

Family Resource Centre e-newsletter November 4, 2020

Client and Family Integrated Care, resourcecentre@hollandbloorview.ca

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 Virtual Paperwork Parties (see flyer for information on how to register for both events):

- [Part 1 Funding Overview and Q&A Nov 10 and 17](#), [Part 2 Hands on support in small groups Nov 17 and 24](#)
- [Solution Focused Conversations for Families \(online workshops\)](#)
Solution-Focused Communication for Families workshops are designed to help parents improve their communication skills by highlighting their family strengths and resources. They are free and co-facilitated by a parent. For more information contact Elaine Cook, ecook@hollandbloorview.ca
- [BLOOM October 2020 e-letter](#)

NEW Transitions workshops

- [Connect with the Centre for Independent Living \(Nov 17\)](#)
- [Planning for a secure future: addressing legal needs as your child transitions to adulthood with Pro Bono Ontario \(Nov 18\)](#)
- [March of Dimes LIFE program \(Nov 20\)](#)
- [Headed to college or university? Post-secondary planning workshop for youth with disabilities \(Nov 28\)](#) If you do not wish to use Eventbrite to register, please email mcastaldo@hollandbloorview.ca and provide your contact information.

Other Holland Bloorview Resources

- [COVID-19: Tip Sheets and Resources](#)
- [ASD-Engage \(weekly podcast\)](#) Discusses topics that are meaningful for parents and families of children and youth with Autism Spectrum Disorder (ASD), including those who are on the waitlist for an ASD assessment to those who have just received a diagnosis.



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- [Isofriendships](#) A podcast that explores what social connection means for youth living with disabilities during the COVID-19 pandemic.
- [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.
- [HB Alumni Network](#) We have developed an alumni network so clients (13+), families, and caregivers can connect, share experiences and help us improve care and services.
- [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](#) & [Parent Voices @ Holland Bloorview Facebook](#)

Wilfrid Laurier University and Holland Bloorview Kids Rehabilitation Hospital

Are you a parent/caregiver looking for self care opportunities? The Harmony OnTrack Virtual Music Therapy Clinic is a student-led initiative organized by Wilfrid Laurier University and Holland Bloorview.

- Offers virtual music therapy services for parents and caregivers within the Holland Bloorview community at no cost. Services include individual, group and drop-in sessions to fit individual needs and schedules. For more information, please email SLEclinic@wlu.ca Registration can be done [here](#)

Autism Ontario & Holland Bloorview Kids Rehabilitation Hospital

- [Kids Trivia Night \(online\) For kids with ASD and siblings, ages 5 - 17, Nov 18, 5:30pm and 6:15pm](#)
- [Caregiver Coffee Chat- November 24, 5pm to 6pm](#)

Bloorview Research Institute

- [Event: Exercise, Employment, & Work-Related Outcomes in People With Disabilities \(Nov 10\)](#)
- [Participants needed for search study: Experiences of working, volunteering and unemployment during Covid-19 pandemic among youth and young adults](#)

Webinars/virtual event series

Florida International University & Beit Issie Shapiro

[Promoting Play & Leisure for Children with Disabilities \(Nov 10\)](#)

Surrey Place

[November wellness workshops](#)

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Caregiver support

Future Planning

Partners for Planning learning series

- [Creating Financial Security \(Nov 10\)](#)
- [My Life, My Choice, My Community: Thriving in Your Neighbourhood \(Nov 24\)](#)
- [Nurturing Supportive Relationships: The Foundation to a Secure Future \(Jan 5, 2021\)](#)
- [Creative Options for Home: Exploring Individualized Housing Models \(Jan 19, 2021\)](#)

[Autism Ontario - The Housing Project: Advocacy 101 \(Nov 19\)](#)

The issue of housing is complicated for people with ASD – not one size fits all and it is important to begin a family conversation about housing

[Microboard Ontario fall workshops \(Nov- Dec\)](#)

A microboard is a group of committed family and friends who join together with a person who has a disability to create a supportive not-for-profit corporation.

