

COVID-19 Resource List for Families

Toronto Children's Services

January 2021



COVID-19 Resource List for Families

Toronto Children’s Services

Important Note: This resource list contains information from reliable governmental and non-governmental sources. As the COVID-19 pandemic situation evolves, the information rapidly changes. Therefore, please frequently visit the source websites for up-to-date information. We will continue updating this list with new resources. If you have information to contribute for the next iteration of this list, please email us at EarlyON@toronto.ca with the words "Resource List" in the subject.

Table of Contents

I. Resources for Parents and Caregivers	3
II. COVID-19 Resource List.....	4
A. Mental Health Support	4
B. While at Home – Utilizing Your Time	5
C. Financial Support	6
D. Health Information, Services and Supports	6
E. Food Supports.....	7
F. Housing and Shelter Services.....	7
G. Law and Legal Services.....	8
H. Domestic Violence and Crisis Support	8
I. Black Community Resources.....	8
J. Indigenous Community Resources	10
K. 2SLGBTQ+ Community Resources	11
L. Information and Announcements from Government Sources.....	12
M. Public and Community Services during COVID-19.....	13

I. Resources for Parents and Caregivers

Please click on the [blue underlined text](#) to go to the source website.

1. [City of Toronto EarlyON](#): EarlyON Child and Family Centres offer free programs to parents/caregivers and their children from birth to six years of age. These centres welcome all families to participate in quality programs that help strengthen adult-child relationships, support parent education, and foster healthy child development.
2. [EarlyON Centres Providing Virtual Programs and Services](#): Virtual programs and telephone services to support parents and engage young children and their families, including story, music, craft, cooking, fitness activities and telephone services for families seeking additional support.
3. [Educational Activities that Promote Healthy Child Development at Home](#): Printable resource PDF with activities that parents/caregivers can engage in with their young children.
4. [Use the Library from Home for Kids](#): Children's stories in over 16 languages, available over the phone. Storytime on YouTube. Songs, stories, activities and games to help your little ones develop their early literacy skills.
5. [Play & Learn](#): Engaging activities to challenge your child and help them learn, grow, and thrive.
6. [Busy Toddler](#): Hands-on, play-based learning activities for your toddler.
7. [How to Talk to Your Child About COVID-19](#): Guide for having an open, supportive discussion with your children to help them understand, cope and even make a positive contribution for others.
8. [Tools for Raising an Extraordinary Person](#): Behaviour management strategies you can try with your children.
9. [Healthy Babies Healthy Children \(HBHC\)](#): Telephone support, virtual video visits, and in person home visits for vulnerable populations. Call 416-338-7600 for questions/concerns.
10. [Breastfeeding Support](#): Telephone support for breastfeeding. Virtual support offered if feasible. List of hospital-based breastfeeding clinics currently providing service.
11. [Welcome to Parenting \(WTP\)](#): Free online prenatal program that you can access anytime and anywhere. Provides information on pregnancy, childbirth, and parenting. Helps you gain the knowledge, skills, and confidence you need as a pregnant individual, new parent, partner or support person.
12. [Breastfeeding When COVID-positive](#): Precautions to take while breastfeeding to avoid giving the virus to your baby.
13. [Pregnancy to Parenting Blog](#): Information from health professionals.
14. [Kids Help Phone](#): 24/7 help-line offering professional counselling, information, and referrals. 1-800-668-6868 or Text CONNECT 686868.
15. [Postpartum Adjustment Program \(PAP\)](#): Free services for women who are experiencing postpartum depression and anxiety, having difficulty adjusting after having a baby and who have a baby less than one year of age. 416-338-7600.
16. [Free Online Programs for Girls 7-17](#): The Jean Augustine Centre offers programs with a focus on empowerment, leadership, civic engagement and mentorship.

II. COVID-19 Resource List

Please click on the [blue underlined text](#) to go to the source website.

