



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 10

Engage in webinars and access new resources, websites and other virtual learning to support your ongoing journey and well-being.

Resources for Information on Covid-19

- Government of Ontario Action Plan 2020: Responding to COVID-19: [click here](#)
- Government of Ontario Face Covering and Face Masks: [click here](#)
- Government of Ontario News Release - Health and Safety Top Priority as Schools Remain Closed: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- Government of Ontario's Detailed List of Stage 1 Openings: [click here](#)
- Government of Canada COVID-19: [click here](#)
- Government of Canada COVID-19 Economic Response Plan: [click here](#)
- Government of Ontario – The 2019 Novel Coronavirus (COVID-19): [click here](#)
- Ministry of Health Ontario Public Health Unit Locator: [click here](#)
- Niagara Region Public Health Daily Covid-19 Updates: [click here](#)
- Niagara Region Service Closures and Disruptions Update: [click here](#)
- Ontario Government Supporting Parents as Economy Reopens: [click here](#)
- Government of Ontario Emergency Shelters for Women and Children: [click here](#)
- Government of Ontario COVID-19 Information: English: [click here](#) /French: [click here](#) / Nishnaabemwin (Eastern Ojibwe) / Kanien'kéha (Mohawk) / ᐱᐳᐳᐳᐳᐳ (Oji-Cree) / ᐳᐳᐳᐳᐳᐳ (Swampy Cree)
- Government of Ontario Indigenous Individuals and Families Supports: [click here](#)
- Public Services Health and Safety Association | Health and Safety Guidance During COVID-19 For Employers of Office Settings: [click here](#)



Online Webinars and Training for Educators and Administrators

- Plant It and They Will Come - How One Woman Discovered the Joys of Creating a Wildlife-friendly Garden – **May 26, 2020 @ 11:30 am**: [click here](#)
- Early Childhood Development in a Time of Pandemic - Brain Development – **May 27, 2020 @ 1:00 pm (English) / 2:00 pm (Français)**: [click here](#)
- National Association for the Education of Young Children (NAEYC) Virtual Institute **Starting June 1, 2020** for six weeks: [click here](#)
- Early Care and Education’s Leadership Choices: What Lies Ahead for the Field? by Stacie Goffin and Dr. Valora Washington – **June 3, 2020 @ 2:00 pm**: [click here](#)
- Public Services Health & Safety Association (PSHSA): COVID-19 Return to the Workplace (RTWp) Conference – **June 16, 2020 from 7:00 am to 4:00 pm**: [click here](#)
- Infant Mental Health Promotion (IMHP) The HEADS-ED Community Consultation and Discussion – **June 16, 2020 @ 9:30 am**: [click here](#)
- North American Reggio Emilia Alliance 2020 Summer Conference – **June 25-26, 2020**: [click here](#)

Online Podcasts and Videos

- Understanding the Impact of Trauma on Behavior by Barbara Kaiser: [click here](#)
- Using Mindfulness With Children of All Abilities to Keep Connections Strong: [click here](#)
- Premier Doug Ford Reveals ‘famous’ Cherry Cheesecake Recipe: [click here](#)
- From Surviving to Thriving: Creating a Way Forward in Challenging Time - Video #3 Teachers Demonstrating Resilience, Commitment and Heart: [click here](#)
- Cities in the Time of COVID 19: How can we Build Community Wealth as our Economies Recover? [click here](#)
- Child Care Marketing Tips To Recover From COVID-19 Podcast: [click here](#)

Early Learning Websites to Watch for Updates

- College of Early Childhood Educators (CECE) College Talk: COVID-19 heroes: RECEs in Emergency Care: [click here](#)
- Supporting Schools during COVID-19 Resources: [click here](#)
- Canadian Standards Association (CSA) Children’s Playground Equipment and Surfacing Standard New Edition: [click here](#)
- Ontario ECE Grant Newsletter: [click here](#)
- Childcare Resources and Research Unit (CCRU) Child care and COVID-19 in Canada: [click here](#)
- College of Early Childhood Educators (CECE) COVID-19 Updates: [click here](#)
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: [click here](#)



