

ONLINE RESOURCE CENTER

Through these difficult times it is important to remember that there are resources available to help you!

Educational Resources:

For help with Math/Science/Socials courses:

- Khan Academy (Youtube or online/app)
- CrashCourse (Youtube)
- SciShow (Youtube)
- TED (Youtube)
- Photomath (App)
- Destiny (School library with resources such as Gale and World Book)
<https://search.follettsoftware.com/metasearch/ui/24201>
- <https://www.education.com> (Elementary students)

For help with second language courses:

- Duolingo (App)
- Wordreference (Online/App)
- Bonpatron (Online)

For help with english courses:

- <https://stories.audible.com/start-listen>
- <https://www.citationmachine.net/> (Online resource that helps you properly cite sources)
- <https://www.noredink.com>

Help with studying:

- Quizlet (App/online)
- My Study Life (App/Online)
- <https://www.flashcardmachine.com/> (Online)
- <https://www.studystack.com/> (Online)

Mental Health & Wellness Hotlines:

- Call 811 (HealthLinkBC)
- Public Health Agency of Canada ~ COVID-19 Hotline: 1-833-784-4397
- Canada's COVID-19 Hotline for Non Medical questions (Questions about school/Social distancing. etc): 1-888-COVID19
- Wellness Together Canada (COVID-19 related mental health resources: Counselling/Guidance/Support) <https://ca.portal.gs/>
- TeenLine (800) TLC-TEEN (852-8336) or text (TEEN) (839863)
- 1800SUICIDE (1-800-784-2433)
- National Suicide Prevention Lifeline (1-800-273-8255)

- To connect with a crisis counselor text “HOME” to 741741
- Kids Help Phone: Call (1-800-668-6868) or Text (686868)
- Domestic Violence Hotline (1-800-799-SAFE)
- LGBT National Hotline (888-843-4564)
- National Eating Disorders Association (800-931-2237)

Ways to Stay Connected:

- Zoom
- FaceTime
- Microsoft Teams
- Game Pigeon
- WhatsApp
- Houseparty
- Netflix Party
- Skype
- Online multiplayer games (Fortnite, Roblox, Minecraft)

Ways to Stay Active:

- [P.E. Workouts](#)
- [FitnessBlender Workouts](#)
- [Pamela Reif Workouts](#)
- [MadFit Workouts](#)
- [Yoga With Adriene](#)

