

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.

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



Workshops and Events For Families

April – June 2026



Holland Bloorview
 Kids Rehabilitation Hospital

- All family events listed in this brochure are free of charge and may be held virtually 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

For resource consultations, please email: resourcecentre@hollandbloorview.ca

For event descriptions and registrations, scan the QR code below or visit: 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, and Family Navigation Hub's CommunityCONNECT, visit: [HollandBloorviewEvents.Eventbrite.ca](https://hollandbloorviewevents.eventbrite.ca)

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

Contact information

For **Parent Support Network CommunityCONNECT Series** & **Family Workshops**
Family Support Specialists
resourcecentre@hollandbloorview.ca
416-425-6220 ext. 6524

For **Sibling Support:**
Victoria Rombos
SiblingSupport@hollandbloorview.ca

Are you Deaf or Hard-of-Hearing and want to reach us by phone? Visit 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

Is your child waiting for an autism diagnostic assessment at Holland Bloorview? If so, you're invited to **While We're Waiting**, an online discussion group for parents and caregivers. For more information, Visit: [Autism Resources](#)



April 2026

 **Sibling Support Program**
Thurs. April 2 (In-person) 6-8pm
Thurs. April 16 (Virtual) 6pm-7pm
Contact: vrombos@hollandbloorview.ca

 **Parent Support Network: Mindfulness in Uncertain Times: Navigating Waters of Change - An 8-week Course**
Thursdays April 2, 9, 23, 30
12pm-1:15pm (Virtual)
Contact: smoynagh@hollandbloorview.ca

 **Parent Support Network: Understanding Picky and Restrictive Eating**
Wednesday April 15
12pm-1:30pm (Virtual)
Contact: smoynagh@hollandbloorview.ca

 **CommunityCONNECT Series: Q&A with TTC Wheel-Trans**
Thursday April 16
10am-1pm (In-person)
Contact: smoynagh@hollandbloorview.ca

 **Family Workshop Sibling and Parents Workshop**
Wednesday April 22, 2026
5:30pm-7pm (In-person)
Contact: Ishwarya.shankar@hollandbloorview.ca

May 2026

 **Sibling Support Program**
Saturday May 9
10:30am-12:30pm (In-person)
Wed. May 20, 6pm-7pm (Virtual)
Wed. May 27, 6pm-7pm (Teen-only, Virtual)
Contact: vrombos@hollandbloorview.ca

 **Parent Support Network: Mindfulness in Uncertain Times: Navigating Waters of Change - An 8-week Course**
Thursdays May 7, 14, 21, 28
12pm-1:15pm (Virtual)
Contact: smoynagh@hollandbloorview.ca

 **CommunityCONNECT Series: Introduction to Home Gardening with FoodShareTO**
Wednesday May 13, 2026
10:30am-12:00pm (Virtual)
Contact: smoynagh@hollandbloorview.ca

 **Family Workshop ADHD Supports with Centre for ADHD Awareness Canada (CADDAC)**
Wednesday May 27
10:30am-12pm (Virtual)
Contact: Ishwarya.shankar@hollandbloorview.ca

June 2026

 **Sibling Support Program**
Tuesday June 2 (In-person) 6pm-8pm
Thursday June 4 (Virtual) 6pm-7pm
Contact: vrombos@hollandbloorview.ca

 **Parent Support Network: Gather, Notice & Write: Caregiver Support Through Poetry in Community**
Wednesday June 3
6pm-7:30pm (Virtual)
Contact: smoynagh@hollandbloorview.ca

 **CommunityCONNECT Series: Seed Starting for Home Gardening with FoodShareTO**
Wednesday June 10, 2026
10:30am-12:00pm (In-person)
Contact: smoynagh@hollandbloorview.ca

 **Family Workshop Navigating Holland Bloorview Supports and Services**
Tuesday June 23
10:30am-12pm
Contact: Ishwarya.shankar@hollandbloorview.ca

Interested in **Transition to Adulthood**? Check out [Bridging to Adulthood](#) or email transitionpopup@hollandbloorview.ca