

Learning from Home

1 CREATE A ROUTINE:

- Make a routine together with your child
- Plan time for wakeup, breakfast & getting dressed
- Schedule start of learn time
- Set breaks for snacks, free time, fresh air & exercise
- Include time to connect with friends (virtually or by phone)

MAKE IT FUN

2 SET UP A LEARNING SPACE

- Choose a space that works best for your family
- There should be good lighting & minimal distraction
- Provide a basket or bins for your child to organize materials
- Access to a computer/tablet or other smart device, if possible
- Record logins and passwords for online learning in one place

GET SET UP

3 MAKE A LEARNING PLAN

- Plan blocks of learning time
- Invite your child to make a daily agenda or 'shape of the day'
- Plan breaks between learning tasks
- Be flexible and patient – ease into it!

MAKE A PLAN

4 CONNECT & SUPPORT

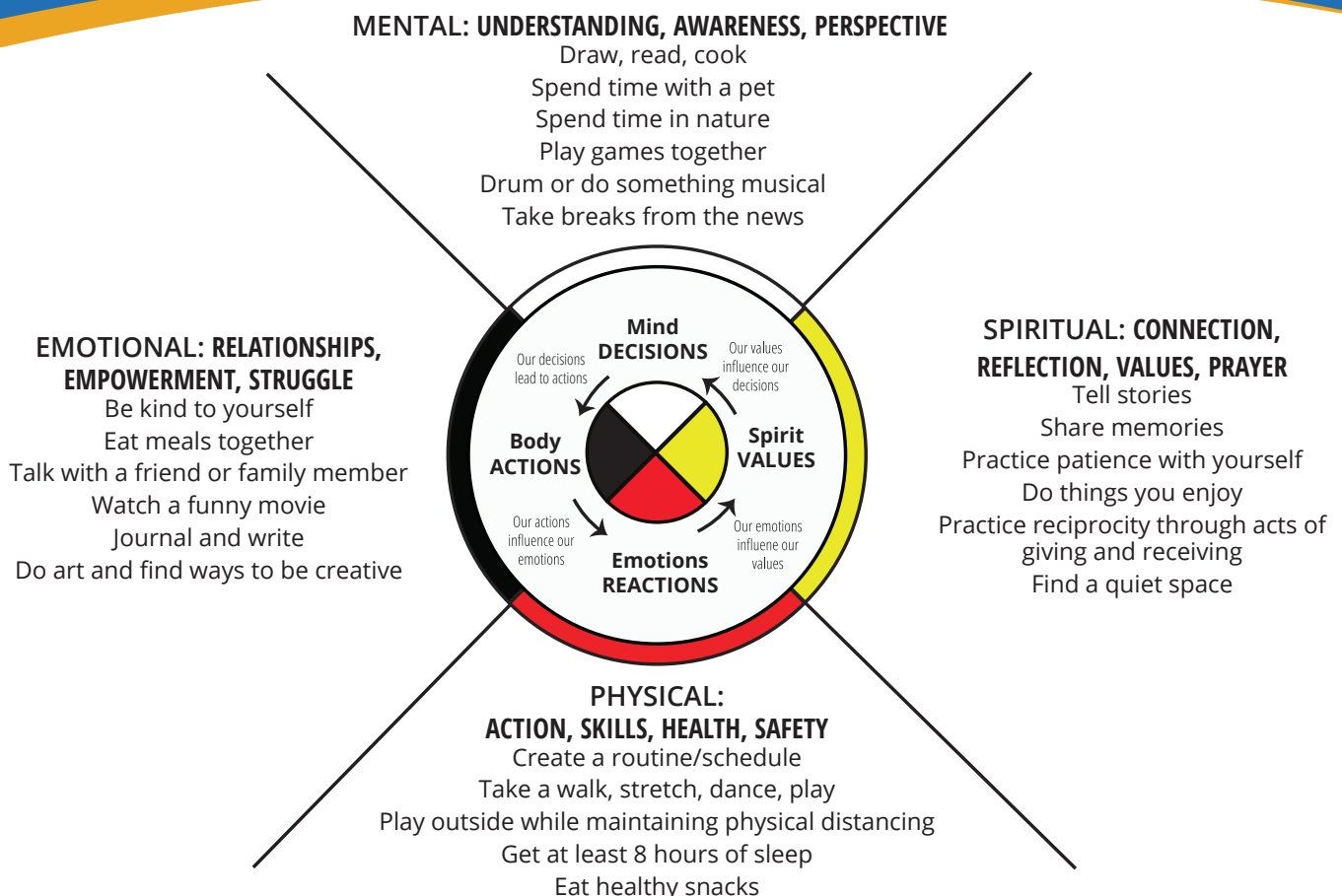
- Give your child some responsibilities for sharing in household tasks like cooking, laundry & cleaning
- Ask questions, offer choices
- If your child is struggling, contact the teacher
- Talk about emotions and coping strategies - this is a new situation for all
- Stay connected to family and friends (virtually and at home)

