

Family Resource Centre e-newsletter March 29, 2021

Client and Family Integrated Care, resourcecentre@hollandbloorview.ca

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.

Past newsletters and COVID-19 specific tipsheets can be accessed [here](#).

Holland Bloorview Kids Rehabilitation Hospital

- [Webinar: Planning for the April School Break \(March 31\) - afternoon and evening session](#)
Offered by Holland Bloorview, the Bloorview School Authority and Toronto District School Board.
- [Virtual coffee chat \(April 1\) for parents and caregivers of a child with Autism Spectrum Disorder](#)
Offered by Holland Bloorview social workers and Autism Ontario.
- [ASD-Engage weekly podcast](#)
New topics: Putting it all together with Social Work, Dealing with Behaviour, Promoting Physical Activity.
- [Participate in Research: Autism Spectrum Disorder and Avoidant/Restrictive Food Intake Disorder](#)
Is your child/youth diagnosed with Avoidant/Restrictive Food Intake Disorder (ARFID) and Autism Spectrum Disorder (ASD)? Consider participating in a research study to identify feeding treatment targets through a multidisciplinary assessment.

Holland Bloorview resources and supports

- Sibling Support group. For more information contact Victoria Rombos vrombos@hollandbloorview.ca
- [Solution Focused Conversations for Families](#)
For more information contact Elaine Cook, ecook@hollandbloorview.ca
- [ASD-Engage weekly podcast](#)
For parents and families of children and youth with Autism Spectrum Disorder (ASD), including those who are on the waitlist for an ASD assessment to those who have just received a diagnosis.
- [HB Alumni Network](#)
An alumni network for clients (13+), families and caregivers to connect, share experiences and help us improve care and services.
- [Parent Voices @ Holland Bloorview Facebook](#)



Holland Bloorview Kids Rehabilitation Hospital
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A teaching hospital fully affiliated with the University of Toronto

- [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.
- Follow us on [BLOOM Facebook](#) to read the latest BLOOM stories about parenting children with disabilities and check out mainstream news stories on disability.
- [HB Info Line](#) helps children, youth and families learn about and get connected to the many programs and services at Holland Bloorview.
- [Funding and Financial Support Guide for Families who have children with disabilities \(revised January 2021\)](#)
- [Family Events Brochure for February 2021 - April 2021](#)

Vaccine information

Centre for Independent Living (CILT)

[COVID-19 Vaccines and People with Disabilities in Ontario Zoom Webinar - April 7, 2021](#)

The webinar will explain the different COVID-19 vaccines, their effectiveness & safety in Canada, the meaning of herd immunity, the various stages of vaccine rollout and how to self-advocate for receiving the vaccine in Ontario. If you need assistance with registering please e-mail rebecca.wood@cilt.ca or call 416-599-2458 ext 291.

Ontario Hospital Association (OHA)

Have questions or concerns about being vaccinated? Review the videos at ontariocovidpledge.ca

Surrey Place

[Easy read information about the COVID-19 vaccine](#)

[Questions and answers about the COVID-19 vaccine](#)

Social groups and recreation programs

Camp Awakening

[Camp Awakening @ Home for April Break](#) A combination of daily virtual fun and a camp care package with independent resources and activities (ages 9-18 with a physical disability)

City of Toronto

[CampTO – City of Toronto Spring break sessions](#)

Epilepsy Toronto

- [April Break Virtual Drop-In](#) (children and siblings)
- [Mindfulness Group for Pre-Teens living with epilepsy](#)

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- [Music and Movement for Babies and Tots](#): connect with parents of young children who experience seizures
- [Live with Lily! - Teaching Awareness Through Puppetry](#) offers information, support, and community for children who are living with or impacted by Epilepsy
- [Using Practice and Learning to Increase Favorable Thoughts \(UPLIFT\)](#)
- evidence-based 8-week mindfulness-based Cognitive Behaviour Therapy (CBT) group for people impacted by epilepsy and depression/anxiety.

For ongoing social/recreational events for children, youth and young adults and additional supports for caregivers: [Children's Treatment Network](#); [Surrey Place - Wellness Services](#); [My Community Hub](#); [Connectability.ca](#); [Autism Ontario](#)

Virtual educational workshops and supports

Toronto Respite Network

[Caregiver Feedback session - March 31](#)

We invite caregivers and users of respite, to join us in a facilitated session to share your ideas, thoughts and hopes. Questions? Please contact Kelly Casey, KC Professional Solutions at 289-221-9665 or kcpsolutions2@gmail.com

Developmental Services Ontario

[Creating Your Individualized Housing and Support Plan - Free Workshop Series April 1, 8, 15](#)

Attendance required for all three (3) dates.