A. Mental Health Support

1. [COVID-19 Mental Health](#): Provides a support sheet which is available in a number of languages. [Amharic](#) | [Arabic](#) | [Bengali](#) | [Farsi](#) | [Gujarati](#) | [French](#) | [Pashto](#) | [Portuguese](#) | [Punjabi](#) | [Simplified Chinese](#) | [Somali](#) | [Spanish](#) | [Tamil](#) | [Urdu](#) | [Vietnamese](#)
2. [COVID-19: Mental Health Resources from City of Toronto](#): Provides a mental health support webpage with a variety of resources.
3. [Children’s Mental Health Ontario \(CMHO\)](#): Helps parents and caregivers who are concerned about their child’s mental health find further mental health supports if needed. Provides Back-to-School Mental Health Kits.
4. [Lumenus Community Services](#): Provides free counselling services to families. Call 416-482-0081, press 5 to book a phone counselling session on Mondays, Tuesdays, and Thursdays from 1:30-6pm. Call 416-482-0081, press 6 to book a phone counselling session on Mondays, Tuesdays, Fridays from 9-1:30pm & Wednesday 11-7pm.
5. [Mental Health T.O.](#): Connects infants, children, youth and families to telephone or video counselling mental health services in Toronto. Single access number for free mental health counselling: 1-866-585-6486. Requires no fee, no appointment, no Health Card at six locations across Toronto.
6. [Infographic of Virtual Care for Mental Health & Addictions During the COVID-19 Pandemic](#): Identifies mental health services that are available in English and French.
7. [Centre francophone du Grand Toronto Mental Health Services \(French only\)](#): Offers mental health therapy/counseling for individuals, couples and families, and therapeutic groups in French for Francophones aged 18 and over. Services are free and confidential. Call 647-688-0734 for individual sessions or 416-922-2672 (ext. 290) for a psychosocial assessment.
8. [Centre francophone du Grand Toronto Mental Health Crisis Line \(French only\)](#): Crisis support line that provides culturally-appropriate mental health services for young people under 25. Open Monday to Friday from 8:30 a.m. to 4:30 p.m. at 647-881-6761 or 647-268-2016.
9. Free iCBT (internet-based Cognitive Behavioural Therapy) programs to support anxiety and depression during COVID-19:
 - a. Morneau Shepell AbilitiCBT [Program Information](#)
 - b. MindBeacon [Program Information](#)
10. [Bounce Back – Reclaim Your Health](#): A FREE self-help program for adults and youth 15+ that combines skill-building workbooks, online videos and a telephone coach to help you regain positive mental health.
11. [24/7 Emotional Support: City of Toronto Distress Centre](#): 24/7 emotional support, crisis intervention and suicide prevention, intervention & help beyond intervention.
12. [Kids Helpline](#): Emotional Support for Kids during the COVID-19 pandemic.
13. [Crisis Text Line](#): Offers free, 24/7 support for people in crisis. Text HOME to 686868 in Canada to text with a trained Crisis Responder.

14. [Gerstein Crisis Centre](#): 24/7 crisis support by phone or through a mobile crisis team that will come to where you are. Virtual wellness programs. 416-929-5200.
15. [Mental Health Services in Toronto](#): A 211 list of mental health service providers in Toronto. These services may be impacted by COVID-19. Please contact the service providers before visiting in person if they provide in-person services.
16. [Centre for Addiction and Mental Health](#): COVID-19 FAQs and other related resources. Specific information available for people with developmental disabilities and their families, people who use substances, and people who are marginally housed or homeless.
17. [Sick Kids - COVID-19 Learning Hub](#): Resources on how to support your child's mental health and general wellbeing through physical activity, sleep, nutrition and learning.
18. [Stress Strategies by the Psychology Foundation](#): Creates a customized Stress Management Plan just for you.
19. [Yorktown Family Services](#): Counselling offered by scheduled phone and webinar sessions. 416-669-3521.
20. [Togetherall](#). An online peer-to-peer support community to support your mental health.
21. Online Addiction Resources:
 - a. [Alcoholics Anonymous](#)
 - b. [Cocaine Anonymous](#)
 - c. [Narcotics Anonymous](#)
 - d. [Crystal Meth Anonymous](#)
 - e. [Marijuana Anonymous](#)
 - f. [AA Sober Living](#)
 - g. [SMART Recovery](#)
 - h. [In the Rooms](#)
 - i. [The Daily Pledge](#)
 - j. [myRecovery](#)
 - k. [SoberRecovery](#)
 - l. [CannabisRehab.org](#)
 - m. [HAMS Harm Reduction Network](#)