Resources Related to Mental Health

- Devereux Centre for Resilient Children – Use Music to Practice Self-Control: [click here](#)
- We need to Prepare for the Mental Health effects of Coronavirus on Kids: [click here](#)
- How to Be More Resilient in a Crisis: [click here](#)
- Wellness Together Canada: Mental Health and Substance Use Support: [click here](#)
- Niagara Region Mental Health Services for Adults: [click here](#)
- Pathstone Mental Health Services: [click here](#)
- Centre for Addiction and Mental Health (CAMH) Covid-19 Updates: [click here](#)
- Canadian Mental Health Association Niagara (CMHA) Mental Health Brochures: [click here](#)
- Mental Health Works: [click here](#)

Small Business Resources and Remote Office Environments

- Government of Canada: Government extends the Canada Emergency Wage Subsidy (CEWS): [click here](#)
- Government of Canada: Frequently Asked Questions Canada Emergency Wage Subsidy (CEWS): [click here](#)
- Government of Canada – Canada Emergency Wage Subsidy (CEWS): [click here](#)
- Government of Canada – Emergency Community Support Fund: [click here](#)
- Public Services Health & Safety Association (PSHSA): Return to the Workplace (RTWp): [click here](#)
- Canada Mortgage and Housing Corporation (CMHC) Canada Emergency Commercial Rent Assistance (CECRA) COVID-19 for Small Businesses: [click here](#)
- Guide to Reopening a Childcare Center During COVID-19: [click here](#)
- The Importance Of Child Care To The COVID-19 Economy: [click here](#)

Health and Wellness

- Create Simple Plant Based Cuisine in 4 weeks – **Every Thursday in June @ 5:30 pm**: [click here](#)
- The Parents are not okay in the Age of COVID-19: [click here](#)
- 10-Minute Guided Practice for End-of-day Decompression: [click here](#)
- Watch and Explore how Healing the Water begins with Healing ourselves: [click here](#)
- Self-care Family Tip Sheet: [click here](#)
- Online Yoga and Music Classes: [click here](#)



Resources for Working With Children of All Ages

- College of Early Childhood Educators (ECE) College Talk: The Power of Virtual Connection: [click here](#)
- Government of Ontario Ministry of Education Learn at Home Resources: [click here](#)
- District School Board of Niagara (DSBN) Learn from Home Resources: [click here](#) /Niagara Catholic District School Board (NCDSB) Learn from Home Resources: [click here](#)
- The Wonder of (washable) 'Loose Parts'! [click here](#)
- 30 Days Wild Nature Challenge – One Wild Thing a Day Throughout the Month of June: [click here](#)
- 10 Fun Gardening Projects for Kids: [click here](#)
- Unite For Literacy Online Books: [click here](#)
- Children make Connections to Aki (Earth) through Anishinaabe Teachings: [click here](#)
- A Spring Offer: Free Access to our Educator Resources: [click here](#)
- DIY Exercise Equipment Storage Rack: [click here](#)
- Brain Introduction Encyclopedia on Early Childhood Development: [click here](#)
- PlayPandemic Resources: [click here](#)
- Teach from home: [click here](#)
- Family Learning Centre Activities by Age: [click here](#)
- How to Create a Learning Environment: [click here](#)
- Pearson Mathology Little Books: [click here](#)



Cultural and Entertainment Opportunities

- Stonehenge Summer Solstice Streaming: [click here](#)
- Young People's Theatre – Inside with Imagination: [click here](#)
- Toronto Cherry Blossom Festival – Virtual Experience: [click here](#)

Uplifting Story of the Week

- Some Good News with John Krasinski: [click here](#)
- Do you have any uplifting stories you would like to share? [Click here](#) to email the Early Childhood Community Development Centre and it may be included in a future edition of The Couch Exchange.

For Further Information Regarding Early Childhood Community Development Centre's Services During Covid-19

- [click here](#)
- **Free Resource Highlight**
 - Early Childhood Community Development Centre (ECCDC) Mindful Moments Video: [click here](#)