Extend-A-Family

[Sexuality Workshops with a Focus on Healthy Relationships - starts April 7](#)

For children/youth with developmental disabilities from 11 to 15 years of age.

Family Service Toronto

[Planning for a Caregiver in Crisis](#)

Are you the primary caregiver for someone with a disability? Do you have a plan in case something happens and you're not able to provide care? Preparing an emergency plan will give you peace of mind that the person you care for will be safe. You can also download the [PowerPoint presentation](#).

Partners for Planning (P4P)

[Spring 2021 webcast schedule](#)

Includes workshops on RDSPs and creating financial security for your loved one.

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Plan Institute for Caring Citizenship

[The Registered Disability Savings Plan \(RDSP\) Webinar](#)

Learn all you need to know about this Canada-wide matched savings plan specifically for people with disabilities.

Aptus Treatment Centre

Behaviour supports:

- [English version: Tips for Dealing with Behaviour Challenges for professionals and families](#); [French version: Tips for Dealing with Behaviour Challenges for professionals and families](#)
- [An Introduction to Reinforcement](#)
- [The Power of Choice](#)
- [How to Offer a Visual Schedule](#)

Foundational Services for Autism: virtual parent education workshops

[Adventure Place](#); [Etobicoke Children's Centre](#); [Lumenus Community Services](#)

- You must be under 18 years and registered with the Ontario Autism Program (OAP)
- Access free services and no limit to how many times you can register for a service.
- Questions on how to register for the OAP? Please review the [OAP homepage](#)

Caregiver support

Extend-a-Family

[Safe & Secure Future Networks virtual caregiver support - April 20, May 18, June 15](#)

Montage Support Services

[Life with Loss Online Discussion Group](#)

If you are dealing with loss – either recently or in the past, and your loved one may have had a disability or life challenges, we invite you to join our online weekly discussion group.

Community Living Toronto, Montage Support Services and Relationship Group

[Ontario Wide Virtual Support Group for Moms](#)

For Moms who have a child with an intellectual disability and/or Autism of any age. The group is open to everyone regardless of where they reside in the province of Ontario.

“It takes a Village” Black Parent Support Group

A group for Black caregivers of children or adults with intellectual or developmental disabilities.

Contact: Clovis or Sherron Grant, BPSGroup2020@gmail.com

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Chinese Speaking Family Support Group

In association with Spirit of Life. A family network supporting Cantonese and Mandarin speaking individuals with families who have a son or daughter with a developmental disability. Contact: 905-474-9500 info@solhc.ca

North York Parent Group for Chinese Speaking Families

In association with Gifted People Services. Parent Support Group for parents of teens and adults with a developmental disability. Contact Sara Zhang, program@giftedpeople.ca, 647-978-8416.

VHA Home Healthcare

[The Heart of Home Care Awards - Apr 6](#)

A free virtual event for unpaid caregivers taking place on National Caregiver Day.

Azrieli Adult Neurodevelopmental Centre (Centre for Addiction and Mental Health)

[IDD: Get to know me' podcasts](#)

Discusses barriers/stigma and misconceptions about people living with intellectual and developmental disabilities. New episodes come out every other Thursday. Available on all platforms including Spotify, Apple Music, Google Play.

Rogers

[Connected for Success Ontario](#)

Offers high-speed, low-cost internet across Ontario, New Brunswick and Newfoundland to subsidized tenants, seniors, families with children and to individuals receiving disability and income support.

Sibling support

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vrombos@hollandbloorview.ca

Community Living Toronto

[Virtual Sibshops \(April 12 - 14\)](#)

Friends for Kindness

[Buddy Program groups for 6 -12 years; 13 -17 years and 18+](#)

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The Ontario Caregiver Organization (OCO)

[Young Caregiver's Connect](#)

Website and discussion/drop-in forum for caregivers aged 15-25, and moderated by OCO with information and resources developed by and for youth.

Transitions (16 +)

Empowered Kids Ontario (EKO)

[Scholarship Program](#)

Now open for post-secondary education at college, university, Indigenous Institutes, or at a career training program. Deadline to apply is May 31, 2021.

Geneva Centre

[Les and Kae Martin Adult Respite Bursary Program](#)

Provides financial assistance for adults with autism to access their respite services. The deadline for the application is May 31, 2021.

RelateTO

[Relationship Coaching and Supports Online Groups](#)

Offers inclusive and accessible programming to support individuals in creating and maintaining meaningful personal relationships. Available to anyone who identifies as autistic, neurodiverse or having a disability. Must be 16+ and live in Ontario.

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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