

riwç
RIVERDALE IMMIGRANT
WOMEN'S CENTRE

STAYING CONNECTED ONLINE WITH FAMILY AND FRIENDS

WELCOME!

- The session will be 90 minutes.
- We will pause after each slide for questions, and to provide assistance.
- There will also be time for questions at the end of the session.



WELCOME!

- **How to, stay connected with friends and family online**
 - **Strategies**
 - **Ideas**
 - **Tips**
 - **Resources**

The logo for the Riverdale Immigrant Women's Centre (riwC) is located in the bottom right corner. It features the lowercase letters "riwC" in a bold, black, sans-serif font. Below this, the words "RIVERDALE IMMIGRANT WOMEN'S CENTRE" are written in a smaller, black, sans-serif font. A small, stylized female symbol (a circle with a vertical line and a horizontal line) is positioned to the right of the word "CENTRE".

WELCOME!

- There are many ways to stay connected online with family and friends:
 - Email
 - Text Messaging
 - Phone Call
 - Video Call



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COFFEE CLUB

Host a regular "coffee club"

- Schedule video calls on a regular basis to meet with others. Everyone can bring a coffee or drink of their choice, and talk.
- Your local community centre or YMCA may also offer a weekly coffee club that you can attend and meet new people.



HAPPY HOUR

Host a Happy Hour

- Choose a signature drink that everyone can try to make, then drink and chat about it, or share recipes for making your favorite cocktail or mocktail.
- This would be best over a video call.



BOOK CLUB



Start or join a virtual book club

- Get a group of family and/or friends to choose a book, and then when everyone has had a chance to read it, get together on a video call to talk about the book.
- Join an existing virtual book club and connect with people in your area or all over the world.
 - Rebel Book Club – international remote book club (membership fee applies).
 - Toronto Public Library has book clubs on many different genres/topics (free).
 - Greater Toronto YMCA has a virtual book club.



GAME NIGHT

Host a virtual game night

- Spend an evening playing games virtually; schedule a video call and play your favorite games or use a game night app, such as:
 - Let's Roam: a virtual online program where you can play interactive games online with multiple people and it has video calling built in to the program (subscription fees apply).
 - Uno: a free app where you can invite others to play the game of Uno, virtually. 
 - Houseparty: a popular free video chat app that allows up to 8 people to talk at one time and play games together in the app. 



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COOKING

Cook together, virtually

- Share a recipe and cook together while on a video call.
- Attend a virtual cooking class or online cooking demo together.
- Eat a meal together while on a video call, as if you were eating at the same table.
- Start a "cooking club". Each week have the group select a recipe for everyone to make. Meet virtually to cook together, or cook separately and meet afterward to discuss how it went and how the dish tasted.

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SPECIAL OCCASIONS

Host virtual celebrations for special occasions

- Send a video of yourself with a special message.
 - Coordinate an online celebration through a video calling platform.
- Birthday
 - Anniversary
 - Graduation
 - Special holidays



FAMILY FB GROUP

Start a family Facebook group

- Create a private Facebook group and invite your family members and friends to join.
- People can share posts, photos, and videos, and everyone else will be able to see and comment on them.
- If the group is set to private, everything posted can only be seen by members of the group. Every member of the group must be approved by the person who created the group.



VIRTUAL FAMILY REUNION

Host a virtual family reunion

- Schedule a time that works best for all or most family members and have a reunion on a video call.
- This is a good way to have face-to-face interaction with family members that do not get to see each other often.
- Everyone can attend, no matter where they are.
- Ideas for activities at the reunion: play a game of family member trivia, each family member gives an update about their life, scavenger hunt, talent show, family member interviews.



CRAFTING/COLORING

Have a crafting or coloring session

- Have a video call with a friend/family member to work on the same project, and see how your results compare. Or, work on separate projects at the same time.
- Attend a crafting circle, for example:
 - Toronto Public Library hosts a free virtual crafting circle where they discuss knitting, crocheting, and cross stitching.



WORKOUT

Online workout class

- Find a free online workout (on YouTube, for example) or do your favorite physical activity with a friend or family member on a video call.
- Attend a live fitness class together, through your local YMCA, community centre, or gym.
- Working out with someone else is a great way to motivate each other.



