

OAPCE Parent Resources

Federal Government Parent Online Resources for Families

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-parents-children.html#a2>

Mental Health and Distress

Covenant House (for youth who are homeless, trafficked or at risk).

www.covenanthousetoronto.ca

CAMH-www.camh.ca

Youth and Psychiatry Division
Mood and Anxiety Service for Children and Youth

Lighthouse for grieving children:

www.grievingchildrenlighthouse.org

info@grievingchildrenlighthouse.org

Parents' Guide to Funding Higher Education, Scholarships Canada Tip Sheet

https://www.scholarshipscanada.com/Counsellors/Handouts/SC_Parents_Guide_Funding_Higher_Education.pdf

Education related faith Resources:

Assembly of Catholic Bishops **Fully Alive resources Grade 1-8** The entire program, from Grade 1 through Grade 8 is designed to encourage children to become the people God wants them to be — to be fully alive. Links by grade include prayers by grade level.

Growing in Faith Growing in Christ, one of the goals of this program is to strengthen the home-school-parish connection. To help build this connection, Growing in Faith, Growing in Christ features a website for students and families.

Visit the website at www.pearsoncanada.ca/growinginfaith/student-home.

Parent Educational Resources for their Children:

<https://www.tvokids.com>

<https://www.khanacademy.org>

Parent Engagement Speakers:

Ann Douglas- Author, Speaker about parenting and mental health

www.anndouglas.net

Karen Skinulis-Registered Psychotherapist (specializing in parenting issues)
888-647-9094 (out of Richmond Hill)

Cathy O'Toole
Clinical Social Work/Therapist
Specializing in youth, families and adults.
844-334-7418