

The School District has compiled a list of resources to help families with supports during the COVID-19 pandemic. This document was created January 25, 2021. All the information is up to date; however, weblinks and programs can change frequently. We recommend that you call the organization before visiting in-person to ensure time and services have not changed. If a website link is invalid, try searching the organization name or resource name in google to locate the updated information.

Free and low-cost food directory		
Name	Contact Information	Resource
<a href="#">Copper Hall</a>	33129 Railway Avenue	Breakfast 8 - 9 a.m. on Monday/Wednesday/Friday Dinner 6 - 7 p.m. on Tuesday/Thursday/Sunday
<a href="#">My House</a>	7368 Proctor Street, Mission 604-287-7200	Open Monday to Friday 11 am – 5 pm for takeaway food, showers, laundry, and crisis referral
<a href="#">Haven in the Hollow</a>	32646 Logan Avenue, Mission 604-826-3634	Providing three meals per day
<a href="#">Mission Friendship Centre Society</a>	33150A 1st Avenue, Mission 604-826-1281	Lunches via brown bag takeaway on Monday to Friday
<a href="#">Food Centre</a>	32646 Logan Ave., Mission 604-814-3333	Hamper distribution is available for pickup on Monday and Wednesday between 9-11 a.m., and Friday between 9 a.m. - 12 p.m.
<a href="#">St. Joseph's Food Bank</a>	32550 7th Ave., Mission 778-201-5000	Drive through only. Their inventory is slightly down. They take guidance from Food Banks Canada
<a href="#">Starfish Pack – Mission</a>	<a href="#">Rotary Club of Mission</a> Contact: <a href="#">Janet Chalmers</a>	Starfish provides backpacks with 2 breakfasts, 2 lunches, 2 dinners and snacks to students each weekend of the school year.
<a href="#">Snack Pack Society</a>	Nadine Langford nadinesnackpacks@gmail.com 604-786-4932	Snack Pack Society provides school children with food and nutrition aid.
Financial Support		
Name	Resource	
<a href="#">Federal</a>	Funding supports for individuals and businesses.	
<a href="#">Provincial</a>	Funding support for individuals and families.	

# Parent Peer Support

Name	Contact Information	Resource
<a href="#">FamilySmart</a>	Monica Thimer Monica.thimer@familysmart.ca	Peer support, information options, resources and mentorship to families who are parenting a child, youth or young adult with mental health and/ or substance use challenges.
<a href="#">Family Support Institute of BC</a>	Kerry Lawson <a href="mailto:klawson@fsibc.com">klawson@fsibc.com</a>	Family support specific to families whose children have extra support needs.

## Family Support Agencies/ Resources

Name	Contact Information	Resource
<a href="#">Mission Association for Community Living (MACL)</a>	33345 2 <sup>nd</sup> Avenue, Mission 604-826-9080 macl@macl.bc.ca	MACL supports individuals with developmental disabilities, children requiring extra support, and their families to live meaningful lives in the community of Mission.
<a href="#">Mission Community Services Society (MCSS)</a>	33179 2nd Ave, Mission 604 - 826 - 3634 <a href="mailto:info@missionmcss.com">info@missionmcss.com</a>	Family and individual support therapy, parent education, parent/teen conflict/ mediation, life skills development, Family + Parenting Support and more.
<a href="#">Early Years - MCSS</a>	33179 2 <sup>nd</sup> Avenue, Mission 604-826-6194 <a href="mailto:kims@missionmcss.com">kims@missionmcss.com</a>	Child Care Resource and Referral Centre.
<a href="#">Mission4Kids – Family Place</a>	33179 2nd Ave Mission, BC V2V 1J9 604 - 826 - 3634	Parent education workshops and programs, a Lending Library, clothing exchange and specialty programs.
<a href="#">BC Aboriginal Child Care Society</a>	604-913-9128 <a href="mailto:reception@acc-society.bc.ca">reception@acc-society.bc.ca</a> Office Hours: M-F, 9am – 5 pm	Community outreach, education, research and advocacy to ensure every Indigenous Child in BC has access to spiritually enriching, culturally relevant early learning and child care services.
<a href="#">Fraser House Society</a>	33063 4th Avenue Mission BC V2V1S6 604-826-6810 <a href="mailto:admin@fraserhouse.org">admin@fraserhouse.org</a>	Substance use counselling and prevention services to adults, youth and families in the Mission area.

# Mental Health + Wellness

Name	Resource
<a href="#">MPSD Curriculum Connections</a>	Wellness Resources for Families.
<a href="#">Child and Youth Mental Health (CYMH)</a>	Mental Health and Counselling. #201 – 7364 Horne Avenue, Mission BC 604-820-4311
<a href="#">Crisis Centre BC</a>	Anywhere in BC 1-800-SUICIDE: 1-800-784-2433 Mental Health Support Line: 310-6789 Vancouver Coastal Regional Distress Line: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Seniors Distress Line: 604-872-1234 Online Chat Service for Youth: <a href="http://www.YouthInBC.com">www.YouthInBC.com</a> (Noon to 1am) Online Chat Service for Adults: <a href="http://www.CrisisCentreChat.ca">www.CrisisCentreChat.ca</a> (Noon to 1am)
<a href="#">Kids Help Phone</a>	Get information on equity, emotional well-being, bullying and abuse, school and work, relationships, identity and more.
<a href="#">Open Parachute</a>	Online school wellbeing programs for Canadian Students, Parents, and Teachers
<a href="#">Stigma Free Society</a>	Student Mental Health Toolkit available to youth, educators, school counsellors, and parents/ guardians who want to teach and promote mental wellness to Grades 4-7 and 8-12.
<a href="#">Heart-mind Online</a>	Resources that support the heart, the mind, and the well-being of children to help promote positive social and emotional development.
<a href="#">Wellness Together Canada</a>	Mental health and substance use support, resources, and counselling with a mental health professional.

## Activities for Kids

Looking for fun, educational, and interactive online activities kids can do from home or in the classroom? Here's a list to get you started – from virtual museum tours and yoga to coding classes, and more.

### Physical Literacy

- Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
- GoNoodle (movement and mindfulness videos): <https://www.gonoodle.com/>
- Just Dance: <https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>
- Zumba with Dovydas: [https://www.youtube.com/channel/UCOjZigyo\\_fg2V7JdGwePSwg](https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg)
- Kidz Bop: [https://www.youtube.com/watch?v=sHd2s\\_saYsQ&t=126s](https://www.youtube.com/watch?v=sHd2s_saYsQ&t=126s)

### Space and Science

- Storytime from Space: <https://storytimefromspace.com/>
- NASA image and video library: <https://images.nasa.gov/>
- Smithsonian Fun Stuff for Kids and Teens: <https://www.si.edu/kids>
- Coding with LEFT: <https://www.left.io/kids-coding>

### Virtual Tours of Museums and Art Galleries

- Vancouver Art Gallery: <https://bit.ly/2MkwyDs>
- National Museums of Canada: <https://www.historymuseum.ca/exhibitions/#online-exhibitions>
- Art Gallery of Ontario: <http://boxwood.ago.ca/>