

## About our workshops and events listed in the 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. Parent Support Network is always co-facilitated with a Family Leader.



### Family Navigation Hub's CommunityCONNECT 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 respite care and more.



### Sibling Support Program

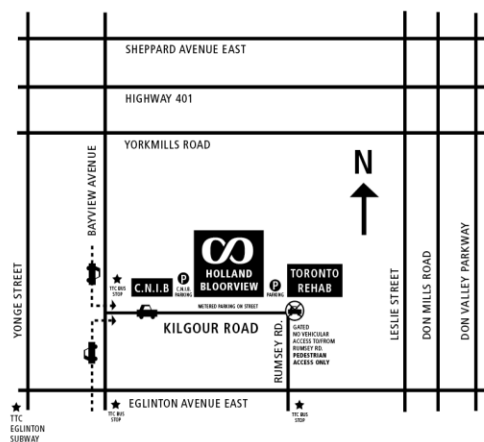
Holland Bloorview's Sibling Support Program is for siblings, ages 7-18, who have a sibling with a disability, complex medical needs and/or dual diagnosis. It gives attendees the opportunity to relax, unwind and meet peers who might share lived experiences.

Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where all youth and children belong. We are the only children's rehabilitation hospital in Canada focused on combining world-class care, transformational research, and academic leadership in the field of child and youth rehabilitation and disability. Holland Bloorview is a top 40 Canadian research hospital that is fully affiliated with the University of Toronto and serves over 8,000 families annually. Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in co-creating with clients and families to provide world-class care and is the only organization to ever achieve 100 per cent in three 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)



# Workshops and Events For Families

April – June 2023



**Holland Bloorview**  
Kids Rehabilitation Hospital

- 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: [HollandBloorview.ca/ResourceCentre](https://HollandBloorview.ca/ResourceCentre)

If you are looking for COVID-19-related resources, visit: [HollandBloorview.ca/Covid-19](https://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: [HollandBloorview.ca/FamilyEvents](https://HollandBloorview.ca/FamilyEvents)



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](https://HollandBloorviewEvents.Eventbrite.ca)

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

## Contact information

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

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

For Sibling Support:  
**Victoria Rombos**  
[SiblingSupport@hollandbloorview.ca](mailto:SiblingSupport@hollandbloorview.ca)

Are you Deaf or Hard-of-Hearing and want to reach us by phone? Visit [Bell.ca/AccessibilityServices//BellTTYRelayService](https://Bell.ca/AccessibilityServices//BellTTYRelayService). Or, if you have a TTY or VCO phone, dial 711 and give the number provided.

Find information on **Solution Focused Coaching for families** at: <https://www.hbhumanistichealthcare.ca/family-workshops>

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

## April 2023



**Parent Support Network: 'Self-Compassion in Uncertain Times' – 8-week course with Protibha Gupta**

Fridays April 14, 21 & 28  
12pm-1pm  
Contact: Stephanie Moynagh



**Sibling Support Program**

Wed. April 19 or Thurs. April 20  
Doodle Poll to confirm day/time based on family availability.  
Contact: Victoria Rombos



**CommunityCONNECT Series: Rental Housing Basics**

With Ayesha Adamjee from Canadian Centre for Housing Rights  
Wednesday April 26  
10:30am-12pm  
Contact: Stephanie Moynagh



**Sibling and Parent Workshop**

Thursday, April 27  
6pm-7:30pm  
Contact: Melissa Ngo

Are you looking for **Transitions Pop-Up Workshops** to help prepare for transition to adulthood? Topics including connecting with ODSP, organizing your health information, personalized transition plans, and more. Visit: <https://hollandbloorview.ca/services/programs-services/transitions/transition-pop-ups>.

## May 2023



**Parent Support Network: 'Self-Compassion in Uncertain Times' – 8-week course with Protibha Gupta**

Fridays May 5, 12, 19, 26  
12pm-1pm  
Contact: Stephanie Moynagh



**Sibling Support Program**

Wed. May 17 or Thurs. May 18  
Doodle Poll to confirm day/time based on family availability.  
Contact: Victoria Rombos



**CommunityCONNECT Series: Human Rights in Housing and Racial Discrimination in Housing**

With Lee Webb from Canadian Centre for Housing Rights  
Wednesday May 10  
10:30am-12pm  
Contact: Stephanie Moynagh



**Lived Experience Panel**

Thursday May 25, 2023  
6pm-7:30pm  
Contact: Melissa Ngo



**Parent Support Network: Tea n' Chat Discussion with Parent/Caregivers Following Lived Experience Panel**

Tuesday May 30,  
7pm-8:30pm  
Contact: Stephanie Moynagh

## June 2023



**Parent Support Network: 'Self-Compassion in Uncertain Times' – 8-week course with Protibha Gupta**

Friday June 2 – last session  
12pm-1pm  
Contact: Stephanie Moynagh



**Parent Support Network: Transition to Kindergarten**

With Alison Morse from Easter Seals Ontario  
Thursday June 8  
10am-11:30am  
Contact: Stephanie Moynagh



**Sibling Support Program**

Wed. June 7 Special Event Night  
Regular Monthly Event:  
Wed. June 14 or Thurs. June 15  
Doodle Poll to confirm day/time based on family availability.  
Contact: Victoria Rombos



**CommunityCONNECT Series: Community Advocacy**

With Jade Guthrie from FoodShare Toronto  
Tuesday June 13  
10:30am-12pm  
Contact: Stephanie Moynagh



**A Funding Overview**

This funding overview will be released on Holland Bloorview's Youtube account to watch anytime!  
Contact: Melissa Ngo