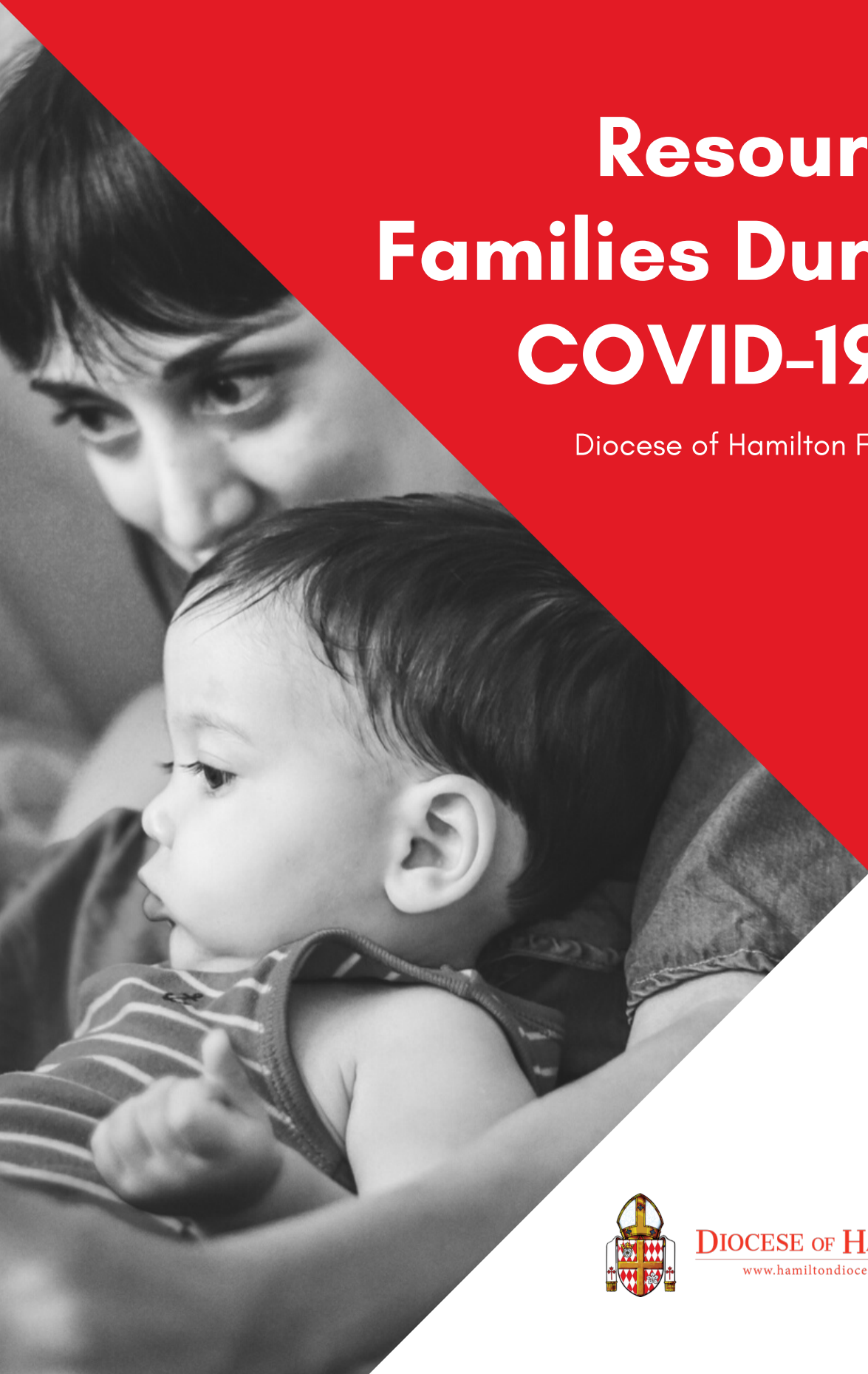


A COVID CHRISTMAS BY DR. BILL WEBSTER

Resources for Families During the COVID-19 Crisis

Diocese of Hamilton Family Ministry Office



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Resources for Families during the COVID-19 Crisis

We are all facing challenging times in light of the COVID-19 crisis and we understand the various stresses that many families are facing. Below you will find a list of resources, not exhaustive but we believe helpful, that may be of assistance to individuals, parents and families. As new resources are discovered, we will update this page for your convenience.

