

# Harrison Hot Springs Elementary Resources

Hi students & families! These are times when we need support the most. I wanted to share some resources that you might find helpful. Many of these are support options that we ourselves have utilized and we strongly hope that you and your families are able to access as we navigate these uncertain times together. Our Child Care Counsellor, [aryn.kennedy@sd78.bc.ca](mailto:aryn.kennedy@sd78.bc.ca), is available if you need additional support.

Here are a few pointers that we love and wanted to share as well!

1. **Focus on what you can control and try not to stress over the things you cannot.** We can choose a more positive attitude, to see what we can learn through this and take any opportunity to spread kindness. Also, if you can, be informed, but work towards limiting how much media you absorb because that can be a lot to take in!
2. **Stick to routines!** Try to choose a morning or night routine that includes at least 3 things which support your physical and mental health. For example: 30 minutes of exercise, scheduled quiet time, making your breakfast, getting outside, doing something creative or reaching out to someone that makes you laugh :)
3. Remember, the thing that is **most is your overall well-being**, so please never hesitate to reach out and contact a teacher, SEA, First Nations Support Worker or one of us via email if you feel like you need to.

**So, take it one day at a time and maybe, if you feel overwhelmed with information, attempt to check out just one of these links below and see how that goes. We are here for you!**

## Sections Included:

1. **Local Supports for Family & Youth**
2. **Mental Health Online Supports**
3. **Free Online Learning Resources- all ages**
4. **Helpful Online Articles/Videos/Apps**



# 1. Local Supports for Family and Youth

- 1. Child & Youth Mental Health (Fraser Cascade): 604 316-7670**  
Child & Youth Mental Health Intake Clinic for youth struggling with mental health related issues. CYMH intake process will currently take place by phone and video.
- 2. Agassiz Harrison Community Services: 604 796-2585**  
<http://agassiz-harrisoncs.ca/>  
Phone Counselling is available for brief sessions if students or parents would like to touch base or check in with a counsellor. People can access services such as emergency food bank, literacy & ESL, help locating government services and completing forms, parent-teen conflict, drug and alcohol counselling, family and 1:1 therapy. We also provide play and art therapy for children.
- 3. Xyolhemeyth- <https://www.fvacfss.ca/>**  
**Family Services Society: 1-866-851-4619 After Hours 1-800-663-9122**  
(FVACFSS) is British Columbia's largest fully delegated Aboriginal child welfare agency providing culturally appropriate and holistic services through prevention, community development, and child welfare programs to Aboriginal (status, non-status, on-reserve, off-reserve,
- 4. Sts'ailes Band Office: <http://www.stsailes.com/> 604 796-2196**
- 5. Seabird Island Band Office: <http://www.seabirdisland.ca/>**
- 6. Valley Youth Center: 604 796-2585 [facebook.com/OurVYC/](https://www.facebook.com/OurVYC/)**  
Valley Youth Center is currently working on ways to continue supporting our local youth. Check out their website for the latest news and updates!
- 7. FraserHealth: <https://www.fraserhealth.ca/>** Provides a variety of health related information and services to individuals in the Fraser Valley Region.
- 8. Ann Davis Transition Society:** Ann Davis provides counselling, education, prevention and support services by those affected by abuse or violence. Extensive resources are available on the website.  
<https://www.anndavis.org/> 604 792-2760

