

Family Resource Centre

COVID-19 e-letter March 31, 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

- [Your legal rights during COVID-19 and Coronavirus Outbreak UPDATED Mar 27](#)
- [Explaining COVID-19 and Coronavirus to Children](#)
- [Fun and budget-friendly stay-at-home activities](#)
- [Tips for Creating a Learning Schedule at Home](#)
- [Sample Daily Learning Schedule](#)
- Mental Health and Wellness Supports During COVID-19 (coming soon!)

[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

Children's Healthcare Canada

[#COVID Together - join other families on facebook to discuss COVID-19 \(April 1\)](#)

[COVID-19 and the care of the child with chronic disease \(April 2\)](#)

Be Strong Families (Also available in [Spanish](#))

- [Knowledge of Parenting and Child Development / Being a Great Parent is Part Natural and Part Learned \(April 1\)](#)
- [Concrete Support in Times of Need / Everybody Needs Help Sometimes \(April 2\)](#)
- [Social and Emotional Competence / Parents Need to Help Their Children Communicate \(April 3\)](#)



Children's Healthcare Canada & Solutions for Kids in Pain (SKIP)

[Impacts and implications of COVID-19 for children in pain and their families \(April 8\)](#)

Community Living Ontario

[Webinar: Navigating Health Care for People with Developmental Disabilities During COVID-19](#)

Caregiver and family wellness

Toronto Rehab and Peter Munk Cardiovascular Prevention and Rehabilitation

Free live online education via ZOOM

[Eating well \(April 1\); Exercise safely \(April 2\); Mental wellness and COVID-19 \(April 6\)](#)

Azrieli Adult Neurodevelopmental Centre

[Fit Friday \(March 27 to April 17\)](#)

Free online physical activity sessions for people with developmental disabilities.

[Mindfulness Mondays \(March 23 to April 13\)](#)

Free online mindfulness sessions for people in the developmental disability community and their caregivers, regardless of age or disability

[Assessment: Getting Help for Mental Health Concerns \(April 7\)](#) **Not COVID-19 related*

Online discussion about the role of families in supporting adults with developmental disabilities to understand and navigate mental health concerns.

YMCA [Free online daily workouts](#)

Yoga [Free online workouts](#)

Recreational Respite [Now offering virtual interactive services](#)

Good Things In Life ["End Loneliness" Challenge](#)

Zero to Three

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

Ontario COVID-19 website (available in other languages)

[Information on how to stay safe during this period](#)

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Supporting your child and young adult

Kids Health

[Coronavirus questions and answers for parents](#)

#COVIBOOK

[How to talk to kids about Coronavirus](#) (available in other languages including Spanish, Italian, Portuguese, Arabic, Greek, Chinese)

Health Care Access Research and Developmental Disabilities (HCARDD)

[Easy to understand COVID-19 resources and supports for people with developmental disabilities and their families](#)

Solutions for Kids in Pain (SKIP)

[Digital Pain Management Resources for Children and Youth](#)

Other

P4P Planning Network

[Introduction to the RDSP \(April 23\)](#) *Not COVID-19 related

Developmental Services Ontario

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

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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