



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 15

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 Frequently Asked Questions: [click here](#)
- Niagara Region Frequently Asked Questions on COVID-19: [click here](#)
- Government of Canada Navigating Financial Help During COVID-19: [click here](#)
- Government of Ontario Action Plan 2020: Responding to COVID-19: [click here](#)
- Niagara Region COVID-19 Statistics: [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 Indigenous Individuals and Families Supports: [click here](#)

Online Webinars and Training for Educators and Administrators

- Interactions at the Heart of Healing: CLASS-based Strategies for Supporting Teachers and Children – **July 2, 2020 at 1:00 pm: [click here](#)**
- Heart-Centered Self-Care Inspired by Nature – **July 2, 2020 from 6:30 pm to 8:30 pm: [click here](#)**
- Enhancing Whole-Child Development through Natural Outdoor Classrooms – **July 7, 2020 from 4:00 pm to 6:00 pm: [click here](#)**
- Improving Employee Engagement: Using Creativity, Vocational Fulfillment and your Team’s Collective Wisdom to Co-Create Community – **July 9, 2020 at 1:00 pm ET/10:00 am PT: [click here](#)**
- Practical Tips for These Challenging Times: Caring for Your Outdoor Classroom, Your Children and You – **July 20, 2020 from 4:00 pm to 6:00 pm: [click here](#)**
- Defending the Early Years’ 2020 Institute – **July 21-24, 2020 from 4:00 pm to 6:00 pm: [click here](#)**
- A Virtual CLASS® Summit for Teachers – **August 4-5, 2020 from 12:00pm to 4:00 pm: [click here](#)**
- Heart-Centered Leadership: Create an Inspiring Work Environment With a People-Centric, Nature-Based Approach – **August 12, 2020 at 2:00 pm: [click here](#)**



- From Surviving to Thriving Global Early Childhood Perspectives on the Pandemic **(Recorded)**: [click here](#)
- Executive Skills and ADHD Coffee Chats **(Recorded)**: [click here](#)

Online Podcasts and Videos

- Women at Work Podcast - Conversations about the Workplace and Women's Place in it: [click here](#)
- The Anxious Achiever Podcast – Rethinking Mental Health and Work: [click here](#)
- Pathstone TV - A New Video Premieres Every Friday! [click here](#)
- Early Years TV – Discover the Latest Strategies, Tips, and Techniques to Improve and Inspire our Practice: [click here](#)

Diversity and Inclusion Resources

- From Surviving to Thriving How to Address Inequities in Early Childhood Education **(Recorded)**: [click here](#)
- Inclusive Education – You're Going to Love this Kid! [click here](#)
- The Pandemic's Impact on Education and Work for People of Color: [click here](#)
- Defending the Early Years "Why are People Protesting?" [click here](#)

Small Business Resources and Remote Office Environments

- Help Your Employees Manage Their Re-entry Anxiety: [click here](#)
- During Covid-19 Crisis, Leaders Must Resist Urge to Push Too Hard, Too Fast: [click here](#)
- 8 Tips for Conducting a Remote Interview: [click here](#)
- Job Hunting During COVID-19? 6 Things You Need to Know About Remote Hiring Right Now: [click here](#)
- 3 Ways Your Nonprofit Can Prevent Volunteer Burnout: [click here](#)
- How to Manage Employee Loneliness: [click here](#)
- Statistics Canada - Canadian Survey on Business Conditions (CSBC): [click here](#)

Early Learning Websites

- How to Co-Teach: [click here](#)
- HiMama COVID-19 Resources: [click here](#)
- College of Early Childhood Educators (CECE) COVID-19 Updates: [click here](#)
- The Canadian Council of Montessori Administrators (CCMA) Resources to use during COVID-19: [click here](#)
- Association of Early Childhood Educators Ontario (AECEO) Updates: [click here](#)



Health and Wellness

- Administrative Practices that Support Children’s Emotional Development: [click here](#)
- Self-Care in the Era of COVID-19 Coffee Chats **(Recorded)**: [click here](#)
- Trauma-Sensitive Student Support During School Closures: Practical Strategies for Helping Caregivers Help Kids Coffee Chats **(Recorded)**: [click here](#)
- Work-Life Balance Lessons from a Working Mom on “Doing It All”: [click here](#)
- How to Work From Home: 20 Tips From People Who Do It Successfully: [click here](#)

Resources for Working With Children of All Ages

- Canadian Geographic Indigenous Peoples Atlas of Canada: [click here](#)
- Healthy Baby Healthy Brain: [click here](#)
- Developmental Milestones: [click here](#)
- Safe Indoor and Outdoor Activities for Families in the Time of Coronavirus: [click here](#)
- Hour of Code Activities: [click here](#)
- National Film Board – Learning through Empathy: [click here](#)
- The Value of Listening to Children: [click here](#)
- PLIX Series from K-12: [click here](#)
- International Children’s Digital Library: [click here](#)
- The Paleontology Portal: [click here](#)
- Science Kids – Fun Science & Technology for Kids! [click here](#)

Outdoor Activities

- The Benefits of Outdoor Play: [click here](#)
- Muddy Faces Outdoor Hub Online Resource and Activities: [click here](#)
- Fun and Easy Eco Activities: [click here](#)
- Follow-Up Activities to International Mud Day: [click here](#)



Cultural and Entertainment Opportunities

- Tate Live Exhibition – Our Bodies, Out Archives: [click here](#)
- Art Zoom: Masterpieces Up Close through the Eyes of Famous Musicians: [click here](#)
- Mid-century Design Exhibit: [click here](#)

Uplifting Story of the Week

- Don't Ever Quit – Chuck's Challenge. Walk 100 Laps for 100th Birthday: [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](#)