B. While at Home – Utilizing Your Time

1. [New Canadians Café](#): Online webinars on various topics to best utilize your time at home – from boosting productivity when working from home to upskilling for that dream job, acing video interviews to virtual networking 101, and exploring Canada as a newcomer while staying indoors.
2. [Stay, Play and Learn at Home](#): City of Toronto webpage for free, high-quality recreation, active living, arts and culture activities for all ages to enjoy while staying, playing, and learning at home. Sort by Audience for different target age groups – many activities are for everyone. Check back for updates and additions to this list.

C. Financial Support

For the most detailed and up-to-date information about Canada Recovery Benefits (CRB), please visit item #1 in this category. Other pages are being updated as the COVID-19 situation evolves but they may be slower to update than item #1.

1. [Canada Recovery Benefits \(CRB\)](#): If you have stopped working because of COVID-19, the Canada Recovery Benefit (CRB) may provide you with temporary income support.
2. [Financial Support for Individuals](#) (Canada Economic Response Plan): Support for individuals and families, people facing loss of income (CRB), indigenous peoples, those who need it most, seniors, and students and recent graduates.
3. [Financial Assistance for Newcomers, Refugees and Temporary Residents](#): Information about COVID-19 financial support is provided in multiple newcomer languages on this page. It includes a section on frequently asked questions for newcomers, refugees and temporary residents.
4. [Financial Assistance for People Receiving Ontario Works and Ontario Disability Support Program \(ODSP\)](#): Learn about temporary program changes during the COVID-19 outbreak for Ontario Works and the Ontario Disability Support Program. If you have exceptional COVID-19-related costs, you may be eligible for discretionary benefits.
5. [Financial and Social Support During COVID 19](#) (City of Toronto): Specific information available for tenants, property owners, pet owners, seniors and vulnerable people.
6. [Emergency Assistance for people during COVID-19](#) (Ministry of Children, Community and Social Services).
7. [Free Wi-Fi](#): Shaw Communication has opened [Free Shaw Go WiFi](#), Canada's largest WiFi network, to everybody. Look for the Shaw Go network on your device and you can connect free without a login or Shaw ID. You can download the Shaw Go Wifi Finder App on your device and look for areas where Shaw Wifi is available.
8. [Low-cost internet services](#): Offers guidance on getting cheap or even free internet in Canada during the COVID-19 pandemic.

D. Health Information, Services and Supports

1. [City of Toronto COVID-19 Diagnostic and Assessment Centres](#): List of diagnostic and assessment centres in Toronto.
2. [Information Sessions about COVID-19 for Residents in Various Languages](#): To request a presentation or in-person outreach, please complete the online request form.
3. [COVID-19 Fact Sheet](#): Covers the basic information on transmission, prevention, symptoms and testing. It is available in multiple languages: [Amharic](#) | [Arabic](#) | [Bengali](#) | [Dari](#) | [Farsi](#) | [French](#) | [Gujarati](#) | [Pashtu](#) | [Portuguese](#) | [Punjabi](#) | [Simplified Chinese](#) | [Somali](#) | [Spanish](#) | [Tamil](#) | [Urdu](#) | [Vietnamese](#)
4. [Just For Kids Clinic - St. Joseph's Health Centre](#) COVID-19 information line to help parents understand their children's symptoms. Call 416-530-6000 ext. 4095 during the hours of 10 a.m. to 7:30 p.m.
5. [Prescription Drug Coverage](#): Information about Ontario Drug Benefit Program—prescription drugs coverage—submitting applications and documentation for the Trillium Drug Program and Seniors Co-payment Program with special procedures during COVID-19.
6. [Dental Services](#): Free dental care for people who have difficulty accessing dental services in the customary manner. For information to access this service, please call 416-338-7600. As part of

the City's COVID-19 response, select dental clinics will be open for emergency care only for eligible clients. Please call ahead to confirm. 416-338-7600.

