Holland Bloorview Kids Rehabilitation Hospital creates a world of possibility by supporting children and youth living with disability, medical complexity, illness and injury. Holland Bloorview is a top 40 Canadian research hospital that is fully affiliated with the University of Toronto and serves over 7,500 families annually. Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in partnering with clients and families to provide exceptional care and is the only organization to ever achieve 100 per cent in two successive quality surveys by Accreditation Canada. Holland Bloorview is a founding member of Kids Health Alliance, a network of partners working to create a high quality, consistent and coordinated approach to pediatric health care that is centred around children, youth and their families.

- **FAMILY WORKSHOPS**
  The Family Resource Centre provides educational workshops for clients with a range of disabilities and their families. Anyone in the community is welcome to attend.

- **PARENT SUPPORT NETWORK**
  This is a unique series of events for parents and caregivers to engage in open discussion and provide mutual support. It is open to all caregivers of children and youth living with a disability.

- **FAMILY NAVIGATION HUB’S FOODSHARE COMMUNITY KITCHEN SERIES**
  This 5-week series includes learning about food justice, connecting with other families and cooking affordable, healthy meals together over Zoom with food kits delivered to your home.

- **FAMILY NAVIGATION HUB’S COMMUNITY CONNECT SERIES**
  The CommunityCONNECT series aims to share information and resources with families related to social needs such as stable housing, food security, access to childcare, and more.

- **SIBLING SUPPORT PROGRAM**
  Holland Bloorview’s Sibling Support Program is for siblings, ages 7-18, who have a sibling with a disability, complex medical needs and/or dual diagnosis. It gives attendees the opportunity to relax, unwind and meet peers who might share lived experiences.

- **ONLINE FAMILY RESOURCE CENTRE**
  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.

  - For information on parenting, education, fun things to do, respite, funding and more: [www.hollandbloorview.ca/resourcecentre](http://www.hollandbloorview.ca/resourcecentre)
  - If you are looking for COVID-19-related resources, visit: [www.hollandbloorview.ca/covid-19](http://www.hollandbloorview.ca/covid-19)
  - For resource consultations, please email: resourcecentre@hollandbloorview.ca
  - For event descriptions and registrations, scan the QR code below or visit: [www.hollandbloorview.ca/familyevents](http://www.hollandbloorview.ca/familyevents)

- **Virtual Workshops and Events for Families**
  September–December 2022

- **MORE INFORMATION ABOUT THE WORKSHOPS AND EVENTS LISTED IN THIS BROCHURE**
  - All family events listed in this brochure are free of charge and held virtually on Zoom.
  - Anyone can attend these family events; however parents and caregivers who have children with disabilities have priority.
  - Most events require individual registration in advance.
  - All workshops and events with fewer than 5 registrations may be subject to cancellation.
### CONTACT INFORMATION

**Melissa Ngo** (for Family Workshops)
To register for Sibling Support Program events, please email siblingsupport@hollandbloorview.ca
mngo@hollandbloorview.ca
416-425-6220 ext. 6348

**Stephanie Moynagh** (for Parent Support Network & Family Navigation Hub’s CommunityCONNECT or FoodShare events)
smoynagh@hollandbloorview.ca
416-425-6220 ext. 6146

Are you Deaf or Hard-of-Hearing and want to reach us by phone? Visit www.bell.ca/Accessibility_services/Bell TTYrelay_service. Or, if you have a TTY or VCO phone, dial 711 and give the number provided.

**Victoria Rombos**
siblingsupport@hollandbloorview.ca
Find information on Solution Focused Coaching for families at www.hbhumanistichealthcare.ca

### REGISTRATION INFORMATION

To register for Family Workshops, Parent Support Network, FoodShare Community Kitchen and Family Navigation Hub’s Community Connect events, visit: hollandbloorviewevents.eventbrite.ca

To register for Sibling Support Program events, please email siblingssupport@hollandbloorview.ca

### SEPTEMBER 2022

- **CommunityCONNECT Series:** Supports for Muslim and racialized children, youth and their families with SMILE Canada
  - Wednesday September 21, 10-11:30am
  - Contact: Stephanie Moynagh

- **8-Week Caregiver Program:** ‘Working with Anxiety and Stress through Mindfulness’ with Protibha Gupta
  - Thursday September 29, 12-1pm
  - Contact: Stephanie Moynagh

### OCTOBER 2022

- **8-Week Caregiver Program:** ‘Working with Anxiety and Stress through Mindfulness’ with Protibha Gupta
  - Thursday October 6, 12-1pm
  - Thursday October 13, 12-1pm
  - Thursday October 20, 12-1pm
  - Thursday October 27, 12-1pm
  - Contact: Stephanie Moynagh

- **CommunityCONNECT Series:** Housing with Nicole Walters from Scarborough Centre for Healthy Communities
  - Wednesday October 12, 10:30am-12pm
  - Contact: Stephanie Moynagh

- **Family Workshop:** Navigating the IEP & SEPRC at School with Alison Morse
  - Thursday October 13, 5:30-7pm
  - Contact: Melissa Ngo

- **Sibling Support Program**
  - Thursday October 20, time to be determined based on family availability.
  - Contact: Victoria Rombos

- **FoodShare Community Kitchen Series**
  - Wednesday October 26, 4-5pm
  - Contact: Stephanie Moynagh

### NOVEMBER 2022

- **FoodShare Community Kitchen Series**
  - Wednesday November 2, 4-6pm
  - Contact: Stephanie Moynagh

- **8-Week Caregiver Program:** ‘Working with Anxiety and Stress through Mindfulness’ with Protibha Gupta
  - Thursday November 3, 12-1pm
  - Thursday November 10, 12-1pm
  - Thursday November 17, 12-1pm
  - Contact: Stephanie Moynagh

- **FoodShare Community Kitchen Series**
  - Wednesday November 16, 4-6pm
  - Contact: Stephanie Moynagh

- **Family Workshop:** RDSP, Wills and Estates with Brendon Pooran
  - Wednesday November 16, 5:30pm-7pm
  - Contact: Melissa Ngo

- **Sibling Support Program**
  - Thursday November 17, time to be determined based on family availability.
  - Contact: Victoria Rombos

- **FoodShare Community Kitchen Series**
  - Wednesday November 29, 4-6pm
  - Contact: Stephanie Moynagh

### DECEMBER 2022

- **Parent Support Network:** Tea & Chat with Family Leaders – Follow-up discussion on Behaviour Guidance Principles
  - Tuesday December 6, 7pm-8:30pm
  - Contact: Stephanie Moynagh

- **Special Event for Siblings!**
  - Wednesday December 7, time to be determined based on family availability.
  - Contact: Victoria Rombos

- **FoodShare Community Kitchen Series**
  - Wednesday December 7, 4-5pm
  - Contact Stephanie Moynagh (above) for more information.

- **Sibling Support Program**
  - Thursday December 15, time to be determined based on family availability.
  - Contact: Victoria Rombos

- **FoodShare Community Kitchen Series**
  - Monday December 19, 4-6pm
  - Contact: Stephanie Moynagh

- **Family Workshop:** Paperwork Party Funding Applications Q&A
  - Tuesday December 13, 5:30-7pm
  - “Please view ‘Part 1 - Funding Overview’ video before attending: www.hollandbloorview.ca famillevents and click on the tab ‘Paperwork Parties’. Contact: Melissa Ngo

We will release another workshop brochure for the new year!

Join our e-newsletter mailing list to receive our event alerts by emailing resourcecentre@hollandbloorview.ca

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