

# Family Resource Centre

## e-newsletter August 22, 2021

Client and Family Integrated Care, [resourcecentre@hollandbloorview.ca](mailto: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. Past newsletters and COVID-19 specific tipsheets can be accessed [here](#).

## Holland Bloorview Kids Rehabilitation Hospital

### NEW

- [Family Navigation Hub: Pop-up Housing Workshop \(Aug 26\)](#) [Register Here](#)  
The topic is subsidized housing and housing supports for families in Toronto. The presenter will share information about MyAccesstoHousingTO.
- [ASD Coffee Chat - Sept 2](#) (Autism Ontario and Holland Bloorview social workers)
- [August 2021 BLOOM e-letter](#) To subscribe to BLOOM's monthly e-letter, go to the [link](#) and scroll down to the blue banner to input your e-mail. Follow us on [BLOOM Facebook](#) to read the latest BLOOM stories about parenting children with disabilities and check out mainstream news stories on disability.
- [Creating Infographics to Advocate for Needs, Services and Care \(recorded\)](#)  
Infographics use images and small amounts of text to share information in a way that is meaningful and easy to understand. Infographics can help you advocate for those needs and make it easier to explain what it is you or your child need.
- [Fall Swimming Lessons](#)
  - Swimmers who have a disability & siblings - enter the [lottery \(online\)](#) by September 7th. Registration is in-person on Sunday, September 12th.
  - Swimmers who do not have a disability - registration opens online on Thursday, September 16th at 6:30 a.m. (for after-school/weekend classes) and 7:00 a.m. (for weekday, daytime classes).
  - Adult Swimming Lessons, Aquafitness and Teen Stroke Improvement - Information about these programs will be posted on our website by September 1st.

Questions? Please call 416-425-6220, ext. 3063 or [swimregistration@hollandbloorview.ca](mailto:swimregistration@hollandbloorview.ca)



**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

## Holland Bloorview resources and supports

- Sibling Support group. For more information contact Victoria Rombos [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca)
- [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](#)
- [HB Info Line](#) helps children, youth and families learn about and get connected to the many programs and services at Holland Bloorview.
- [The Harmony OnTrack Virtual Music Therapy Clinic](#) offers virtual music therapy services for parents and caregivers within the Holland Bloorview community at no cost. For more information, please email [SLEclinic@wlu.ca](mailto:SLEclinic@wlu.ca)
- [ASD-Engage weekly podcast](#) 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 Podcasts](#) To support and connect with children, youth and families living with disabilities, Holland Bloorview is creating podcasts on a variety of themes and topics important to our community.

## Fall activities

- [Variety Village indoor exercise facilities now open to all members.](#) For more information please visit the [website](#) or call 416-699-7167 or email [info@varietyontario.ca](mailto:info@varietyontario.ca) (Variety Village)
- [Casting call: Toronto Public Library is seeking children with visible disabilities and their families/caregivers to participate in a photo shoot for a social story project.](#) For children ages 6 and under. Deadline to respond - Aug 31, 2021
- [Your rights and responsibilities as a tenant \(Sept 14\)](#) Renting a place to live is a big step toward independent living. To ensure your tenancy is successful it's important to know your rights and responsibilities as a tenant (Developmental Services Ontario)
- [September Wellness Guide](#) (Surrey Place)
- [Fall Programming](#) (Community Access Learning Centre)
- [Access Expo \(Sept 17 & 18\)](#) Variety Village is hosting the second annual Access Expo which will showcase programs and services promoting: accessibility, inclusion, healthcare, sport, fitness, and healthy living. Advance registration required. For event information please contact: Emily Leatherdale, [eleatherdale@varietyontario.ca](mailto:eleatherdale@varietyontario.ca), (416) 699-7167 x354

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For additional events for children, youth and young adults, as well as caregivers, please consider checking [Autism Ontario](#); [Children's Treatment Network](#); [Connectability.ca](#); [Family Service Toronto](#); [Kerry's Place Autism Services](#); [My Community Hub](#); [Surrey Place - Wellness Services](#)

## Future planning

- [Fall 2021 webcast schedule](#) Free online webcasts include workshops on RDSPs and creating financial security for your loved one (Partners for Planning - P4P)
- [The Registered Disability Savings Plan \(RDSP\) Webinars](#) Learn all you need to know about this Canada-wide matched savings plan specifically for people with disabilities (Plan Institute for Caring Citizenship)
- [Webcasts and podcasts](#) Covers topics such as Temporary wage increase for direct support workers, understanding the benefits of your Passport eCLAIM, Transitioning from youth to adult services and Understanding the Passport Program (Developmental Services Ontario)

## Vaccine information

- [COVID-19 Vaccination Opportunities for Children and Youth in the community](#) (Holland Bloorview Kids Rehabilitation Hospital)
- [Accessible Rides to your COVID-10 vaccination](#) provides door-to-door rides to vaccination sites for people with disabilities, including seniors with mobility issues, who face challenges accessing safe transportation (Ontario Community Support Association)
- [Kids Health First](#) - a resource to help youth, parents and caregivers make an informed decision about vaccinations for those aged 12-17 (Children's COVID-19 Vaccine Table & Children's Health Coalition)
- [COVID-19 vaccine resources in different languages](#) (City of Toronto)
- [Easy read information about the COVID-19 vaccine](#); [Questions and answers about the COVID-19 vaccine](#) (Surrey Place)
- [Watch a video about what to expect when you get your vaccine](#) (Partners for Planning and Community Living Toronto)



## Anti-racist education

- [30 Day Challenge: A Daily Practice Challenging Barriers to Equity](#) (Wellbeing Waterloo Region)
- [Resources for marginalized communities and allies](#) For those looking for resources to support their well-being and mental health, or are interested in becoming or being a better Ally (Crisis Services Canada)
- [Bystander Intervention Resources](#) How to do your part to protect your neighbours and co-workers when bias and harassment collide in front of you (Hollaback!)

## Mental health/wellness

- [Resources & Education Opportunities to Help Caregivers When They Need it Most](#) (The Ontario Caregiver Organization)
- [Find a BIPOC therapist in your community](#) (Healing in Colour)
- [Find a Black Therapist](#) (Psychology Today)
- [LGBT2SQ Health and Social Service Provider Directory](#) (Rainbow Health Ontario)

## Advocacy

- [The Government of Canada is consulting Canadians on how to improve the lives of Canadians with disabilities.](#) Your feedback will support the development of the Disability Inclusion Action Plan. You can participate by filling out the survey [here](#)
- [Toronto Accessibility Design Guidelines Update \(Sept 9\)](#) The City of Toronto will be hosting two public information sessions on the updated Toronto Accessibility Design Guidelines (TADG). The details of these sessions are included on the City's [website](#). You can also provide feedback via an [online survey](#). Accommodation can be requested by emailing [tdag@toronto.ca](mailto:tdag@toronto.ca) or by leaving a voice message at 416-338-2632.

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](http://www.hollandbloorview.ca/familyevents) Questions? Please e-mail [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

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