7. [Centre francophone du Grand Toronto French-Language Health Services \(French only\)](#): Provides primary health care and mental health counselling services to Francophones living in and around Toronto. Services are free and confidential. (416) 922 2672.
8. [Online Database of Ontario Walk-In Clinics that Offer Services to Uninsured People](#): Please note that the clinics displayed were contacted by a team of volunteer medical students, research students, and healthcare providers but may be subject to change. Please call clinics first to confirm hours and services.
9. [Services for Uninsured](#): Ontario enhanced healthcare coverage for those who do not present Ontario Health Insurance Plan (OHIP) during COVID-19.
10. [New Resource for Uninsured Patients accessing healthcare during the COVID-19 pandemic in Toronto](#) that covers: who to call if you need help, what to expect if you need to go to a hospital or a COVID-19 assessment centre, which uninsured clinics in Toronto are currently open, and how to get a health card (if you're eligible).

E. Food Supports

1. [COVIDCare Collective Financial Support for Food Items](#): Are you in critical need of financial support to obtain food items and basic daily necessities? COVIDCare Collective provides financial support.
2. [Canadian Red Cross Food Access and Delivery Help: Call: 1-833-204-9952](#): Eligibility: Reside in M postal code, cannot access grocery stores or community food programs and do not have any other option of support.
3. [Food Banks and Food Programs in the GTA](#): Includes food banks, free or low cost meals, home delivered meals, infant formula / baby food, and meals for seniors or people with disabilities. Up-to-date lists and searchable maps for: [Scarborough](#) – [Central Toronto](#) – [Toronto](#) – [East York](#) – [North York](#) – [Etobicoke](#).
4. [Food Delivery](#): List of organizations delivering food.
5. [Ready to Eat /Take Away Food](#): List of organizations providing ready-to-eat food for take-away.

F. Housing and Shelter Services

1. COVID-19 Toronto Public Health Shelter Intake Line: Call 416-338-1521 or e-mail: TPHshelters@toronto.ca.
2. [COVIDHelpTO Website for Navigating Financial and Housing Supports During COVID-19](#): Website in 15 languages to help navigate financial and housing support programs announced during the pandemic.
3. [Rent Support](#): Residents may be eligible for an interest-free rental arrears or rental deposit loan.
4. [Shelter and Housing Support](#): City of Toronto.
5. [Accessing Emergency Shelters](#): Central Intake 24/7 | 416-338-4766 or 1 (877) 338-3398.
6. [Domestic and Sexual Abuse](#): Shelter support for victims of domestic violence and sexual abuse
7. [Shelters and Drop-in Centres for Women](#): Intake and drop-in.

8. [Housing Assistance For Survivors of Domestic Abuse or Human Trafficking](#): Priority access to Rent-Geared-to-Income Housing or Portable Housing Benefits for households with current or recent experience of domestic abuse or human trafficking.
9. [LGBTQ2S Youth Housing Help](#): For LGBTQ2S Youth Ages 16 to 29.
10. [Emergency Warming Centres](#): Offered to residents when an Extreme Cold Weather Alert is issued by the City's Office of Emergency Management, in consultation with Toronto's Medical Officer of Health. Interactive map available to help you find the warming center closest to you.