## 2. Mental Health Online Supports

- 1. Kids Help Phone: [kidshelpphone.ca](http://kidshelpphone.ca) 1-800-668-6868** Kids Help Phone is Canada's only 24-hour counselling service for children and youth. Provides counselling directly to children and youth directly between the ages of 4 and 19 years and helps adults aged 20 and over to find the counselling services they need. Parents, teachers and any other concerned adults are welcome to call for information and referral services at any time.
- 2. YouthinBC [youthinbc.com](http://youthinbc.com)**  
Youth in BC in a 24 hour crisis line is a program of the Crisis Center which connects youth with support, information and resources. Youth in BC is for youth who need a safe, respectful place to access support and information, or just someone to listen without judgment.
- 3. Anxiety Canada [anxietycanada.com](http://anxietycanada.com)**  
Provides expert tools and resources to help Canadian's manage anxiety. Here, you'll find a resource of simple, step-by-step instructions on how to deal with symptoms related to specific anxiety disorders as well general strategies — such as how to get a good night's sleep or how to deal with uncertainty in your daily life.
- 4. Youth Space: <https://www.youthspace.ca/>  
IM Chat and text 778-783-0177**  
Before messaging us, please read our **"Terms of Service"**.  
Youthspace.ca provides emotional support and crisis intervention service for young people under 30. Both online chat and text options are available to support you- whatever you are going through.
- 5. Hey Sigmund: <https://www.heysigmund.com/>**  
"Where the Science of Psychology Meets the Art of Being Human. This website contains the latest research and news in psychology. It attempts to bring psychology into the mainstream, unfolding the brilliance that happens within the scientific realm. We will explain what it all means and why it matters."
- 6. Kelty Mental Health Resource Centre: <https://keltymentalhealth.ca/>**  
Kelty Mental Health Resource Center helps families across the province navigate the mental health system, listen and offer peer support, and connect them to resources and tools.

7. **Teen Mental Health** [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

Teen Mental Health offers a wide variety of tools and resources for parents and teens to help them navigate through a variety of mental health related issues including: understanding the teenage brain, anxiety, depression, sleep issues, and much more.

8. **Foundry:** <https://foundrybc.ca/>

Foundry offers young people ages 12-24 health and wellness resources, services and supports- online. This includes the links to helpful apps, games, worksheets, quizzes, MINDCHECK and other sites.

**Foundry APP Link...** <https://foundrybc.ca/get-support/apps-tools/>

- a. **Mind Your Mood:** <https://mindyourmind.ca/>
- b. **Headspace:** <https://www.headspace.com/>
- c. **moodgym:** <https://moodgym.com.au/>
- d. **breathr app:** <https://keltymentalhealth.ca/breathr>
- e. **Sam app:** <http://sam-app.org.uk/>

9. **Mindfulness for Teens: Guided Meditations**

<http://mindfulnessforteens.com/guided-meditations>

10. **Mindshift CBT (Cognitive Behaviour Therapy) App:**

<https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/>

The Mindshift CBT (Cognitive Behaviour Therapy) App, gives Canadians free anxiety relief as it employs scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.

11. **Yoga With Adrienne:** [yogawithadriene.com](http://yogawithadriene.com)

Yoga with Adrienne is an excellent free yoga site that provides hundreds of free online yoga videos dedicated to overall health and well being. This includes yoga videos for sleep, relaxation, anxiety, depression, stress and much more.

12. **Walk Along: A Mental Wellness Companion**

[tps://www.walkalong.ca/explore/mind-steps](https://www.walkalong.ca/explore/mind-steps)

Walkalong offers a variety of self-help exercises and tools to help people who may be struggling with their overall mental well-being.

13. **Canadian Mental Health Association** [www.cmha.ca](http://www.cmha.ca)

CMHA National has a comprehensive range of information available to download from their website, including a complete series of pamphlets with vital information on mental health and mental illness. Additionally, you will find many resources pertaining to mental health and high school for teachers, parents and students at [www.cmha.ca/highschool](http://www.cmha.ca/highschool)

### 3. Free Online Learning Resources

1. **KhanAcademy:** <https://www.khanacademy.org>

This web site provides free, fun online learning classes (with assessments) for math, science, storytelling, computer programming, history, art, economics and much more!

2. **Podcasts.....**

These science and technology related podcasts will ignite student curiosity and wonder about the world of science. Topics range from “The secret world of dust” to “Dreams: The science of a sleeping brain.”

**Wow! In the world**

<https://www.npr.org/podcasts/510321/wow-in-the-world>

**Brains On!** <https://www.brainson.org>

3. **Epic books:** <https://www.getepic.com>

This resource is free for a month and contains thousands of fiction and nonfiction books and videos, as well as a section with books that are read aloud.

