

This list has been compiled by the VSB SWIS Program

SERVICES FOR CHILDREN AND YOUTH

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<p>Government of British Columbia</p>	<p>Child Care for pre-school children of Essential Service Workers</p> <ul style="list-style-type: none"> • This program will match the young children of workers whose work is essential to the COVID-19 response with available safe day care facilities that are convenient to them • Emergency funding and other subsidies may be applied for as well 	<p>Any Vancouver worker in</p> <ul style="list-style-type: none"> - Health Services - Social Services - Law Enforcement - First Responders - Emergency Response with children age *5* years or younger 	<p>Application form is available at</p> <p>For more details go to: https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-response-covid-19/child-care-response-covid-19-parent</p>	<p>https://forms.gov.bc.ca/family-social-supports/child-care-for-essential-service-workers/</p>
<p>Westcoast Child Care Resource Centre</p>	<p>Child Care for 0-12 year old kids of Essential Service Workers</p> <ul style="list-style-type: none"> • This program will match the young children of workers whose work is essential to the COVID-19 response with available safe day care facilities that are convenient to them • Emergency funding and other subsidies may be applied for as well 	<p>Any Vancouver worker in</p> <ul style="list-style-type: none"> - Health Services - Social Services - Law Enforcement - First Responders - Emergency Response with children age *12* years or younger 	<p>More details and Application Form are available online.</p>	<p>https://forms.wstcoast.org/s3/childcare-needs</p>

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Provincial Affordable Childcare	Childcare benefit	Families that earn up to \$111,000 (or more with deductions)		https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/service-provider-portal-child-care-providers
Anxiety Canada	My Anxiety Plan (MAP) for Children and Teens is a 46-lesson (10-hour) cognitive-based therapy course helping parents coach anxious children and teens with proven coping	<ul style="list-style-type: none"> • Job loss due to sickness/injury or shortage of work. • Worked 420-700 hours. • ROE Required 	Requires registration, but is free. Click the 'Start Now' button on this web page to register	https://maps.anxietycanada.com/courses/child-map/
Kids Help Phone	Mental Health supports/answers questions regarding COVID- 19 impacts to children and youth's mental health. Services are completely confidential and at no cost.	Children and Youth	General info is at the website https://kidshelpphone.ca but the Chat service on that site are temporarily closed	Kids Help Phone currently offers its services via phone or text Tel: 1-800-668-6868

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CBC Kids News	Provides facts, debunks myths and provides information and news videos and articles about COVID-19	Any kid	<i>[Internet access]</i>	https://www.cbc.ca/kidsnews/post/watch-coronavirus-facts-versus-fiction
Crisis Centre	<ul style="list-style-type: none">• Provides twice-weekly 30 minute webinars on a variety of mindfulness-based activities that teen viewers can try• Zoom Webinars play Tue & Fri 1:30-2:00 PM	Any teen left bored, anxious, lonely or unconfident by the COVID-19 crisis	<i>[Internet access]</i>	https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation
BC Children's Hospital's Kelty Mental Health Resource Centre	Provides strategies for talking to children about COVID-19	Any Parent or Caregiver of children at home	<i>[Internet access]</i>	https://keltymentalhealth.ca/blog/2020/03/talking-children-about-covid-19

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BC Ministry of Children & Family Development	Tips and links to information sources for funding, health care and mental health strategies for children & families	Children, youth, families and their caregivers & service providers	<i>[Internet access]</i>	https://www2.gov.bc.ca/gov/content/family-social-supports/covid-19-information
Urban Native Youth Association (UNYA)	<ul style="list-style-type: none"> • Provides health and wellness counseling as an essential service during the COVID-19 crisis. • The UNYA Facebook page provides yoga videos and other relaxation techniques 	Indigenous youths between the ages of 12 and 30	Native Youth Health & Wellness Centre (NYHWC) temporary clinic hours and rules: https://unya.bc.ca/programs/#calendar Yoga videos and general news: https://www.facebook.com/urbannativeyouthassociation/	General info and signup for E-mail alerts at: https://unya.bc.ca/about/covid-update
Jack.org	Provides information, mental health coping tips and links to resources on COVID-19	Jack.org's audience of young mental health advocacy activists and youths & young adults	<i>[Internet access]</i>	https://jack.org/Stories/Our-mental-health-during-COVID-19
YMCA Online classes	YMCA free online classes boot camp, barre, yoga, weightlifting, boxing, Tai Chi and more.	Open to all. No membership is needed for the online classes.		Access at: https://ymca360.org

