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Ministry Services to Youth Aging Out Extended

Youth in care will NOT age out of services during the COVID-19 pandemic and those who have recently aged out will get extra assistance.

<https://news.gov.bc.ca/releases/2020CFD0042-000596>

COVID-19 LGBTQAI2S+ Resource Guide from Vancouver Pride

http://www.vancouverpride.ca/index.php?id=289548&fbclid=IwAR0O2wUU_9157IM8Jha0cjPMVSoB6ZMBhBuQXebEw_pha1gBwXmKfowGqgw

Meals on Wheels Info

Meal delivery is for anyone needing it

2.) They are taking great safety precautions to reduce the risk of spread of Covid-19- <https://lmow.ca/wp-content/uploads/2020/03/covid-19-update.pdf>

2.) Hot meals are delivered Monday- Friday and frozen meals for over the weekend

2.) Minimum of 1 day notice is needed for ordering

3.) Menu is online and it is a 4 week rotating menu- <https://lmow.ca/menu/>

4.) Meal drop off is between 11:30am- 1:00pm daily

5.) Delivery is volunteer based and contactless right now- volunteers knock and leave the food outside the door

6.) Invoicing for meals is monthly and here are the prices per meal:

Fresh Daily Entrée (soup and dessert included): \$6.50

Frozen Entrée (soup and dessert included): \$6.50

Fresh Daily Sandwich: \$3.50

Here is a link to their FAQ page for some more information: <https://lmow.ca/frequently-asked-questions/>

Email: info@lmow.ca

Phone number: 604-533-1679

Fed Connects!

Fed Connects programming is available to youth 14-24 years old in or from government care. This means youth who have accessed services from the Ministry of Children and Family Development and Delegated Aboriginal Agencies at any time between the ages of 0-19. Federation of BC Youth in Care Networks

The Fed is excited to announce the launch of Fed Connects!* We will provide virtual content while we navigate the new normal of physical distancing to help prevent the spread of COVID -19.

<https://fbcyicn.us9.list-manage.com/track/click?u=e4b5d4f1356f8ed8610cd62a2&id=7f2ca7f279&e=b8d919d3cb>

Events will take place via Facebook through the new [Fed Connects Group](#). Search “Fed Connects” and request to join.

Crisis Centre of BC - Special programming during the current health situation

The Crisis Centre values the importance of community, connection and support during this current health situation. To support our mental health and wellbeing, we are expanding our mindfulness-based programs online for youth and adults.

Tools for Managing Stress and Burnout: 6-Week Online (Adults)

Tools for Managing Uncertainty and Change: Free Online (Youth)

These courses are available, **free of charge**, to provide resources and strategies to help us through these challenging and changing times.

<https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/>

Crisis Centre of BC

Mental health support line 310-6789

<https://crisiscentrechat.ca/>

Orangetheory Fitness

Workout At-Home With Orangetheory

These 30-minute exercises are programmed by the same team that puts together the workouts you know and love from our studios and can be done with many everyday household items.

Best of all, we've made these workouts **absolutely free to everyone!** Whether you're a member or not, we want to make sure you can continue your fitness journey over the next couple of weeks. And, if you're not a member, this is a great way to sample our workouts from home!

To find our daily workouts, simply click the button below or follow us on [Facebook](#) or [Instagram](#)

<https://www.orangetheory.com/en-us/athome/>

COVID-19 AND CHILD CARE FOR ESSENTIAL SERVICE EMPLOYEES

employees working in the sector who have children up to the age of five will now have temporary priority access to child care placement. Essential service employees working to deliver critical services during the COVID-19 pandemic can now apply for urgent child care around BC through 38 community-based hubs known as Child Care Resource Referral (CCRR) centres.

Employees can apply for placement by completing an application [online](#) or by calling 1.888.338.6622 and selecting Option 4. After filling out the form, a representative from a corresponding CCRR centre will be in contact with available licensed child care options. As social services employees are considered "Tier 1," they will have the highest priority in placement. Please note that while the matching service is free, child care fees will still apply. More details on this newly announced initiative is also available through this provincial [news release](#).

Tools for Managing Uncertainty and Change: Free Online (Youth)

Free webinar series. Registration is required and the first one is April 3rd.

<https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/>

Managing Anxiety & Stress in Families with Children and Youth During the COVID-19 Outbreak

The [Child & Youth Mental Health & Substance Use \(CYMHSU\) Community of Practice](#), would like to share the

following resource providing information and advice on managing anxiety and stress in families with children and youth during the COVID-19 emergency.

<http://www.sharedcarebc.ca/news/newsletters/covid-19-resource-families-children-youth-0>

The Sources Rent Bank is now available to assist residents of Langley.

Please help us spread the word to those who may be at risk of losing their home. Previously, this program was only available to residents of Surrey, White Rock and Delta.

Eligible individuals and families may apply for a one-time crisis loan to prevent homelessness. Please visit our website for more information about this program: <https://www.sourcesbc.ca/our-services/sources-rent-bank/>
If you have questions, please contact tbelyaeva@sourcesbc.ca.

Langley Early Years Centre Home Page

The Langley Family Centre provides a place for families with young children (prenatal - 6 years) to access the various programs, services, information, and referrals that promote and support healthy early child development.

newly launched Langley Early Years website and mobile app. Great resource for families from the LEYC. Visit it at www.leyc.ca or download the app.

CBC has decided to make the subscription-based site Curio.ca accessible to all Canadian families during these extraordinary circumstances.

<https://curio.ca/en/>

[Curio.ca - Sharpen Your Mind](#)

Curio.ca gives teachers and students streaming access to the best in educational content from CBC and Radio-Canada. / Curio.ca offre aux enseignants et aux étudiants le meilleur du contenu éducatif de Radio-Canada et CBC.

