

Remote learning support
for families:
tips+ resources

YOUR AHS RESOURCES

Once again, our youngsters are learning from home. Although this is not a new experience for them, each time they return to online learning, we need to ensure that their mental health and well-being are our top priority. We know that these shifts to online learning can cause distress, resulting in heightened levels of anxiety and feelings of sadness, worry, and fear, both for our children and for ourselves. In these times of uncertainty, we need to manage our mental wellness and to seek out information regarding different ways that we can care for ourselves and our families.

[EMENTALHEALTH.CA](https://www.mentalhealth.ca)

Mental health services, help, and support in your community

[STRONG MINDS STRONG KIDS](#)

Resources that promote the mental well-being of children and youth



[SCHOOL MENTAL HEALTH ONTARIO](#)

Resources to support student mental health



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Should you or anyone in your family wish to speak with someone regarding mental health concerns, the following resources are available:

KIDS HELP PHONE

1-866-668-6868 or text CONNECT to 686868
for professional counseling, information
and support for children and adolescents

MENTAL HEALTH TO

1-866-585- 6486 for free phone or video
mental health counseling for children, youth
and families

DISTRESS CENTERS OF GREATER TORONTO

(416) 408-4357 for support for individuals in
crisis



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There is a wealth of information outlining the positive impact of exercise and physical activity on mental health and well-being. Now that the weather is improving, make sure to schedule time in your day to be active and enjoy the outdoors.

There is evidence to suggest that mindfulness and relaxation practices help to improve one's state of mind. The following are some mindfulness websites and APPS to consider:

STRETCHING AND YOGA

[Cosmic Kids Yoga](#), [Yoga for Kids](#)

RELAXATION AND MINDFULNESS

[ZenDen](#), [Monday Campaigns](#), [Headspace](#),
[Calm](#)



[The CDL Coordinators](#) are always available to speak with students. Please reach out to the CDL Coordinator at your campus should you feel that this would be helpful.

Social work support is available at all campuses. [Sarah Kazdan](#) provides services to students at the [Posluns](#) campus and [Sherry Rapuch](#) ([Jewish Family and Child Service](#)) provides support services to students at the [Kamin](#) and [Danilack](#) campuses. Please contact the CDL Coordinator at your campus should you wish to access these services.

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Create a designated workspace for your child where they will love to learn. .. Have a conversation with your child about the importance of creating an organized, structured workplace. While some students may have to share the space with other family members, they still need something to call "their own". Perhaps a basket of school supplies with their name on it that they can bring to the space, or makeshift dividers so that they have the ability to create their own space. If your child needs to share a computer, speak with the school about borrowing a computer. Children need to feel that they have something that is theirs and theirs alone.



Being at home and learning from home means that daily routines and hours of instruction will be different. Children still need routines and help establishing them. This includes going to bed at a regular, scheduled time ("it's a school night"), getting up at the same time, having breakfast, and getting dressed for the day. Their mindset at the beginning of the day dictates their mood throughout the day, and directly impacts their learning. Even structuring breaks is important. Breaks should be used to get up and leave their designated learning space, to have a "change of scenery", a healthy snack or even going outside for a nature break for a few minutes. Many students stay in front of their computers or phones during break times. They should be encouraged to step away from technology during break times.