

Family Resource Centre

e-newsletter September 23, 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

NEW

- [Life after high school: Start thinking about your next steps for supported employment and continued learning \(Sept 30, Holland Bloorview and Connectability.ca\)](#)
- [Back to school tipsheet for parents of children unable to get vaccinated](#)

Holland Bloorview resources and supports

- [COVID-19 Vaccination Opportunities for Children and Youth in the community](#)
- [HB Info Line](#) helps children, youth and families learn about and get connected to the many programs and services at Holland Bloorview.
- Sibling Support group. For more information contact Victoria Rombos vrombos@hollandbloorview.ca
- [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](#)
- [The Harmony OnTrack Virtual Music Therapy Clinic](#) offers virtual music therapy services for parents and caregivers within the Holland Bloorview community at no cost. For more information, please email SLEclinic@wlu.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 Podcasts](#) To support and connect with children, youth and families living with disabilities, Holland Bloorview is creating podcasts on a variety of themes and topics important to our community.



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

A teaching hospital fully affiliated with the University of Toronto

School Advocacy

Inclusion Action in Ontario

[Provides resources and supports for inclusive education, including caregiver peer support](#)

Special Needs Roadmaps

[Ontario Special Needs Roadmap for School](#) - Interactive school roadmap to help parents navigate the system, explaining what the different processes mean and what they mean for your child.

Parents of Black Children

parentsofblackchildren.org advocates to ensure that all school boards meet the educational, emotional safety, wellbeing and physical needs of Black students.

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[Creating Infographics to Advocate for Needs, Services and Care \(recorded\)](#)

Infographics use images and small amounts of text to share information in a way that is meaningful and easy to understand. Infographics can help you advocate for those needs and make it easier to explain what it is you or your child need.

Fall activities

City of Toronto Recreation Services

Registration for fall recreation programs and December holiday camps starts at 7 a.m. on:

- September 25, 2021 for facilities in Scarborough and Etobicoke York
- September 28, 2021 for facilities in North York and Toronto and East York
- Non-Toronto residents can register 10 days after registration starts.
- Registration for [virtual recreation](#) starts on September 28, 2021.

Learn which [registration date applies to you](#) and find out about [fall recreation programs](#).

sohealthyhome.ca

[Let's Chat](#) connects Special Olympics athletes from across Ontario over the telephone once a week. Athletes have the opportunity to make new friends, tell stories, and share their interests with one another (all ages)

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Community Living Toronto

[Community Junction Fall 2021](#) Virtual sessions offering yoga, bingo, art, coffee talks (young adults)

Future planning

Extend-a-Family

[Information session \(Oct 6\)](#) The sessions will share examples of success along with the resources and supports which Extend-A-Family can make available to families and community partners.

Autism Ontario

[Money Talks: Accessing Financial Resources for your Child with a Disability \(Oct 7\)](#)

Ontario Disability Employment Network (ODEN)

- [Raising Expectations: What does your child want to do when they grow up? \(Oct 5, Nov 9\)](#)
- [Learn all you need to know about the Registered Disability Savings Plan \(RDSP\) Oct 7](#)
- [Employment: The Gold Standard \(Oct 19, Nov 23\)](#)

Partners for Planning - P4P

[Fall 2021 webcast schedule](#) Free online webcasts include workshops on RDSPs and creating financial security for your loved one.

Plan Institute for Caring Citizenship

[The Registered Disability Savings Plan \(RDSP\) Webinars](#) Learn all you need to know about this Canada-wide matched savings plan specifically for people with disabilities.

For more events for caregivers as well as children, youth and young adults, please consider checking [Autism Ontario](#); [Children's Treatment Network](#); [Connectability.ca](#); [Family Service Toronto](#); [Kerry's Place Autism Services](#); [My Community Hub](#); [Surrey Place - Wellness Services](#)

Mental health and wellness supports

Autism Ontario

[Caregiver Burnout: Where Do We Go From Here? \(4 part series Oct 5, Oct 12, Nov 16, Dec 7\)](#)

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Centre for Addiction and Mental Health (CAMH)

[Mindfulness with Sue Hutton \(Nov 5, 12, 19, 26, Dec 3, 10\)](#) Group for Caregivers of adults with Developmental Disability and Mental Health Needs, to learn ways to cope with stress

Community Living Toronto & Relationship Group

[Virtual Support Group for Moms](#)

Healing in Colour

[Find a BIPOC therapist in your community](#)

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- [SibKit 2.0](#) a toolkit for brothers and sisters of children with disabilities, medical complexities or diagnoses. It was developed by Holland Bloorview siblings of all ages, their parents and healthcare professionals.
- [Supporting Siblings](#) a family resource centre parent tipsheet

Rainbow Health Ontario

[LGBT2SQ Health and Social Service Provider Directory](#)

The Ontario Caregiver Organization

[Resources & Education Opportunities to Help Caregivers When They Need it Most](#)

Transitions

Community Living Ontario

[Student Links](#) For students (ages 14 to 21) who have an intellectual disability to explore ideas for their future after high school. It matches students and mentors who naturally share a common passion or interest.

Developmental Services Ontario

[Webcasts and podcasts](#) Covers topics such as Temporary wage increase for direct support workers, understanding the benefits of your Passport eCLAIM, Transitioning from youth to adult services and Understanding the Passport Program

L'Arche Toronto TIFS

[Introduction to Financial Literacy](#) An 8-week course that aims to develop participant's financial literacy

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Vaccine information

Women's College Hospital

[Maad'ookiing Mshkiki - Sharing Medicine](#)

Culturally safe and relevant educational materials about vaccination offered by confirmed First Nations, Inuit and Métis Healthcare Professionals, Traditional Practitioners & Trusted Community Members.

Ontario Community Support Association

[Accessible Rides to your COVID-10 vaccination](#) provides door-to-door rides to vaccination sites for people with disabilities, including seniors with mobility issues, who face challenges accessing safe transportation.

Children's COVID-19 Vaccine Table & Children's Health Coalition

[Kids Health First](#) - a resource to help youth, parents and caregivers make an informed decision about vaccinations for those aged 12-17.

City of Toronto

[COVID-19 vaccine resources in different languages](#)

Health Care Access Research and Developmental Disabilities (H-CARDD)

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

Accessibility

City of Toronto

[CafeTO Accessibility Survey \(open until Oct 4\)](#) CaféTO is a program to provide expanded outdoor dining space in the right of way, on the street and sidewalk, for restaurants impacted by indoor dining restrictions. The City of Toronto is currently reviewing the CaféTO program and will be presenting a plan to City Council in November 2021 for the future of CaféTO.

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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