# **Covid-19 Specific Resource Links – Ridge Meadows**

# **Drop Boxes with Flyers and Activities (updated regularly):**

[Parent Program Info](https://www.dropbox.com/sh/omy0nm0h25v12d4/AACuIes6QkHFFeD5P4OYLf6La?dl=0)

[At Home Activities](https://www.dropbox.com/sh/5vl508imdsfkp8x/AAAZ1q3Waza2x8tlOsho6pq3a?dl=0)

[Covid 19 Posters and Information](https://www.dropbox.com/sh/c70hfvnzqxjfxwi/AADRU66zmsEFbFZV56KHNzoAa?dl=0)

[Mental Health](https://www.dropbox.com/sh/b6ruxmpjjug4wcz/AAC2Z4HWpMpbjL1trRiWBOL1a?dl=0)

[Resource Lists](https://www.dropbox.com/sh/2a8og3aaokne32t/AADuMkwscvMJAvQQhqm6gCdVa?dl=0)

## **Food Security**

[United Way of the Lower Mainland Food Hubs](https://www.uwlm.ca/food-hub-locations/)

[Low Cost Free Food Ridge Meadows April 2020](https://www.dropbox.com/s/qy03yy914x0otwl/Free_lowcost_food_RM_Apr2020.pdf?dl=0) (being updated – stay tuned!)

[free and low cost food directory](https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory#.XqdHr8uos2w)

## **Financial Support**

## Federal:

## <https://www.canada.ca/en/department-finance/economic-response-plan.html#individuals>

Provincial

[COVID-19 support for individuals and families - Province of British Columbia (gov.bc.ca)](https://www2.gov.bc.ca/gov/content/covid-19/info/benefits)

## **Parent Peer Support**

Kerry Lawson (klawson@fsibc.com ); 778-868-2404 – Family Support Institute of BC (specific to Families whose children have extra support needs)

Jeannie Harnett (jeannie.harnett@familysmart.ca) Parent In Residence; provides support to parents/caregivers who are raising a child with mental health and/or substance misuse concerns.

Various Facebook pages, such as: Maple Ridge Mums Group, Moms Gone Wild Maple Ridge

## **Family Navigation (i.e. help to access various agencies/resources)**

Natalie Binns (familynav@familyed.ca ); (778)726-1826 – Family Education and Support Centre

[Child Care Resource and Referral (MRPM Community Services)](https://comservice.bc.ca/index.php/programs-services/children-youth-family-services/childcare/childcare-resource-referral-program)

Coordinator, **Community Parenting Program** - JoAnne White (jwhite@comservice.bc.ca); 604-788-9163-Community Services

## **Counselling Support**

[Covid 19 Parenting 24/7 Resources](https://www.covid19parenting.com/)

[Pandemic Parenting](https://www.pandemic-parent.org/)

[Ask Kelty Mental Health Tool](https://keltymentalhealth.ca/ask-kelty)

[Compass Toolkits – BC Children’s Hospital](https://compassbc.ca/toolkits)

[Cythera](https://www.cythera.ca/new-page-2)

[Kids Help Phone](https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/)

[Ridge Meadows Foundry](https://www.comservice.bc.ca/program/foundry-ridge-meadows/)

[CYMH (MCFD) website](https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics)

Child and Youth Mental Health (MCFD) – intake clinic – Thursday 9:00 a.m. to 4:00 p.m.; phone first at 604-466-7300

[Indigenous Child and Youth Mental Health Services](https://www.dropbox.com/s/fqljt2w912v65zg/Indigenous%20Child%20and%20Youth%20Mental%20Health%20Services.pdf?dl=0)

[Pathways](https://pathwaysbc.ca/ridge-meadows)

[Wellness Together Canada](https://ca.portal.gs/)

[Covid 19 Youth Mental Health Resource Hub](https://jack.org/covid?fbclid=IwAR2CwjN1dp8oLByO1v2SKjLywtANGizFwyHXvxJXXERlytODNS4Qu0b2fwk)

[Helping Children Cope with Covid-19](https://www.dropbox.com/s/lz0kd058rwrqf99/Helping-Children-Cope-with-COVID-19-%287-Dippity-Web-Version%29.pdf?dl=0)

[Free Webinars from the Crisis and Trauma Resource Institute](https://ca.ctrinstitute.com/?vgo_ee=Tag%2BXSUk%2F%2BS2sKezLpoo2yvoh4NIUy7ZIl24cElNLuexlHx4Z2zwYOQnLmtLKlR8)

[BC Aboriginal Child Care Society Covid Page](https://www.acc-society.bc.ca/services/early-learning-and-child-care-resources-for-navigating-covid-19/)

[Online Resources for Children at Home](https://www.dropbox.com/s/ihnkudjndt7d6x9/Online%20Resources%20for%20Children%20at%20Home.docx?dl=0)

## **Links to Other COVID Support**

[Transportation Help for Vaccines](https://mailchi.mp/bcepilepsy/bces-camp-subsidy-program-now-accepting-applications-8060817?e=635d77295a)

[SD42 Covid Response Page](https://www.sd42.ca/coronavirus-district-response/)

[Back to School Resources for Parents and Teachers (Fraser Health)](https://www.fraserhealth.ca/health-topics-a-to-z/school-health/your-healthy-back-to-school-guide%22%20%5Cl%20%22.YDk24dWSk2x)

[City of Maple Ridge](http://www.mapleridge.ca/2408/COVID-19-Information)

[City of Pitt Meadows](https://www.pittmeadows.ca/node/6459)

[Fraser Health Covid 19 Page](https://www.fraserhealth.ca/COVID19%22%20%5Cl%20%22.Xp9LwNo1s2w)

[BCCDC Self-Assessment](https://bc.thrive.health/)

[Division of Family Practice – Access to Physicians](https://www.divisionsbc.ca/ridge-meadows)

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