



Welcome to the new 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

Education and Personal Development

Y4Y Quebec Provincial Youth Consultation: English-speaking Youth in Quebec and COVID-19

Y4Y Quebec invites youth between the ages of 16 to 30 to participate in an interactive online discussion to address two questions as related to COVID-19: How has your life changed? What does the future look like?

It will take place on Thursday, May 7 from 3pm-4pm on Zoom. RSVP by May 6. Register online today!

<https://join.y4yquebec.org/regionalconference>

Codecademy

Learn to code from home. Free courses available. They have a quiz to help you pick the course that is right for you.

<https://www.codecademy.com/learn-from-home>

YES Montreal Workshop: Leveraging Your LinkedIn

Free – May 5 from 10:00-noon

<https://www.yesmontreal.ca/en/events/leveraging-your-linkedin-available-online-only/10253>

YES Montreal Workshop: Moving Through COVID-19 Financial Aid Resources for Artists

Free – May 5 from 12:30pm-1:30pm

<https://www.yesmontreal.ca/en/events/new-moving-through-covid19-financial-aid-resources-for-artists-available-online-only/10234>

Creative Activities

Macrame Tutorials

Learn how to macramé plant hangers, wall hangings and even keychains—the possibilities are endless!

Basic knots to know:

<https://www.youtube.com/watch?v=yxRXj294GIs>

Make a plant hanger:

<https://www.youtube.com/watch?v=aTwB4TT35c0>

Make your own market bag:

<https://www.youtube.com/watch?v=ClqVaEKAH3w>

Just For Fun

Disney Parks: How-to Draw series on YouTube

Learn how to draw your favourite Disney Characters!

<https://www.youtube.com/playlist?list=PLflf8xbnbx65Z2oa2F9uqKZxJJn-4Nynr>

Resources, Information and Social Assistance

Kids Help Phone - 13 ways to ease concerns about school during COVID-19

When will school reopen? What will happen to prom and graduation? How do I keep up at home? Kids Help Phone put together a list of things that you can do if you have concerns about school during the outbreak.

<https://kidshelpphone.ca/get-info/13-ways-to-ease-concerns-about-school-during-covid-19/>

Centre of Expertise on Mental Health in the Workplace

Find information about how the Government of Canada addresses mental health in the workplace and access resources, tools and services for organizations, managers and employees.

<https://www.canada.ca/en/government/publicservice/wellness-inclusion-diversity-public-service/health-wellness-public-servants/mental-health-workplace.html>

Statistics Canada survey- Impacts of COVID-19 on Canadians - Your mental health. Closes May 3rd

<https://www.statcan.gc.ca/eng/survey/household/5323-covid-series>

15 books for kids dealing with anxiety – Librarians Recommended

Every kid gets anxious at times. For some, though, this anxiety can appear quickly, frequently and be tough and scary to work through (both for them and their parents).

<https://www.cbc.ca/parents/learning/view/fifteen-librarian-recommended-books-for-kids-dealing-with-anxiety>

“Is the Virus on My Shoes? My Hair? My Clothes? My Newspaper?”

<https://www.nytimes.com/2020/04/17/well/live/coronavirus-contagion-spread-clothes-shoes-hair-newspaper-packages-mail-infectious.html>

SAAQ

At the moment, in-person services are only offered those in the essential worker category. If you need to renew your license (that requires having a new photo taken), the SAAQ will issue your new license with the photo they kept on file. For more information, check their website:

<https://saaq.gouv.qc.ca/en/newsroom/covid-19-frequently-asked-questions/>