

About our 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. PSN 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

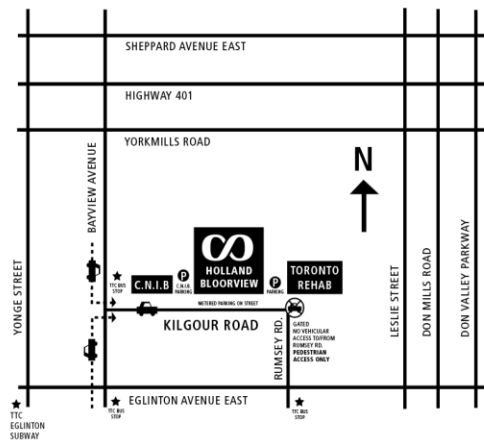
Holland Bloorview's Sibling Support Program is for siblings, ages 7-18, who have a sibling with a disability, complex medical needs and/or dual diagnosis. It gives attendees the opportunity to relax, unwind and meet peers with similar experiences.

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



Workshops and Events For Families

April – June 2024



- All family events listed in this brochure are free of charge and may be held virtually on Zoom, or live in person.
- 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

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

For event descriptions and registrations, scan the QR code below or visit: HollandBloorview.ca/FamilyEvents



Holland Bloorview
 Kids Rehabilitation Hospital



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, Family Navigation Hub's CommunityCONNECT, and Wellness Through Arts events, visit:

[HollandBloorviewEvents.Eventbrite.ca](https://hollandbloorviewevents.eventbrite.ca)

To register for Sibling Support Program events, please email

SiblingSupport@hollandbloorview.ca

Contact information

For **Parent Support Network**
CommunityCONNECT Series & **Family Workshops**

Family Support Specialists

resourcecentre@hollandbloorview.ca

416-425-6220 ext. 6524

For **Sibling Support:**

Victoria Rombos

SiblingSupport@hollandbloorview.ca

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

You can also join our **e-newsletter mailing list** to receive our event alerts by emailing:

resourcecentre@hollandbloorview.ca

April 2024



Parent Support Network:
Mindfulness – 8-week course with Protibha Gupta

Dates: Thursdays, April 4th, 11th, 18th & 25th

Time: 12:00pm-1:00pm

Contact: Family Support Specialist



Sibling Support Program

Thursday, Apr. 18th

6:00-7:00pm (Virtual)

Contact: Victoria Rombos



Sibling and Parent Workshop

Date: Wednesday, April 17th

Time: 5:30pm-7:30pm – **In Person at Holland Bloorview**

Contact: Family Support Specialist

May 2024



Parent Support Network:
Mindfulness – 8-week course with Protibha Gupta

Dates: Thursdays, May 2nd, 9th, 16th, 23rd

Time 12:00pm-1:00pm

Contact: Family Support Specialist



CommunityCONNECT Series:

Adaptive and Inclusive Recreation Services With The City of Toronto

Date: Wednesday, May 15th

Time: 10:30am-12:00pm

Contact:

Family Support Specialists



Sibling Support Program

Wednesday, May 15th

6:00pm-7:00pm (Virtual)

Contact: Victoria Rombos

June 2024



Parent Support Network:
Behavioural Guidance – with Susan Musgraves

Dates: Tuesday, June 25th

Time 10:00am-11:30am

Contact: Family Support Specialist



CommunityCONNECT Series:

TBD

Date:

Time:

Contact:

Family Support Specialists



Sibling Support Program

Special Event – In Person

Wednesday, June 5th

6:00-8:00pm

Regular Virtual Program

Thursday, June 13th

6:00pm-7:00pm

Contact: Victoria Rombos

Are you looking for **Transitions Pop-Up Workshops** to help prepare for transition to adulthood? Topics include connecting with ODSP, organizing your health information, personalized transition plans, and more. Visit: [Transitions Pop-Ups](#)



The **Life After High School** virtual event is happening this spring (May, 8th) For more information visit: [Youth Employment Programs](#)
Register here



Is your child waiting for an autism diagnostic assessment at Holland Bloorview? If so, you're invited to **While We're Waiting**, an online discussion group for parents and caregivers. For more information, Visit: [Autism Resources](#)