TV/MOVIES

Have a virtual movie or TV night

- Schedule a video call with family/friends and watch the same movie at the same time.
- Make your favorite movie snacks.
- Afterward, discuss how good/bad the movie was together.
- Make it a regular event and alternate who picks the movie so that you everyone gets to watch a genre they enjoy.
- You could also do this with a show everyone enjoys, and watch a new episode each week.



TV/MOVIES

Have a virtual movie or TV night

- Another way to host a virtual movie or TV night with friends/family is to use an app, such as:
- Teleparty (formerly Netflix Party): a free online program that enables you to watch TV and movies with your friends/family online, at the same time. It also adds a group chat. This is compatible with Netflix, Disney, Hulu and HBO.
- Note: this app can only be used on laptops and desktops computer, NOT tablets/phones.



COMMUNITY EVENTS

Participate in virtual community events

- Local community centres may be offering virtual events or weekly group sessions.
- The Toronto Public Library has many online programs and sessions that are free to library card holders.
- Resources for community events in Toronto area:
 - Toronto.com – has a webpage that lists community events (online and in-person) coming up.
 - MyCommunityHub has a community events calendar as well as other resources.



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LIBRARY ACTIVITIES

- Public libraries have a wide variety of online activities and events that are free to attend.
- Some examples from the Toronto Public Library:
 - Let's Chat: English Conversation – a fun and welcoming online chat group to build confidence in speaking English.
 - Health and wellness sessions and discussions
 - Author talks – authors speak about their book(s) and answer questions.
 - Programs & activities for kids and families.
 - Sessions about career and job search skills.
 - Computer training classes.



ONLINE ATTRACTIONS

Visit an online attraction

- There are many places offering online tours, attractions and live feeds, such as:
 - Vancouver Aquarium – live cameras of otters, jellyfish, penguins, etc.
 - Ripley's Aquarium of Canada – live cameras of sharks, sting rays, their rainbow reef, etc.
 - Canada's Wonderland – has set up YouTube videos so you can take a virtual ride of their roller coasters and other rides.



CONCERTS

Attend or host a virtual concert

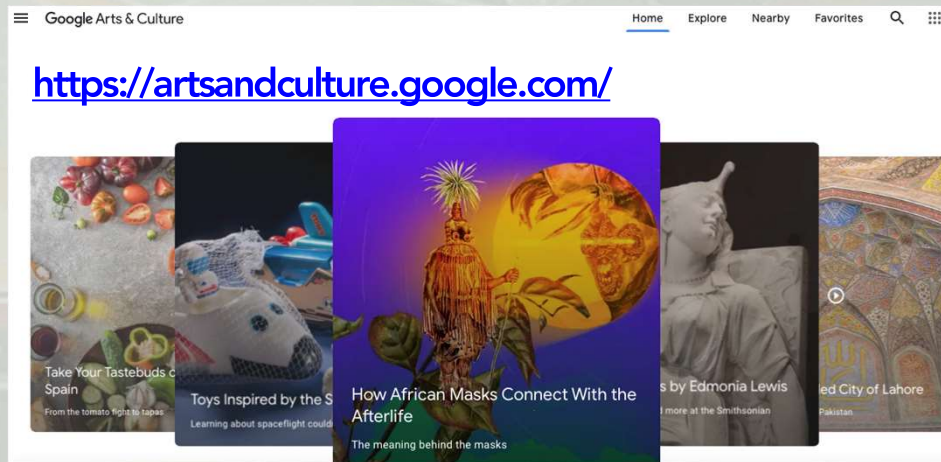
- Attend the same virtual concert.
- Afterward, get together on a phone call or video call to talk about the performance and share your favorite or most memorable moments.
- Host a virtual concert if you and/or your household members play instruments. Or create your own instruments!



VISIT A MUSEUM

Visit museums around the world

- There are many museums that offer virtual tours and have online collections and exhibits.
- Google Arts and Culture is a great resource to search for virtual tours and browse through online exhibits.



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RESOURCES

Great Toronto local resources for free online activities and programs for all ages and interests:

- Greater Toronto YMCA:
<https://brightspot.ymcagta.org/activities>
- Toronto Public Library:
<https://www.torontopubliclibrary.ca/programs-and-classes/>
- City of Toronto Stay, Play & Learn at Home:
<https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/covid-19-stay-play-learn-at-home/>



QUESTIONS?



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