



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 11

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

- AECEO – A Plan for Child Care Reopening in Ontario and Moving to a Publicly Funded System: [click here](#)
- Canadian Women’s Foundation – Signal For Help during 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](#)
- Government of Ontario Face Covering and Face Masks: [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

- AECEO – From Reopening to Recovery – **June 2, 2020 at 1:00pm:** [click here](#)
- Focus Matters: How to Build a Nonprofit Landing Page that Drives Action – **June 2, 2020 at 1:00pm:** [click here](#)
- Ontario Teachers’ Federation (OTF) Science & Technology Inquiries for the FSL Remote Learning/Enquête sur les sciences et la technologie pour l'apprentissage à distance en FLS (session bilingue) – **June 4, 2020 from 4 :00 to 5:00pm:** [click here](#)
- Redleaf Press - Leadership for Change: Collaborative Conversations Webinar Series – **June 5 & 9, July 10 & 24, 2020 at 1:00pm:** [click here](#)
- Coping with Current Events: A Parent, Family and Caregiver Toolkit – **June 9, 2020 at 1:00pm:** [click here](#)
- Productivity at Work and on the Go – **June 9, 2020 at 7:00pm:** [click here](#)
- Niagara Suicide Prevention Coalition: Update and New Resources – **June 11, 2020 at 10:00am:** [click here](#)
- Rebuild Your ECE Program for the New Normal: Part 2- Marketing & Staffing – **June 16, 2020 at 2:00pm:** [click here](#)



- Mindful Emotion Regulation Strategies for Early Educators and the Children With Whom They Work – **June 17, 2020 at 2:00pm: [click here](#)**
- From 3D to 2D: How to Lead High-Impact Virtual Team Meetings in Times of Change – **June 17, 2020 from 5:00 to 7:00pm: [click here](#)**
- Rebuild Your ECE Program for the New Normal: Part 1- Business Practices – **June 18, 2020 at 2:00pm: [click here](#)**

Online Podcasts and Videos

- Ontario Teachers' Federation (OTF) – The Power of Relationships in Early Learning: [click here](#)
- Preparing Young Children & Families For Reopening During COVID-19 Podcast: [click here](#)
- Mastering your Theory of Change Podcast: [click here](#)
- Forever Recognize Others' Greatness Podcast: [click here](#)

Small Business Resources and Remote Office Environments

- Childcare Resource and Research Unit (CRRU) – Child Care Centres during COVID-19: [click here](#)
- AECEO – Child Care Operators' Webinar (Pre-recorded): [click here](#)
- Survey Results: How Childcare Centers are Operating in the 'New Normal': [click here](#)
- 6 Ways to Connect With Parents Offline During COVID-19: [click here](#)
- Ways to Social Distance at Preschool during COVID-19: [click here](#)
- Public Services Health and Safety Association | Health and Safety Guidance During COVID-19 For Employers of Office Settings: [click here](#)

Early Learning Websites

- Outdoor Play Canada - Pandemic Play: Child-Centred Policy in a Global Crisis: [click here](#)
- College of Early Childhood Educators (CECE) College Talk: COVID-19 heroes: RECEs in Emergency Care: [click here](#)
- Childcare Resources and Research Unit (CCRU) Child care and COVID-19 in Canada: [click here](#)
- College of Early Childhood Educators (CECE) COVID-19 Updates: [click here](#)
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: [click here](#)



Health and Wellness

- Bedtime with Bethesda – Goldilocks and the Three Bears: [click here](#)
- Movement Monday with Bethesda – Spell Your Name: [click here](#)
- Mindful Monday – **June 1, 2020 at 6:30pm: [click here](#)**
- Avoid Burnout and Uplevel your Work through Health and Wellness – **June 9, 2020 from 9:00 to 11:00pm: [click here](#)**
- Key Tips for Sanitizing your Mobile Phone: [click here](#)
- Rachelle Gibbs' Mindful Education Developing Authentic and Positive Relationships: [click here](#)
- 10 Ways to Lift a Mood: [click here](#)
- Q&A – Stress Management Tips: [click here](#)
- *Am I Safe?* Exploring Fear and Anxiety with Children: [click here](#)
- Wellness Together Canada: Mental Health and Substance Use Support: [click here](#)
- Niagara Region Mental Health Services for Adults: [click here](#)
- Pathstone Mental Health Services: [click here](#)
- Centre for Addiction and Mental Health (CAMH) Covid-19 Updates: [click here](#)
- Canadian Mental Health Association Niagara (CMHA) Mental Health Brochures: [click here](#)
- Mental Health Works: [click here](#)
- The YMCA is offering free resources for wellness at home for adults and kids: [click here](#)

Resources for Working With Children of All Ages

- AutismOntario Niagara Region Space Activities: [click here](#)
- Cook Smart Free Online Cooking Classes for Children: [click here](#)
- NASA Space Place – Explore Earth and Space! [click here](#)
- Scholastics Online Space Activities: [click here](#)
- DIY Cardboard Playhouse for Kids: [click here](#)
- Greater Good in Education – Gratitude Questions for Kids: [click here](#)
- Nuttah & Kitchi COVID-19 Journal & Activity Book: [click here](#)
- Nuttah & Kitchi Project: Protect Our People Stay Healthy – Keep Safe: [click here](#)
- Sage Tyrtle Online Storyteller: [click here](#)
- Cognitive Development Activities: [click here](#)
- Brain Resource Encyclopedia on Early Childhood Development: [click here](#)
- Children See Children Learn Tips and Advice: [click here](#)



Outdoor Activities

- How to Compost Food Scraps: [click here](#)
- Finding Nature - National Park Service COVID-19 posters and graphics: [click here](#)
- Nature Explore: Learning Naturally Online Sessions: [click here](#)
- Outside Every Day Challenge / Reto de Cada Día Afuera: [click here](#)
- Backyard Camp – Fresh, Fun, and Simple Ideas: [click here](#)

Cultural and Entertainment Opportunities

- WE Celebrate Class of 2020 – June 6, 2020 at 8:00pm on CTV: [click here](#)
- J.K. Rowling's The Ickabog/Illustration Contest: [click here](#)
- WildEarth's safariLIVE: [click here](#)
- Cirque Du Soleil's CirqueConnect: [click here](#)
- First Ontario Performing Arts at Home: [click here](#)
- Virtual Hiking Trails Around the World: [click here](#)

Uplifting Story of the Week

- Surviving COVID-19 Together! Early Educators to Share Words of Hope & Encouragement: [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](#)
- **Free Resource Highlight**
 - Indoors Out, Indoors In: [click here](#)
 - Grant Support and Resources: [click here](#)
 - Looking Forward: Webinars and Resources Related to Reopening Businesses: [click here](#)