

Parent Support Network

Support for Parent/Caregivers at Holland Bloorview

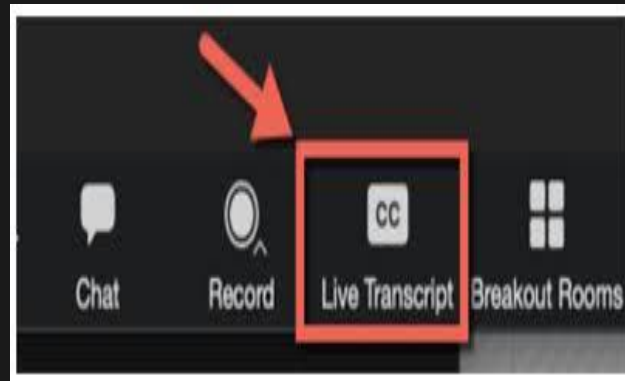
Jan. 25th, 2022

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For options with Live Transcripts, Find the 'Live Transcript' icon at the bottom of the screen

You can choose to open the subtitles, hide them or to 'open full transcript'.

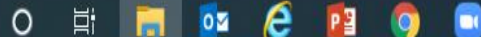


Steph Moynagh - Family Support Specialist

Unmute Start Video Security Participants Polls Chat Share Screen Record Live Transcript Breakout Rooms Support Reactions More

End

Type here to search



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Privacy and confidentiality in online workshop

Privacy

- Platform being used is Zoom Healthcare
- Information shared in chat box is viewable to everyone
- As an accessibility feature, live captioning is provided and will be recorded as a transcript. This will not be shared with participants outside of its function for accessibility purposes.
- To protect the privacy of our participants, please do not record or take screenshots of the chat box or the participants through Zoom

Confidentiality

- It is understood that there will be no sharing of information beyond the confines of this video session

By participating, you consent to the potential risks of participating in an online webinar, and the privacy and confidentiality statements.

Welcome! Today's topic:

Let's Talk about: Support for Parent/Caregivers at Holland Bloorview

What is **Parent Support Network**?

Parent Support Network aims to create a space where families can share experiences, information, challenges, successes and strategies.

Today's session will include:

- **Learning about different programs available for Parent/Caregivers** including Family mentor connections, Mindfulness and Music Therapy for caregivers, Library Services, funding supports and more
- **Asking questions** about supports for parent/caregivers
- **Sharing tips and strategies** about accessing supports
- **Meeting other parents** and sharing your ideas and experiences

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Introductions:

- Cheryl Peters, Family Leader
- Stephanie Moynagh, Family Support Specialist

**If you would like to, please
introduce yourself and let us
know: What is your child's
'Superpower'?**

**Hello
My Name Is**

Today's agenda

- **Supports for Parent/Caregivers with Steph & Cheryl**
 - **With polls & built-in time for discussion & questions**
- **Meet Music Therapy Students
Victoria Chan and Melissa Huen**
- **Presentation on Library Services with Iveta Lewis**
- **Discussion & Q&A**
- **Announcements and Feedback Survey**
- **Closing**



Hearing from you: Zoom poll



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Meet one of our Family Leaders: Cheryl Peters

What types of parent supports have you accessed at Holland Bloorview?



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Who can I contact if I am on the waitlist for a developmental assessment, and I have questions?

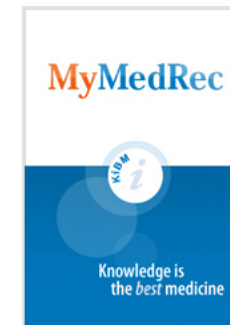
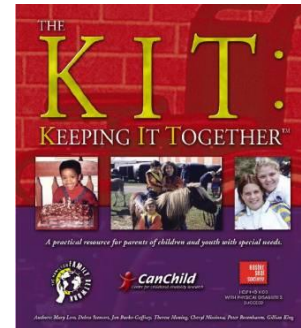
- To ask about your appointment date and time, talk to **Client Appointment Services: 416-424-3823**
<http://hollandbloorview.ca/programsandservices/programsservicesaz/clientappointmentservices>
- To provide more information on your referral, contact a **Child Development Program (CDP) Intake Coordinator: Denise Ollada or Melanie Leitner Ext. 3334 cdpintake@hollandbloorview.ca**

