



UNIVERSITY OF TORONTO
OISE | ONTARIO INSTITUTE
FOR STUDIES IN EDUCATION

Social Justice Education COVID Student Resource Guide 2020-2021



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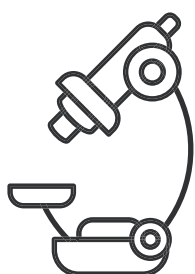
COVID-19 - General Resources

Campus Resources

U of T Coronavirus Cases on Campus Tracker	https://www.utoronto.ca/utogether2020/covid19-dashboard
COVID-19 Information for University of Toronto Students	https://www.vicereprovoststudents.utoronto.ca/covid-19/
COVID-19 self-assessments	https://www.utoronto.ca/utogether2020/ucheck
U of T Coronavirus News	https://www.utoronto.ca/news/tags/coronavirus

Service Ontario Updates

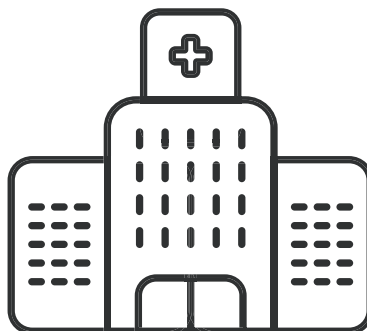
Important information about driver's licences, OHIP, Ontario Photo Cards and other services	https://www.ontario.ca/page/serviceontario
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COVID-19 - General Resources

Community Resources

Current Health Situation - City of Toronto	https://www.toronto.ca/home/covid-19/
What Should You Do - symptoms, caring for someone, travel advice, order & bylaws	https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/
Accessing Healthcare / Information about Testing Centres	https://www.the519.org/covid19-care-prevention
Protecting Yourself & Others - reduce the spread, mental health resources and advice for specific needs	https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/
Reopening, Recovery & Rebuild - initiatives, guidelines, reports	https://www.toronto.ca/home/covid-19/covid-19-reopening-recovery-rebuild/



COVID-19 - Care & Prevention:

Mental, Emotional & Spiritual Health

General Helplines

For emergencies, please call 911

Gerstein Crisis Centre: 416-929-5200

Good2Talk: 1-866-925-5454

Spectra Helpline
(multilingual) - 905-459- 7777

Campus Resources

Navi

Navi is an anonymous wayfinding tool that is available 24/7 to help students at the University of Toronto find mental health support services.

<https://www.vicprovoststudents.utoronto.ca/navi/>

Community Resources

Hard Feelings – a community of professional counsellors who provide low-cost services and support, as well as a bookstore with resources to help build and sustain stronger mental health.

<https://www.hardfeelings.org/>

BounceBack: Reclaim Your Health – a free skill-building program designed to help manage low mood, mild to moderate depression and anxiety, stress or worry.

<https://bouncebackontario.ca/>

Short Term Counselling Services in Toronto

shorturl.at/vyKtW



COVID-19 - Care & Prevention:

Mental, Emotional & Spiritual Health

BIPOC Resources

Helplines

Black Youth Helpline
1-833- 294-8650

Anishnawbe Health Toronto
Mental Health Crisis Line - 416-
360-0486 or 416-
920-2605 during business hours

Campus Resources

Equity Offices & Centres

Anti-Racism & Cultural
Diversity Office
416-978-1259

Graduate Conflict Resolution
Centre
416-978- 8920

Community Safety Office
416-978-1485

First Nations House
416-978-1893

Community Resources

Toronto Aboriginal Support Services
Council – Information about available supports
for Indigenous communities.

<https://www.tassc.ca/covid-19-support-page>

Across Boundaries – provides a range of
mental health support services utilizing an
Anti-Oppressive framework.

<https://www.acrossboundaries.ca/>

Native Child and Family Services of Toronto -
provides virtual holistic healing services.

<https://nativechild.org/latest-message-from-ncfst-on-covid-19-april-7/>

Hong Fook Mental Health Association -
provides support to Asian communities in the
Greater Toronto Area with a focus on cultural
competent care.

<https://hongfook.ca/>



COVID-19 - Care & Prevention:

Mental, Emotional & Spiritual Health
Sexual Violence & Faith Based Support

Helplines

Assaulted Women's
Helpline - Call 416-863-0511

Ontario Victim Support Line
24/7 Victim Support Line at 1-888-579-
2888, or 416-314-2447 in the Greater
Toronto Area, or chat online Monday to
Friday from 7 a.m. – 9 p.m. Eastern Time.

Campus Resources Equity Offices & Centres

Sexual Violence Support:
Sexual Violence Prevention &
Support Centre - Call 416-978-
2266

Faith Based Support:
Multi-Faith Centre -
Call 416-946-3120

The Muslim Chaplaincy at the University of
Toronto - dedicated to providing free and
accessible mental health and counselling
services to University students across Canada.

<https://mcuoft.com/counselling/>

Social Support - All Spirituality and Faith
Communities at the University of Toronto.

