

## MORE INFORMATION ABOUT THE WORKSHOPS AND EVENTS LISTED IN THIS BROCHURE



### FAMILY WORKSHOPS

The Family Resource Centre provides educational workshops for clients with a range of disabilities and their families. Anyone in the community is welcome to attend.



### PARENT SUPPORT NETWORK

This is a unique series of events for parents and caregivers to engage in open discussion and provide mutual support. It is open to all caregivers of children and youth living with a disability.



### FAMILY NAVIGATION HUB'S FOODSHARE COMMUNITY KITCHEN SERIES

This 5-week series includes learning about food justice, connecting with other families and cooking affordable, healthy meals together over Zoom with food kits delivered to your home.



### FAMILY NAVIGATION HUB'S COMMUNITY CONNECT SERIES

The CommunityCONNECT series aims to share information and resources with families related to social needs such as stable housing, food security, access to childcare, and more.



### SIBLING SUPPORT PROGRAM

Holland Bloorview's Sibling Support Program is for siblings, ages 7-18, who have a sibling with a disability, complex medical needs and/or dual diagnosis. It gives attendees the opportunity to relax, unwind and meet peers who might share lived experiences.

## Holland Bloorview

Kids Rehabilitation Hospital

Holland Bloorview Kids Rehabilitation Hospital creates a world of possibility by supporting children and youth living with disability, medical complexity, illness and injury.

Holland Bloorview is a top 40 Canadian research hospital that is fully affiliated with the University of Toronto and serves over 7,500 families annually. Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in partnering with clients and families to provide exceptional care and is the only organization to ever achieve 100 percent in two successive quality surveys by Accreditation Canada.

Holland Bloorview is a founding member of Kids Health Alliance, a network of partners working to create a high quality, consistent and coordinated approach to pediatric health care that is centred around children, youth and their families.

### Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto, ON M4G 1R8  
Tel: 416-425-6220 Toll-Free: 1-800-363-2440  
Fax: 416-425-6591  
E-mail: [info@hollandbloorview.ca](mailto:info@hollandbloorview.ca)



# Virtual Workshops and Events for Families

September– December 2022



- All family events listed in this brochure are free of charge and held virtually on Zoom.
- Anyone can attend these family events; however parents and caregivers who have children with disabilities have priority.
- Most events require individual registration in advance.
- All workshops and events with fewer than 5 registrations may be subject to cancellation.

### ONLINE FAMILY RESOURCE CENTRE



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.

For information on parenting, education, fun things to do, respite, funding and more: [www.hollandbloorview.ca/resourcecentre](http://www.hollandbloorview.ca/resourcecentre)

If you are looking for COVID-19-related resources, visit: [www.hollandbloorview.ca/covid-19](http://www.hollandbloorview.ca/covid-19)

For resource consultations, please email: [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

For event descriptions and registrations, scan the QR code below or visit: [www.hollandbloorview.ca/familyevents](http://www.hollandbloorview.ca/familyevents)



**Holland Bloorview**  
Kids Rehabilitation Hospital  
SEPTEMBER 2022



Many events in this brochure are generously supported by donors and the Holland Bloorview Foundation.

## REGISTRATION INFORMATION

To register for Family Workshops, Parent Support Network, FoodShare Community Kitchen and Family Navigation Hub's Community Connect events, visit:  
[hollandbloorviewevents.eventbrite.ca](http://hollandbloorviewevents.eventbrite.ca)

To register for Sibling Support Program events, please email  
[siblingsupport@hollandbloorview.ca](mailto:siblingsupport@hollandbloorview.ca)

## CONTACT INFORMATION

**Melissa Ngo** (for Family Workshops)  
[mngo@hollandbloorview.ca](mailto:mngo@hollandbloorview.ca)  
416-425-6220 ext. 6348

**Stephanie Moynagh** (for Parent Support Network & Family Navigation Hub's CommunityCONNECT or FoodShare events)  
[smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)  
416-425-6220 ext. 6146

Are you Deaf or Hard-of-Hearing and want to reach us by phone? Visit [www.bell.ca/Accessibility\\_services/Bell\\_TTY\\_relay\\_service](http://www.bell.ca/Accessibility_services/Bell_TTY_relay_service). Or, if you have a TTY or VCO phone, dial 711 and give the number provided.

