

## **Wellness Resources**

Global Wellness Institute: What is Wellness?

<https://globalwellnessinstitute.org/what-is-wellness/>

Return to the Workplace Toolkit

[https://ontario.cmha.ca/wp-content/uploads/2020/08/CMHA\\_ReturnToWorkplace-Toolkit\\_EN-Final.pdf](https://ontario.cmha.ca/wp-content/uploads/2020/08/CMHA_ReturnToWorkplace-Toolkit_EN-Final.pdf)

Life Won't Be the Same Post-Pandemic

<https://www.oma.org/newsroom/ontario-medical-review/spring-2021/life-wont-be-the-same-post-pandemic/>

Halton Community Services Directory

- includes information in several languages

<https://halton.cioc.ca/record/OAK0007>

Covid 19 Updates for Families

<https://www.hdsb.ca/students/Pages/Health%20and%20Well-Being/COVID-19/Updates-for-Families.aspx>

Halton Mental Health

<https://www.halton.ca/For-Residents/Public-Health/Mental-Health>

## **[Community Resources for Oakville North Burlington](#)**

Family Activities in Halton

- ideas for local family activities in Halton Region

<https://theheartofontario.com/things-to-do/trip-ideas/family-fun/>

Burlington Public Library – Reading Programs and Family Activities

<https://www.burlingtonlibrary.org/youth/programs/>

StoryWalk in Burlington parks

<https://www.bpl.on.ca/storywalk>

Oakville Public Library Summer Reading Programs

<https://opl.ca/Programs-and-Events/Reading-Challenges/Summer-Reading-Challenge-2021>

Town of Oakville Summer Programs

<https://www.oakville.ca/culturerec/summer-camps.html>

City of Burlington Summer Programs (ages 4-16)

<https://www.burlington.ca/en/live-and-play/summer-camps.asp>

Royal Botanical Gardens – Summer, Day, and Nature Camps

- in person and virtual camps

<https://www.rbg.ca/things-to-do/courses-camps-programs/camps/>

Conservation Halton – Ways of The Woods Camp (ages 8-14)

- 5 different day camp experiences at two parks (Mountsberg & Kelso)

<https://conservationhalton.ca/wow>

Summer Camps in Burlington and Oakville

ActiveParents has a list of summer camps for youth in our riding

<https://activeparents.ca/summercamps/>

Canada Summer Jobs – (ages 15 to 30)

- new jobs added regularly

<https://www.jobbank.gc.ca/youth>

Town of Oakville Volunteer Opportunities

- many, varied positions

<https://www.oakville.ca/townhall/volunteer-opportunities.html>

City of Burlington Volunteer Opportunities

<https://www.burlington.ca/en/your-city/Current-Volunteer-Opportunities.asp>

Burlington Green Association – Volunteer: Youth Network (ages 14-24)

- youth passionate about environment meeting once a week on Zoom presently

<https://www.burlingtongreen.org/programs/youth-network/>

Food For Life – Volunteer: Fresh Food Packers (ages 14+ or 12 and accompanied by an adult)

- help the community and the environment by redistributing fresh food

<https://foodforlife.ca/volunteer/>

## **Indigenous Resources**

### ***Elementary Students and Families***

Indigenous Movies:

<https://ottawa.elmntfm.ca/blog/2021/01/08/10-family-friendly-indigenous-films-tv-shows-to-educate-your-kids/>

### ***Secondary Students and Adults***

**Indigenous Canada** is a free course offered by the University of Alberta ...and endorsed by Dan Levy!

<https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html>

Summer reading ideas:

<https://www.cbc.ca/books/35-books-to-read-for-national-indigenous-history-month-1.5585489>

Join an online Indigenous Book Club - #IndigenousReads

<https://www.rcaanc-cirnac.gc.ca/eng/1559317815424/1559317832462>

A Different Drummer Books is a local, independent book store. They carry many Indigenous titles and are very knowledgeable. If you are interested in continuing your learning, considering supporting them.

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