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Fed Connects	<ul style="list-style-type: none"> • Fed Family Chat (via Zoom video), Hours: Mon-Fri 3-4 PM • Harry Potter Book Club, Hours: Tue and Thu 11 AM-12 PM 	Youths age 14-24	Join <i>Fed Connects</i> on Facebook	Info Available : https://www.facebook.com/groups/1621276191346697/
BC Crisis Centre's Tools for Managing Uncertainty and Change	Supporting mental health and well-being by expanding mindfulness-based programs online for youth and adults	Youth	<i>[Internet access]</i>	Info available : https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation
Audible.com	Provides many of its online audio books for free	Open to all	<i>[Internet access]</i>	Access free books at : https://stories.audible.com/start-listen

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Online Art Classes	10 free university art classes	Open to all	<i>[Internet access]</i>	Info available : https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online
Free University Courses	190 universities are offering free courses	Open to all	<i>[Internet access]</i>	Info available : https://www.classcentral.com/report/new-courses-october-2018
Internet Archive Books	Provides 1.4 million free books online	Open to all	<i>[Internet access]</i>	Access free books at : https://stories.audible.com/start-listen
National Child Traumatic Stress Network	One article providing recommendations to educators supporting students during the COVID-19 crisis	Any educator	<i>[Internet access]</i>	https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus

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<p>Vancouver Aboriginal Child and Family Services Society (VACFSS)</p>	<p>This org providing community-based social services to indigenous youths and their families has canceled all their face-to-face events and put on hold all non-essential work in their offices.</p>	<p>Aboriginal children and families of Vancouver and their caregivers</p>	<p>A great guide to COVID-19 in children's book format (in English and Italian): https://www.vacfss.com/wp-content/uploads/2020/03/Coronavirus-guide-for-children.pdf</p>	<p>For advice to the community on COVID-19 and updated news on services, go to: https://www.vacfss.com/news/covid-19-preparedness</p>
<p>National Assn of School Psychologists (NASP)</p>	<p>Probably the most comprehensive web page of links to services, advice and educational tools & resources for youth educators, counselors and parents on how to help children understand or cope with the COVID-19 crisis</p>	<p>Any school teacher or psychologist or parent of a school child</p>	<p><i>[Internet access]</i></p>	<p>https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center</p>

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Child Trends	This education organization focused on vulnerable children has posted a new blog page with detailed advice for taking care of the emotional health of your children during the COVID-19 pandemic	Any parents, educator or caregiver of children or youth	Both the main recommendation and links to other resources	https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic

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Kiwassa Neighbourhood House	<p>This community agency providing a wide variety of free or low-cost social services to the less advantaged has posted on their website a COVID-19 Blog page discussing their affected services</p> <ul style="list-style-type: none">• The Neighbourhood House is closed to the public• The Hasting Sunrise Community Food Hub, Saige Community Food Bank and MCFD North Hub continue with new access rules• Almost all group meetings and events are canceled for now	Children, youth, adults, seniors and families in East Vancouver	<p>The new blog page has a precise list of the services that continue (and their new rules) and of the groups and events that have been canceled until further notice</p> <p>For new updates, also check out their Facebook page at: https://www.facebook.com/KiwassaNH/</p>	<p>https://www.kiwassa.ca/blog/covid-19-update</p>

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Covenant House Vancouver	This shelter for young victims of physical, emotional and sexual abuse or who have been forced out of their homes continues to provide its food, shelter and medical care services during this crisis	Young victims of abuse or neglect aged 16-24	Visit the website or call: 1-877-685-74674 or go to: 1302 Seymour Street	https://www.covenanthousebc.org/continuum-of-care/