

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

Parent Peer Support

Name	Contact Information	Resource
FamilySmart	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.
Family Support Institute of BC	Kerry Lawson klawson@fsibc.com	Family support specific to families whose children have extra support needs.

Family Support Agencies/ Resources

Name	Contact Information	Resource
Mission Association for Community Living (MACL)	33345 2 nd 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.
Mission Community Services Society (MCSS)	33179 2nd Ave, Mission 604 - 826 - 3634 info@missionmcss.com	Family and individual support therapy, parent education, parent/teen conflict/ mediation, life skills development, Family + Parenting Support and more.
Early Years - MCSS	33179 2 nd Avenue, Mission 604-826-6194 kims@missionmcss.com	Child Care Resource and Referral Centre.
Mission4Kids – Family Place	33179 2nd Ave Mission, BC V2V 1J9 604 - 826 - 3634	Parent education workshops and programs, a Lending Library, clothing exchange and specialty programs.
BC Aboriginal Child Care Society	604-913-9128 reception@acc-society.bc.ca 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.

Mental Health + Wellness

Name	Resource
MPSD Curriculum Connections	Wellness Resources for Families.
Child and Youth Mental Health (CYMH)	Mental Health and Counselling. #201 – 7364 Horne Avenue, Mission BC 604-820-4311

Crisis Centre BC	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: www.YouthInBC.com (Noon to 1am) Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)
Kids Help Phone	Get information on equity, emotional well-being, bullying and abuse, school and work, relationships, identity and more.
Open Parachute	Online school wellbeing programs for Canadian Students, Parents, and Teachers
Stigma Free Society	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.
Heart-mind Online	Resources that support the heart, the mind, and the well-being of children to help promote positive social and emotional development.
Wellness Together Canada	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
- **Kidz Bop:** 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/>