<https://www.ulife.utoronto.ca/interests/list/type/spirituality>

Sexual Assault Services on Campus

<https://studentlife.utoronto.ca/task/help-for-sexual-assault/>

Community Resources

COVID-19 - Resource for Sex Workers and
Allies

<https://drive.google.com/file/d/1ymJ5motdh0zh453-wFs1p4syL3koC2dD/view>



COVID-19 - Care & Prevention:

Mental, Emotional & Spiritual Health

LGBTQ2S+ Resources

LGBTQ2S+ Helplines

LGBTQ Youthline - 1-800-268- 9688

Trans Life Line (for trans and gender non-conforming folks): 1-877-330- 6366

Campus Resources

Sexual & Gender Diversity Office
Call 416-946-5624

Community Resources

LGBTQ2S mental health resources online or by phone.

https://docs.google.com/document/d/1IBxhl63Z_Zj2dp9K7MjmdYz3XOReSR8vk5JGJeYDKrys/edit

Resource for trans and non-binary folks:
Navigating COVID-19 and chest binding

8 tips to look after your respiratory health for trans and non-binary people who bind their chest:
<https://www.facebook.com/110074963950514/posts/110079357283408/?d=n>

Umbrella Mental Health Network (UMHN) – offers psychology and psychotherapy services to individuals, couples, and families in the LGBTQ+ community.

<https://www.umhn.ca/>

Sherbourne Counselling Services for LGBTQ2 and Newcomer communities

<https://sherbourne.on.ca/mental-health-services/>

COVID-19 - Legal & Taxes:

General Information

General Legal & Taxes Information

Taxes and Benefits – Fiscal measures by CRA to help Canadians manage their tax and benefit affairs

<https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update.html>

How to File Your Own Taxes – CVITP Income Tax Clinic, COVID-19 Info (Compiled by The 519)

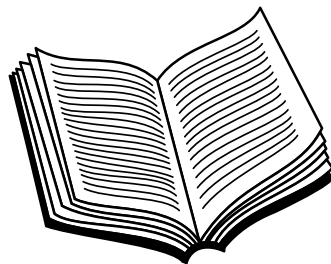
<https://docs.google.com/document/d/1m7ochEvaZU9nrjbHysv3xQmgF1o7431lf5tWCLA5f3g/edit?usp=sharing>

City of Toronto: Economic Support & Resources for Businesses - baking support, wage support, tax relief

<https://www.toronto.ca/home/covid-19/covid-19-economic-support-recovery-for-businesses/>

Taxes & Financial Assistance Information – CVITP Income Tax Clinic, COVID-19 information (Compiled by The 519)

https://docs.google.com/document/d/1g-VMPCr1SR748NTISiyUa660_SxceAemvr6t09FB6c/edit?usp=sharing



COVID-19 - Legal & Taxes

Black, Refugee, Immigration & LGBTQ2S+ Resources

Black Legal & Taxes Resources

Black Legal Action Centre – A non-profit community legal clinic that provides free legal services for low or no income Black residents of Ontario

<https://www.blacklegalactioncentre.ca/>

Black Lives Matter Toronto Legal Resource List

<https://blacklivesmatter.ca/legal-resources/>

Black Youth and Family Services Directory from byblacks.com

<https://byblacks.com/directory/black-youth-family-services>

Refugee & Immigration Information - Legal & Taxes

Steps to Justice – Updates on the law and legal services including family, immigration and refugee, housing law

<https://stepstojustice.ca/covid-19>

LGBTQ2S+ Legal & Taxes Information

The 519 Legal Clinic – Interim telephone summary advice for LGBTQ2S communities

<https://www.the519.org/programs/legal-clinic>

COVID-19 - Housing & Food Resources

Campus Resources

Housing Resource Library	https://studentlife.utoronto.ca/service/housing-resource-library/
Off Campus Housing Information	https://offcampushousing.utoronto.ca/resource
U of T Food Bank	https://utfoodbank.tech/

Community Resources

Housing Resources during COVID-19	https://docs.google.com/document/d/178URIS2NL4oy51gi4SjMiesx8Tx5f_3xfVoj5qT0P5s/edit#heading=h.kevm47rr1w4q
Drop in Spaces	https://docs.google.com/spreadsheets/d/15rKZjf5AEHNk69297LFl_7ZMp9lyzzOyFKfvVdez_Yw/edit#gid=0
Drop in Washroom and Shower Facilities	https://tdin.ca/announcement.php?id=2127#dropinwash
Drop in Takeaway Meals	https://docs.google.com/spreadsheets/d/15rKZjf5AEHNk69297LFl_7ZMp9lyzzOyFKfvVdez_Yw/edit#gid=394214806
Food Banks and Community Food Programs	https://www.torontocentralhealthline.ca/listservices.aspx?id=10572

