

# Victoria Child Abuse Prevention & Counselling Centre

## Newsletter

### Introduction

The holidays are upon us and for most of us, it is certainly not the season of what we may typically expect.

While the Victoria Child Abuse Prevention and Counselling Centre is closed for services from December 19th through to January 4th, the staff wanted to offer some ideas, resources and suggestions that may support you through this on going and unusual holiday break.

We would like to pass on our best wishes and hopes for you as you celebrate your cultural and spiritual practices of the season and enter into what we hope to be a more joyful 2021!



# Happy Holidays!

### Keeping Children Safe Online

<https://www.cybertip.ca/app/en/signup>

- tips for parents to help keep kids safe while online and out of school

[https://protectkidsonline.ca/app/en/emerging\\_issue\\_s-13\\_to\\_15](https://protectkidsonline.ca/app/en/emerging_issue_s-13_to_15)

- Emerging online risks to youth based on age

**If you need immediate assistance, call 9-1-1 or go to your nearest hospital**

### Crisis and Support Websites

<https://youthinbc.com/>

- Online chat with crisis responders for youth, available between noon and 1am

<https://crisiscentrechat.ca/>

- Online chat with crisis responders for adults, available between noon and 1am

<https://www.heretohelp.bc.ca/support-myself>

- Self help for mental health and substance abuse

Vancouver Island Crisis Line: 1-888-494-3888

- Available 24/7 for crisis support

Kids Help Phone: 1-800-668-6868

- 24-hour confidential and anonymous support for youth between 5-20 years of age

Hope for Wellness: 1-855-242-3310

- 24/7 crisis and counselling support for First Nations and Inuit

Youth Space: 778-783-0177 (text)

- Open 6pm - midnight providing crisis and emotional support chat

Youth Against Violence: 1-800-680-4264

- Available 24/7 and in your language if you are concerned about your safety or the safety of others

## Quick Tips for the Break

Source: Child Mind Institute

<https://childmind.org/article/holiday-during-the-pandemic/>

- Continue to use routine and PREDICTABILITY as your friend! Making plans (even just a few!) will help the family prepare for the changes this season and may help the kiddos to cope with the differences.
- Discussing the family guidelines for community safety in advance can offer clarity for our children, especially those that may struggle with anxiety and other big feelings that may surface throughout the holidays.
- Things are different! Try modifying or creating a new tradition! Give the kids a voice in the process...this may support them in feeling good in a new way! You might be surprised with what awesome ideas they come up with!
- Hear them out...empathize....it is expected that we are all going to be experiencing some disappointment, upset and anger. Validate their feelings, recognize your own and try modelling what we can do to safely and effectively let them out.

**Check out some of these resources for children, youth:**

- <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Keeping-the-holidays-happy.aspx>
- <https://www.npr.org/sections/goatsandsoda/2020/11/17/933920696/comic-a-kids-guide-to-coping-with-the-pandemic-and-a-printable-zine>
- <https://chatbooks.com/blog/quarantine-christmas-ideas>
- <https://crazylittleprojects.com/simple-christmas-crafts/>



## These Kids' Drawings Of Covid Are Genuinely Hilarious

It can be hard to explain what COVID-19 is to young kids. So, as part of a UK-based project, kids have been channeling their creative sides as a way to show what they think the coronavirus looks like. In one child's imagination, it bears an eerie similarity to a dog with three eyes. The project aims to help parents and carers begin conversations about the pandemic with their kids, according to Patrick Tonks, creative director at Great Bean Bags, who started the project.

Read in HuffPost Canada: [https://apple.news/As\\_aS38ohQvamCdm0pH5Esg](https://apple.news/As_aS38ohQvamCdm0pH5Esg)

And how about some for you (the grown ups) too!:

<https://blissfulkids.com/free-guided-body-scan-and-gratitude-practice/>

**We wish you a peaceful and safe holiday season  
and we look forward to seeing you in the new  
year!**

