



Free Online Resources

Now is the time to look after you!

Try to focus on the positive things that you can do while at home. Stay active, stay healthy and above all stay well!

Check out these **FREE** resources that you can access from home:

Online Self-Management Programs:

Living Healthy Webinars

Webinars are free and easy to access interactive sessions that are between 30-60 minutes in length and usually feature an expert guest speaker. Each webinar will explore different aspects of managing our health with helpful information and tools you can use in your daily life.

Help With Your Health Online

During this 5 week interactive web based series, participants will learn new skills each week to help better manage their health. Topics include: understanding your medication, food labels, stress & sleep; plan for your health, & prepare for medical appointments. To register for an upcoming workshop: [click here](#)

Mind and Body:

Virtual YMCA

While they've closed their physical locations, the Y's have created a virtual YMCA. Home work outs, health & wellness tips, stories, recipes, on demand videos, activities for children and more!

CALM

Free online mindfulness, meditation, sleep stories and calming music. Resources are available for kids too!

Smiling Mind

Free downloadable app that equips teenagers and youth with the integral skills they need to thrive in life.

Nutrition:

Cookspiration

Be inspired to cook any time, day or night. A free resource created by the Dietitians of Canada.

SuperCook App

Downloadable app that helps you try some new recipes and enjoy a home cooked meal by using ingredients you have on hand at home in your pantry.

Stress, Anxiety:

Worry Feeds Stress

Tips for coping with COVID-19 stress provided by Kathy Somers from the Stress Management & High Performance Clinic.

Chronic Pain:

Pain University Online

Free self-directed online modules to help manage chronic pain created by the Toronto Academic Pain Medicine Institute.