Community Services to access while you're on the waitlist

Tools:	Who do they serve?	How can they help?	Contact
Holland Bloorview Connect2Care	Any Holland Bloorview client (who has booked an appointment)	Access your health-care record, view your appointments, connect with members of your health-care team online	http://www.hollandbloorview.ca/connect2care
The K.I.T. (Keeping It Together) Resource	Families looking to organize their child's information	Organize information for your child that can assist you when interacting with different service systems, e.g. health, education, and recreation	https://www.canchild.ca/en/research-in-practice/the-kit
Medication logging	Anyone looking to manage medication information and records	Free and confidential MyMedRec app, print-ready booklet for managing medication information and records	http://www.knowledgeisthebestmedicine.org/

connect2care

Log On | Stay Informed | Keep in touch



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Discussion & Questions?

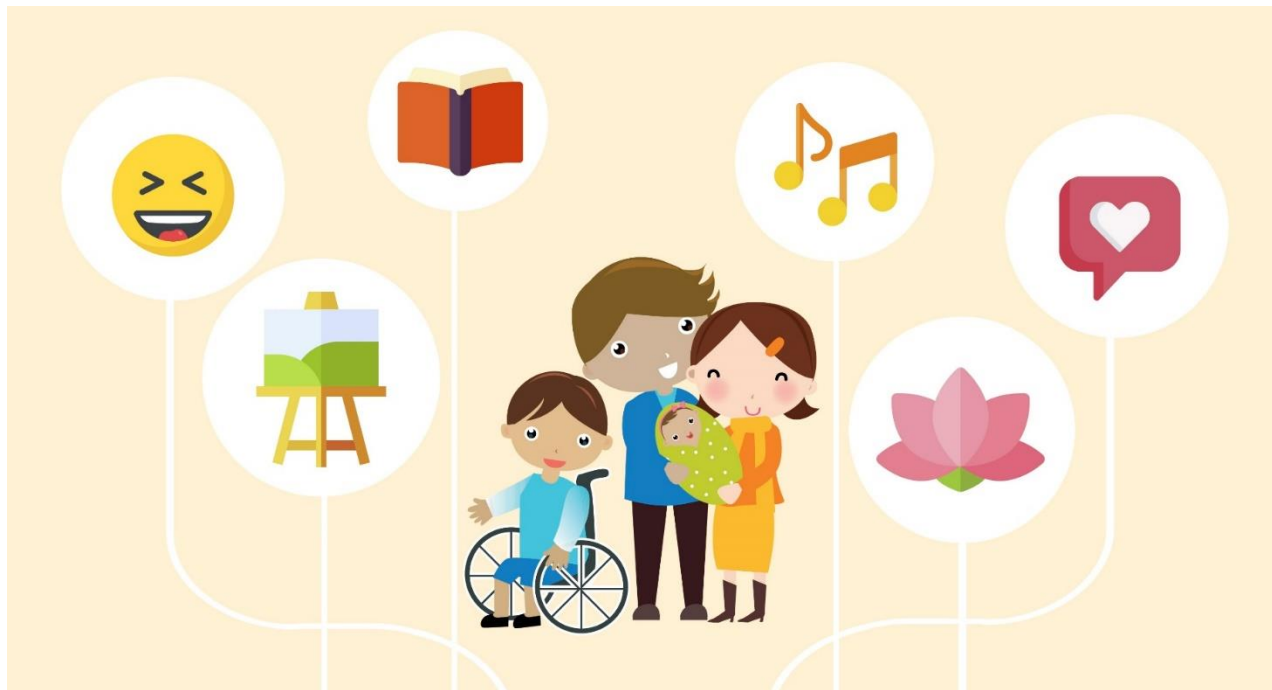


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What non-clinical services are available for children?