**Victoria Rombos**  
[siblingsupport@hollandbloorview.ca](mailto:siblingsupport@hollandbloorview.ca)


Find information on Solution Focused Coaching for families at  
[www.hbhumanistichealthcare.ca](http://www.hbhumanistichealthcare.ca)


## SEPTEMBER 2022


 **CommunityCONNECT Series: Supports for Muslim and racialized children, youth and their families with SMILE Canada**  
Wednesday September 21, 10-11:30am  
Contact: Stephanie Moynagh

 **8-Week Caregiver Program: 'Working with Anxiety and Stress through Mindfulness' with Protibha Gupta**  
Thursday September 29, 12-1pm  
Contact: Stephanie Moynagh

## OCTOBER 2022

 **8-Week Caregiver Program: 'Working with Anxiety and Stress through Mindfulness' with Protibha Gupta**  
Thursday October 6, 12-1pm  
Thursday October 13, 12-1pm  
Thursday October 20, 12-1pm  
Thursday October 27, 12-1pm  
Contact: Stephanie Moynagh

 **CommunityCONNECT Series: Housing with Nicole Walters from Scarborough Centre for Healthy Communities**  
Wednesday October 12, 10:30am-12pm  
Contact: Stephanie Moynagh


 **Family Workshop: Navigating the IEP & SEPRC at School with Alison Morse**  
Thursday October 13, 5:30-7pm  
Contact: Melissa Ngo

 **Sibling Support Program**  
Thursday October 20, time to be determined based on family availability.  
Contact: Victoria Rombos


 **FoodShare Community Kitchen Series**  
Wednesday October 26, 4-5pm  
Contact: Stephanie Moynagh

## NOVEMBER 2022


 **FoodShare Community Kitchen Series**  
Wednesday November 2, 4-6pm  
Contact: Stephanie Moynagh

 **8-Week Caregiver Program: 'Working with Anxiety and Stress through Mindfulness' with Protibha Gupta**  
Thursday November 3, 12-1pm  
Thursday November 10, 12-1pm  
Thursday November 17, 12-1pm  
Contact: Stephanie Moynagh

 **FoodShare Community Kitchen Series**  
Wednesday November 16, 4-6pm  
Contact: Stephanie Moynagh


 **Family Workshop: RDSP, Wills and Estates with Brendon Pooran**  
Wednesday November 16, 5:30pm-7pm  
Contact: Melissa Ngo


 **Sibling Support Program**  
Thursday November 17, time to be determined based on family availability.  
Contact: Victoria Rombos


 **Parent Support Network: Behaviour Guidance Principles with Susan Musgrave**  
Tuesday November 29, 10-11:30am  
Contact: Stephanie Moynagh


 **FoodShare Community Kitchen Series**  
Wednesday November 30, 4-6pm  
Contact: Stephanie Moynagh


## DECEMBER 2022

 **Parent Support Network: Tea & Chat with Family Leaders – Follow-up discussion on Behaviour Guidance Principles**  
Tuesday December 6, 7pm-8:30pm  
Contact: Stephanie Moynagh

 **Special Event for Siblings!**  
Wednesday December 7, time to be determined based on family availability.  
Contact: Victoria Rombos

 **FoodShare Community Kitchen Series**  
Wednesday December 7, 4-5pm  
Contact Stephanie Moynagh (above) for more information.

 **Sibling Support Program**  
Thursday December 15, time to be determined based on family availability.  
Contact: Victoria Rombos

 **Family Workshop: Paperwork Party Funding Applications Q&A**  
Tuesday December 13, 5:30-7pm  
*\*Please view 'Part 1 - Funding Overview' video before attending: [www.hollandbloorview.ca/familyevents](http://www.hollandbloorview.ca/familyevents) and click on the tab 'Paperwork Parties'.*  
Contact: Melissa Ngo

*We will release another workshop brochure for the new year!*

*Join our e-newsletter mailing list to receive our event alerts by emailing [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)*