G. Law and Legal Services

1. [Questions About the Law Relating to the COVID-19 Situation](#): Includes information on immigration and refugees, criminal, debt and consumer, family, housing, employment and work, income assistance, provincial offences, tribunals and courts, and wills.
2. [Barbra Schlifer Clinic](#): Offers legal, counselling and interpretation services to marginalized populations of women who have survived violence. 416-323-9149.
3. [Legal Aid Ontario](#): Provides legal assistance for low-income people. 416-979-1446.
4. [Parkdale Legal Clinic](#): Provide legal and other services, free of charge, to low income individuals. 416-531-2411.
5. [Beware of COVID-19 Scams](#): With the global spread of COVID-19, scammers are preying on your fears. Canadians are being warned to be careful of the scams that are circulating. Call Canada Anti-Fraud Centre at Tel: 1-888-495-8501 if it happens to you.
6. [Protecting your Social Insurance Number \(SIN\)](#): Your SIN is confidential and it's important to protect it from fraudulent use.
7. [Centre francophone du Grand Toronto Legal Aid Services \(French only\)](#): Provides low-income people with access to legal services that meet their needs.

H. Domestic Violence and Crisis Support

1. Domestic violence and crisis support lines
 1. [Toronto Rape Crisis Centre](#): Multilingual Women Against Rape. Call 416-597-8808.
 2. [Assaulted Women's Helpline](#): 1-866-863-0511
 3. [Victim Services Toronto](#): 416-808-7066
 4. [Kids Help Phone](#): 1-800-668-6868 (phone) 686868 (text)
 5. [Community Family Services of Ontario](#): 1-866-979-2743
 6. [CNIB](#) (For people who are visually impaired, blind or deaf blind, families, friends and community) crisis helpline: 1-800-563-2642
2. [Domestic and Sexual Abuse](#): Shelter support for victims of domestic violence and sexual abuse.
3. [Housing assistance for survivors](#): Priority access to Rent-Geared-to-Income Housing or Portable Housing Benefits for households with current or recent experience of domestic abuse or human trafficking.

I. Black Community Resources

1. [Black Health Alliance](#): For various resources and wraparound services during the COVID-19 pandemic, visit their website or call (647) 367-6656.
2. [Black Creek Community Farm Emergency Food Box](#): Call 416-393-6381 for application.

3. [Emergency Food Support](#): Afri-Can FoodBasket is working to provide emergency food support to individuals and families within Black communities in Toronto who have been affected by COVID-19 and are in need to support access to food. Call (416) 832-5639.
4. [Hot meals for Seniors, Isolated Students & Individuals in the GTA](#): Meals delivered Saturday and Sundays from 12-2pm. Options for pick-up and delivery. Text requests to Jamaican Canadian Association: 416-804-2467 or e-mail: hashtagcommunitystrong@gmail.com.
5. [Supports for Black Parents](#): Provides links to 10 programs supported by the Innovative Supports for Black Parents Initiative.
6. [Free Counselling Sessions for Black Parents](#): Offers support for women, children and families seeking support for mental health issues and opportunities for growth. [Schedule your session online](#).
7. [Black Moms Connection Facebook Group](#): Connection with a founded-in-Toronto online global village of over 15,000 members and non-profits providing culturally relevant programs and resources to educate and empower the Black mother and her family.
8. [Caribbean African Canadian Social Services](#) (CAF CAN). In partnership with the Toronto District School Board, CAF CAN is providing mental health supports to children, youth and their families. They can be reached at 416-740-1056 or info@cafcan.org.
9. [Toronto For All](#): Offers Anti-Black Racism & mental health resources.
10. [Resources for Black Healing and Support in the GTA](#): Online list of Black therapeutic supports & trauma-informed grounding techniques, Black legal resources & community services, Black support phone lines, affirming Black content, music for Black healing / affirmation / grief / crying / dreaming, Black playlists, access & food security support for Black folks.
11. [8 Mental Health Practices](#): For people of African descent while isolated.
12. [COVID-19 GTA Black Community Emergency Support Fund](#): Black Lives Matter-Toronto will be giving out one time stipends of \$125 or \$250 to Black people, depending on need. Please self-assess and contact the organizer.
13. [Centre francophone du Grand Toronto Mental Health Crisis Line \(French only\)](#): Support line that provides culturally-appropriate mental health services for young people under 25. The support line is open Monday to Friday from 8:30 a.m. to 4:30 p.m. at 647-881-6761 or 647-268-2016.
14. [Housing Security for Black Tenants](#): Legal, social and financial information specifically for Black tenants to support them during this time. If you require legal advice and you believe you are being discriminated against because you are Black, please contact 1-877-736-9406 (toll-free), at 416-597-5831 or on the TTY Line: 1-800-855-0511.
15. [Black Legal Action Centre](#). A list of COVID-relevant resources for Black communities including: financial aid, housing, employment, family supports, emergency supports, legal aid, and mental health.
16. [Rites of Passage](#): Offers online programming specific to African-Canadian men and women, to explore, mature and grow into their full identity as young African-Canadians. Contact Paul Osbourne at 416-645-6000 ext. 2320.
17. [Kujistahi](#): The Kujistahi (self-respect) program provides online culturally-relevant Black family programs for children, youth and parents. Kuji Kids is a space for Black parents and their children to play, laugh and learn, every Monday 10:30-12:30. For more information please contact 416.735.8376 or kujistahi@dfrc.ca.