WE ARE IN THIS TOGETHER

5 HEALTHY LIFESTYLE

- Have healthy snacks accessible throughout the day
- Drink lots of water
- Plan for daily physical activity, inside and outside
- Balance screen-time with offline activities

TAKE CARE OF YOURSELF



Child and Youth Resources

BC MENTAL HEALTH

Crisis Line 24hr. 1-800-784-2433
Support 24hr 310-6789

CHILD & YOUTH MENTAL HEALTH

Access & Assessment Centre (17+) 604-675-3700
Alan Cashmore. 604-675-3996
Centralized Addiction Intake Team
(youth substance use) 604-209-3705
Child & Adolescent Response Team 604-874-2300
Northeast Intake 604-675-3895
Pacific Spirit Intake. 604-267-3970
Youth Outreach 604-688-0551

CRISIS CENTRE 24/7

Chat (Noon-1am). youthinbc.com
Distress Line 604-872-3311
Suicide Line 1-800-SUICIDE

DAN'S LEGACY

Counselling & Food Services 604-999-9136
or danslegacy.com

FOUNDRY BC

Chat, video and phone counselling available to 12-24yr
old. 1-833-308-6379
Online foundrybc.ca

KIDS HELP PHONE 24/7

Live Chat (9pm-4am) kidshelpphone.ca
LGBTQ youth text 'LGBTQ' to 686868
Text 'CONNECT' to 686868
Voice call 1-800-668-6868

MINISTRY OF CHILD & FAMILY DEVELOPMENT

After hours 604-660-4927
Helpline. 310-1234
VACFSS 778-331-4500

RAPE CRISIS CENTRE (24HR) 604-255-6344

SAFE HOUSES

Aboriginal 604-254-7811
Covenant House Crisis Shelter. 604-685-7474
Directions 604-877-1234
Mark's Place 604-261-7827

URBAN NATIVE YOUTH ASSOCIATION (UNYA)

Virtual supports (text, email, or voice) by calling.
604-254-7732

YOUTH AGAINST VIOLENCE 24/7

Phone. 1-800-680-4264
Text. 604-836-6381

YOUTH CLINICS & SEXUAL HEALTH

Sex Sense (9am-9pm). 604-731-7803
Youth Clinics (leave msg). 778-871-7132

APPS (FREE) - MINDSHIFT / HEADSPACE / CALM

Adult and Family Resources

ADULT WELLNESS SUPPORTS

Emergency 911
HealthLink BC 811
AboriginalHealth - vch.ca/your-care/aboriginal-health
British Columbia Psychological Association -
free counselling for 19+ 604-827-0847
Bounce Back (bouncebackbc.ca) 1-866-639-0522
Crisis Centre Webinars. crisiscentre.bc.ca
Crisis Intervention & Suicide Prevention 24hr
604-872-3311
First Nations Health Authority 604-693-6500
Here to Help (heretohelp.bc.ca). 310-6789
Hope for Wellness (Indigenous).
Toll-free. 1-855-242-3310
Chat hopeforwellness.ca
Kelty's Keys Counselling for Adults keltyskey.com
Kelty Mental Health 604-875-2084
KUU-US Aboriginal Crisis Line 1-800-588-8717
MindHealth. mindhealthbc.ca
Distress Line. 1-800-784-2433
Chat Line. crisiscentrechat.ca
Vancouver Aboriginal Health Society 604-254-9949

FAMILY SUPPORTS

Child Protection 1-800-663-9122
Family Smart 1-855-877-8004
Family Support Institute 604-540-8374
Kinbrace Refugee Support 604-255-9691
Ministry of Family & Child Development . . 604-660-4927
Mosaic Settlement Services 604-254-9626
Parent-Teen Mediation. email: skurji@fsgv.ca
Vancouver Aboriginal Child & Family Services Society
(VACFSS) 778-331-4500
VictimLink 24/7 1-800-563-0808

FINANCIAL SUPPORTS

BC Emergency Supplement www2.gov.bc.ca
BC Hydro bchydro.com
Canada Emergency Response Benefit
CERB 1-833-966-0299
or visit canada.ca
ICBC icbc.com

INTERNET

Shaw Go Wifi open to everyone
TELUS \$10/mth telus.com
Connecting Families. connecting-families.ca

FOOD AND NUTRITION

City Reach Food Hamper. cityreach.org
Dinner Devils dinnerdevils.com
Vancouver Food Bank foodbank.bc.ca
Kiwassa Food Hub. kiwassa.ca