

Family Resource Centre

COVID-19 e-letter July 3, 2020

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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.

Holland Bloorview Kids Rehabilitation Hospital

- **NEW:** [Family tipsheet: How to Talk to Your Child About Racism](#)
- [COVID-19: Tip Sheets and Resources](#)
- [BLOOM blog:](#) This year TIME magazine named Alice Wong one of 16 'fighting for a more equal America.' We interview the disability activist about her new book which captures the diversity of disabled life with essays from 37 people. 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](#)
- [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.

Advocacy

- [Statistics Canada: How COVID-19 is impacting Canadians with disabilities and those with long-term health conditions.](#) The survey includes questions about employment, household expenses, support networks and access to services. Click [here](#) to fill out the survey. It will be online until **July 6th.**
- [Progress Toronto 2020 Summer Training series](#) You can sign up for any session and all workshops are free.
 - [Training: Digital Campaigning 101 \(July 7\)](#)



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A teaching hospital fully affiliated with the University of Toronto

- [Training: How to Meet with Your Local Politician — Progress Toronto - July 14\)](#)
- [Training: City Hall 101 - July 28\)](#)
- [Training: How to Speak at a Government Committee \(August 12\)](#)
- [Training: Building Your Personal Narrative \(August 18\)](#)

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)
- [Racial Stress and Self-care: Parent Tip Tool](#) (American Psychological Association)

Caregiver support

- [Health Care Planning: Things to know about health care decisions \(July 7\)](#) Health Care Access Research And Developmental Disabilities Program (H-CARDD)
- [ASCA Child and Family online program schedule](#) Call 416-299-9872 to be added to mailing list or e-mail 4155reception@agincourtcommunityservices.com (Agincourt Community Services Association Child & Family Centre)
- [Pre-recorded You Tube Workshops on How to complete ACSD and SSAH Application Forms](#) (Surrey Place Centre)
- **Food to Table Project Gift Cards:** Recipients must be women and girls living in South Etobicoke whose households are experiencing food insecurity as a result of COVID-19 or other factors. Program runs from July to December 2020. To register or for more information call 416-253-9797 or email info@jeanaugustinecentre.ca (Jean Augustine Centre for Young Women's Empowerment)
- [Ontario Community Support Association](#) Help for isolated, low-income seniors and people with disabilities and chronic medical conditions across Ontario get meals, groceries, medicine and other essentials to stay safe at home during COVID-19
- [Jobstart: July virtual workshop and event calendar](#) (Jobstart Employment Services)
- [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

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the appropriate expert. You can also submit a question via e-mail: support@mycommunityhub.ca; or voicemail: 647-725-1382

Summer

- [Variety Village summer camps](#) (Click [here](#) for summer camp registration form)
- [CampTO](#) (offered by City of Toronto, spaces still available depending on location)
- [Virtual summer camps and workshops \(girls ages 7 - 17\)](#) (Jean Augustine Centre for Young Women's Empowerment)
- [Pickup Sports Foundation \(ages 3 - 7\)](#) online sports and physical-literacy education [Adaptive Fitness FUNDamentals \(ages 5 - 8\)](#) Introduce your child to MOBO (Motor Control, Ball Control) skills with the help of an experienced and energetic youth development coach with fun games!
- Geneva Centre for Autism Summer Skills programs (Go to [My Community Hub.ca](#), type "Geneva Centre")
- [MycommunityHub.ca](#) summer programs, livestream virtual events, videos, archived programs for all ages
- [Summer passport - fun, safe outdoor activities you can complete anywhere](#) (Come Alive Outside)

Transitions

Social

- [Summer Fun Intensive \(SFI\) program for young adults 18 - 35 with ASD and/or developmental disabilities](#) (Miles Nadel JCC)
- [Friendly Connections, a way to stay connected with you through fun deliveries, such as a postcard, a letter or just a simple email to say 'Hi'!](#) (Connectability.ca)

Employment

- [MentorAbility Summer Career Series](#) (Ontario Disability Employment Network & March of Dimes)
- [Employment Accessibility Program: Talk Tuesdays- a free online support group \(Job Start\)](#)
- [Edge Employment Program for people with disabilities](#) (Brands for Canada)
- [Inspire - free 6 week virtual program for people over 18 who are currently receiving Ontario Works](#) (Springboard Employment Services)
- [Reboot - free 6 week virtual program for people over 45 who are currently receiving Ontario Works](#) (Springboard Employment Services)

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Mental health

- [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)

Covid-19 related information

Wearing masks on public transit

- [TTC \(Toronto Transit Commission\)](#) Masks are now required when using TTC. The following people do not have to wear a mask
 - Children under two years of age.
 - Persons with an underlying medical condition which inhibits the ability to wear a mask or face covering.
 - Persons who are unable to place or remove a mask or face covering without assistance.
 - TTC employees and agents within an area designated for TTC personnel and not for public access, or within or behind a physical barrier or shield.
 - Additional accommodations in accordance with the Ontario Human Rights Code will also be considered.
- [VIA Rail](#) Via Rail has made masks mandatory on all trains as of June 23rd. They must be worn throughout trips, except for when eating or drinking, and when physical distancing is not possible in stations and at boarding. Via Rail says it will have a limited number of disposable masks available for passengers who don't have one at boarding.
- [Air travel](#) Masks are required to be worn at the airport for those that are to partake in air travel, as Transport Canada says that people flying to or from Canadian airports will have to have masks to help contain the spread of COVID-19.

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)

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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