- For information on our Music and Arts programs, contact the Program Administrator: Katie Miller Ext. 3317
musicandart@hollandbloorview.ca
- For information on programs for social skills and life skills, contact our Therapeutic Recreation department: Heather Keating Ext. 6208
hkeating@hollandbloorview.ca
- For information on our Swimming Pool, contact our Aquatic Manager: Christina Neumann at Ext. 3539
swimregistration@hollandbloorview.ca
- To find out about research that is going on in the hospital, use the website navigator:
<http://research.hollandbloorview.ca/participateinresearch>
- To join the Parent Voices Facebook group:
<https://www.facebook.com/groups/532898290077876/>

Shifting focus to Parent/Caregivers 😊



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Hearing from you: Zoom poll



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Holland Bloorview's Family Resource Centre



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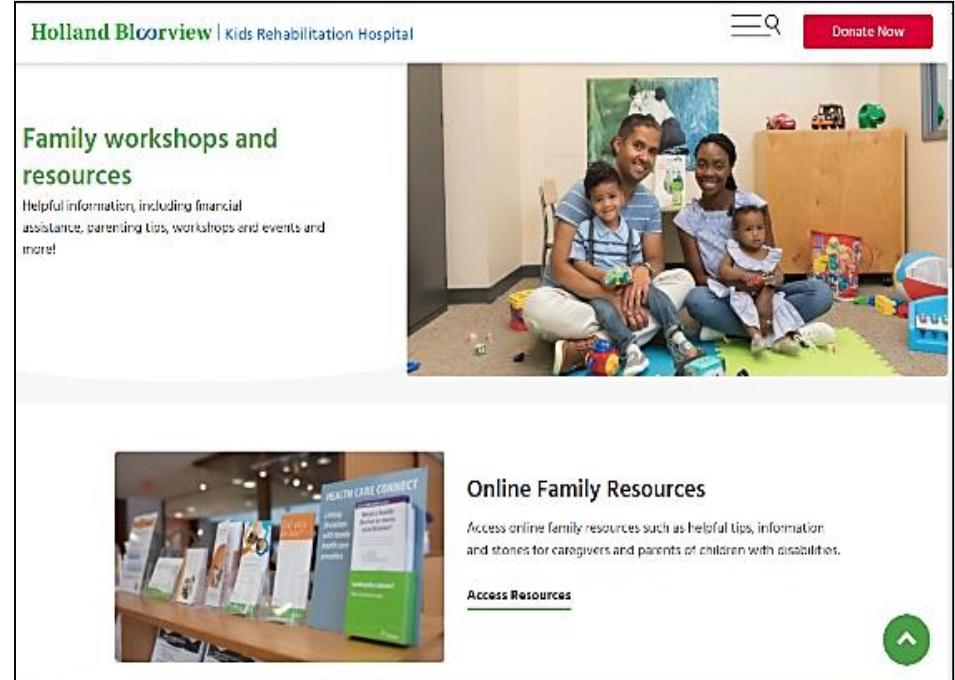
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Online Family Resource Centre

How to access?

1. Visit www.hollandbloorview.ca/services
2. Select “Family workshops and resources”
3. Select “Online Family Resource Centre”

Who is eligible? All clients, families and members of the public



The screenshot shows the website header with "Holland Bloorview | Kids Rehabilitation Hospital" and a "Donate Now" button. The main content area features a large image of a family sitting on a play mat. Below the image, the text reads "Family workshops and resources" followed by "Helpful information, including financial assistance, parenting tips, workshops and events and more!". A smaller image shows a display of brochures on a shelf, with the text "Online Family Resources" and "Access online family resources such as helpful tips, information and stories for caregivers and parents of children with disabilities." Below this is a link for "Access Resources" and a green arrow icon pointing up.

