

Family Resource Centre

COVID-19 e-letter June 18, 2020

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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. You can also access this newsletter online at hollandbloorview.ca/covid-19-tipsheets

Holland Bloorview Kids Rehabilitation Hospital

Participate in research - Bloorview research institute

- [Transportation and pedestrian experiences of youth with and without disabilities and solutions to enhance inclusion](#) This study focuses on learning about transportation and pedestrian experiences of youth with and without disabilities. The team would particularly like to know what it is like travelling as pedestrian navigating public transportation independently and/or the process of obtaining a driver's license.
- [Enhancing healthy and productive work for young men and women with disabilities \(Youth\)](#) This study focuses on understanding the participants' experiences looking for work or being employed. Specifically, the team wants to understand experiences with coping in a competitive work environment, learn about disability disclosure and how youth with disabilities ask for accommodations in the workplace.
- [Calling all parents – How has COVID-19 impacted your child's use of technology?](#) Holland Bloorview's Autism Research Centre is conducting a Canada-wide survey study on screen time in children and youth during the COVID-19 pandemic and its impact on families.

General resources and supports

- **NEW:** Cannabis education for youth [6Ds Cannabis Use in Youth](#) ; [Cannabis 101 Infographic](#) ; [Youth Cannabis Infographic](#) *Also available in other languages - see [Translated Languages](#) section in each language*
- [HB Info Line](#) The HB Info Line is a new service to help kids, youth and families learn about and get connected to the many programs and services at Holland Bloorview. You can call or text 416-400-8876 or email info@hollandbloorview.ca Monday to Friday between 9 a.m. and 5 p.m. A hospital staff member will respond back within one business day.



- [HB Alumni Network](#) Holland Bloorview values the experience and insights of clients and families. We want to ensure our connection does not end after clients have been discharged from our hospital. We have developed an alumni network so clients (13+), families, and caregivers can connect, share experiences and help us improve care and services. Click [here](#) to learn more and to register.
- [BLOOM's blog on parenting children with disabilities](#) To subscribe to BLOOM's monthly e-letter, go to the link and scroll down to the blue banner to input your e-mail.
- [BLOOM Facebook](#)
- [COVID-19: Tip Sheets and Resources](#)

Research

Centre for Addiction and Mental Health & the Sibling Collaborative

- [COVID19 Sibling Research Study: How are you and your adult sibling with a developmental disability being affected by COVID19?](#) The research asks you to complete a short, confidential survey about yourself, your sibling, and your needs and feelings now and again in 6 months.

Racism & Diversity

Racial Equity Workshops & Education

- [Exploring Race and Class Inequalities In Speech Therapy Services - July 9](#) (Andalusia Speech Therapy)
- [Inclusion and Diversity- looking at hidden biases](#) (The Conference Board of Canada)
- [The American Academy of Pediatrics has labelled racism a socially transmittable disease](#) (City News, Breakfast Television)
- For online racial equity workshops on Eventbrite, click [here](#)

Diversity

- [National Indigenous History Month – Virtual Drumming Circle - June 24](#) (City of Markham)
- [Canadian Multiculturalism Day June 27- see what virtual events are being offered](#) (Government of Canada)

Caregivers

Support/Resources

- [Abilities Virtual Experience - virtual workshops and events offered - June 19-21](#) (Abilities Expo)

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- [One to One Summer Support Worker Reimbursement Fund - deadline June 26](#) (Autism Ontario)
- [Pre-recorded You Tube Workshops on How to complete ACSD and SSAH Application Forms](#) (Surrey Place Centre)
- [Sector Pandemic Planning Initiative \(SPPI\) – Expert Help Line](#) (My Community Hub)

For staff, management, families, and caregivers in the developmental services sector so that we can easily direct your pandemic related questions to the appropriate expert. You can also submit a question via e-mail: support@mycommunityhub.ca; or voicemail: 647-725-1382

Mental Health

- [Racial Stress and Self-care: Parent Tip Tool](#) (American Psychological Association)
- [A series of free caregiver information sessions online to support those who actively support children and youth with autism - starts July 14](#) (New Haven Learning Centre)
- [COVID-19 Mental Health strategies and podcasts](#) (The Conference Board of Canada)
- [Free Virtual Mental Health Counselling](#) (What's Up Walk-In clinics)
- [Coronavirus Sanity Guide - app \(FREE\)](#) (Ten percent happier)

Transitions

- [Reducing Barriers to Inclusion Using Wearable Technology - June 23](#) (Awake Technology and Community Living Ontario)
- [Anne Stafford Light Up the Future Bursary now accepting applications for 2020-2021 until Friday, June 26, 2020.](#) Open to Ontario residents aged 18 and older who identify as having an intellectual disability and are seeking to pursue an educational program or personal interest course (Community Living Toronto)
- [Employment Accessibility Program: Talk Tuesdays- a free online support group](#) (Job Start)

Things to do/Summer planning

- [Recreational respite: June virtual program calendar](#) For program descriptions [click here](#) To register, please call 1-877-855-7070 or groups@recrespite.com (Recreational Respite)
- [Drumming For Youth with ABI - starts June 22](#) (Brain Injury Society of Toronto)
- [Summer passport - fun, safe outdoor activities you can complete anywhere!](#) (Come Alive Outside)

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- [MyCommunityHub.ca's virtual events page](#) See calendar for live programs or the Activities section below for archived programs, videos, and more information (MyCommunity Hub)

Canadian Red Cross

- First Aid/ Swimming & Water Safety Tips for Families [Friday June 19](#); [Wednesday June 24](#) ; [Friday June 26](#)
- [River Safety \(Monday June 22\)](#)
- [Love Swimming? What are your next steps? \(Monday June 29\)](#)

Covid-19 information

Legal and government updates

- [Updates on the law and legal services related to COVID-19](#) (Steps to Justice)
- [COVID-19 updates on supports for people with disabilities](#) (Partners for Planning)
- [ODSP Covid-19 information](#) (Ontario Disability Support Program)

Children and youth with disabilities and Covid-19

- [My COVID Disability Q: Canada's New Q&A Hub for Canadians with Disabilities](#)
A twitter platform for Canadian children and youth with disabilities to ask questions that relate to both their disabilities and the COVID-19 outbreak (CanChild, the Kids Brain Health Network, and the CHILD-BRIGHT Network)

This e-letter belongs to a set of specialized resources for the COVID-19 and Coronavirus outbreak period. If you are looking for other family resources that have to do with childhood disability, please visit www.hollandbloorview.ca/resourcecentre

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

