

FREE WORKSHOP

Holland Bloorview
Kids Rehabilitation Hospital

Care for the Caregiver

Learn practical skills to build your wellbeing toolbox

This interactive workshop is for caregivers (including siblings over 14 years of age) of children and youth living with various special needs.

Together we will learn:

- About the concept of Resilience, and share tips on how to grow this in ourselves and in our kids
- Mindfulness and Compassion practices that will enable us to be more present, and more kind and caring to ourselves and others
- How yoga can help us to relax and recharge our mind, body and spirit, release stress and gain a greater sense of balance throughout our day
- How food can boost our energy and how to mitigate the effects of stress on our eating habits

Schedule:

6:00-6:15pm – Yoga – Energizing Sequence

6:15-7:00pm – Resilience Presentation

7:00-7:10pm – Yoga – Calming Sequence

7:10-7:55pm – Choose either Mindfulness & Compassion or Nutrition Workshop

7:55-8:00pm –Closing remarks

Presenters:

Valerie Lusted, MSW, RSW Social Worker,

Lesley Halcro, EWYT-350, RYT-200, YogaWorks Toronto,

Anna Marie Batelaan, BSW, MSW, RSW Social Worker

Lorry Chen, RD, Clinical Dietician/Clinical Education Liaison

Resources will be shared and light refreshments will be served. Please wear comfortable clothing so that you can participate in the yoga practice.

Registration is required. Please see next page. →

Holland Bloorview Kids Rehabilitation Hospital

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A teaching hospital fully affiliated with the University of Toronto



Care for the Caregiver Workshop

How to Register

Date and time: Tuesday, June 19, 2018, 6pm - 8pm

Location: Holland Bloorview Kids Rehabilitation Hospital, Conference Centre

Last day to register for the workshop June 15, 2018

*** See below for childcare registration

All attendees must register in advance online at: <https://bit.ly/2xt77v0>

Please make sure to register for every family member in attendance. This will take you to the workshop registration page on MyCommunityHub.ca.

- Please **create an account** (if you don't already have one) to register for the event.
- If you already have an account, **please sign in** to add the workshop to your cart and register.



***CHILDCARE REGISTRATION

Playroom registration for this event is open between June 1 – June 15, 2018.

*Supervised on-site childcare is available for a **limited** number of children who are 30 months old & over in our Ronald McDonald Playroom.*

- ✓ **Spaces are confirmed only after an intake call is completed over the phone.**
- ✓ Call Daniel Scott at 416-425-6220 ext. 3438 to discuss your child's needs and register for a Playroom spot.
- ✓ Children under 30 months old *cannot be accommodated* in our Playroom or at events

Special Note: if you would like to enroll your sibling child in our NEW Sibling Program that runs at the same time as our workshops, please email Beverley from Young Carers at beverley.shepherd@hospicetoronto.ca to register.

If you require special accommodations or have questions, please contact Jean Hammond at jhammond@hollandbloorview.ca or 416-425-6220 ext. 3319