In-person supports (Virtual until further notice)

Family Resource Centre

- **Resource consultation** with a Family Support Specialist
- **Family Mentor consultation** (peer support)

- **Health Sciences Library and librarians**
 - Pediatric health topics
 - Reliable health information
 - Medical research databases
 - Research assistance & support

Drop in to meet us in person

Monday through Friday
in the Grocery Foundation Resource Centre (first floor)

You can also visit us online

Family Resource Centre:

www.hollandbloorview.ca/resourcecentre
or email resourcecentre@hollandbloorview.ca

Health Sciences Library:

www.hollandbloorview.ca/healthscienceslibrary
or email library@hollandbloorview.ca



In-person supports (Virtual until further notice)

Pro Bono Law:

- Ask your clinician about connecting with our lawyer.
- Free legal support for clients and families: workplace, school, and landlord issues; transition planning; access to financial benefits

- If you are not a Holland Bloorview client, contact the Pro Bono Free Legal Advice hotline to find legal information and advice that relates to **housing, employment, consumer issues and going to court (civil matters only no criminal or family law)**.
- This hotline generally accepts calls from Monday to Friday between 9:30 a.m. and 11:30 a.m., and between 1:00 p.m. and 3:30 p.m. They offer up to 30 minutes of free legal advice and assistance.
- Website: www.probonoontario.org/hotline/
- Telephone: 1-855-255-7256

Discussion & Questions?



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Workshops and Events for Parents:

REGISTRATION INFORMATION

To register for family workshops, parent support network, paperwork parties and family navigation hub workshops, visit hollandbloorviewworkshops.eventbrite.com.

To register for Sibling Support Program, email siblingsupport@hollandbloorview.ca

CONTACT INFORMATION


Melissa Ngo
mngo@hollandbloorview.ca
416-425-6220 ext. 6348


Stephanie Moynagh
smoynagh@hollandbloorview.ca
416-425-6220 ext. 6146


Deaf or Hard-of-Hearing and want to reach us by phone? Try Relay Service: www.bell.ca/Accessibility_services/Bell_Relay_service. Or if you have a TTY or VCO phone, dial 711 and give the number provided.


Victoria Rombos
siblingsupport@hollandbloorview.ca


OCTOBER 2021

 **Parent Support Network: Let's talk about Back to School** (Open Discussion)
Tuesday October 5, 6:30pm-8pm


 **Parent Support Network: Special Series with Protibha Gupta: 8-Week Mindfulness Program for Parents and Caregivers**
Friday October 22-December 10, 10:30am-11:30am
For more information contact: Stephanie Moynagh (contact above)


 **Family Navigation Hub Workshop Series: Child Care Fee Subsidy & Every Child Belongs**
Thursday October 14, 10:30am-12pm
For more information contact: Stephanie Moynagh (contact above)


 **Paperwork Party: Support with Completing Funding Applications**
Wednesday October 20, 5:30pm-7pm
**Participants are strongly encouraged to view 'Part 1 - Funding Overview' video before attending in order to maximize the benefits of this workshop. To access the video and more information, visit www.hollandbloorview.ca/familyevents and click on the tab 'Paperwork Parties'.*
For more information contact: Melissa Ngo (contact above)


 **Sibling Support Program**
Thursday October 21, time to be determined based on family availability.
For more information contact: Victoria Rombos (contact above)

NOVEMBER 2021


 **Family Workshop: Advocating in the School System**
Thursday November 11, 5:30pm-7pm
For more information contact: Melissa Ngo (contact above)

 **Parent Support Network: Behaviour Guidance Principles With Susan Musgrave and Alifa Khan**
Tuesday November 16, 10am-11:30am
For more information contact: Stephanie Moynagh (contact above)


 **Family Navigation Hub Workshop Series: Community Kitchen with FoodShare**
Wednesday November 17, 4pm-6pm
For more information contact: Stephanie Moynagh (contact above)

 **Sibling Support Program**
Thursday November 18, time to be determined based on family availability.
For more information contact: Victoria Rombos (contact above)


DECEMBER 2021


 **Family Workshop: RDSP, Wills and Estates**
Thursday December 2, 5:30pm-7pm
For more information contact: Melissa Ngo (contact above)


