

# Family Resource Centre e-newsletter February 28, 2021

Client and Family Integrated Care, [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

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.

Past newsletters and COVID-19 specific tipsheets can be accessed [here](#).

## Holland Bloorview Kids Rehabilitation Hospital

### NEW

- [Parent Support Network - Topic - Music Therapy for Families & Caregivers \(Mar 3\)](#)
- [Youth work experience participation programs: Information & Application Sessions for 2020/21\(Mar 3\)](#)
- [Funding and Financial Support Guide for Families who have children with disabilities \(revised Jan 2021\)](#)
- [Family Events Brochure for Feb 2021 - April 2021](#)
- [Tipsheet: Busting myths about the COVID-19 vaccine](#)
- [BLOOM February 2021](#)
- [Creating Infographics to Advocate for Needs, Services and Care \(Pre-recorded workshop\)](#) Infographics can help you advocate for your child's rights and needs and make it easier to explain what it is you or your child need.
- [Funding and Family Supports and Resources video \(Pre-recorded\)](#) Find out about services that are available to families of children with disabilities through the Holland Bloorview Family Resource Centre
- [Paperwork Party Part 1 Funding Overview \(Pre-recorded workshop\)](#) The video provides general information about funding sources as well as tips and strategies on filling out forms. After viewing Part 1 Funding Overview, families are encouraged to bring their questions and forms to a Paperwork Party part 2 event, which are held [monthly](#) (Mar 30, Apr 27)
- [Outpatient video series: What to expect when visiting Holland Bloorview](#) The three-video series covers topics like our screening process, masking, distancing and the emergency transit fund.



**Holland Bloorview Kids Rehabilitation Hospital**

150 Kilgour Road, Toronto ON Canada M4G 1R8 T 416 425 6220 T 800 363 2440 F 416 425 6591 [www.hollandbloorview.ca](http://www.hollandbloorview.ca)

A teaching hospital fully affiliated with the University of Toronto

- Mental Health Support for Caregivers: A Panel Discussion Wednesday, Mar 24. For more information contact Stephanie Moynagh [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca) 416-425-6220 ext. 6146

### Other Holland Bloorview resources and supports

- Sibling Support group. For more information contact Victoria Rombos [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca)
- [Solution Focused Conversations for Families \(online workshops\)](#) For more information contact Elaine Cook, [ecook@hollandbloorview.ca](mailto:ecook@hollandbloorview.ca)
- [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.
- [HB Alumni Network](#) An alumni network for clients (13+), families and caregivers to connect, share experiences and help us improve care and services.
- [Parent Voices @ Holland Bloorview Facebook](#)
- [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](#)
- [HB Info Line](#) helps children, youth and families learn about and get connected to the many programs and services at Holland Bloorview.

## Virtual community events

- [Parent Support Network: Music Therapy for Families & Caregivers - Mar 3](#) (Holland Bloorview)
- [Designing Your Future: A Framework for Planning - Mar 4](#) (P4P Planning Network)
- [Learn more about the temporary wage increase for direct support workers - Mar 10](#) Webcast will provide information about the temporary wage increase for direct support workers and what this means for Passport funding recipients (Developmental Services Ontario)
- [Workshop: COVID-19 Infection Prevention and Control \(IPAC\) and People with Disabilities - Mar 22](#) (Centre for Independent Living)
- [The Registered Disability Savings Plan \(RDSP\) Webinar series](#). Learn all you need to know about this Canada-wide matched savings plan specifically for people with disabilities. To find out more about the dates and to register, click [here](#). (Plan Institute for Caring Citizenship)

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## Children and Youth

- [Sexuality Workshops with a Focus on Healthy Relationships - starts April 7](#) For children/youth with developmental disabilities from 11 to 15 years of age. (Extend-A-Family)

## Mental health

- [Managing everyday stress: techniques from self-advocates, parent and supporters-Mar 4](#) (Community Living Ontario & Awake Labs)
- [Mental health for adults with developmental disabilities during COVID-19: A virtual course for family caregivers. Deadline to register is Mar 16.](#) (Centre for Addiction and Mental Health/Azrieli Adult Neurodevelopmental Centre)
- [Compassion Fatigue \(Mar 3\) Resiliency During Extraordinary Times \(Mar 17\)](#) (OFCP and Canadian Mental Health Association)
- Mental Health Support for Caregivers: A Panel Discussion Wednesday, Mar 24. For more information contact Stephanie Moynagh [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca) 416-425-6220 ext. 6146 (Holland Bloorview Kids Rehabilitation Hospital)

## Foundational Services for Autism - virtual parent education workshops offered by [Adventure Place](#), [Etobicoke Children's Centre](#), [Lumenus Community Services](#)

You must be under 18 years and registered with the Ontario Autism Program (OAP). For more information on Foundational Services, see [here](#).

## Caregivers

### Support groups

- [Holland Bloorview Parent Support Network - Topic: Music Therapy for Families & Caregivers - Mar 3](#) (Holland Bloorview Kids Rehabilitation Hospital)
- [Safe & Secure Future Networks virtual caregiver support - Mar 16, Apr 20, May 18, June 15](#) (Extend-a-Family)
- [Ontario Wide Virtual Support Group for Moms](#) (Community Living Toronto, Montage Support Services and The Relationship Group)
- [Family Support Groups](#) (Connectability.ca)

### Siblings

- Sibling Support group. For more information contact Victoria Rombos [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca) (Holland Bloorview Kids Rehabilitation Hospital)
- [Virtual Sibshops \(Apr 12 - 14\)](#) (Community Living Toronto)
- [You2 - A Support Group For Teenage Siblings - Online](#) (Kerry's Place)

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## Social groups and recreation programs

Check the following for ongoing social/recreational events for children, youth and young adults and additional supports for caregivers

- [Children's Treatment Network](#)
- [Surrey Place - Wellness Services](#)
- [My Community Hub](#)
- [Connectability.ca](#)
- [Autism Ontario](#)

## Funding

### Ontario Federation for Cerebral Palsy

- Life Emergency Action Fund [LEAF Funding Application Page](#)
- Assistive Devices Funding Program [ADFP Funding Application Page](#)

### Holland Bloorview Kids Rehabilitation Hospital

[Funding and Financial Support Guide for Families who have children with disabilities \(revised Jan 2021\)](#)

## Transitions (16 +)

- [Trying it on for Size \(TIFS\) Homebound Introduction to Financial Literacy - starts Mar 2](#) (L'Arche Toronto)
- [Mental health for adults with developmental disabilities during COVID-19: A virtual course for family caregivers. Deadline to register is March 16.](#) (Centre for Addiction and Mental Health/Azrieli Adult Neurodevelopmental Centre)
- [Relationship Coaching and Supports Online Groups](#) Offers inclusive and accessible programming to support individuals in creating and maintaining meaningful personal relationships. Available to anyone who identifies as autistic, neurodiverse or having a disability. Must be 16+ and live in Ontario. (RelateTO)
- Check out [JVS Toronto](#) a free employment program for individuals with developmental disabilities such as the Path 2 Work program and [Community Access Learning Centre](#) which aims to provide a structured learning environment to children, youth and adults with special needs/exceptional challenges.

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

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have information on: respite, recreation, housing, funding, education, parenting and more. All Holland Bloorview workshops and events are listed on [www.hollandbloorview.ca/familyevents](http://www.hollandbloorview.ca/familyevents)  
Questions? Please e-mail [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

