

Family Resource Centre

COVID-19 e-letter July 27, 2020

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Holland Bloorview
Kids Rehabilitation Hospital

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.

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- **NEW** [Family Tipsheet: What to do if your child cannot wear a mask](#)
- **NEW** [Family Tipsheet: How to safely return to work when you have a vulnerable family member](#)
- **NEW** [ASD Parent Coffee Chat - August 13](#) (Autism Ontario and Holland Bloorview Social Workers)
- [COVID-19: Tip Sheets and Resources](#)
- [HB Info Line](#) The HB Info Line is a new service to help kids, youth and families learn about and get connected to the many programs and services at Holland Bloorview.
- [HB Alumni Network](#) We want to ensure our connection does not end after clients have been discharged from our hospital. We have developed an alumni network so clients (13+), families, and caregivers can connect, share experiences and help us improve care and services.
- [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](#)
- [Parent Voices @ Holland Bloorview Facebook](#)

Diversity & Inclusion

- [Need to Talk - Are you a child, youth or caregiver who is Black or a person of colour?](#) (Lumenus Community Services formerly known as Griffin Centre)
- [7 Audiobooks to celebrate disability pride month](#)



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- [Peer support for Queer, Trans, Two-Spirit* youth \(29 and under\) across Ontario \(Youthline\)](#)
- [Inclusion and Diversity- looking at hidden biases](#) (The Conference Board of Canada)
- [Racial Stress and Self-care: Parent Tip Tool](#) (American Psychological Association)
- **Toronto Public Library** is seeking children with disabilities and/or Deaf children and their families to share feedback on a social story draft about visiting the library. They are seeking feedback from both library users and non-users. Deadline to complete [survey](#) is August 7

Advocacy

- [Young Canadian's Parliament \(YCP\)](#) teaches children their rights and supports their participation in decisions that affect their lives. The YCP is open to children and youth in Canada under the age of 18. Click [here](#) for more information and how to register (Children First Canada)
- Progress Toronto 2020 Summer Training series
 - [Training: City Hall 101 \(July 28\)](#)
 - [Training: How to Speak at a Government Committee \(August 12\)](#)
 - [Training: Building Your Personal Narrative \(August 18\)](#)

Caregiver Support

Funding, equipment, daily expenses

- [Financial Relief Navigator Tool](#): Learn about the help you can get to raise your income or lower your expenses in these challenging times (Prosper Canada)
- [Ontario Community Support Association](#) Help for isolated, low-income seniors and people with disabilities and chronic medical conditions across Ontario get meals, groceries, medicine and other essentials to stay safe at home during COVID-19
- [Funding Program Comparison Chart](#) (Autism Advocacy Ontario)
- [March of Dimes Home & Vehicle Modification program - now virtual](#)
- [How to complete ACSD and SSAH Application Forms](#) (Surrey Place Centre)

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Employment and Housing

- [July/August virtual workshop and event calendar](#) (Jobstart Employment Services)
- [Tippett Park Affordable Urban Rentals: **Deadline For Applications: July 30, 2020** at 5PM EST](#)

Mental Health

- [Virtual Family Support for Caregivers of Children - July 29](#) (York Support Services & Family Peer Mentor Program)
- [Free-check in calls with a P4P Facilitator](#) (Partners for Planning)
- [Warm Line & Peer Crisis Support Services for York Region, South Simcoe and North York](#) (Krasman Centre)
- [Free Virtual Mental Health Counselling](#) (What's Up Walk-In clinics)
- [Online peer and professional support](#) (7 Cups of Tea)
- [COVID-19 Mental Health strategies and podcasts](#) (The Conference Board of Canada)

ASD specific resources

- [COVID-19 Resources for the Autism Community](#) (ACT - Autism Community Training)
- [Free caregiver information sessions for those who support children and youth with autism](#) (New Haven Learning Centre)
- [Funding Program Comparison Chart](#) (Autism Advocacy Ontario)

Summer

- [ASCA Child and Family online program schedule](#) (Agincourt Community Services Association Child & Family Centre)
- [ParksPlayTO](#): free drop-in and activity-based, recreation programming for children age 12 and under (Toronto Parks and Recreation)
- [Summer in the 6IX](#): free drop-in program for youth, aged 13 to 24, opportunities for youth to participate in fun, themed activities (Toronto Parks and Recreation)
- [Camp Possible - free online programs for students enrolled in special education](#) (Peel District School Board)
- [Virtual Camp](#) (Easter Seals)
- [Camps Toronto summer camp](#) (Variety Village)

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- [Online sports and physical-literacy education \(ages 3 - 7\)](#) (Pick Up Sports Foundation)
- [Online Adaptive Fitness FUNdamentals \(ages 5 - 8\)](#) (Pick Up Sports Foundation)
- [Summer passport - fun, safe outdoor activities](#) (Come Alive Outside)
- [MycommunityHub.ca](#) summer programs, livestream virtual events, videos, archived programs for all ages

Transitions

Social

- [Netflix To Debut Autism Dating Show](#)
- [Summer Fun Intensive \(SFI\) program for young adults 18 - 35 with ASD and/or developmental disabilities](#) (Miles Nadel JCC)
- [Friendly Connections, a way to stay connected with you through fun deliveries, such as a postcard, a letter or just a simple email to say 'Hi'!](#) (Connectability.ca)

Employment

- [MentorAbility Summer Career Series](#) (Ontario Disability Employment Network & March of Dimes)
- [Employment Accessibility Program: Talk Tuesdays](#) (Job Start)
- [Edge Employment Program for people with disabilities](#) (Brands for Canada)

Covid-19 information

Legal and government updates

- [COVID-19: Support for people](#) (Government of Ontario)
- [Updates on the law and legal services related to COVID-19](#) (Steps to Justice)
- [COVID-19 updates on supports for people with disabilities](#) (Partners for Planning)
- [ODSP Covid-19 information](#) (Ontario Disability Support Program)

Children and youth with disabilities and Covid-19

- [My COVID Disability Q: Canada's New Q&A Hub for Canadians with Disabilities](#) (CanChild, the Kids Brain Health Network, and the CHILD-BRIGHT Network)

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

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Holland Bloorview

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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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