[CRA MyAccount available in different languages](#)

Step-by-step guides in Simplified Chinese, Traditional Chinese, Tagalog and Vietnamese, Punjabi which will help with the new benefits (CRB, CRCB, CRSB) and for the CERB (Vancity, Hua Foundation, and Bảo Vệ Collective)

Networking & parenting

- “It takes a Village” Black Parent Support Group (virtual) For Black Caregivers of children or adults with intellectual or developmental disabilities. Beginning **Tuesday November 10 from 7:00 – 8:30 pm**. After the first meeting, monthly dates will be shared with the group. For more information and to register, contact Clovis or Sherron Grant sherron_grant@rogers.com
- [COVID-19: 24/7 Parenting](#) Proven parenting tips and activities for all ages in worldwide languages (Parenting for Lifelong Health)

Siblings

- [Kids Trivia Night \(online\) For kids with ASD and siblings, ages 5 – 17, Nov 18](#) (Autism Ontario & Holland Bloorview Kids Rehabilitation Hospital)
- [BIPOC- Black, indigenous, and people of color Adult Sibling Roundtable, Nov 18](#) (Specials Needs Siblings)

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Financial/Legal

- [Understanding Jordan's Principle and how to apply \(Nov 26\)](#)
Jordan's Principle is a child-first and needs-based requirement in Canada to ensure that First Nations children living on and off reserve have equitable access to all government funded public services (Autism Ontario)
- [Financial Relief Navigator \(FRN\)](#)
A tool to increase the financial well-being of people living on low incomes. It gathers all the benefits and relief packages developed for all Canadians at the Federal and Provincial levels of government (Prospercanada.org)
- [COVID-19 related legal developments](#)
COVID-19 related legal developments including changes in government benefits and emergency supports, future planning rules, visitation rules, back to school considerations, and legal issues related to layoffs (Pooran Law)

Behaviour

- [Caregiver Non-Violent Crisis Intervention](#) For family members and caregivers who would like to enhance their skills in managing crisis situations, and learn about de-escalation techniques. Different dates offered (Kerry's Place)
- [Learning Portal and video training modules](#) Includes modules on teaching strategies and social skills for ASD (Kerry's Place)

Mental/Emotional health

- [Emotional Toolkit for Black Caregivers: How to manage stress and challenges across settings - Online \(Nov 24\)](#) (Autism Ontario)
- [Free check in calls with a P4P Facilitator](#) (Partners for Planning)

Inclusion, Diversity and Equity

Inclusion: diverse identities feel valued, safe, accepted, supported

Diversity: presence of differences within a given setting

Equity: an approach to ensure everyone has access to the same opportunities

The New Mentality & Children's Mental Health Ontario's provincial Youth Action Committee (YAC)

[Survey: Race in the Mental Health System](#) seeks to hear the experiences of racialized youth age 13-25 who are a resident of Ontario and those who have not due to barriers they face. You can take the survey [here](#)

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University of Alberta Faculty of Native Studies

[Free online course on Indigenous Canada](#) The course explores Indigenous histories and current issues in Canada from an Indigenous perspective.

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TAIBU Community Health Centre

[Coping with Fear: a virtual workshop to support and empower the Black community in navigating issues amplified during the COVID-19 pandemic \(Nov 12, 19, 26, Dec 3\)](#)

To register, contact Estella (416) 644-3536 ext 2224, ewilliams@taibuchc.ca

Specials Needs Siblings

[BIPOC- Black, indigenous, and people of color Adult Sibling Roundtable \(Nov 18\)](#)

Autism Ontario

[Emotional Toolkit for Black Caregivers: How to manage stress and challenges across settings - Online \(Nov 24\)](#)

Recreation & Life Skills

Drama Way

[Arts Programs for All Abilities ages 14+ now available online](#)

Best Buddies

- [Best Buddies virtual programming](#) Instagram live workouts, concerts and cooking offered.
- [e-Buddies](#) email pen pal program that provides safe opportunities for individuals with and without intellectual/developmental disabilities to start an email friendship. e-Buddies is in English and for anyone 10 years and older

Transitions & Employment

- [Employment: A Pivotal Part of Citizenship \(Nov 29\)](#) (MentorAbility Canada)
- [Virtual classes and events Fall 2020](#) (Meta Centre)

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- [Christmas Jingles - 4 week program \(starts Dec 2\)](#) (Christian Horizons)

Advocacy

City of Toronto

[Inclusionary Zoning Policy Consultation](#)

The City of Toronto will be hosting virtual public meetings on Inclusionary Zoning. This is a tool that can be used to increase mixed-income, affordable housing. To learn more and give your feedback, you can register for an upcoming virtual public meeting on [November 10](#)

CanChild

[Survey: COVID-19 supports for people with disabilities and caregivers](#)

Share your concerns about the challenges that people with disabilities and caregivers of people with disabilities (both adults and children) are facing at this time. CanChild hopes to use the survey results to inform policy makers about the most pressing issues and to share positive examples of removing barriers and improving access to care.

StatCan COVID-19: Data to Insights for a Better Canada

[Report on the changes in health and well-being of Canadians with long-term conditions or disabilities since the start of the COVID-19 pandemic \(Released Oct 7, 2020\)](#)

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

