



## The Couch Exchange: Professional Learning Opportunities from the Comfort of Your Own Home

Engage in webinars, apps, websites, and virtual learning to support your ongoing journey and well-being.

### Websites

- <https://www.college-ece.ca/en/Members/Resources> - Resources for Early Childhood Educators
- <https://www.childcareexchange.com/eed/> - Daily emails highlighting quotes, articles and resources
- <https://peak-resilience.com/blog/2020/3/15/covid-19-amp-your-mental-health-a-comprehensive-resource-guide> - Mental Health support through Covid-19
- <https://toronto.ctvnews.ca/arkells-teach-music-on-instagram-for-people-in-self-isolation-due-to-covid-19-1.4856823> - Learning music
- <https://earlylearningcafe.com/> - Free and paid webinars for Early Childhood Educators
- <https://www.justcolor.net/> - colouring pages for adults

### Instagram

- [Instagram@chefgoodine](#) – Want to learn some new cooking ideas? Local Chef Collin Goodine

### Apps

- [Meditation Studio](#)
- [Stop, Breathe and Think](#)