18. [SNAP \(Stop Now And Plan\)](#): Offers free culturally-sensitive supports for children ages 6-11 and their families with a focus on those that identify as being of African descent in the following areas: boys/girls skill based groups, parent skill based groups, individual counseling and community connections, school advocacy/support and other interventions as needed. Contact snap@dfrc.ca

J. Indigenous Community Resources

1. Call Auntie Indigenous COVID Pathways Hotline. Do you have a question about COVID? Do you need support? Call Auntie, they'll know what to do! Call 437-703-8703 (GTA Only, Daily 4-9 PM)
2. [Toronto's first stationary, Indigenous-led COVID-19 assessment and testing centre at a permanent site - Auduzhe Mino Nesewinong](#): Indigenous peoples can receive integrated COVID-19 testing, including case management, contact tracing, outreach supports, and referrals at this Indigenous community-led and situated testing centre. The facility is housed in a [Na-Me-Res](#) building and staffed by Na-Me-Res, SGM, Well Living House, Inner City Health Associates, and Women's College Hospital. Tests will be processed by the labs at St. Michael's and Mount Sinai Hospitals.
3. [Talk 4 Healing for Indigenous Women](#): 24/7 culturally-grounded helpline for Indigenous women available in 14 languages across Ontario. Call/Text: 1-855-554-HEAL. More info, and for live chat: <https://www.talk4healing.com/> (Live chat options available).
4. [Kahkakiw's Straight Talk: Kids and Coronavirus](#): Kahkakiw (Cree) is a raven puppet that flies around learning with community members about the Coronavirus. Kahkakiw provides information on the pandemic from an Indigenous perspective. To have copies of [Kahkakiw colouring pages](#) mailed to you or your community, email kahkakiw@covid19indigenous.ca.
5. [Children's Book: Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID-19](#): This children's storybook is a re-telling of My Hero is You. An intertribal workgroup convened to re-write this story and create illustrations that represent Indigenous peoples, values, and communities. The adapted story seeks to reach Indigenous peoples across Turtle Island and portray a sense of communal efficacy, strength and hope in the face of the COVID-19 pandemic.
6. [Kitatipithitamak Mithwayawin](#): COVID-19 Indigenous Facebook Page.
7. [Indigenous Organizations in Toronto](#): List of Indigenous-serving organizations compiled by Aboriginal Legal Services including: employment, child and family, 2-spirited, housing.
8. [Emergency Food or Supplies Request](#): Fill out the online form to submit your support request.
9. [Support for Indigenous Individuals](#): Information from the federal government around income supports and family supports available to Indigenous individuals during the COVID-19 pandemic.
10. [Toronto Aboriginal Support Services Council \(TASSC\)](#): Provides support to individuals to navigate the services provided by Indigenous-serving organizations in Toronto. Call 647.748.6100 or email info@tassc.ca.
11. [Indigenous Wellness Resources](#): Provides links to Indigenous COVID-19 responses. Compiled by University of Toronto Libraries.
12. [Hope for Wellness Hotline](#): Offers immediate help to all Indigenous peoples across Canada. Available in Cree, Ojibway, Inuktitut, English and French. Online chat available or call 1-855-242-3310.

