

# Family Resource Centre e-newsletter October 14, 2021

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

## NEW

- [Family Events Brochure for October 2021 - February 2022](#)
- [Post-secondary education and career workshop series: getting ready for the transition to college or university \(Oct 16\)](#) Virtual workshop series for students with a disability preparing for a post-secondary education and career.
- [CP-NET\(Childhood Cerebral Palsy Discovery Network\) Science and Family Day 2021 \(Oct 23\)](#) In partnership with Canchild, Ontario Brain Institute and Holland Bloorview
- [Virtual Kahoot trivia night for children with ASD and their siblings ages 5-17 \(Oct 28\)](#) Autism Ontario, in partnership with Holland Bloorview
- [BLOOM September 2021](#)
- [ASD Dads drop-in on Friday night](#) To learn more about the group, e-mail Peter Welsh at [ASD.Fathers.meetup@gmail.com](mailto:ASD.Fathers.meetup@gmail.com)

## 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](mailto: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](#)



**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

- [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](mailto: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.

## Activities

The following is a list of organizations who are offering in-person programming (NOTE: Please visit their websites for details about classes and COVID-19 protocols).

- Miles Nadal JCC <https://www.mnjcc.org/schedule>
- CARD - Community Association For Riders With Disabilities <https://card.ca/>
- Variety Village <https://www.varietyvillage.ca/>
- Leaside Music School <https://dsat.ca/project/leaside-music-school/>
- Martial Arts Toronto Renge & Yamazakura Dojo: <https://dsat.ca/project/classical-martial-arts-toronto/>
- Dickie's Cooking School <https://dickiescookingschool.com/>

## Future Planning

### Ontario Disability Employment Network (ODEN)

- [Raising Expectations: What does your child want to do when they grow up? \(Nov 9\)](#)
- [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.

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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](#)

## Diversity, Inclusion & Accessibility

### Geneva Centre for Autism

[Empowering Your Sex -Esteem \(Nov 4\)](#) Join us and learn why we should all take the time to respect and learn everyone's name and pronouns, celebrate self-expression and the importance of gender identity.

### Across Boundaries

[Provides a range of inclusive and compassionate mental health and addiction services for racialized communities](#)

### Rainbow Health Ontario

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

## Mental Health and Wellness

### Centre for Addiction and Mental Health

[Drawing Our Breath Together - Mindful Art Online for Developmental Services](#) This workshop will be a way of creating something together - with our breath; a mindful work of art you create in your own home over the computer. It's an innovative self-care tool using both art and mindfulness that's been developed with autistic adults in the CAMH Azrieli Neurodevelopmental Centre's mindfulness research groups for autistic adults.

7pm Evening Workshop Tuesday Oct 26 [Register here](#)

1pm Afternoon Workshop October 29 [Register here](#)

### The Ontario Caregiver Association

[The SCALE Program \(Supporting Caregiver Awareness, Learning and Empowerment\)](#) offers weekly psychoeducational webinars focused on various topics such as stress, anxiety, mindfulness etc., strategies and tools to better cope with difficult caregiving emotions and free online and/or individual counselling.

### 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

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## Community Living Toronto & Relationship Group

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

## Transitions

As more places in Ontario re-open, proof of vaccination and a valid ID card will be required. If you or your loved one do not have a driver's license or passport, an Ontario photo card is also accepted.

### Service Ontario

- [Ontario Photo card](#)
- [Application for Ontario Photo Card - Ontario Residents Only](#)
- [How to get an Ontario Photo Identification card](#) (Connectability.ca)

### Toronto Police Services

[Vulnerable Person Registry: share information with police before an emergency or police call takes place.](#)

### Ontario Student Assistance Program (OSAP)

[Students in special circumstances](#) If you're a student with specific needs, you may be eligible for additional funds – from OSAP or other sources - to help pay for your postsecondary education. If you have a permanent disability, you could be eligible for full-time OSAP funding if you're studying at 40% or more of a full course load. To be considered for this benefit, you must self-identify as having a permanent disability when applying for OSAP.

You can get additional aid to help pay for disability-related educational services and equipment. Through one application, you can be considered for the:

- [Bursary for Students with Disabilities](#)
- [Canada Student Grant for Services and Equipment for Persons with Permanent Disabilities](#)

### 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

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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](http://www.hollandbloorview.ca/familyevents)  
Questions? Please e-mail [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