 **Parent Support Network: Let's talk about Funding Applications** (Open Discussion)
Tuesday December 7, 6:30pm-8pm
For more information contact: Stephanie Moynagh (contact above)

 **Sibling Support Program: Movie Night**
Wednesday December 8
Sibling Support monthly Session:
Thursday December 16, time to be determined based on family availability.
For more information contact: Victoria Rombos (contact above)


JANUARY 2022


 **Family Workshop: Recreation, Respite & Life Skills Information Fair**
Date and time to be determined.
For more information contact: Melissa Ngo (contact above)


 **Parent Support Network: Holland Bloorview Library Services and Supports for Parents/Caregivers**
Tuesday January 25, 10am-11:30am
For more information contact: Stephanie Moynagh (contact above)

 **Sibling Support Program**
Thursday January 20, time to be determined based on family availability.
For more information contact: Victoria Rombos (contact above)

FEBRUARY 2022

 **Family Workshop: *New* Family Info Video: Mental Health Support for Caregivers**
Video release:
Thursday February 3, 2022
For more information contact: Melissa Ngo (contact above)

 **Parent Support Network: Let's talk about Social Inclusion** (Open Discussion)
Tuesday February 22, 6:30pm-8pm
For more information contact: Stephanie Moynagh (contact above)

 **Sibling Support Program**
Thursday February 17, time to be determined based on family availability.
For more information contact: Victoria Rombos (contact above)

Solution Focused Coaching for Families will be offered in Fall 2021.
For more information, visit: www.hbhumanistichealthcare.ca/

Mindfulness for Parent/Caregivers:



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Parent Support Network Presents: Mindful Self-Compassion for Parents/Caregivers

8-Week Virtual Mindfulness Program
for Parents and Caregivers
with Family Leader Protibha Gupta



Fridays October 22nd - December 10th, 2021
10:30am-11:30am

Serene Ocean Surface

Join us to:

- Connect with mind and body through guided meditations
- Cultivate self-compassion, lovingkindness and gratitude
- Learn mindful ways to deal with difficult emotions
- Connect with other parents/caregivers who have children with disabilities or medical complexities

For more information and registration:

https://mindful_selfcompassion_caregivers.eventbrite.ca

If you require special accommodations or have questions,
please contact Family Support Specialist Steph Moynagh at
smoynagh@hollandbloorview.ca.
416-425-6220 ext. 6146

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Sibling Support Program (virtual)

For more information:

resourcecentre@hollandbloorview.ca



FREE PROGRAM

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Sibling Support Program

Holland Bloorview's Sibling Support Program will give siblings, ages 7-18, the opportunity to relax, unwind, meet peers who might share lived experiences. It will provide a safe space to talk about what it's like to be a sibling of someone with a disability. The program is open to any child who has a sibling with a disability, complex medical needs and/or dual diagnosis.

PROGRAM INFORMATION:

Holland Bloorview's Sibling Support Program will be held once a month, on the same date and time as the scheduled Family Education Workshop, on the following dates:

- Tuesday October 29th, 2019 from 6-8pm
- Thursday March 3rd, 2020 from 6-8:30pm
- Tuesday November 26th, 2019 from 6-8pm
- Saturday April 11th, 2020 from 9:30am-12pm
- Tuesday December 2nd, 2019 from 6-8pm
- Thursday May 14th, 2020 from 6-8pm
- Monday February 3rd, 2020 from 6-8pm
- Monday June 15th, 2020 from 6-8pm

This program is accessible to **ALL** siblings, families do not need to be clients of Holland Bloorview to attend.

Registration for the Sibling Support Program will open 16 days before the listed program date. Registration closes 48 hours prior to the program date.

- To register Parents/Guardians/Members of your child's care team/Clinicians can submit a referral form through Google Forms using this link:
<https://goo.gl/forms/OQbmL3J8Ykykmic52>
- Once the form is complete and has been submitted, the Sibling Support Program Administrator will call families to follow up and complete a profile about the Sibling attending the program and confirm their spot. Full intakes will only need to be done once. Please call to request a spot for each month individually.

