



# TDSB SUMMER WELL-BEING GUIDE

Summer is around the corner and it will look different than any other one we have experienced. This may leave us all wondering what our kids can safely do. What can we do to support their well-being by keeping them active, healthy and happy? It will be a challenge for a great many of us. Our usual summer activities may be cancelled and the annual events that we look forward to every year may be missing.

It will be important that we:

- Anticipate and talk together about how the summer may look different
- Focus on what gives you and your family joy and meaning
- Create new activities together
- Remember that others will be facing similar restrictions
- Focus on the positive - and what you can do
- Reach out for help and ideas proactively
- Invite your children to use their imaginations, get lost in a book, invent a new game, explore the neighbourhood
- Find ways to create opportunities for children to have some independence in whatever way this is appropriate for your child

**This guide contains information for TDSB families about:**

- Mental Health and Well-Being Resources
- Summer Programming/Activity Resources for Families
- Resources for Youth
- Health and Physical Education Resources
- Resources for Students with Developmental Disabilities and Autism



## Mental Health and Well-Being Resources

[School Mental Health Ontario: Parents and Families - COVID-19](#)

[What's Up Walk-In® | Mental Health Counselling](#)

[SickKids/About Kids Health Covid Learning Hub](#)

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

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

[Kids Help Phone \(ages 5 to 20\)](#) - Toll-free at 1-800-668-6868. Live Web Chat or Text CONNECT to 686868.

[Food Bank Search](#) - Searchable by postal code.

## Summer Programming/Activity Resources for Families

[CampTO](#) - The City of Toronto will be running summer camps starting July 13. Includes free, subsidized and fee for service programs.

[Virtual Summer Camps 2020](#) - Mix of free, subsidized and fee for service camps.

[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

[1000 Activities To Do At Home](#) - Online activities including virtual experiences, classes and camps for kids, teens, adults and families.

[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.

Dance and Art Videos – Try [Mark Art – Be Well](#) and [Dance it Out – Be Well](#)



## Resources For Youth

[Youth Self-care 101](#) - Self-care tips for youth.

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

[Mental Health Counselling](#) - Free counselling at What's Up Walk-in.

[Kids' Help Phone](#) - Resource finder based on where you live.

[Skylark](#) – Programs and services for children, youth and families

[Government Financial Support](#) - Includes Canada Emergency Response Benefit (CERB).

[Across Boundaries](#) - Provides equitable, holistic mental health and addiction services for racialized communities.

[Black Youth Helpline](#) - A multicultural helpline and services for children, youth and families. Phone support available daily 9 am - 10 pm.

[Student Pathways Resource Guide](#) - Help-seeking resource for students.

[Woodgreen](#) - Social, employment and academic supports for youth.

## Health and Physical Education Resources

[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.



## Resources For Students with Developmental Disabilities and Autism

### ACTIVITIES FOR HOME:

[Activities for DD & ID Youth & Teens](#) - Leisure activity ideas created by TDSB Occupational and Physiotherapy (OT/PT) Department.

[Playing at Home](#) - Creative ideas for home play, created by TDSB OT/PT.

[Using Visual Schedules for Exercise](#) – A video by TDSB’s Dr. Currie teaching families how to use a visual schedule for exercise

[Holland Bloorview Tip Sheet](#) - Fun and Budget-friendly stay-at-home activities.

[ErinoakKids Virtual Learning Hub](#) - Resources and activities to use with your children at home.

[Best Buddies Virtual Programming](#) - Organizational to provide social mentoring and connections between people with and without intellectual disabilities.

### CAMPS/PROGRAMS:

[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.



## RESPITE SUPPORTS:

[Respite Care](#) - Government information about respite care.

[RespiteServices.com](#) - This agency is very helpful to plan for the summer and to possibly access funding to help cover costs for care.

[Meta Centre](#) - Provides day, residential, respite and supported independent living services for children, youth and adults. Currently taking registrations.

## IN-HOME RESPITE OPTIONS:

**Most in-home respite is not available at this time.** You can use your SSAH/ ACSD funding to hire people who you trust to come into the home to help with your child.

Some families are eligible to apply for a **personal support worker** to come into the home to help with your child's personal care and give you a break through the LHIN:

- North Etobicoke - [Central West Local Health Integration Network \(LHIN\)](#)
- South Etobicoke - [Mississauga Halton Health Integration Network \(LHIN\)](#)
- Central Toronto - [Toronto Central Local Health Integration Network \(LHIN\)](#)
- North York - [Home and Community Care - LHIN - Central - centralhealthline.ca](#)
- Scarborough - [Central East Local Health Integration Network \(LHIN\)](#)

Some families with funding have hired a worker through a private agency. The cost is between \$33 and \$38 per hour.

[Bartimaeus](#) - Specializes in supporting individuals, families and organizations working with complex behaviour.

[W M and A](#) - Specializes in behavioural services for children, youth and adults with ASD, developmental exceptionalities and mental health challenges.

## FUNDING:

**Families may receive additional funding through the Child Tax Credit.** This money can be used for summer programming: [Canada child benefit \(CCB\) - Canada.ca](#)

Families on **ODSP and Ontario Works** are getting additional funds, which can be used for summer programs:

- [ODSP](#)
- [Ontario Works](#)

**SSAH and Passport Funding** - Families can use this money for summer programs.



The **Ontario Government Support for Families Program** is offering a one-time payment of \$250 for children with Special Needs and \$200 for your other children.

[Autism Ontario](#) - One-to-one worker summer funding application.

**Private foundations** you can access for funding support:

- [Ceridian Cares](#)
- [Labatt Better Together Foundation](#)
- [Jennifer Ashleigh Children's Charity](#)

[Frequently Asked Questions about Funding and Government Services for Parents and Caregivers](#)

### **OTHER RESOURCES:**

[Surrey Place Centre Wellness Centre](#) - A great resource offering lots of programs and tips.

[Holland Bloorview Family Resource Centre](#) - Lots of programs and tips for families.

[Woodgreen Developmental Services](#) - This is a great resource to get tips and learn about activities and programs including the Parent Outreach Program delivered by other parents with special needs children.

[ConnectABILITY Resources](#) - Information and resources to support people with developmental disabilities and their families

[Geneva Centre for Autism](#) - Remote services for children and youth with ASD.

[Star Autism Support](#) - Free visual and video resources to support children with Autism, at home.

[Community Living Toronto](#) - Services for children, youth, adults and families.

[Kerry's Place The Virtual Connection](#) - A platform for children and youth to connect and develop their social skills. ASD diagnosis required.

[Special Dads](#) - An online discussion and social group for fathers who are raising a child with an intellectual disability.

[Down Syndrome Association of Toronto](#) - Programs include virtual story time and Dance Rock Virtual.

[ISAND's Virtual Services and Programs](#) - Programs include yoga for teens and children with Autism, remote behaviour services and parenting coaching.

[Sector Pandemic Planning Initiative \(SSPI\) -Expert Help Line](#) (or call and leave a voicemail at 647-725-1382-families/staff can submit a question about pandemic related issues (**NOT** an emergency/crisis response).