13. [COVID-19 - You Are Not Alone](#): Indigenous-led video offering strategies to address stress and anxiety that anyone, from young people to Elders, can use to deal with changes and uncertainty related to COVID-19

K. 2SLGBTQ+ Community Resources

1. [The 519's COVID-19 Resource List](#): Resources and information about services, supports, programs and care during COVID-19. For more information, call 416-392-6874 or email Community@The519.org.
2. [Virtual EarlyON Child and Family Programming from The 519](#): Supportive virtual programming for families of diverse sexual orientations, gender identities, and configurations and their children (ages 0 to 6). The 519 provides LGBTQ2S-affirming early learning activities, music and movement, creative experiences, and parent education. Staff can assist in accessing information about parenting and child development, community resources, online programming, and parent/caregiver workshops.
3. [Mental Health Resources During COVID-19](#): resources and supports available by phone or online for LGBTQ2S people to access.
4. [Safety Supports for Self-Isolation During COVID-19](#): Crisis lines, support lines, and shelters available during the COVID-19 pandemic.
5. [Takeaway Meals](#): One takeaway meal a day served at 1pm every Sunday. Access from the patio in front of Fabarnak Café at 519 Church St. Email Community@The519.org.
6. [Clothing and Hygiene Supplies](#): Fridays and Sundays from 2:30pm. Access from the south Splash Pad gate at 519 Church St.
7. [Navigating COVID-19 and Chest Binding](#): 8 tips to look after your respiratory health for trans and non-binary people who bind their chest.
8. [\(Multilingual\) Emotional Self-Care during COVID-19](#): Grounding techniques, grief, bereavement, end-of-life, sexual violence, understanding trauma, consent.
9. [Friendly Check-in](#): Weekly phone/email check-in for all LGBTQ2S community members aged 18+. The 519 staff will check-in on how you are doing, have a friendly chat with you, and offer you information, updates and referrals, if you need them.
10. [Trans Life Line \(for trans and gender non-conforming folks\)](#): 1-877-330-6366
11. [Blackline 24/7 Hotline](#): Accepts calls or texts. Provides a space for peer support & counselling, reporting of mistreatment, affirming the lived experiences of people who are most impacted by systemic oppression with an LGBTQ+ & Black femme lens. Call or text: 1 (800) 604-5841.
12. [LGBT Youth Line](#): Peer support by and for people 29 and under. Call: 1-800-268-9688. Text: 647-694-4275. Chat: www.youthline.ca.
13. [Counselling for Portuguese Speakers and Brazilian Cis and Trans Gay, Bi and Queer Guys](#): For Portuguese speakers living in Toronto / GTA you can email Rafael Torres (Community Counsellor, Gay Men's Health Programs) at rtores@actoronto.org. Portuguese: Para falantes de português que moram em Toronto / GTA, você pode enviar um e-mail para Rafael Torres (Community Counsellor, Gay Men's Health Programs) em rtores@actoronto.org.
14. [COVID-19 -Resource for Sex Workers and Allies](#): Guidelines for Sex Workers, Clients, Third Parties, and Allies — by Butterfly Asian and Migrant Sex Workers Support Network and Maggie's Toronto Sex Workers Action Project

L. Information and Announcements from Government Sources

City of Toronto – For City Information

1. [City of Toronto COVID-19 Main Information Page](#): Your City of Toronto COVID-19 information hub.
2. [COVID-19: Orders, Directives & Bylaws](#)
3. [Status of COVID-19 Cases in Toronto](#): City of Toronto's geographic information on local COVID-19 cases.
4. [City of Toronto Essential Resources Mapping Tool](#): This great mapping tool is an interactive tool for navigating essential services in the City.
5. [Toronto Public Health Advice](#): Protecting yourself and others, social distancing, symptoms, reducing spread, vaccine treatment, advice for specific needs, mental health resources.
6. [COVID-19: Advice for Those with Unique Needs](#)
7. [City of Toronto COVID-19 Diagnostic and Assessment Centres](#): List of diagnostic and assessment centres in Toronto.
8. [Travel Advice](#): City of Toronto and Government of Canada Travel Advice and Statements.
9. [Financial Support and Social Support](#): Income supports, seniors and vulnerable people, tenants and property owners, pet owners.

