

Family Resource Centre

COVID-19 e-letter April 9, 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

[Emergency funding sources and access to basic necessities](#) **NEW**

[Mental Health and Wellness Supports During COVID-19](#) **NEW**

For more tipsheets, go to [COVID-19: Tip Sheets and Resources](#)

[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](#)

Webinars/virtual event series

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

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

Community Living Ontario

[Webinar: Navigating Health Care for People with Developmental Disabilities during COVID-19 \(April 14\)](#)

Toronto Rehab and Peter Munk Cardiovascular Prevention and Rehabilitation

Free live online education via ZOOM

[Coronavirus mythbusters \(April 14\)](#); [Eating on a budget \(April 15\)](#); [Set goals and actions plans at home \(April 16\)](#)

Crisis and Trauma Resource Institute

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

Be Strong Families

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



Children's Healthcare Canada

[COVID-19 in Canada](#)

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

Caregiver and family wellness

Hand up for Kids (Toronto)

Fill out the [online form](#) to get \$25 breakfast care package for each child in your home

Family Service Toronto

[Single Session Virtual Counselling](#)

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](#)

211 Central

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

Holland Bloorview Kids Rehabilitation Hospital

[Family tipsheet: Emergency funding sources and access to basic necessities](#)

Triple – P (Positive Parenting Program)

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

The Ontario Caregiver Association

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

Toronto Police Services

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

Social - online

Brighton Social Groups

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

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Children's Treatment Centre Simcoe-York

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

Little Kickers

Daily games for kids (1.5-7) to play at home in their living room [Facebook](#) [Instagram](#)

University of Toronto Sports and Recreation [Daily fitness sessions](#)

YMCA [Free online daily workouts](#)

Cerebral Palsy Foundation [Evolve 21](#): an app with adaptive exercises to support a variety of abilities and disabilities

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)

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

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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