



❄️ TDSB WINTER WELL-BEING GUIDE ❄️

While this year is definitely a little different, let's get cozy and try to appreciate what the winter season has to offer. There are lots of great activities to enjoy, both indoors and out, and it may be an opportunity to explore new places or try new experiences or activities.

This year, it will be important that we:

- Anticipate, plan for, and talk together about how things are different
- Focus on what gives you and your family joy and meaning
- Focus on the positive - and what you can do
- Take care of ourselves and reach out for help if needed
- Invite family members to use their imaginations, get lost in a book, try a new game, or make the most of the winter weather
- Create opportunities to connect with others through virtual meets, walks in nature, telephone conversations, sending cards/letters
- Show gratitude to ourselves and others - giving and receiving thanks helps everyone feel better
- Respect and support health guidelines for the good of us all

Below is a winter guide for families in our TDSB community. This guide contains information about:

- **Mental Health and Well-Being Resources**
- **Winter Programming/Activities in the City for Families**
- **Health and Physical Education Resources**
- **Stay at Home Activities**
- **Resources For Youth**
- **Resources For Students with Special Needs**
- **Tip Sheet For Families Celebrating A Holiday**

*Click on each of the headings above to access resources



Mental Health and Well-Being Resources

School Mental Health Ontario: Parents and Families - COVID-19

What's Up Walk-In® | Mental Health Counselling

Lumenus | Mental Health, Developmental & Community Services

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: 1-866-345-0224

Good2Talk - Confidential support services for ages 17 to 25. Toll-free: 1-866-925-5454 or text GOODTOTALKON to 686868

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

- **How to reach out during the holidays**

COVID-19: Mental Health Resources – City of Toronto

Daily Bread Food Bank

Winter Programming/Activities in the City for Families

Welcome to Winter – City of Toronto

A New Way to Play: Recreation During COVID-19

Holiday CampTO - Registration is ongoing for holiday CampTO programs-a new day camp program featuring smaller group sizes and aligning with health guidelines.

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.

Participaction - Resource to support families staying physically active.

Health and Physical Education Resources - Resources to support parents and caregivers with health and physical education at home.



Heart and Stroke - Tips for eating healthy and keeping active.

Stay at Home Activities

20+ Cool Virtual Field Trips for Kids - take a virtual trip to amusement parks, national parks, museums and other attractions from your own home

Bring Dance Into Your Home-National Ballet

Follow Along Dance Videos For Kids

Indoor Winter Activities For Kids

YGym-Virtual Physical Activities

Resources For Youth

Winter Choice Board for Students (Grade 8-12)

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.

Lesbian Gay Bi Trans Youth Line

Government Financial Support - Includes COVID-19 financial support.

Across Boundaries Onsite Programs + Services - 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.

No Problem Too Big Or Too Small - Help-seeking resource for students.

Woodgreen - Social, employment and academic supports for youth.



Resources For Students with Special Needs

Community Resources, Funding and Services