If you require special accommodations or have questions, please contact Victoria Rombas at siblingsupport@hollandbloorview.ca or 416-425-6220 ext. 6082

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150 Kipling Road, Toronto ON Canada M4G 1R8 T 416 425 6220 T 800 363 2440 F 416 425 6591 www.hollandbloorview.ca
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Solution-Focused Communication for Families

A workshop series designed to help parents enhance their communication skills by highlighting their familial strengths and resources.

versations and group
ive had the opportunity
tions in various roles
unication tools.



Solution-focused communication focuses on strengths and resources, using simple principles and skills that redirect our attention away from the problem, toward what's already working.

These workshops are co-facilitated by trained family leaders, with lived experience.

Advocacy

Conflict Reconciliation

Reframing and Goal Setting

Self-Care

For more information, please e-mail:
ecooke@hollandbloorview.ca

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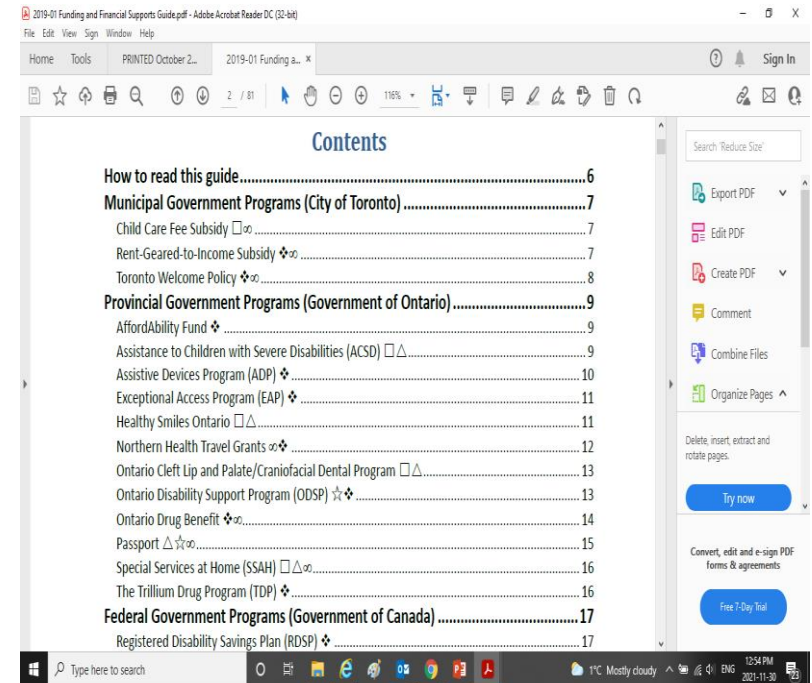
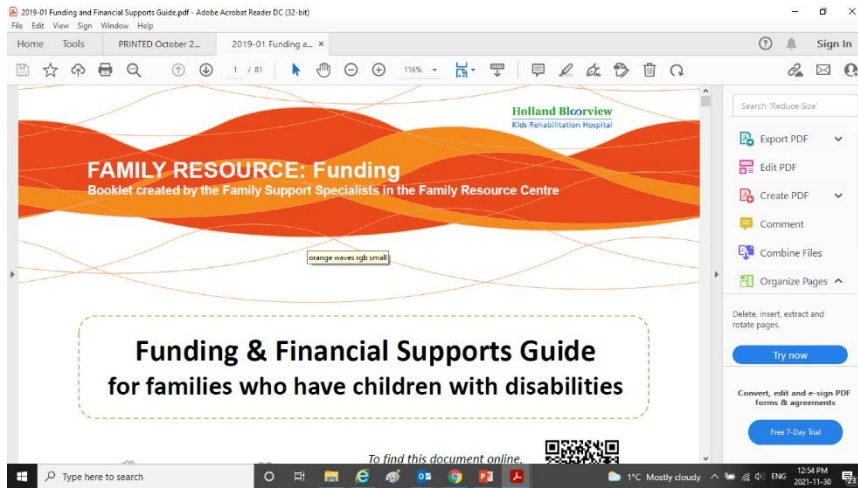
Discussion & Questions?



