



The VEQ team is working hard to ensure community members are informed, and have the latest updates during these difficult times.

We will regularly send out information, resources and links to interesting things to see and do, while we all do our part to limit the spread of Covid-19.

Keep an eye on our Facebook page <https://www.facebook.com/VoiceofEnglishspeakingQuebec> as well.

Stay safe and 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*

## Activities for Kids

### **Morrin Centre Writing Contest**

<https://www.facebook.com/morrin.centre/posts/2889752121078340>

The Morrin Centre's Children's programming is opening up a writing contest for children of all ages! The winner of the contest will win a Morrin key-chain and pen as well as a notebook to fill with their new stories. Their work will also be published in our next edition of Society Pages, which is distributed amongst our members.

### **Ask the StoryBots** (if you already have a Netflix account)

<https://www.netflix.com/title/80108159>

Five inquisitive little creatures track down the answers to kids' biggest questions, like how night happens and why we need to brush out teeth.

## Education and Personal Development

### **TED Talks**

<https://www.ted.com/talks>

Watch and listen to videos from public speakers and thought leaders on a variety of topics. Choose what entices you! Whether it's personal growth or shifting your perspective—there is a whole world of ideas waiting for you.

### **Free e-learning**

<https://www.futurelearn.com/>

Explore online courses to continue studying, build professional skills, and connect with experts.

### **Ivy League Courses**

<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>

There are 450 Ivy league courses you can take online for free. From Computer to Data Science, Business, Humanities, Programming, Art and Design and so much more!

## Music, Audio-books and Podcasts

### **Take-Away Shows**

<https://blogotheque.net/categories/take-away-shows>

Watch indie musicians singing in the streets, in gardens, bars and apartments.

### **Audible**

<https://stories.audible.com/start-listen>

Audible has made hundreds of titles completely free to help during the Covid-19 crisis. No sign-up or credit card required.

### **A Listening Care Package for Uncertain Times**

<https://onbeing.org/blog/a-listening-care-package-for-uncertain-times/>

A collection of podcasts and poetry for however you're processing or experiencing the pandemic.

## Meditation and Mindfulness

### **Do Yoga With Me**

<https://www.doyogawithme.com/>

Most of the content is free and you do not need an account to access it.

## Performing Arts

### **Chamber Music Concerts**

<https://boulezsaal.de/intermission>

AVAILABLE UNTIL SATURDAY, MARCH 28, 6PM

In celebration of Franz Schubert's 220th birthday, Daniel Barenboim performed the composer's complete piano sonatas during the Pierre Boulez Saal's opening season. This concert, recorded in March 2017, includes the late A-major Sonata D. 959.

### **Paris Opera**

<https://www.operadeparis.fr/en/magazine/replay>

During the confined quarantine period in France, the Paris Opera will be offering to the public its most beautiful ballets and operas to stream from its website for free.

Click to read the complete article on [Vogue](#).

March 23 - 29: Don Giovanni (2019)

March 30 - April 5: Swan Lake (2019)

April 6 - 12: The Barber of Seville (2014)

April 13 - 19: Tribute to Jerome Robbins (2018)

April 20 - 26: The Tales of Hoffmann (2016)

April 27 - May 3: Carmen (2017)

March 17 - May 3: Cycle of Tchaikovsky's six symphonies played by the Orchestra of the Paris National Opera, conducted by Philippe Jordan

### **#canadaperforms**

Many performing artists are uploading videos, performing live over social media, and starting a special series of online performances.

There is also a new #canadaperforms initiative, which you can read more about [here](#).

Please visit the [National Art Centre's Facebook page](#) for the current programming.

## Food Banks and Social Assistance

### **SOSEnsembleQuébec**

Please sign up [here](#) to receive aid.

### **Entraide Agapè (Beauport)**

<https://www.facebook.com/EntraideAgape.Beauport/>

The Food Bank remains open at the time of publication. Please visit their Facebook page linked above to stay up-to-date.

### **Centraide Québec et Chaudière-Appalaches**

<https://www.centraide-quebec.com/covid-19/>

<https://www.facebook.com/centraidequebec>

The centre remains open at the time of publication. Please visit their website and Face page linked above to stay up-to-date.

## Jobs and Legal Assistance

### **Educaloi**

<https://www.educaloi.qc.ca/en/covid-19>

Information on financial aid, free legal clinics, rights and responsibilities.