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Navigating COVID-19 - Helpful Resources for High School Students, Young Adults and Families From JF&CS Outreach Social Work Team

Our brains don't have a template, or the past experience, to help us understand what's going on right now. It's okay to not be okay. There are lots of supports available to help you, and those around you, get through this challenging time.

Online Talk Therapy

- [Affordable Therapy Network](#) - offering reduced rates, low-cost, sliding scale online therapy options
- [Balanced Mind and Wellness Inc.](#) - phone and secure video counselling in GTA, psychotherapy & naturopathic services
- [BetterHelp](#) - offers \$40 to \$70 weekly plans, support can be via text/chat or video call, US-based, however clients can be from anywhere
- [Big White Wall](#) - free mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events, available 24/7/365
- [Greenspace Mental Health](#) - finds you a therapist matched to your needs, available in GTA, sessions in person or online video (therapy fees apply)
- [Inkblot](#) - virtual therapy sessions
- [Layla](#) - finds you a therapist matched to your needs, available in Ontario, free initial phone call, sessions in-person, online via video, or over phone
- [Maple](#) - offers psychotherapy appointments via their secure app, sessions can be 30 or 50 mins in length; in addition to providing psychotherapy nationally, Maple is currently offering OHIP funded COVID-19 testing as well as their regular on-going support for additional health challenges (ie: UTI, birth control refill, strep throat, etc.)
- [New Creations Counseling](#) - offers online therapy for individuals and couples
- [Open Path Collective](#) - sliding scale for individual therapy (\$30-\$60) and couples/family therapy (\$30-\$80)
- [Pathway-Therapy](#) - in-person and online options, sliding scale now available to support a wider range of people during the COVID-19 pandemic
- [Shift Collab](#) - in-person and online options, sliding scale available, free initial consult call
- [Straight Up Health](#) - practice targeted for teens, young adults and their caregivers, currently offering one free 30-minute support call by telephone/video, email hi@straiqhtuphealth.ca to book a session with a therapist
- [Talkspace](#) - currently offering \$100 off their plans, matched with a therapist with whom you communicate via written messaging or video chat
- [7 Cups](#) - connects you to caring listeners for free, emotional support via online chat room, licensed therapists also available for a cost

Instagram Accounts

- [@mswjake](#)
- [@straightuphealth.ca](#)
- [@therapywithannie](#)



CRA Registered Charity
118974229RR0001

Information/Articles

- [Coronavirus and your wellbeing](#)
- [Coronavirus: How to protect your mental health](#)
- [How to Stay Emotionally Healthy During the Coronavirus Outbreak](#)
- [Keeping Your Distance to Stay Safe](#)
- [Managing Stress In This Anxious Time](#)
- [Managing the COVID-19 Pandemic Panic](#)
- [Mental Health and Coping During COVID-19](#)
- [Mental Health and the COVID-19 via CAMH](#)
- [Pain in the Neck? Good Ergonomics & Working From Home](#)
- [Tackling COVID-19 Anxiety](#)
- [Take Care | Care for Your Coronavirus Anxiety](#)
- [Taking care of your mental health during COVID-19](#)
- [Talking to Kids and Teens about COVID-19](#)
- [The Emotional Hangover: What Can Happen After Your First Session with a New Therapist](#)
- [The Key To Great Video Therapy](#)
- [Working Remote and Feeling Connected During COVID-19](#)
- [5 Ways to Manage Financial Anxiety](#)

Supporting Each other/Community

- [Be There - Mental Health Support](#) - How to support those around you
- [Huddle](#) - Free video-based peer support groups around COVID-19, starts March 23
- [MDAO Forum](#) - Forum to chat with others for support

Mindfulness & Meditation

- [Balance](#) - (iOS) This month, they're offering a completely **free** one-year subscription to Balance to anyone who wants it (email access@balanceapp.com for instructions)
- [Buddhify](#) - meditation
- [Calm](#) - offering **free** meditations
- [Calm Harm](#) - learn to "ride the wave" and manage self-harming behaviours, **free**
- [Headspace](#) - offering **free** meditations for COVID19
- [Insight timer](#) - app with lots of great **free** meditations
- [Sue Hutton Mindfulness](#) - **free** online mindfulness events amidst COVID19 –check Facebook event
- [The Science of Well-Being](#) - **free** 2-week course from Yale designed to teach you how to build healthy habits and increase your happiness

Learning

- [Crescendo's](#) - Diversity & Inclusion Learning Platform, **free** for 6 weeks. Learning tracks about Connecting Pandemics & Xenophobia, COVID-19 & Socio-Economic Status, Inclusive Remote Work
- [Edx](#) - **free** online courses from top universities

Keeping Active

- Health/Fitness Accounts on Social Media
 - Sweat and Tonic
 - Well + Good
 - The Mind Geek
 - Yoga Tree
- Many studios are doing free classes on Instagram
 - BOLO
 - FIT FACTORY
 - JCC

Staying Creative

- [Affinity](#) - creative apps (similar to Photoshop, Illustrator, etc.) are completely **free** for three months, OR take 50% off if you want to buy
- [Brit+Co](#) - offering all of their creative online classes for **free** for the next two weeks - use discount code SELFCARE at checkout
- [Oh You Pretty Things](#) - Filmmaker Gary Hustwit is streaming his documentaries **free** worldwide during the global COVID crisis
- [Scribd](#) - offering **free** book downloads for first 30 days of subscription
- [Scribe](#) - offering a **free** book writing course
- [Vault Zine](#) - offering one **free** story with code TAKECARE at checkout
- [12 Famous Museums offer virtual tours online](#)

Ways to incorporate “fun” into your day:

- Going for a walk/jog/run (getting fresh air is good for the soul)
- Doing a workout class from home (e.g. follow along on an IG live account that you like)
- Cooking or baking (experiment with a new recipe)
- Reading (check out [Audible on Amazon](#))
- Writing
- Playing board games
- Listening to music or podcasts
- Watching tv shows or movies
- Arranging FaceTime “hangouts” with friends/family members – You could schedule one/a few each day as something to look forward to; as a way to remain connected to the important people in your life. **Think about who is in your quaran-TEAM.** See following page for more information.

Wishing you and your families well from the entire JF&CS Team
Our Intake lines remain open for child welfare referrals, counselling inquiries, financial support (pending eligibility) and referrals to emergency support services.

416.638.7800 x6234

A member from our Intake Team will return your call within 24 hours, please leave a safe and confidential number where we can call you back.

Post from @mswjake – March 15, 2020

Social Distancing doesn't mean
you have to sacrifice all of your social and
emotional needs during a quarantine.

@mswjake

How will you maintain social connection
while keeping your physical distance?

Who's on your quaran-team?

Maintaining social connection while keeping physical distance:

- assemble a "quaran-team":
people you can check in with regularly.
- do a hobby with someone via video chat:
read, paint, play video games, watch a movie.
- participate in a group meditation online.
- give yourself permission to enjoy the time alone.
- limit news and social media habits that enhance
feelings of isolation and loneliness.
- talk about your fears and worries with someone
who will comfort you.
- show your body you're ready for connection by
getting dressed each day and sticking to a routine.

@mswjake