COVID-19 - Employment Information & Financial Support

Campus Resources

Student Employment	https://www.oise.utoronto.ca/oise/Current_Students/Graduate_Student_Funding/Graduate_Base_Funding_Package/Student_Employment/index.html
Links to Job Opportunities	https://www.oise.utoronto.ca/orss/Career_Resources/Links_to_Job_Opportunities/index.html
Tuition & Financial Support	https://www.oise.utoronto.ca/oise/Tuition_and_Financial_Support/index.html

Community Resources

Online Job Seeking Resource - by Access Employment	https://accesemployment.ca/
Workshops and events - by Springboard, Employment Counselling Training	https://www.springboardservices.ca/employment-counseling-training/
City of Toronto: Financial & Social Support - income support, seniors & vulnerable people, tenants, pet owners	https://www.toronto.ca/home/covid-19/covid-19-financial-social-support-for-people/

COVID-19 - Resources for Children/Family/Caregiver

Campus Resources

Family Care Office

<https://familycare.utoronto.ca/>

Community Resources

Children/Family Resources during COVID-19 – At-home learning, pregnancy, childbirth and care, mental health supports, and other supports

<https://docs.google.com/document/d/15D65Dq-6BBLz0NGo4t9eoHZi5eMqfPOwBtYcAiXaI1o/edit>

Caregiver and Respite Resources during COVID-19

https://docs.google.com/document/d/1A52gBgn5ItU8x5bHo6MkBT0Bu1LMCU-_sj3yYsfO2vw/edit

Information for Older Adults

https://docs.google.com/document/d/11YUuHD0xsHXm5Sw5A2V5yoSS5Nm4r5_BfRiIdPRRpJs/edit

Information for Youth

<https://docs.google.com/document/d/1ypRS242l3qRRx4t0Q5wlm0TBUNUgacxrvCJb1lSC0Xk/edit#heading=h.8io3x130m2bh>



COVID-19 - Multilingual Resources, Information for Newcomers & Refugees

Campus Resources

Centre for International Experience

<https://studentlife.utoronto.ca/departments/centre-for-international-experience/>

Community Resources

Immigrants, Refugees, and Citizenship Canada Client Support Centre Services: Call: 1-888-242-2100 (24/7), TTY: 1-888-576-8502 (8:00am-4:00pm your local time): You can listen to pre-recorded information about our programs and check the status of your application. Client Support Centre agents are available Monday to Friday, 8 am to 4 pm, your local time, except for statutory holidays. Services are available in French and English.

Multi-Lingual Resources

<https://www.mcislanguages.com/covid-19-response/>

How the coronavirus disease (COVID-19) is affecting immigration, refugees, citizenship and passport services

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19.html>

Resources for Newcomers and Refugees

<https://www.the519.org/covid19-newcomer-refugee>

Settlement Support Over the Phone for LGBTQ Refugees and Newcomers

<https://www.the519.org/events/phone-support-settlement>

COVID-19 - Museums & Exhibitions

General Events

Eventbrite: Toronto - A huge database of free online seminars, classes, talks, etc. in Toronto!

<https://www.eventbrite.ca/d/canada--toronto/toronto-ontario/>

Art & Music

Art Gallery of Ontario - Get up close and personal with beautiful artwork from world class artists

<https://ago.ca/visit/group-visits/virtual-art-talks-tours>

Agnes Etherington Art Centre - Explore Digital Agnes, an online hub for digital projects and curatorial research from Queen's University's on-campus art gallery

<https://agnes.queensu.ca/connect/news-and-stories/agnes-from-home/>

The Isabel Bader Centre of Performing Arts - watch free live performances: music, comedy, plays, etc.

<https://www.isabeldigitalconcerthall.queensu.ca/>

Canadian Opera Company (COC) - Opera at Home

https://www.coc.ca/hub?ref_src=wfimage&utm_source=wordfly&utm_medium=email&utm_campaign=19-20eOperaMayFINAL&utm_content=version_A

Royal Ontario Museum (ROM) - Online tours and resources

<https://artsandculture.google.com/partner/royal-ontario-museum>



COVID-19 - Museums & Exhibitions

Art & Music

Royal Conservatory of Music (RCM) & Koerner Hall - Live Concerts	https://www.rcmusic.com/performance/live-from-koerner-hall-concert-livestream?dm_i=366S%2C113JN%2C784G2X%2C3X7PQ%2C1
Live Nation “Live from Home” - Listing of free live-streamed events and concerns from your favourite performers	https://www.livenation.com/?c=EML_LN_LN2055484&camefrom=EMLN_LN2055484&et_rid=80259089&utm_source=sfmc&utm_medium=lnemail&utm_term=EML_LN_LN2055484

Cooking

The Chef Upstairs - Virtual and interactive cooking classes and experiences	https://thechefupstairs.com/pages/adult-classes
Screen Cuisine - digital culinary classes	https://torontolife.com/food/torontos-best-online-cooking-baking-and-drink-making-classes/

Education

Let's Talk Science - Learning resources and activities for youth and educators	https://letstalkscience.ca/educational-resources/stem-home
Coursea - Free online resources, courses, certificates and degrees from world- class universities and companies	https://www.coursera.org/

