

Leisure Resources for Staying Resilient During the COVID-19 Pandemic - For VCH Staff

For Book Lovers and The Brainy Bunch

— part 6 of a 9 part series for staying resilient



Libby, By OverDrive ([website](#), iOS and Android)

Free access to library eBooks and audiobooks.

Vancouver Public Library ([website](#))

Access the VPL digital library by using your library card. Don't have one? Apply online and get instant access. Not a Vancouver resident? Check your local library's website as many communities have similar programs including Burnaby, New Westminster, Coquitlam and Surrey.

Coursera ([website](#))

More than 1,900 free courses on a diverse variety of topics including the science of well-being, how to build an app, relationships, graphic design – there is something for everyone! Audit for free or complete designated courses for certification.

Classroom Central ([website](#))

Access to courses from 13 different subject areas including courses in science, cooking, robotics, astronomy, mindfulness and more. Free to audit.

Duolingo ([website](#), iOS and Android)

Learn a new language for free.

Learn to Code From Home ([website](#))

Learn computer coding skills for free thanks to freeCodeCamp, a public charity.

FREE online resources to support your health and wellness

Created by the recreation therapy (RecT) staff at VGH



We Care for Everyone

Your well-being matters!

To access more leisure resources,

please visit the [COVID-19 staff supports wellness page](#).