

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



Workshops and Events For Families

January–March 2023



- 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

If you are looking for COVID-19-related resources, visit:
www.hollandbloorview.ca/covid-19

For resource consultations, please email:
resourcecentre@hollandbloorview.ca

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



Holland Bloorview
Kids Rehabilitation Hospital
January 2023



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, and Family Navigation Hub's Community Connect events, visit:
hollandbloorviewevents.eventbrite.ca

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

CONTACT INFORMATION

Melissa Ngo (for Family Workshops)
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
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. Or, if you have a TTY or VCO phone, dial 711 and give the number provided.

Victoria Rombos
siblingsupport@hollandbloorview.ca


Find information on **Solution Focused Coaching for families** at
www.hbhumanistichealthcare.ca

JANUARY 2023

 **Parent Support Network: 'Everyday Mindfulness Practices' – Weekly Drop-In with Protibha Gupta**
Thursdays January 12, 19 & 26, 2023
12pm-12:30pm
Contact: Stephanie Moynagh


 **Parent Support Network: Mental Health Supports for Parent/Caregivers With Ontario Caregiver Organization**
Tuesday January 17, 10am-11:30am
Contact: Stephanie Moynagh

 **Sibling Support Program**
Thursday January 19, time to be determined based on family availability.
Contact: Victoria Rombos


 **CommunityCONNECT Series: SSAH & ACSD Funding Programs With Special Agreement Officers From Toronto Region**
Thursday January 19, 10:30am-12pm
Contact: Stephanie Moynagh


 **Recreation, Respite and Life Skills Information Fair**
Saturday January 28, 2023
10am-2pm
Register for a spot and find out more:
<https://www.hollandbloorview.ca/infofair>


FEBRUARY 2023

 **Parent Support Network: 'Everyday Mindfulness Practices' – Weekly Drop-In with Protibha Gupta**
Thursdays February 2, 9, 16 & 23,
12pm-12:30pm
Contact: Stephanie Moynagh


 **Sibling Support Program**
Thursday February 16, time to be determined based on family availability.
Contact: Victoria Rombos


 **Parent Support Network Tea n' Chat Discussion**
Topic: Resources for Parent/Caregivers on Addressing Bullying and Social Inclusion
Tuesday February 21, 7pm-8:30pm
Contact: Stephanie Moynagh


 **CommunityCONNECT Series: Child Care Fee Subsidy & Every Child Belongs Model**
Thursday February 23,
10:30am-12pm
Contact: Stephanie Moynagh


 **Family Workshop: Anti-Bullying Video Series**
Launching on Youtube in February!
Visit: www.youtube.com/@PRBloorview
Contact: Melissa Ngo


MARCH 2022

 **Parent Support Network: 'Everyday Mindfulness Practices' – Weekly Drop-In with Protibha Gupta**
Thursdays March 2 & 9, 2023
12pm-12:30pm
Contact: Stephanie Moynagh

 **Parent Support Network: Towards a Better Understanding of Self-Regulation and BEST Strategies with Moira Pena**
Tuesday March 21, 10-11:30am
Contact: Stephanie Moynagh

 **Sibling Support Program**
Thursday March 23, time to be determined based on family availability.
Contact: Victoria Rombos

 **CommunityCONNECT Series: Respite Care Panel**
Wednesday March 29, 10:30am-12pm
Contact: Stephanie Moynagh

 **Family Workshop: Mental Health Tips for Kids Video Series**
Launching on Youtube in March!
Visit: www.youtube.com/@PRBloorview
Contact: Melissa Ngo

*More family events are happening in April 2023 onwards!
We will release new flyers for these events at the end of March.*

Join our e-newsletter mailing list to receive our event alerts by emailing resourcecentre@hollandbloorview.ca