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Check out: Holland Bloorview's Funding and Financial Supports Guide:

- You can find many other funding sources in Holland Bloorview's general Funding and Supports Guide here:
- [Funding & Financial Supports Guide](#)



Client and Family Funding – Family Support Fund

What is it? Up to \$1,000 per year of in financial assistance. Funding covers:

- Equipment
- Recreation activities
- Non-OHIP-covered medications
- Respite Care



Who is eligible? All clients under the age of 19, and who have attended a clinical appointment within the past two years. For more information go to <https://hollandbloorview.ca/our-services/family-workshops-resources/holland-bloorview-family-support-fund>

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BLOOM's blog on parenting children with disabilities
www.hollandbloorview.ca/bloom

BLOOM's monthly e-letter, go to the link and scroll
down to the blue banner to input your e-mail

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Holland Bloorview Social Media Groups:

Parent Voices at Holland Bloorview (on Facebook)



Alumni Network www.hbalumninetwork.ca

 **HB Alumni Network**

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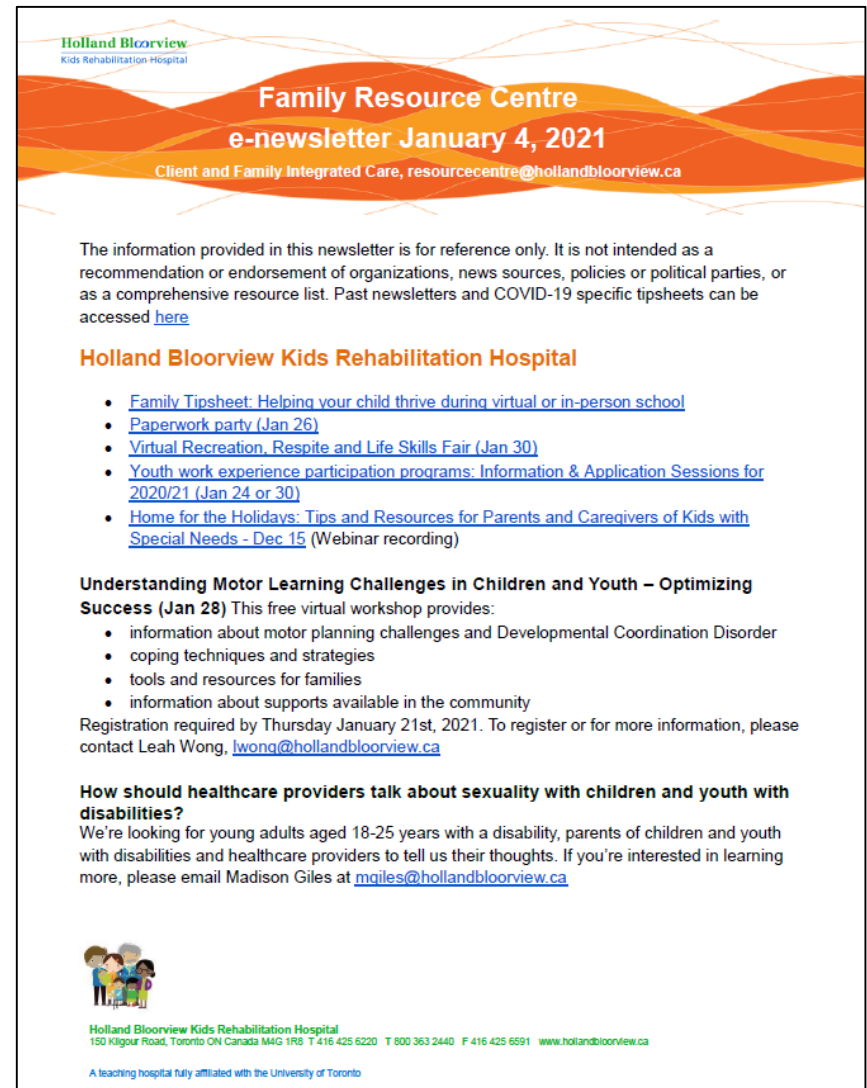
Want to know what's happening? Sign up for the resource centre e-letter!