Ontario Ministry of Health and Long-term Care - For Provincial Information

1. [Self-Assessment Tool](#): If you think you have coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine how to seek further care.
2. [Guidance for You and Your Family to Stay Healthy](#)-Poster: Ministry of Health and Long-term Care
3. [COVID-19 Information Page](#): Protecting yourself, symptoms, treatment, list of public establishments closed, state of emergency, services and others.
4. [Public Health Ontario Fact Sheets](#): Multiple languages available. Fact Sheets on Self-Monitoring, Hand Washing, Cleaning and Disinfecting Public Places and Using Masks.

Public Health Agency of Canada - For National Information

1. [PHAC COVID-19 Website](#): National Updates, Travel Advice and others.
2. [COVID-19 Virtual Assistant](#): Automated Answers to Your COVID-19 Questions. Open the page and look for the Virtual Assistant icon at the bottom right corner of the page.

Masks - Face Covering

1. [Mandatory Mask or Face Covering By-Law](#): Wearing a mask or face covering will be required in indoor public spaces beginning July 7, 2020 under [City of Toronto By-Law 541-2020.pdf](#)
2. [COVIDCare Collective Financial Support for Hygiene Products](#): Do you require specialty healthcare items (i.e. hygiene products, medication, personal protective gear, etc.) or diet-specific items that cannot be obtained from food banks? COVIDCare Collective provides you financial support.
3. [TTC Mandated Face Covering Starting July 2nd](#)

4. [Information Sheets on Face Covering in PDF](#) available in multiple languages. Please click on the language to view or download the information in relevant language. [English](#), [Mandarin](#), [Tagalog](#), [Hindi](#), [Arabic](#), [Farsi](#), [Urdu](#), [Pashto](#), [Korean](#), [Bengali](#), [Slovak](#), [Hungarian](#), [Tigrinya](#), and [Amharic](#)

Back to School Information, Supports & Services

1. [COVID-19 School Information for Parents and Caregivers](#): Toronto Public Health's tips on how to prepare for school during COVID-19 and what parents need to know if there is a case of COVID-19 at school.
2. [Mental Health At School](#): Connecting you to mental health and addictions programs, services and resources in your community, powered by [thehealthline.ca](#)
3. [COVID-19 measures announced for youth and students](#)

M. Public and Community Services during COVID-19

1. [Public Transit Guidelines for Passengers](#): Measures designed to keep passengers and employees safe as more people go back to work during COVID-19.
2. [Affected Toronto City Services](#): List of City of Toronto services that are closed and programs cancelled.
3. [Ontario Second Provincial Emergency January 2021](#): Ontario Government announced closure of non-essential services. New restrictions and enforcement measures.
4. [Immigration, Refugees and Citizenship Canada](#): Online information on implications of COVID-19 on immigration, travel, refugees, permanent residents, passports. Information for Newcomers.
5. [211: Online Searchable Database](#) for Community and Settlement Services. Updated regularly during the COVID-19 Outbreak.

This Resource List is a collation of information-gathering and tracking efforts from a variety of human services professional networks, community organizations, City of Toronto divisions, and federal and provincial government sources. Thank you to the many contributors and sources, including:

- Toronto North Local Immigration Partnership
- Black Health Alliance
- Delta Family Resource Centre
- Indigenous Services Canada
- The 519
- Toronto Public Health
- Toronto Public Library
- Toronto Children's Services
- Toronto Social Development, Finance & Administration