

## Family workshop: Teen volunteering – why & how

### Free Workshop for parents & caregivers of youth with disabilities ages 13 & up

Teens can develop their sense of self-identity, build life skills, and form relationships by being active outside of the family circle and the school setting. Becoming a volunteer is a common starting point for this growth. Join our parent and staff experts to consider if this is the right time for your child.

**WHEN:** Saturday, September 28, 2019  
10:00-12:00

**WHERE:** Holland Bloorview Kids Rehabilitation Hospital  
Main floor

**WHAT:** At this workshop:

- Consider how volunteering can help your child and identify why this is important to you
- Learn about resilience, overcoming fears & confidence-building
- Hear from other parents about how they supported their child's participation, reflection, learning & growth
- Explore proven ways to make volunteering possible – including tapping into your social networks, showcasing your child's strengths and developing community connections
- Make your action plan for next steps

### FACILITATORS:

Gayle Carter, parent | Heidi Kiefer, Psychologist | Laura Howson-Strong, Occupational Therapist  
| Lisa Williams, parent | Janelle Withers, parent

### ADVANCE REGISTRATION BY EMAIL IS REQUIRED:

Contact: Julia Kowal [jkowal@hollandbloorview.ca](mailto:jkowal@hollandbloorview.ca) 416.425.6220 x3782 **Deadline: September 17, 2019**

*Please provide:* ♦ your name (and names of any others registering with you) ♦ email ♦ phone number ♦ any special dietary requests ♦ and answer the question “How can this workshop be helpful to you?”

Note: Child care is not available for this workshop. Light refreshments will be provided.