Send an e-mail to:

resourcecentre@hollandbloorview.ca

You can also find it on our main website www.hollandbloorview.ca

Click on: “Covid-19: Tipsheets and Resources”



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Family Resource Centre e-newsletter January 4, 2021

Client and Family Integrated Care, 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

- [Family Tipsheet: Helping your child thrive during virtual or in-person school](#)
- [Paperwork party \(Jan 26\)](#)
- [Virtual Recreation, Respite and Life Skills Fair \(Jan 30\)](#)
- [Youth work experience participation programs: Information & Application Sessions for 2020/21 \(Jan 24 or 30\)](#)
- [Home for the Holidays: Tips and Resources for Parents and Caregivers of Kids with Special Needs - Dec 15](#) (Webinar recording)

Understanding Motor Learning Challenges in Children and Youth – Optimizing Success (Jan 28)


This free virtual workshop provides:

- information about motor planning challenges and Developmental Coordination Disorder
- coping techniques and strategies
- tools and resources for families
- information about supports available in the community

Registration required by Thursday January 21st, 2021. To register or for more information, please contact Leah Wong, lwong@hollandbloorview.ca

How should healthcare providers talk about sexuality with children and youth with disabilities?

We're looking for young adults aged 18-25 years with a disability, parents of children and youth with disabilities and healthcare providers to tell us their thoughts. If you're interested in learning more, please email Madison Giles at mjiles@hollandbloorview.ca



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Health Sciences Library: Iveta Lewis



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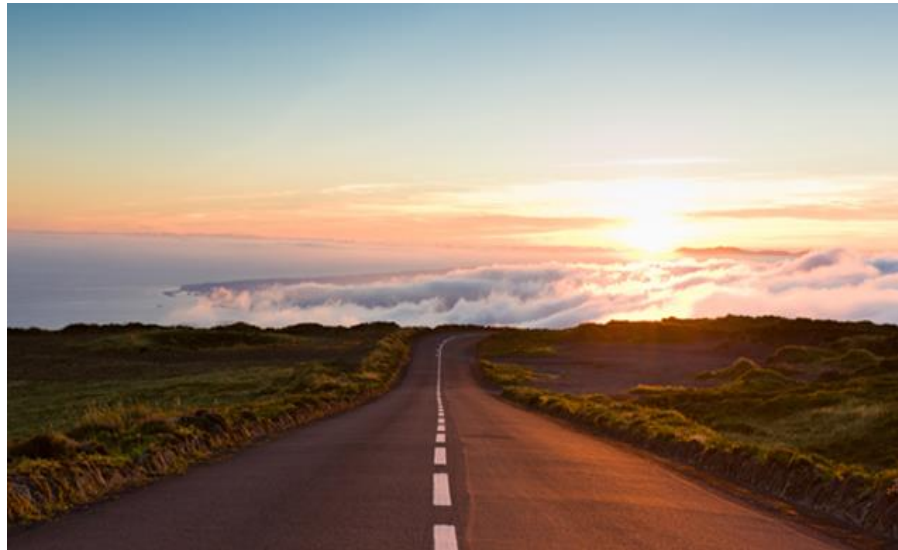
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Check out:

What is one thing you hope to pursue after this?



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Welcome to Parent Support Network

Did You Know...

That Family Workshops and Parent Support Network events are scheduled every month?

Visit www.hollandbloorview.ca/familyevents

The next Parent Support Network event will be Wed. Feb. 23, 2022, 6pm-8:30pm about: Anti-bullying and Social Inclusion with internationally-known expert Dr. Wendy Craig

Welcome to Parent Support Network

Did You Know...

Holland Bloorview has an annual Recreation, Respite and Life Skills Information Fair?

Learn about programs across the GTA for children, youth and young adults with a disability and their families.

Next Saturday, Jan. 29th, 2022 | 9:30am-5pm

*****[Register Here](#)*****