4. **Math Antics:** <https://mathantics.com/> Math Antics offers free online basic math videos and worksheets.

5. **CK-12:** [www.ck12.org](http://www.ck12.org)

This free website has lessons for all grades and in many subject areas. It includes videos, books, lessons, visuals, and resources. It also has simulations to help students learn math and science concepts! Lots of options and practice are available.

6. **First Voices:** <https://www.firstvoices.com>

Students and families can learn simple phrases and words for First Nations Languages in BC.

7. **The Learning Circle** [rcaanc-cirnac.gc.ca/eng/1316530132377/153546039364](https://www.rcaanc-cirnac.gc.ca/eng/1316530132377/153546039364)  
The Learning Circle provides activities for families that are hands-on, based in nature, include short stories, and help to teach values such as sharing.
8. **CircleRound** <https://www.wbur.org/circleround>  
This web site provides carefully selected folktales from around the world that have been adapted into sound and music-rich radio plays for kids.
9. **Kids Art Hub** <https://www.youtube.com/watch?v=EZ2h6W4YVz0&t=403>  
This fun youtube video is aimed at young children who are interested in learning to draw. A ny suggested activities should be considered with the items that families currently have in their homes.
10. **Go Noodle** <https://www.gonoodle.com>  
This fun, kid-friendly site includes tips and tricks to stay active and healthy. Activities range from physically active games to yoga, mindfulness activities, and confidence boosters.
11. **Geering Up Online** <https://geeringuponline.apsc.ubc.ca/families/daily-activities/>  
Every day, Geering Up brings a new STEM experiment and activity. This site breaks down the scientific concepts behind the activity, and offers suggestions for how to try the activity at home. Live-streams will bring interactive and exciting experiences for viewers of all grades!
12. **National Geographic kids:** <https://kids.nationalgeographic.com>
13. **Brain Pop:** [brainpop.com](https://brainpop.com)
14. **Popple 365:** [pobble365.com](https://pobble365.com)
15. **myopencountry.com**  
<https://www.myopencountry.com/nature-scamenger-hunt/>
16. **lovetheoutdoors.com** <http://www.lovetheoutdoors.com/camping/ki>
17. **CBC Parents**  
<https://www.cbc.ca/parents/search/results/?q=scavenger+hunt>
18. **Read Work:** <https://www.readworks.org>

**19. Teen Mental Health Free UBC Course:** This organization also offers a free mental health course online from The University of British Columbia.  
<https://pdce.educ.ubc.ca/learn-mental-health-literacy/>

**20. Mindfulness Based Stress Reduction Free Online Course:**

Palouse Mindfulness [palousemindfulness.com](http://palousemindfulness.com) This online MBSR training course is 100% free, created by a fully certified MBSR instructor, and is based on the program founded by Jon Kabat-Zill at the University of Massachusetts Medical School. There are many free mindfulness tools on the homepage of this site (located on the left hand side under Practices).

## 4. HELPFUL ARTICLES/ VIDEOS

**1. Talking to Kids about Covid 19 (Anxiety Canada)**

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

**2. Coping with Covid 19 -Town Hall (Anxiety Canada)**

<https://www.anxietycanada.com/articles/coping-with-covid-19-town-hall/>

**3. What other trustworthy resources are available? kidshelpphone**

<https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

**4. Article: Managing Anxiety & Stress in Families with Children and Youth During the COVID-19 Outbreak**

[http://www.sharedcarebc.ca/sites/default/files/CYMHSU%20CoP%20-%20Managing%20Anxiety%20and%20Stress%20in%20Families%20with%20Children%20and%20Youth\\_COVID-19%20\(ID%20322929\).pdf](http://www.sharedcarebc.ca/sites/default/files/CYMHSU%20CoP%20-%20Managing%20Anxiety%20and%20Stress%20in%20Families%20with%20Children%20and%20Youth_COVID-19%20(ID%20322929).pdf)

Take care everyone and we hope to see you all soon!! :)