

## Community Resources in Response to COVID-19

*Provided for information only, without recommendation.*

Updated May 29, 2020

COVID-19 Information	Government of Canada	<a href="#">Link</a>	
	Public Health Ontario	<a href="#">Link</a>	
	Toronto Public Health	<a href="#">Link</a>	
	World Health Organization	<a href="#">Link</a>	
Well Being	Coronavirus Sanity Guide by Ten Percent Happier	<a href="#">Link</a>	
Well Being	The Science of Well-Being free 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness	<a href="#">Link</a>	
Well Being / Chat	The 519 Friendly Check In (by phone or email)	<a href="#">Link</a>	
Well Being / Creativity	Brit+Co is offering all of their creative online classes for free for the next two weeks - use discount code SELFCARE at checkout	<a href="#">Link</a>	
Well Being / Creativity	Crayola Colouring Pages	<a href="#">Link</a>	
Well Being / Creativity	Canadian Improv Games Online Training Resource	<a href="#">Link</a>	
Well Being / Creativity	Art Gallery of Ontario (AGO) Online Collection	<a href="#">Link</a>	
Well Being / Creativity	12 Famous Museums Offer Virtual Tours Online	<a href="#">Link</a>	
Well Being / Creativity	Friends of Ruby – 489 Queen St E, Lower Level		
Well Being / Creativity	Check-In's, Virtual Drop-In Sessions, Virtual Programming including Art, BIPOC Drop-In, Art Therapy, and Virtual Gaming Queer, Far, Wherever You Are – Buddies in Bad Times Theatre	<a href="#">Link</a>	(416) 359-0237
Well-Being / Entertainment	A digital performance & blog series curated to bring quality queer content to the comfort of your homes	<a href="#">Link</a>	
	Glad Day: GDTV		
Well-Being / Entertainment	It's the Glad Day programming you love with some new selections and a schedule that changes every month.  So, tune in multiple times a day and see what's on!	<a href="#">Link</a>	
Well Being / Fitness	Downdog - offering all of their apps for free until April 1; Yoga for Beginners, HIIT, Barre, and 7 Minute Workout	<a href="#">Link</a>	
Well Being / Fitness	Lululemon - offering yoga and meditation videos, free	<a href="#">Link</a>	
Well Being / Fitness	Peloton Digital - offering 90 day free trial of their app	<a href="#">Link</a>	
Well Being / Fitness	Wollendance Cardio Dance Fitness Class Live & On-demand - offer 14-days free trial	<a href="#">Link</a>	
Well Being / Fitness	8fit offers quick home workouts	<a href="#">Link</a>	

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Well Being / Fitness	Wakeout has fun 30s stretching & relaxation exercises, offers 7-days free trial	<a href="#">Link</a>	
Well Being / Fitness	Nike Training Club app is completely free and has amazing guided workouts	<a href="#">Link</a>	
Well Being / Fitness	Daily Burn is offering 2 months free of their online workout classes	<a href="#">Link</a>	
Well Being / Fitness	Doyogawithme offers free yoga classes for all different levels	<a href="#">Link</a>	
Well Being / Fitness	Daily live fitness classes on Instagram Live	<a href="#">Link</a>	
Well Being / Meditation	Balance - (iOS) This month, they're offering a completely free one-year subscription to Balance to anyone who wants it.	<a href="mailto:access@balanceapp.com">access@balanceapp.com</a> for instructions	
Well Being / Meditation	Prana Breath (Android) - free app for guided breathing	<a href="#">Link</a>	
Well Being / Meditation	Insight timer - app for meditations with lots of great free meditations	<a href="#">Link</a>	
Well Being / Meditation	Free CALM Online Meditation Resources	<a href="#">Link</a>	
Well Being / Meditation	Free HEADSPACE Online Meditation Resources	<a href="#">Link</a>	
Well Being / Party	Club Quarantine - Online Queer Party. Every night at 9PM on Zoom	<a href="#">Donate</a>	<a href="#">Link</a>
Well Being / Skills	Poynter News University	<a href="#">Link</a>	
Well Being / Skills	Skillshare — lots of free classes on writing, acting, etc.	<a href="#">Link</a>	
Well Being / Skills	Sourceful — publicly sourced Google Docs and Sheets	<a href="#">Link</a>	
Well Being / Spirituality	Metropolitan Community Church of Toronto		
	MCC Toronto's Worship Services and Programs have moved online, including: - Weekly Worship Services - Digital Programming - Congregational Care Program - Benevolence Fund	<a href="#">Link</a>	