



Welcome to the fourth issue of *Things to do While You're at Home*. The VEQ team is still working hard to ensure community members stay informed, and have the latest updates during these difficult times.

Please keep an eye on our Facebook page: <https://www.facebook.com/VoiceofEnglishspeakingQuebec>

Don't hesitate to reach out to us if you have any questions, or require assistance. We will do our very best to get you what you need, or point you in the right direction.

—From the team at VEQ

[For Kids And Kids At Heart](#)

Gorillas in Africa—Live Cam

This feed - which operates day and night - shows gorillas doing what gorillas do best, at the GRACE gorilla conservation centre in the eastern Democratic Republic of the Congo.

<https://www.youtube.com/watch?v=rgXWDk7rh4w>

[Movies and Documentaries](#)

HotDocs Film Festival at Home!

Starting April 16, watch exclusive first-run feature docs from the 2020 Hot Docs Festival on CBC and the free app CBC Gem.

<https://www.cbc.ca/documentaries/watch-exclusive-first-run-feature-docs-from-the-2020-hot-docs-festival-at-home-on-cbc-1.5523214>

[Wellbeing and Mental Health](#)

Government of Quebec Covid-19 Self-care Guide

This guide is designed to enable Quebecers to make the best possible decisions to protect their health and the health of their loved ones during the COVID-19 pandemic.

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-care-guide-covid-19/>

SilverCloud Online Stress Management Tool

Helps you to manage your stress and build resilience. Sign up for free with Access Code: PHARMAPRIX

<https://shoppers.silvercloudhealth.com/onboard/shoppers/stress/>

Volunteering and Community Building

Community Gardens

Where to sign up or access it. Good idea for volunteering or having your own kitchen garden. Information not available in English though.

https://www.ville.quebec.qc.ca/citoyens/loisirs_sports/jardins_communautaires/

Morrin Centre

The Morrin Centre is asking for community members to submit videos for their Youtube channel featuring three subcategories: Storytime Online! (adults reading stories), Kids Teaching Kids! (kids doing experiments or crafts or cooking), Ask and Expert! (adults teaching skills). Individuals or parent's submit your video to Azanie Roy at azanieroy@morrin.org with your consent to have it uploaded to the Morrin Centre's channel.

Send a letter to a senior

Spiff up your digital penmanship and compose letters of encouragement and positivity to seniors in our long term care at Jeffery Hale or at Saint Brigid's residence who are isolated at this time. You may type them in English or in French as residents are 50/50 of both communities.

Please submit your letter to the Day Centre team at karine.morel.ciusscn@ssss.gouv.qc.ca

They will print, and read your letter to any who need a little sunshine, or rather a rainbow, in their day.

The QCT wants to know how you are doing

The Quebec Chronicle Telegraph is wondering what their readers are doing to keep themselves and family members occupied during this time of self-isolation? Share your story with them at editor@gctonline.com and keep connected to your community.

The Government of Canada is looking for volunteers

The Government of Canada is seeking highly bilingual, Canadian citizens, to help with certain data collecting related to the outbreak that you can do from home. Apply online before April 24, 2020:

<https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srfp/applicant/page1800?toggleLanguage=en&poster=1437722>

Fitness

YMCA 360 Videos

YMCA 360 is an on-demand video platform featuring group exercise classes, youth sports classes, and wellbeing classes. Videos are free and do not require an app.

<https://www.ymca360.org>

Audio-books and Podcasts

Poetry & Writing

Explore poetry and writing archives on the On Being website.

<https://onbeing.org/poetry-and-writing/>

Education and Personal Development

Toutapprendre.com

Free if you are subscribed to the public libraries. You can also download the application for free. There are lots of resources for learning anything, from painting to playing instruments and learning languages.

How to access it:

Log in in the main page of Quebec's Public Library using the characters found below the bar code (RBVQ111111) on the back of your library card. Your NIP (or password) is by default the last 4 digits of the phone number you used when you registered at the library.

<https://www.bibliothequedequebec.qc.ca/>

Go to Collections Numériques and select Langues, there you will ask to sign up to toutapprendre.com using your library ID combo that will generate your Id and password to access the app on your phone. (See below).

<https://www.toutapprendre.com>

Free online photography classes from Nikon and Olympus

Nikon is making all of its photography school classes free to stream for the month of April.

<https://www.nikonevents.com/us/live/nikon-school-online/>

Olympus is offering free one-on-one sessions and group sessions tailored to a particular camera model or photography genre, where you can be inspired by being part of a community of photographers. Non-Olympus users are welcome to join as well.

<https://learnandsupport.getolympus.com/home-with-olympus-sessions>

YES Montreal Workshops

The Art of Sales and Negotiation

This workshop is on April 20 and is free. Please register by following the link below:

<https://www.facebook.com/events/516860529004155/>

Launching Your Social Business

This workshop is online only on April 21 and is free. Please register by following the link below:

<https://www.facebook.com/events/650531662440744/>

French second language training

Free online training

<http://francomane.ccdmd.qc.ca/search>

For lovers of French + fans of all things Québécois

<https://offqc.com>

Université du Québec à Trois Rivières

Sylvie Auger, Professor—Lots of French online training exercises- verbs, etc. with answer sheets

https://oraprdnt.uqtr.quebec.ca/pls/public/gscw031?owa_no_site=2213&owa_no_fiche=42&owa_bottin=

Performing Arts

Save the date: 18 APRIL 2020 – Live show curated in collaboration with Lady Gaga

One World: #TogetherAtHome is a historic, global broadcast to support the fight against COVID-19.

Watch directly on the WHO page:

<https://www.facebook.com/WHO/posts/3070854019626627>

Just For Fun

Big Drop Brew Trivia Night

Live Trivia Every Tuesday at 2PM (7PM UK time) on their YouTube Channel.

<https://www.bigdropbrew.com/living-room-pub-quiz/>

Visit the World from Home

Lapland

This might win a prize for the most remote live-stream of all - the 360-degree footage comes from the deep snow of northern Finland, above the Arctic Circle.

<https://www.youtube.com/watch?v=pR6l5t5sdtg>

The Northern Lights

This live feed comes in from Manitoba. If you visit it while it's night-time there, and it's clear, you'll see the aurora borealis in full flow, as our planet's magnetic field interact with charged particles from the Sun.

<https://www.youtube.com/watch?v=CwriDd8STdl>

Venice

As the live feed of various sites in Venice shows, the paved streets are quiet and the canals calm. So calm, in fact, that they are clearer than ever.

<https://www.youtube.com/watch?v=ph1vpnYlxJk>

Tokyo

Much like New York's Times Square, the Shibuya crossing in Japan's capital would normally be one of the busiest junctions in the world. It's quieter at the minute, but not deserted. And as this feed shows, people are doing a good job of keeping their distance from one another.

<https://www.youtube.com/watch?v=rpVObqKAe84>

Resources, Information and Social Assistance

OPEQ CLIC Program

The CLIC OPEQ program allows low-income families to benefit from a table computer at a very affordable price. This computer will play a significant element for academic or professional career of the members of these families.

<https://www.opeq.qc.ca/en/receive/opeq-clic-program/>

YES Support Resources for Entrepreneurs and Artists

[https://www.yesmontreal.ca/ignitionweb/data/media_centre_files/5803/Polished - Client COVID-19 Support Resources.pdf](https://www.yesmontreal.ca/ignitionweb/data/media_centre_files/5803/Polished_-_Client_COVID-19_Support_Resources.pdf)

Public Health Recommendations for Informal Caregivers

https://veq.ca/wp-content/uploads/2020/04/InformalCaregivers_20-210-39WA.pdf