

About our workshops and events listed in this brochure:



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. PSN is always co-facilitated with a Family Leader.



Family Navigation Hub's CommunityCONNECT 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 respite care 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 with similar experiences.



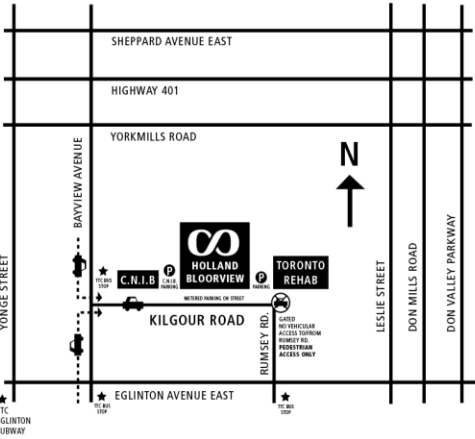
Wellness Through Arts Caregiver Workshops

These small group workshops are co-facilitated by an artist and a Family Mentor. Attendees can connect with other caregivers while completing a hands-on art activity.

Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where all youth and children belong. We are the only children's rehabilitation hospital in Canada focused on combining world-class care, transformational research, and academic leadership in the field of child and youth rehabilitation and disability. Holland Bloorview is a top 40 Canadian research hospital that is fully affiliated with the University of Toronto and serves over 8,000 families annually. Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in co-creating with clients and families to provide world-class care and is the only organization to ever achieve 100 per cent in three 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.

**Holland Bloorview Kids Rehabilitation Hospital**  
150 Kilgour Road, Toronto, ON M4G 1R8  
Tel: 416-425-6220  
Toll-Free: 1-800-363-2440  
Fax: 416-425-6591  
E-mail: [info@hollandbloorview.ca](mailto:info@hollandbloorview.ca)



Workshops and Events For Families

September – December 2023



**Holland Bloorview**  
Kids Rehabilitation Hospital

- All family events listed in this brochure are free of charge and may be held virtually on Zoom, or live in person.
- 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.



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: [HollandBloorview.ca/ResourceCentre](https://HollandBloorview.ca/ResourceCentre)

For resource consultations, please email: [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

For event descriptions and registrations, scan the QR code below or visit: [HollandBloorview.ca/FamilyEvents](https://HollandBloorview.ca/FamilyEvents)



Many events in this brochure are generously supported by donors and the Holland Bloorview Foundation.

## Registration Information

To register for Family Workshops, Parent Support Network, Family Navigation Hub's CommunityCONNECT, and Wellness Through Arts events, visit:

[HollandBloorviewEvents.Eventbrite.ca](https://hollandbloorviewevents.eventbrite.ca)

To register for Sibling Support Program events, please email

[SiblingSupport@hollandbloorview.ca](mailto:SiblingSupport@hollandbloorview.ca)

## Contact information

For **Family Workshops**:

**Melissa Ngo**

[mngo@hollandbloorview.ca](mailto:mngo@hollandbloorview.ca)

416-425-6220 ext. 6348

For **Parent Support Network & Family Navigation Hub's CommunityCONNECT**:  
**Stephanie Moynagh**

[smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)

416-425-6220 ext. 6146

For **Sibling Support**:

**Victoria Rombos**

[SiblingSupport@hollandbloorview.ca](mailto:SiblingSupport@hollandbloorview.ca)

For **Wellness Through Arts**:

**Shannon Crossman**

[scrossman@hollandbloorview.ca](mailto:scrossman@hollandbloorview.ca)

416-425-6220 ext. 3374

Are you Deaf or Hard-of-Hearing and want to reach us by phone? Visit [Bell.ca/AccessibilityServices//BellTTYRelayService](https://Bell.ca/AccessibilityServices//BellTTYRelayService). Or, if you have a TTY or VCO phone, dial 711 and give the number provided.

You can also join our **e-newsletter mailing list** to receive our event alerts by emailing: [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

## September 2023



**Parent Support Network:  
Mental Health Supports for  
Parent/Caregivers**

Tuesday Sept. 26

6:00-7:30pm

Contact: Stephanie Moynagh



**CommunityCONNECT Series:  
Disability Funding Q&A**

Wednesday Sept. 27

10:30am-12:00pm

Contact: Stephanie Moynagh

## October 2023



**Parent Support Network:  
'Mindfulness in Uncertain  
Times: Navigating Waters of  
Change' – 8-week course with  
Protibha Gupta**

Tuesdays Oct. 3, 10, 17, 24

12pm-1pm

Contact: Stephanie Moynagh



**Wellness Through Arts**

Monday Oct. 16

1:30-3:00pm

In-person, limited spots available

Contact: Shannon Crossman



**CommunityCONNECT Series:  
Food Justice & Community  
Kitchen Series**

With FoodShare Toronto

Tuesdays Oct. 17 & 24

4pm-6pm

Contact: Stephanie Moynagh



**Sibling Support Program**

Thursday Oct. 19

6:00-7:00pm

Contact: Victoria Rombos



**Family Workshop  
RDSP, Wills & Estates**

Wednesday Oct. 25

5:30-7:00pm

Contact: Melissa Ngo

## November 2023



**Wellness Through Arts**

Monday Nov. 6

1:30-3:00pm

In person, limited spots available

Contact: Shannon Crossman



**Parent Support Network:  
'Mindfulness in Uncertain  
Times: Navigating Waters of  
Change' – 8-week course with  
Protibha Gupta**

Tuesdays Nov. 7, 14, 21, 28

12pm-1pm

Contact: Stephanie Moynagh



**CommunityCONNECT Series:  
Food Justice & Community  
Kitchen Series**

With FoodShare Toronto

Tuesdays Nov. 7, 21, 28

4pm-6pm

Contact: Stephanie Moynagh



**Sibling Support Program**

Wednesday Nov. 15

6:00-7:00pm

Contact: Victoria Rombos



**Family Workshop  
Funding Options and Tips**

Thursday Nov. 30

Video to be released on Youtube

Contact: Melissa Ngo

## December 2023



**Wellness Through Arts**

Monday Dec. 4

1:30-3:00pm

In person, limited spots available

Contact: Shannon Crossman



**CommunityCONNECT Series:  
Budgeting & Benefits –  
Financial Literacy with  
Woodgreen**

Wednesday Dec. 6

11:00am-12:30pm

Contact: Stephanie Moynagh



**Sibling Support Program  
Special Event**

Wednesday Dec. 6, 6:00-8:00pm

**Regular Program**

Thursday Dec. 14, 6:00-7:00pm

Contact: Victoria Rombos



**Parent Support Network:  
Disability & 2SLGBTQ+ Identity**

Tuesday Dec. 12

10:00am-11:30am

Contact: Stephanie Moynagh

Are you looking for **Transitions Pop-Up Workshops** to help prepare for transition to adulthood? Topics include connecting with ODSP, organizing your health information, personalized transition plans, and more. Visit: <https://hollandbloorview.ca/services/programs-services/transitions/transition-pop-ups>.

The **Post-Secondary Education and Career Webinar Series** will also be running from October to December. Visit: <https://hollandbloorview.ca/services/programs-services/post-secondary-school-transition-service-life-after-high-school>