

Resources for Families Awaiting Assessment - School Aged Children and Teens

Caregiver and Sibling Support

Holland Bloorview Family Mentor Program

This program offers families the opportunity to connect with a Family Mentor who has lived experience as a caregiver with a child who is or has received services from Holland Bloorview. Family mentors are trained to provide peer support to other families and share tips around, for example, navigating the hospital and community services, adjusting to a new diagnosis, accessing financial support, and managing well-being.

Website: [Peer Support and Mentorship | Holland Bloorview](#)

Holland Bloorview Family Resources and Workshops

A variety of workshops and family events take place at Holland Bloorview throughout the year.

Phone: or 416-425-6220 Ext. 6146

Email: resourcecentre@hollandbloorview.ca

Website: [Workshops and Events | Holland Bloorview](#)

Holland Bloorview Sibling Support Program

Holland Bloorview's Sibling Support Program will give siblings, ages 7-18, the opportunity to relax, unwind, and meet peers who might share lived experiences. It will provide a safe space to talk about what it's like to be a sibling of someone with a disability. The program is open to any child who has a sibling with a disability, complex medical needs and/or dual diagnosis.

Email: siblingsupport@hollandbloorview.ca

Caregiver Skills Training Program

The World Health Organization provides a free e-learning course for families of children with developmental differences in the domains of communication and social interaction. The course is appropriate for caregivers of children as young as 2 years old and can be useful for enhancing caregiver's ability to use play and everyday routines as opportunities to build communication, socialization, and adaptive behaviours.

Website: [WHO eLearning Caregiver Skills Training for Families of Children with Developmental Delays or Disabilities](#)

Information and Resources - General Parenting/Development

Behaviour and general development (e.g., sleep, nutrition, developmental milestones, mental health, independence, language, communication, socialization)

Caring for Kids - Information for parents from Canada's paediatricians

See "behaviour and development" section for general tips on how to support behaviour and general learning and development.

Website: [Behaviour & Development | Caring for kids](#)

Connectability –

Articles in different languages, educational videos and free downloadable visuals.

Website: www.connectability.ca

Institute of Child Psychology

See “Free Resources” for complimentary webinars and printables around promoting development and well-being at home.

Website: Institute of Child Psychology

Surrey Place – Child and Youth Services

Telephone: 1-833-575-5437

Website: <https://www.surreyplace.ca/registration/>

Surrey Place Centre SmartStart Hub

Telephone: 1-833-575-5437

Website: <https://www.surreyplace.ca/services/smartstart-hub/>

Tools to Grow

Contains free resources around supporting motor development, literacy and communication, independence, sensory processing, and socialization.

Website: [FREE Resources | Tools to Grow Therapy](#)

Tips from The Hanen Centre This resource provides tips for how caregivers can support young children in building language and early literacy skills.

Website: [Language-building Tips for Parents of Young Children](#)

School Resources and Terminologies**Community Living - Educational Consultation****Tracey O’Regan: Community Inclusion and Advocacy Supervisor/Education Consultant**

Free consultation and support for children and youth (up to age 21) with special education needs who are experiencing difficulties at any school, public or private, within the GTA. This includes advising families on their rights and options with regards to education, advocating for families, as well as attending meetings at school with families.

Telephone: 416-371-3162

E-mail: toregan@cltoronto.ca

Ministry of Education - www.ontario.ca/page/ministry-education

Toronto District School Board - www.tdsb.on.ca

Toronto Catholic District School Board - www.tcdsb.org

School Terminology:**Special Education Program Placement and Recommendation Committee (SEPRC)**

A committee made up of school staff that meet with caregivers before Junior Kindergarten entry to determine whether or not an intensive support special education program (ISP) would be appropriate. Caregivers can request a SEPRC at time of Kindergarten registration.

School Support Team (SST)

A committee made up of school staff and special education professionals. During the SST meeting, student strengths and needs are discussed and a plan to support the student is developed. A plan may include recommendation for an IEP and/or referrals to professionals for further assessment, consultation or intervention. Caregivers can request a SST at any time during the school year.

Individualized Education Plan (IEP)

A written plan that describes special education programs, services, accommodations or modifications for a student with specific learning needs. It is based on a student's profile of strengths and needs. An IEP is developed in consultation with staff, caregivers, and students, where appropriate. Caregivers can consult with the teacher to create an IEP.

Identification, Placement, and Review Committee (IPRC)

A committee made up of school staff and special education professionals. The committee determines the type of "exceptionality" for a student and suggests an appropriate program or setting for the student. This could include providing support in the regular class with extra resources or withdrawing the student to a special education class for part or all of the school day. IPRC meetings take place at least once a year. Caregivers can request an IPRC through the school's principal.

Recreation Programs

Toronto Parks and Recreation

Telephone: 416-396-7378

Website (general information): www.toronto.ca/recreation

Website (search for programs) www.toronto.ca/funguide (to search for programs)

Program Information and Registration

Seasonal recreational programs and camps. Find a program using the "Fun Guide". One can register online, by phone or in person. A Family Account Number is needed to register.

Welcome Policy

Financial assistance may be available to assist with the cost of Parks and Recreation programs. Eligibility is based on family income. Application form is available online or call to request.

Telephone: 416-338-8888 ext. 3

Website: www.toronto.ca/free-lower-cost-recreation-options

Adapted Programs and Inclusive Services

Adapted programs and/or additional assistance to an individual within a program to support participation and inclusion.

Telephone: 416-395-6128

Holland Bloorview Kids Rehabilitation Hospital

Music and Arts Programs

Music, visual and performing arts programs for children and youth.

Telephone: 416-425-6220 ext. 3317

Website: www.hollandbloorview.ca/services/programs-services/music-and-arts

Aquatic Swim Programs

Swimming programs for swimmers with a disability and their family.

Telephone: 416-425-6220 ext. 3539

Website: www.hollandbloorview.ca/swim

Community Snoezelen Room and Snoezelen Pool

Sensory room and a sensory pool with music, lighting effects, and tactile sensations.

Telephone: 1-800-855-0511 to get Bell Operator. At prompt give 416-422-7049

Website: www.hollandbloorview.ca/snoezelen

Variety Village

Recreation and life skills programs. Facility is located in Scarborough.

Telephone: 416-699-7167

Website: www.varietylvillage.ca

My Community Hub

Online registration for specialized programs, classes, respite and camps offered across Ontario for children, youth and adults.

Website: www.mycommunityhub.ca

Mental Health Services**What's Up Walk-in Clinic**

Mental health counselling at various locations across Toronto for children, youth, young adults and their families. Support children and youth dealing with stress, anxiety, depression, loss, transitions etc. Will assist with referrals to longer term services when needed.

Website: www.whatsupwalkin.ca

Sick Kids Centre for Community Mental Health - Family Support Network (North York)

Telephone: 416-924-1164 ext. 8710

E-mail: prevention.services@sickkidscmh.ca

Website: www.sickkidscmh.ca/garry-hurvitz-cmh/prevention-and-early-intervention-services

Please note that the information provided in this list is not intended as a recommendation or endorsement of services by Holland Bloorview Kids Rehabilitation Hospital. Resources listed have different eligibility requirements and wait times.

This list was compiled by Holland Bloorview Social Workers in the Communication, Learning and Behaviour Program.