

Family Resource Centre

COVID-19 e-letter March 20, 2020

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The information provided in this newsletter is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, policies or political parties, or as a comprehensive resource list.

Holland Bloorview Kids Rehabilitation Hospital

[Covid-19 tipsheets and resources](#) (more tipsheets will be added soon!)

- Your legal rights during COVID-19 and Coronavirus Outbreak
- Explaining COVID-19 and Coronavirus to Children

[BLOOM's blog on parenting children with disabilities](#)

(To subscribe to BLOOM's monthly e-letter, go to the link and scroll down to the blue banner to input your e-mail)

[BLOOM Facebook page](#)

[Parent Voices @ Holland Bloorview on Facebook](#)

Caregiver webinars

Good Things In Life (March 21)

["End Loneliness" Challenge - free, live webinar on building social capital and addressing isolation and loneliness during the pandemic](#)

- Free Facebook group with daily prompts, suggestions and support to help you and your family stay positive and make a difference in your community.
- Free, online masterclass on adding social capital to your child's IEP (Individualized Education Plan)

Harmony for you

[30 minute online workshop: Coronavirus and Anxiety: How to Stay Calm in the Midst of the Storm \(March 22, 24, 26\)](#)

P4P Planning Network

[Staying Connected While Social Distancing \(March 24\)](#)

York University, CAMH, Public Health Agency of Canada

[Virtual Mindfulness Groups: Siblings/Caregivers & Autistic Adults \(starts March 24\)](#)



Be Strong Families

Webinars: COVID-19 support [Also available in Spanish/Espanol](#)
[Concrete Support in Times of Need /Everybody Needs Help Sometimes](#)(Mar 23)
[Social & Emotional Competence/Parents Need to Help Their Children Communicate](#)
(Mar 24)
[Social Connections / Parents Need Friends](#)(Mar 25)
[Parental Resilience / Be Strong and Flexible](#)(Mar 26)
[Knowledge of Parenting and Child Development / Being a Great Parent is Part
Natural and Part Learned](#) (Mar 27)

Zero to Three

[Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#)

Fred Rogers Centre

[Support for Helpers during Coronavirus](#)

Developmental Services Ontario

[COVID-19 updates from your area DSO](#)

Canadian Association for Community Living

[#COVIDdisability: Disability-Related Resources for Families](#)

The Ontario Caregiver Association

[Ontario caregiver helpline for a one-stop resource for information and support](#)

Toronto Police Services

[Vulnerable Person Registry now available: allows vulnerable people and their caregivers to share information with police before an emergency or police call takes place.](#)

This e-letter belongs to a set of specialized resources for the COVID-19 and Coronavirus outbreak period. If you are looking for other family resources that have to do with childhood disability, please visit www.hollandbloorview.ca/resourcecentre.

Holland Bloorview's Grocery Foundation Family Resource Centre is a place where you can find information and resources on childhood disability that are helpful to you and your family. We have information on: respite, recreation, housing, funding, education, parenting and more. All Holland Bloorview workshops and events are listed on www.hollandbloorview.ca/familyevents Questions? Please e-mail resourcecentre@hollandbloorview.ca

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