Curio.ca is a subscription-based educational streaming platform targeting educational institutions from primary through to post-secondary levels across Canada. You can now access thousands of programs, documentaries, audio content and archival material from CBC/Radio-Canada on a provisional basis.

Canada's COVID-19 Economic Response Plan

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

Support for people facing unemployment

https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#new_canada_emergency_response_benefit

The new Canada Emergency Response Benefit (CERB)

We will provide a taxable benefit of \$2,000 a month for up to 4 months to:

- workers who must stop working due to COVID19 and do not have access to paid leave or other income support.
- workers who are sick, quarantined, or taking care of someone who is sick with COVID-19.
- working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures.

- workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work.
- wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance.

The Canada Emergency Response Benefit will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via an automated telephone line or via a toll-free number.

Support for people who are sick, quarantined, or in directed self-isolation

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Improved access to Employment Insurance sickness benefits

If you are sick, quarantined or have been directed to self-isolate, we will waive the requirement to provide a medical certificate to access EI sickness benefits.

Support for individuals and families

Increasing the Canada Child Benefit

We are providing an extra \$300 per child through the Canada Child Benefit (CCB) for 2019-20. This will mean approximately \$550 more for the average family.

This benefit will be delivered as part of the scheduled CCB payment in May.

Those who already receive the Canada Child Benefit do not need to re-apply.

Special Goods and Services Tax credit payment

We are providing a one-time special payment by early May through the [Goods and Services Tax credit](#) for low- and modest-income families.

The average additional benefit will be close to \$400 for single individuals and close to \$600 for couples.

There is no need to apply for this payment. If you are eligible, you will get it automatically

Extra time to file income tax returns

We are deferring the filing due date for the 2019 tax returns of individuals.

For individuals (other than trusts), the return filing due date will be deferred until June 1, 2020.

We will also allow any new income tax balances due, or instalments, to be deferred until after August 31, 2020 without incurring interest or penalties.

Mortgage support

Canadian banks have committed to work with their customers on a case-by-case basis to find solutions to help them manage hardships caused by COVID-19. Canadians who are impacted by COVID-19 and experiencing financial hardship as a result should contact their financial institution regarding flexibility for a mortgage deferral. This allows flexibility to be available - when needed - to those who need it the most.

Contact your financial institution for further mortgage assistance.

The Canada Mortgage and Housing Corporation and other mortgage insurers offer [tools to lenders](#) that can assist homeowners who may be experiencing financial difficulty. These include payment deferral, loan re-amortization, capitalization of outstanding interest arrears and other eligible expenses, and special payment arrangements.

Canada's mortgage insurers are committed to providing homeowners with solutions to mitigate temporary financial hardship related to COVID-19. This includes permitting lenders to defer up to six monthly mortgage payments (interest and principal) for impacted borrowers. Deferred payments are added to the outstanding principal balance and subsequently repaid throughout the life of the mortgage.

Canada Emergency Response Benefit (CERB)

- it just went live. People need to sign up on the day that corresponds with their birth month.
- https://www.canada.ca/en/services/benefits/ei/cerb-application.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_coronavirus-cerb

BC Housing/Rental Support/Eviction Freeze

Here is the link and challenge is that the application is not ready yet but it will be through BC Housing – application available mid April

FAQ attached

<https://news.gov.bc.ca/releases/2020MAH0048-000561>

The new rental supplement will help households by offering up to \$500 a month towards their rent, building on federal and provincial financial supports already announced for British Columbians facing financial hardship.

“With lost jobs and lost wages due to COVID-19, many tenants are worried they can’t make the rent. It’s a challenging time for landlords too,” said Premier John Horgan. “Nobody should lose their home as a result of COVID-19. Our plan will give much-needed financial relief to renters and landlords. It will also provide more security for renters, who will be able to stay in their homes without fear of eviction or increasing rents during this emergency.”

The funds will support renters experiencing a loss of income by helping them pay their rent **and will be paid directly to landlords** on their behalf, to ensure landlords continue to receive rental income during the pandemic. Benefiting people with low to moderate incomes, this supplement will be available to renters who are facing financial hardship as a result of the COVID-19 crisis, but do not qualify for existing rental assistance programs

The Province is implementing a number of additional measures to keep people housed and protect their health. The full list of immediate measures includes:

- The new temporary rent supplement will provide up to \$500 per month, paid directly to landlords.
- Halting evictions by ensuring a landlord may not issue a new notice to end tenancy for any reason.** However, in exceptional cases where it may be needed to protect health and safety or to prevent undue damage to the property, landlords will be able to apply to the Residential Tenancy Branch for a hearing.
- Halting the enforcement of existing eviction orders issued by the Residential Tenancy Branch, except in extreme cases where there are safety concerns. The smaller number of court ordered evictions are up to the courts, which operate independently of government.
- Freezing new annual rent increases during the state of emergency.**
- Preventing landlords from accessing rental units without the consent of the tenant (for example, for showings or routine maintenance), except in exceptional cases where it is needed to protect health and safety or to prevent undue damage to the unit.
- Restricting methods that renters and landlords can use to serve notices to reduce the potential transmission of COVID-19 (no personal service and allowing email).
- Allowing landlords to restrict the use of common areas by tenants or guests to protect against the transmission of COVID-19.

Updated April 02, 2020

Mothers' Matter Centre - Parents' Guide to Daily Routine During Social Isolation and more

<https://www.mothersmattercentre.ca/resources-covid-19>

Library e-card to access digital content

<https://onlineregistration.fvrl.bc.ca/>

Guided Meditation for Times of Pandemic: Calling on Your Awakened Heart

<https://www.tarabrach.com/meditation-times-of-pandemic/>

Updated April 03, 2020