



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 8

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

- Statistics Canada: The Impact of COVID-10 on the Canadian Labour Market: [click here](#)
- Workplace Safety & Prevention Services – FAQ: PPE Considerations: [click here](#)
- Public Services Health and Safety Association | Health and Safety Guidance During COVID-19 For Employers of Office Settings: [click here](#)
- Health and Safety Association Guidance Documents for Workplaces During the COVID-19 Outbreak: [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](#)

Online Webinars and Training for Educators and Administrators

- The Outdoor Classroom Project - Transform Challenging Behavior Online Conference **May 6-12, 2020**: [click here](#)
- Schools in Crisis Online Series **May 10-14, 2020**: [click here](#)
- Engage: Engaging Families in Storypark – **May 13, 2020 @ 5:00 pm**: [click here](#)
- Ontario Coalition for Better Child Care - Ontario Child Care Webinar: Voices from Emergency Child Care and Next Steps for Advocacy – **May 14, 2020 @ 1:00 pm**: [click here](#)
- Ontario Teachers’ Federation – Art Class, Distance-Learning-Style! – **May 14, 2020 from 4:00 pm to 5:00 pm**: [click here](#)
- Early Childhood Development in a Time of Pandemic – Play – **May 20, 2020 @ 1:00 pm (English) /2:00 pm (Français)**: [click here](#)
- Leadership in Action: How Effective Directors Get Things Done – **May 27, 2020 @ 12:00 pm**: [click here](#)
- City Leaders Supporting Access to Nature During the Pandemic (Pre-Recorded): [click here](#)
- Beyond COVID 19: Preparing to Support Preschool Children to Reintegrate to the Classroom by Barbara Kaiser – **June 11, 2020 @ 2:00 pm**: [click here](#)



Online Podcasts and Videos

- WE Well-being Podcast Hosted by Sophie Grégoire Trudeau: Overcoming the Negative and Achieving Self-Love: [click here](#)
- Simple Ways to Manage your Stress by Dr. Jean Clinton: [click here](#)
- Rusty Keeler’s Backyard Episode 2: [click here](#)
- Bienenstock Natural Playgrounds – Two-Minute Workshops: “Episode 1 - Loose Parts”: [click here](#)
- Three Ways to Keep Going Through a Crisis: With Crisis Intervention Coach John Robertson: [click here](#)
- YWell Home: Taking Care of your Mental Health: [click here](#)
- The Coronavirus Explained to Children: [click here](#)
- Devereux Centre for Resilient Children: Make the Ordinary Extraordinary: [click here](#)
- Tai Chi Instructional Videos: [click here](#)

Early Learning Websites to Watch for Updates

- COVID-19 Financial Relief for American & Canadian Child Care Providers: [click here](#)
- Childcare Resources and Research Unit (CRRU) Some Frequently Asked Questions about Progressive Opening of Daycares: [click here](#)
- Survey: Impact of COVID-19 on Childcare Centers: [click here](#)
- Child Care during COVID-19 – Provinces/Territories - Operation of services, Emergency services and Funding Chart: [click here](#)
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: [click here](#)

Resources Related to Mental Health

- 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](#)
- How to Reduce the Stress of Homeschooling on Everyone: [click here](#)



Small Business Resources and Remote Office Environments

- COVID-19 Emergency Preparedness Plan for Child Care Providers: [click here](#)
- Workplace Safety & Prevention Services - Coronavirus Preparedness for Employers and Employees eCourse: [click here](#)
- Technology Partner Resources for Distance Learning during COVID-19: [click here](#)
- Coping with a Changing Business Environment (**Recorded**): [click here](#)
- Running a Nonprofit Virtually during a Pandemic: [click here](#)
- The Buy-Nothing Home Office: [click here](#)

Health and Wellness

- In Our Homes Right Now, It's the Climate, Not the Weather that Counts: [click here](#)
- Vitamin N In the City: Rekindling a Relationship with Nature in the City: [click here](#)
- How Much Screen Time is Too Much For Children During COVID-19?: [click here](#)
- Do Yoga With Me: [click here](#)
- MYOM Yoga – Free Online Classes: [click here](#)
- Clipper Cutting Technique Training Course: [click here](#)

Resources for Working With Children of All Ages

- Mother's Day Ideas During COVID-19 for Child Care Centers: [click here](#)
- 15 Ideas for Mother's Day in Times of COVID-19: [click here](#)
- Rusty Keeler's – A Case Study in Outdoor Design: [click here](#)
- Co-Reg Community The Mehrit Centre: [click here](#)
- Toddlers and Challenging Behavior: Why They Do It and How to Respond: [click here](#)
- Cry Wolf Clothing Colouring Pages: [click here](#)
- Highscope at Home: [click here](#)
- PBS Eco Sense Living – Wild Healing: [click here](#)
- Printable Spring Scavenger Hunt: [click here](#)
- TVOKids Homework Zone: [click here](#)



Cultural and Entertainment Opportunities

- The Lumineers Present: Colorado Gives Back – **Friday May 8, 3:00pm ET/1:00pm MT**: [click here](#)
- CN Tower: Night Light Shows from **Several dates through May 31, 2020**: [click here](#)
- Dublin Zoo Live: [click here](#)
- High Park Toronto – Cherry Blossom Blooms Live: [click here](#)
- iHeart Radio Living Room Series: [click here](#)

Uplifting Story of the Week

- The Phoenix The Tenth Man: [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](#)

