottawa \(Assistance to customers affected by COVID 19\)](#)

### [The Small Business Centre](#)



## Mental Health Resources

### [YSB Youth Crisis Line](#)

613-260-2360 | online chat: [chat.ysb.ca](https://chat.ysb.ca)

### [Mental Health Crisis Line](#)

613-722-6914

### [Kids Help Phone](#)

800-668-6868 (crisis line)

### [Good2Talk Post-Secondary Student Helpline](#)

1-866-925-5454



## Community Resources

### [Community and Social Services Help Line-211](#)

### [Ottawa Public Health](#)

613-580-6744

### [Ottawa Food Bank - Find a food bank near you](#)

(613) 745-7001

### [Ruckify + United Way connect vulnerable people with technology during COVID 19](#)

### [Dental Emergency Services \(Dental Society\)](#)

613-523-4185

### [Dental Clinic:](#)

[1580 Merivale Rd, Ste 400 Ottawa, K2G 4B5, 613-580-9631](#)

### [Hope for Wellness Help Line 24/7](#)

1-855-242-3310

### [Big White Wall](#)

### [Distress Centre Ottawa and Region](#)

613-238-3311

### [Action Logement/Action Housing](#)

613-562-8219

### [Housing Help](#)

613-563-4532

### [Good Companions Seniors Services](#)

info@thegoodcompanions.ca

613-236-0428

### [Operation Ramzieh: Emergency Relief during COVID 19 for the vulnerable](#)

### [BounceBack](#)

### [Huddle Care: Online Peer Support Group](#)

If you are experiencing a life threatening emergency call 911

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## WELLNESS

[Supporting Student Mental Health at Home](#)  
[Talking to your anxious child about COVID-19](#)



## ARTS & CRAFTS

[All Kids Network](#)  
[Jigsaw Explorer](#)  
[Kids Think Design](#)  
[Lunch Doodle with Mo Williams](#)  
[The Met Kids](#)



## ACADEMIC RESOURCES

[Ontario Ministry of Education Learn at Home](#)  
[Online Learning Resources with grade levelchart \(OCDSB\)](#)

## OTHER ACADEMIC RESOURCES

[ABCmouse](#)  
[BoomCards](#)  
[Brain Pop](#)  
[Canadian Encyclopedia](#)  
[Highlight Kids](#)  
[Fun Brain](#)  
[Learning A-Z](#)  
[Kids Discover](#)  
[PBS Kids](#)  
[Phonics Hero](#)  
[Scholastic Learn at Home](#)  
[Switcheroo Zoo](#)  
[TVO in the Classroom](#)  
[Wonderopolis](#)



## SCIENCE & NATURE

[Access Mars](#)  
[Discovery Education](#)  
[David Suzuki Foundation – Connecting Kids with Nature](#)  
[Farm Food 360](#)  
[Mystery Science](#)  
[Nasa Kids Club](#)  
[National Geographic Kids](#)  
[Steve Spangler Science](#)  
[Weather Whiz Kids](#)



## READING

[Seussville](#)  
[Storyline Online](#)  
[Story Time from Space](#)



## VIRTUAL MUSEUM'S AND ZOO'S

[Georgia Aquarium](#)  
[Great Wall of China](#)  
[Louvre Museum](#)  
[National Museums of Canada Virtual Exhibits](#)  
[Ripley's Aquarium](#)  
[San Diego Zoo](#)



## GET ACTIVE!

[Cosmic Kids Yoga](#)  
[Les Mills on Demand at Home](#)  
[GoNoodle](#)  
[Shake Break](#)



## PUBLIC HEALTH AND GOVERNMENT RESOURCES

[Ontario Ministry of Health Updates](#)  
[Government of Canada Dept of Health Updates](#)  
[World Health Organization](#)  
[Public Health Ontario](#)  
[Links to Local Public Health Units](#)  
[Government of Canada travel advisories](#)