

# Youth Opportunities Fund

## COVID-19 Resource List

### Friday April 3<sup>rd</sup>, 2020

---

#### Wellness resources

- [Mental Health and the COVID-19 Pandemic](#) – Centre for Addictions and Mental Health (CAMH)
- [COVID-19 Resource List](#) – LGBT Youth Line
- [How to Cope with Social Distancing and Working from Home](#) – My Workplace Health
- [Wellness Handouts & Self Assessments for Teams](#) – Amanda Rochelau
- [5 Practical Tips for Coping with Social Distancing](#) – The Most Nurtured IG Page
- [Black Feminist Breathing Chorus: A 21 Day Meditation Experience](#)
- [How to Cope with Social Distancing during COVID-19](#) – Kids Help Phone
- [YMCA Free Facebook Live Workouts](#) – YMCA GTA
- [Mental Health Commission Canada Resource Hub](#) - Resource Hub: Mental health and wellness during the COVID-19 pandemic

#### General Resources & Learning Opportunities

- [COVID-19 Resources For Indigenous Peoples](#) – Indigenous Climate Action
- [Resources & Tools to Help You Manage Your Business Through COVID-19](#) – The Upside Foundation
- [COVID-19 Emergency Resources For Marginalized Artists & Communities](#) – Margin of Eras Gallery
- [Updates and Resources to Support Organizations and Employees Through COVID-19](#) – Ontario Trillium Foundation
- [Navigating COVID-19: Resources for Creatives and Creative Entrepreneurs](#) – Artscape
- [Leading Groups Online: Free EBook](#) – Training for Change
- [14 Practices for Online Facilitating](#) – Youtube Video by Dr. Andrew B. Campbell
- [How to Run a Remote Team](#) – Melissa Kargiannakis, Founder of Skritswap

#### Web Based Platforms: Guides, Benefits & Shortcomings

Platform Title & Guide	Benefits	Shortcomings
Facebook Live <a href="#">Guide to Facebook Live</a>	<ul style="list-style-type: none"> <li>• Allows you to promote events ahead of time.</li> <li>• Seamless engagement with followers.</li> <li>• Free</li> </ul>	There can be lags at time.

<b>Instagram Live</b> <a href="#">14 Tips for Instagram Live</a>	<ul style="list-style-type: none"> <li>• Seamless engagement with followers.</li> <li>• Interview someone using the 'add a friend' feature</li> <li>• Free</li> </ul>	Broadcasting is only possible for one hour
<b>Zoom</b> <a href="#">Tips and Tricks of Zoom</a>	<ul style="list-style-type: none"> <li>• For remote communities, zoom has been the most consistent.</li> <li>• Widely used and accessible</li> </ul>	Monthly subscription fee. check for nonprofit rate with OM.
<b>Slack</b> <a href="#">Tips, Tricks and More - Slack</a>	<ul style="list-style-type: none"> <li>• Has been the best for communication with teams</li> <li>• Direct messages &amp; reminders feature</li> <li>• Lots of tools and can be synced with other apps</li> <li>• Able to search previous messages</li> <li>• Consider looking into what discounts you can get as a nonprofit through your OM if you are not incorporated.</li> </ul>	
<b>Monday.com</b> <a href="#">Basic Walkthrough of Monday.com- Youtube</a>	<ul style="list-style-type: none"> <li>• Great project management tool</li> <li>• social media tracking is super helpful for those using social media platforms</li> <li>• Different boards that allow for different styles.</li> </ul>	
<b>Trello</b> <a href="#">Trello Pros &amp; Cons</a>	<ul style="list-style-type: none"> <li>• Easy access, simple and colorful</li> </ul>	Needs internet access
<b>Houseparty</b>	<ul style="list-style-type: none"> <li>• Group Video Chatting App</li> <li>• Accessible on mobile</li> <li>• Free</li> </ul>	
<b>Google Hangouts</b> <a href="#">How to use google hangouts when working from home</a>	<ul style="list-style-type: none"> <li>• Mobile application</li> </ul>	Can be challenging to use for file sharing
<a href="#">Hopin.to</a>	<ul style="list-style-type: none"> <li>• Online events platform with full interaction</li> </ul>	Requires web access and costs money