

# Family Resource Centre

## COVID-19 e-letter April 17, 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: Tip Sheets and Resources](#)

[ROCK SOLID - coping strategies for families of children with autism during COVID-19](#)

[Tips for families living with autism during COVID-19 crisis](#)

[HB Alumni Network](#): Use Holland Bloorview's new online networking platform to meet, connect with and share information with other clients and families

[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](#)

### Family events and workshops during the COVID-19 outbreak

Parents, caregivers, siblings and youth, we want to hear from you—what topics do you want to hear about in the next few months and how do you want to hear about it?

Please take 3 minutes to fill out our survey [here!](#) Open until May 1st.

## Webinars/virtual event series

### Holland Bloorview Kids Rehabilitation Hospital & ECHO Ontario Autism

Join us for the ECHO Ontario Autism Pop-Up Online Series for parents to support your family through the Covid-19

### Practical Sensory Strategies for Home

Learn about the eight sensory systems and how they impact a child's (and our own) behaviour.

- April 22, 2020 register [here](#)
- April 29, 2020 register [here](#)

### Creating Calming Sensory Spaces at Home

Learn how to create sensory spaces (often called sensory modulation spaces) with items you already have at home to help support your child or youth's emotional regulation.



- May 6, 2020 register [here](#):
- May 13, 2020 register [here](#)

### **Self-Regulation in Times of Anxiety**

Learn about the different domains of self-regulation.

- May 20, 2020 register [here](#)
- May 27, 2020 register [here](#)

### **Miles Nadel Jewish Community Centre & Beit Issie Shapiro, Israel**

[When Technology Meets Communication \(April 22\)](#)

How to use different accessories and apps to allow people with disabilities, from early childhood to adulthood, to communicate effectively in different environments.

[Technology for Play & Leisure \(April 30\)](#)

Discuss available products, software, and apps for children and adults with disabilities and how they can be used in various ways and in a range of environments to afford and enhance quality play and leisure time.

### **Autism Ontario**

[Live and pre-recorded webinars, virtual family support groups and online OAP information sessions](#)

### **People First Ontario, ARCH, Health Care Access Research and Developmental Disabilities (HCARDD)**

[“What’s Up?” Wednesdays: COVID-19 Information in Plain Language](#)

Send in your questions about COVID-19 to help everyone feel well, safe and connected

### **The Centre for Research and Innovation for Black Survivors of Homicide Victims**

How is COVID-19 affecting vulnerable populations? [On Instagram starting April 15](#)

### **Be Strong Families**

[Weekly webinars on COVID-19 support](#) (also available in Spanish)

### **Crisis and Trauma Resource Institute**

[Mental health and resilience during COVID-19](#) (free for the month of April)

### **Triple – P (Positive Parenting Program)**

[Parenting tips for parents and caregivers in uncertain times \(COVID-19\)](#)

### **Children’s Treatment Centre Simcoe-York *\*not COVID-specific***

[Community Learning Library \(CLL\)](#)

Free virtual learning platform for families and professionals in Simcoe County and York Region

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## Communication Tools/Protecting your family member

### **AIDE Canada**

[Supporting Children and Youth with Autism and Intellectual Disability and their Families during COVID-19](#)

Tips include how to create a 'care pack' which outlines a list of care strategies and tools for alternative caregivers in case you are not able to be with your child (for instance, if you were quarantined in a different setting)

### **Communication Disabilities Access Canada (CDAC)**

[COVID-19 Communication Rights Toolkit](#)

Resources for those who need communication tools and supports due to speech-related disabilities face greater risks of discrimination and isolation during this pandemic. For example, for safety reasons, your family members and others who help you communicate may not be allowed to join you in the hospital.

### **Toronto Police Services**

[Vulnerable Person Registry: share information with police before an emergency or police call takes place.](#)

## Online support groups for caregivers and siblings

### **Autism Ontario**

[Family support group meeting \(April 23\)](#)

### **Ontario Caregiver Organization (OCO)**

[Online peer support group Monday, Wednesday, Thursday and Saturday](#)  
[Young Caregiver's online support group \(ages 15 - 25, Wednesday evening\)](#)

### **Geneva Centre for Autism**

[Remote Parent Support Groups](#)

### **Children's Treatment Centre Simcoe-York**

[Virtual caregiver coffee chats \(Thursdays\)](#)

### **Canadian Caregiver Network**

[Huddol - online community network for caregivers](#)

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## Social/Things to do

**Geneva Centre for Autism**  
[Free Online Social Skills Program](#)

**ISAND (Integrated Services for Autism and Neurodevelopmental Disorders)**  
[Body Breaks online interactive and movement based group led by an occupational therapist. First class free](#)

**Brighton Social Groups**  
[Friday night e-social \(FNS-E Social\) \(ages 13+ and young adults\)](#)

**Miles Nadel Jewish Community Centre**  
[Daily fitness programming and activities for inclusion and access families](#)

**Everyday Friends LIVE! - Every weekday 11:00-11:30AM**  
For youth 16-30 with developmental disabilities and/or ASD, and open to all.  
Contact [Effieb@mjcc.org](mailto:Effieb@mjcc.org)

**Writing Club - Meetings via Zoom every Friday 2:00-2:30PM**  
For young adults with developmental disabilities and/or ASD  
Contact: [graces@mjcc.org](mailto:graces@mjcc.org)

**Disability/Visibility- April 19 – June 21**  
For youth who identify with disability to learn photography  
Contact: [effieb@mjcc.org](mailto:effieb@mjcc.org)

**Citizenship Project - Every Wednesday at noon**  
A weekly chat about different topics in civics and Canadian society. Participants can propose topics or just tune in to learn.  
Contact: [rachell@mjcc.org](mailto:rachell@mjcc.org)

**BlogTO**  
[10 fun things to do when bored at home during quarantine](#)

**Teaching Awareness Through Puppetry**  
[Livestream puppet shows Thursdays @ 11 a.m.](#)  
[Feelings and emotions about COVID-19 - a puppet show for your young child](#)

**Azrieli Adult Neurodevelopmental Centre**  
[Mindfulness Mondays and Fit Fridays](#)

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## Legal Information/Local and Provincial COVID-19 Updates

### Ontario Government

[Ontario COVID-19 cases status updated twice a day, at 10:30 a.m. and 5:30 p.m. ET.](#)

### City of Toronto

[COVID-19 updates](#)

### 211 Central

[Local services that can be accessed during COVID-19](#)

### Steps to Justice (formerly known as Community Legal Education Ontario)

[Questions related to COVID-19 Employment and Work](#)

### Pooran Law

[COVID-19: estate planning, virtual signings, family law, income tax filing deadlines, government benefits round-up](#)

### Partners for Planning

[COVID - 19 FAQ about community supports such as SSAH, OAP and support workers](#)

## Understanding COVID-19

### Canadian Association of Emergency Physicians (CAEP)

[Fact sheets for COVID-19 testing, self-isolation and self-management](#) (available in other languages)

### Ontario COVID-19 website

[How to stay safe](#) (available in other languages)

### Kids Health

[Coronavirus questions and answers for parents](#)

### Online books for children explaining COVID-19

- [My Hero is you - children's book on COVID-19](#)
- [Coronavirus - a book for children](#)
- [How to talk to kids about Coronavirus](#) (available in other languages)

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**Health Care Access Research and Developmental Disabilities (HCARDD)**  
[Easy to understand COVID-19 resources and supports for people with developmental disabilities and their families](#)

*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](http://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](http://www.hollandbloorview.ca/familyevents). Questions? Please e-mail [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

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