A reminder that parishes are posting updates, information and supports on their websites for parishioners, the Diocesan website also contains regular updates on changing regulations for the Diocese. Mass is now available at parishes, with 30% capacity and protective measures in place for the safety of all.

For parents with children, we would like to remind you that there are many learning resources on both your school board website and on the Ministry of Education website. You can also access the Fully Alive portion of the religion program on the Assembly of Catholic Bishops of Ontario **here**.

While we have many programs listed below to help you at this time, the government also has many resources available to assist you during the pandemic. An excellent source is the **Resource Hub: Mental health and wellness during the COVID-19 pandemic** found at:

<https://www.mentalhealthcommission.ca/English/covid19>

So, take a look at the offerings below and remember that we can still celebrate family and use the time to connect more fully with both our children and our faith! If you need support you do not see here, please call Teresa Hartnett, Director of Family Ministry at 905-528-7988 ext. 2250.



Relationship Supports for Couples, Single Persons and Parents

1. **Love Thinks** blog and material for any relationship: single, married and beyond. Great articles for learning and sharing. Check it out **here**.

Couple Support from Love Thinks:

Head meets Heart

A course for singles with all you need to know to be able to follow your heart without losing your mind.

Rock Solid Marriage: Be a Rock Solid Partner

A course for married couples that give you a practical plan for a happy, healthy, and lasting marriage.

Rock Solid Marriage Ready (Does not replace marriage preparation)

A course for engaged couples that will equip you with everything you need to know to have a lasting and healthy marriage.

The Motherload

The Mother Load is an online course for couples (or for either half of a partnership) who are impacted by the burden of the mental load..ahemm who isn't? From Love Thinks

Here is what you can expect to learn:

- How to talk about the mental load with your partner (scripts included).
- How the mental load may be the cause of your reoccurring relationship issues and what you can do about it.
- Why his efforts might be undermined by your attitude. Or why his attitude is undermining your efforts!
- How to do THE HANDOFF and lessen your mental load and experience more fairness and harmony in your relationship.
- Ways (and scripts) to support your partner who carries the bulk of the mental load.

Follow this **link** for a brief overview.

There is a cost associated with this course. Check it out **here**.



Relationship Supports for Couples, Single Persons and Parents

Continued

2. **Divorce Busters with Michele Weiner-Davis**

For more than two decades, Michele has been a marriage therapist, specializing in helping couples make their marriage work. She believes that every marriage can be save with the proper support and understanding. This site if full of great resources usable for every marriage. Check it out **here**.

3. **NARME** (the National Association for Relationships and Marriage Education) is the national expert on strengthening marriages, families, and children through research-based educational programs. Information and research can be found on their site **here**.

4. **Protect Young Minds** is an excellent website offering supports to parents on how to protect and teach their children about the dangers of pornography. With more internet time with children off school, this is an excellent resource to tap into **here**.

5. **Grief Journey with Dr. Bill Webster** offers various supports for grieving the loss of a loved one. Dr. Webster has been involved in training grief ministers in the Hamilton Diocese for many years. Find some support **here**.

6. **Practical Money Skills Canada** is a website with lots of practical advice for those who want to learn more or are struggling with their finances. Learn more **here**.



Teaching Pro-Life Values at Home



1. **Canadian Catholic Bioethics Institute** serves to promote and protect the dignity of the human person through interdisciplinary ethics research and education in health care and the life sciences. They have excellent material on a variety of relevant topics, including those related to Covid-19, which can be viewed **here**.



2. **Culture of Life Studies** is offering their whole catalogue of curriculum supplements for free! This includes lesson plans from K-12 on prenatal development and issues like euthanasia, book & movie discussion guides, and faith-based studies of pro-life people. One of our favorites is the '**Pro-Life Prints' art activity** for preschool to Grade 2. View their catalogue **here** and start downloading!



Teaching Pro-Life Values at Home

Continued



3. Healing the Culture

Free Resources: Tools for sharing the pro-life message. Check them out **here**.

Life Canada: All Life is Precious

4. Life Canada

The Missing Project: Last year marked the 50th anniversary of the 1969 decision that made abortion legal. LifeCanada felt that this tragic milestone could not pass by without being marked in some significant way. LifeCanada along with We Need a Law and several of our member groups came together to produce 50 video testimonials of people who had experienced abortion in some way. Some talked of their regret, some spoke of the near miss and the gratitude of not having gone through with ending the life of their child. Others spoke of placing their babies for adoption, and others still talked of the undue pressure they faced from medical professionals who wanted them to "terminate." View the documentary **here**.

