

## Some Great Resources and Information Surrounding COVID-19

The Caledon Parent-Child Centre has compiled a list of links to help our families manage stress and better understand the COVID-19 Pandemic. In this section, find links on useful websites and articles that may provide benefit to you and your family.



Retrieved from:  
<https://www.nhcs.ca/family-support>

### Understanding COVID-19

<https://www.verywellhealth.com/coronavirus-overview-4783291>

### Managing Stress with COVID-19

<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>  
<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>

### Supporting Anxious Children

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>  
<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

### Telling Your Children about COVID-19

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

### Support for Canadians

<https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>

### Awareness Resources

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

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