



RESOURCES

GOVERNMENT

Winnipeg.ca

The City of Winnipeg official site for COVID-19 updates

[Manitoba](#)

The Province of Manitoba official site for COVID-19 updates

[Government of Canada](#)

The Government of Canada official site for COVID-19 updates

[MB211](#)

Other COVID-19 related info.

Economic Response

[Canada's COVID-19 Economic Response Plan - CRA](#)

Go here for the latest information about the support the federal government is offering to individuals and businesses.

[Frequently Asked Questions – Temporary Wage Subsidy for Employers - CRA](#)

A detailed breakdown of who is eligible for the temporary wage subsidy and how it will be implemented.

[How to apply for EI and COVID-19 emergency benefits - CBC](#)

Information about who qualifies for EI, how to apply for EI and the emergency benefits that will be made available to those who don't qualify for EI.

HEALTH & WELLNESS

[Klinic Community Health](#)

The Klinic Crisis Program operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.

[More Crisis Support](#)

Here's a list of contacts we recommend throughout Manitoba for anyone experiencing a crisis situation, including suicide. These contacts offer support services, confidential counselling, and referrals at no cost. Many offer services 24 hours 7 days a week.

[How to Stay Healthy During Self Isolation](#)

Simon Fraser University Faculty of Health Sciences professor Scott Lear provides tips on how to stay healthy during isolation, including staying connected, exercising, and eating healthy.

COMMUNITY RESOURCES

[Winnipeg Harvest](#)

Information about accessing food banks in your community.

[Meals on Wheels](#)

Meals on Wheels delivers hot meals, bag suppers, and frozen meals to senior citizens in the Winnipeg area.



[Winnipeg COVID-19 Community Reporting](#)

A Facebook Group created by community members for all of Winnipeg area to connect and support each other in this critical time.

FREE RESOURCES FOR ACTIVITIES, ARTS & CULTURE

[Guides to Winnipeg Library eBooks Services](#)

While Winnipeg Public Library Branches may be closed, you can download ebooks and e-audiobooks and stream TV shows and movies through their digital library.

[Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch \(Video\) - Andrea Romano, Travel+Leisure](#)

Experience the best museums from London to Seoul in the comfort of your own home.

[Gutenberg Project](#)

Download free books, e.g. Shakespeare, Edgar Allen Poe, Frankenstein, etc.

[The Social Distancing Festival](#)

An online artist's community made to celebrate and showcase the work of artists around the world who have been affected by the need for social distancing.

[Canadian children's writers & illustrators are sharing readings of their books online - CBC Books](#)

Writers across the country are filming readings of their books for viewers.

WORKING REMOTELY

[UWinnipeg PACE Tips for Adapting to Learning Remotely](#) (PDF)

[UWinnipeg PACE Online Learning Guide](#) (PDF)

[UWinnipeg Library](#)

The Library has developed a site with resources to help manage the transition to learning remotely that might be helpful when adjusting to the change.

[How to Stay Connected During Self Isolation - Samm Bradd, Drawing for Change](#)

A beautifully illustrated guide on how to stay connected while physically distancing.

[Zoom](#)

Video tutorials on how to maximize your productivity on Zoom.

[How to lead a great remote team - Toggl](#)

Tips on how to communicate, trust and work together when working apart.

[The ultimate guide to remote meetings in 2020 - Slack](#)

Conference calls can be better.

[The Ultimate Guide to Webinars - Search Engine Journal](#)

37 tips on webinar strategy, planning, marketing, hosting, and presenting.

[Tamarack Webinars](#)

Tamarack will be hosting a series of free webinars on topics of community engagement, poverty reduction and the changing role of poverty.

[Resources for not-for-profits during COVID-19 - Vantage Point](#)

List of resources for not-for-profits and how to manage health emergencies in a working environment.



[Table of Engagement Activities and Suppliers - MODUS Planning, Design and Engagement](#)

20+ engagement activities that traditionally happen in-person, but which can be done effectively online.

[Best Practices for Hosting a Digital Event - Zoom](#)

Best practices and tips for creating an impactful, world-class virtual event

[Tips for Remote Working from Virtual Office Pros - MoveOn](#)

MoveOn shares tips to make the unplanned and temporary shift to virtual work flow easier.

[New to Working from Home? Here Are Some Tips to Help You Meet Like a Pro - Zoom](#)

Tips to help you get set up, limit distractions, maintain confidentiality, and meet like a pro as you work from home.

[5 expert tips for working from home in a crowded house during the coronavirus pandemic](#)

Five ways to organize the home-work environment for a more successful transition into working remotely.

[Navigating a Virtual/Remote Workplace During COVID-19 - CanWaCH](#)

SUPPORT FOR PARENTS

[How to talk to your kids about COVID-19](#)

Child psychologists offer some practical advice for parents on how to talk to their kids about COVID-19.

[Tai Asks Why - CBC Radio](#)

Podcast series for children that follows Tai Poole on his quest to find answers to life's biggest questions.

[Stories Podcast](#)

A bedtime show for kids of all ages with that is providing read-along e-books and ad-free episodes amidst COVID-19.

[Circle Round](#)

A podcast that adapts carefully-selected folktales from around the world into sound and music rich radio plays exploring important issues like kindness, persistence and generosity.

[Wow in the World - NPR](#)

Science for kids.

[Story Pirates](#)

Funny kids' stories, performed by seasoned improv actors.

[Ear Snacks](#)

A musical podcast for kids about the world.

[Earth Rangers](#)

A podcast for everyone who loves to explore the mysteries of nature.

[What If World](#)

A storytelling podcast for kids. What if a tiny dragon lived in my closet? What if there were a never-ending bowl of ice cream? What if cats ruled the world?

[Molly of Denali - NPR](#)

The daily adventures of 10-year-old Alaska native Molly Mabray, her family, her dog Suki and her friends Tooeey and Trini.

[Short & Curly](#)

A fast-paced fun-filled ethics podcast for kids and their parents, with questions and ideas to really get you thinking.



[The Radio Adventures of Dr. Flyod](#)

A short family friendly audio and video series in the style of old-time radio, distributed via podcasting.

[Smash Boom Best](#)

A debate show for kids and families.

[But Why?](#)

A podcast for curious kids.

[Saturday Morning Theatre](#)

An audio drama anthology series that is fun for the whole family!

[Planet Storytime](#)

A storytelling, audio podcast that helps children go inside their minds and into their imagination.

SUPPORT FOR ARTS & CULTURE

[The World is Sick. Culture Can Heal Us - The Tyee](#)

Ideas on ways to support artists and take in culture during this time of isolation.

[Here's where Canadian artists and freelancers can find help during COVID-19 shutdowns - CBC](#)

A list of resources for artists that will help them financially, mentally or just to improve their own skills.

[The National Arts Centre and Facebook Canada provide \\$100,000 to support Canadian performers impacted by COVID-19](#)

Support for online performances between now and March 31, 2020 to help ease financial strain for those impacted by the closure of performance venues across Canada related to COVID-19.