

# Family Resource Centre e-newsletter May 17, 2021

Client and Family Integrated Care, [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

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

### NEW

- [Calendar of Virtual Workshops & Events May-July 2021](#). All of the workshops and events listed in the calendar are free and open to Holland Bloorview clients as well as families in the community.
- [SibKits: Booklets for kids who have siblings with acquired brain injuries \(ABI\), disabilities, medical complexities or diagnoses](#)
- [Transition Pop-up Connect with Ontario Disability Support Program \(ODSP\) - May 18](#)
- [Holland Bloorview Spring Aquatic Therapy](#) (Parent/caregiver support in water is a requirement to participate in this program. **Deadline to apply is May 19**)
- [Virtual Toronto Coffee Chat - June 3](#) (Autism Ontario & Holland Bloorview Social Workers)
- [Virtual Toronto Trivia Night - June 24](#) (Autism Ontario and Holland Bloorview)

## Bloorview Research Institute

### NEW

[Adapting Anxiety Intervention for Youth with Autism for Rapid Response to COVID-19: A Research Project to Provide and Evaluate Virtual Mental Health Care](#) This study is for children and youth between 8-13 years of age with a diagnosis of Autism Spectrum Disorder (ASD) and experiencing a heightened level of anxiety.

- The goal of the study is to see if a virtual delivery of a group Cognitive Behavioural Therapy (CBT) program, "Facing Your Fears" (FYF), is helpful in improving anxiety symptoms for children and youth with ASD and anxiety.
- If you are interested in participating in this study or have additional questions, please contact Kristina Hyunjee Lee at 416-425-6220 ex 3297 or [klee@hollandbloorview.ca](mailto:klee@hollandbloorview.ca)



**Holland Bloorview Kids Rehabilitation Hospital**

150 Kilgour Road, Toronto ON Canada M4G 1R8 T 416 425 6220 T 800 363 2440 F 416 425 6591 [www.hollandbloorview.ca](http://www.hollandbloorview.ca)

A teaching hospital fully affiliated with the University of Toronto

Researchers from the Holland Bloorview Kids Rehabilitation Hospital are seeking **researchers, trainees, and clients and families** living with **childhood disability or acquired injury** to help test training modules (also known as simulations) for research teams and clients and families to learn how to support each other through challenging situations associated with client and family engagement in research.

- This study involves working in groups of eight to ten participants for two, 2-hour online workshops, completing an online survey before and after the training, and participating in an online focus group approximately 1-2 weeks after the training.
- If interested in participating in this study, contact Samantha at [smicsinszki@hollandbloorview.ca](mailto:smicsinszki@hollandbloorview.ca)

### **Holland Bloorview resources and supports**

- Sibling Support group. For more information contact Victoria Rombos [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca)
- [Solution Focused Conversations for Families](#) For more information contact Elaine Cook, [ecook@hollandbloorview.ca](mailto: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](#)
- [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 \(revised Jan 2021\)](#)

## **Funding and financial planning**

### **Find out about available funding for your family**

- [Financial Relief Navigator](#) Search for all available government funding within Ontario and to make sure that you are accessing all the resources (Prosper Canada)

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- [Individualized funding guide](#) Learn about the funding options for your child with a disability.

## Plan ahead for the next tax year

Need to file taxes and speak to with someone who knows disability law? Need free assistance with your taxes? Here are some resources

- [Revenue Canada Community Volunteer Income Tax Program](#) has community organizations which host free tax clinics where volunteers file tax returns for eligible people. Find a tax clinic in your area and in the language of your choice
- [Planning Network](#) has an interactive map and a list of professionals that include financial advisors and accountants who have expertise with the disability community:
- [Graeme Treeby](#) and the Special Needs Planning Group act as a resource to provide a starting point for income tax preparation and planning for people with a disability and their families.  
[Bright Futures Ability Network](#) assist with developing a strategy for your loved one's ongoing care and financial support.
- [Pooran Law](#) is a law firm that works with another team that specializes in taxes

## Parents Engaged in Education

[Family Service Centre Education Bank](#) supports low-income families with learning resources/materials and a technology hub. Offers curbside pickup which will allow families to select materials for pickup at the Family Service Centre. If you would like to pick up items, please complete the following [Google Form](#)

## Vaccine information

### City of Toronto Accessibility Task Force on COVID-19 Vaccines & Toronto Public Health

[COVID vaccine clinic for people 16 years of age and older who have a disability](#) Metro Toronto Convention Centre, Wednesday, May 19th, 11 AM to 4 PM.

### Ontario Federation for Cerebral Palsy

[COVID 19 Vaccine Support Fund Application Form](#)

The purpose of this fund is to provide one time assistance to help members cover additional expenses related to costs associated with receiving the vaccine. These eligible expenses include but are but not limited to transportation costs, attendant services, parking, or other related costs.



## Vaccine resources

- [COVID-19 vaccine resources in different languages](#) (City of Toronto)
- [Easy read information about the COVID-19 vaccine](#) (Surrey Place)
- [Questions and answers about the COVID-19 vaccine](#) (Surrey Place)
- [Watch a video about what to expect when you get your vaccine](#) (Partners for Planning and Community Living Toronto)

## Racism

### Resources

- [Bystander Intervention Resources](#)  
How to do your part to protect your neighbors and co-workers when bias and harassment collide in front of you (Hollaback!)
- [Racism Affects me too \(June\)](#)  
This workshop will focus on how Anti-Black Racism impacts individuals living with mild to moderate Intellectual/ Development Disability (IDD) and Autism Spectrum Disorder (ASD). Participants will engage in weekly lessons, activities, and group discussions.

## Future planning

### Family Service Toronto

[Navigating the Adult Developmental Services System: Tips and Tools \(May 19\)](#)

### Partners for Planning (P4P)

[Spring 2021 webcast schedule](#)

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

### Plan Institute for Caring Citizenship

[The Registered Disability Savings Plan \(RDSP\) Webinars \(multiple dates offered\)](#)

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

### Family Service Toronto

[Planning for a Caregiver in Crisis \(recording\)](#)

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. Download the presentation [here](#)

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## Caregiver support

### **The Ontario Caregiver Organization**

[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.

### **Extend-a-Family**

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

### **Community Living Toronto, Montage Support Services and The 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.

### **Montage Support Services**

[Life with Loss Online Discussion Group](#)

### **Other**

Please check the following events calendars for additional supports for caregivers and ongoing social/recreational events for children, youth and young adults.

[Autism Ontario](#)

[Children's Treatment Network](#)

[Family Service Toronto](#)

[Kerry's Place Autism Services](#)

[My Community Hub](#)

[Surrey Place - Wellness Services](#)

## Transitions (16 +)

### **Bloorview School Authority Post Secondary Scholarships**

**Application deadline extended to May 21, 2021.** Open to students with physical disabilities and/or former Bloorview School Authority students.

["Whipper" Billy Watson Education Bursary](#)

[Bloorview School Authority Bursary \(clients and former clients of Holland Bloorview\)](#)

### **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.

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## **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.

## **Developmental Services Ontario**

### [Are Tiny Homes A Solution for Affordable Housing? \(June 1\)](#)

### [Technology to Support Independence \(June 3\)](#)

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)

