

Resources for Families Awaiting Assessment - Children Under 4 Years Old

EarlyON Child and Family Centres

Free drop-in caregiver and child programs in various locations across Toronto for children up to 6 years old. Some centres offer a specialized program called "Let's Get Started" for children with delays in development. Virtual programs and telephone support available through local centres.

Telephone: 416-920-6543

Website: www.ontario.ca/page/find-earlyon-child-and-family-centre

Surrey Place Centre SmartStart Hub

Helping families to find services, including therapies, parent coaching, and respite services.

Telephone: 1-833-575-5437

Website: SmartStart Hub - Surrey Place

Surrey Place - Preschool Speech and Language Program

Speech and language services for children up to school age in various locations across Toronto.

Telephone: 1-833-575-5437

Website: www.surreyplace.ca/services/preschool-speech-and-language-program

General Early Intervention Options

Individualized support to caregivers who have a child up to 6 years old from an early childhood specialist. Service available in multiple languages.

Lumenus Community Services - Better Beginnings Now (North York)

Telephone: 416-499-3377 x 4327

Website: <https://www.lumenus.ca/programs-and-services/better-beginnings-now/>

Strides Toronto - Growing Healthy Together (Scarborough)

Telephone: 416-321-5464 x 531

E-mail ghtparentinghelp@aislingdiscoveries.ca

Website: <https://stridestoronto.ca/program-service/growing-healthy-together-parenting/>

Macaulay Child Development Centre - Family Education and Support Program (Old City of York)

Telephone: 416-780-2726

Website: www.macaulaycentre.org/services/community-programs/family-home-visiting

Sick Kids Centre for Community Mental Health - Family Support Network

(North York and Downtown)

Telephone: 416-924-1164 ext. 8710

E-mail: prevention.services@sickkidscmh.ca

Website: www.sickkidscmh.ca/garry-hurvitz-cmh/prevention-and-early-intervention-services

George Hull Centre Etobicoke Brighter Futures Coalition *(Etobicoke)*

Phone: [416-622-8833](tel:416-622-8833) x 740

Email: contact@ebfc.ca

Website: [Home Visiting | Etobicoke Brighter Future Coalition](#)

Specialized Early Intervention Options

Individualized support to caregivers who have a child up to 4 years old with developmental support needs. **This program is for children who are not enrolled in daycare or school.**

Surrey Place – Infant and Child Development Program

Telephone: 1-833-575-5437

Website: www.surreyplace.ca/directory/infant-and-child-development-program

Holland Bloorview Kids Rehabilitation Hospital – Infant Development Program

Telephone: 416-782-1105

Website: [Early Learning and Development - Infant Development Program | Holland Bloorview](#)

Child Care Resources

Toronto Children's Services

The online child care locator allows families to find a licensed childcare centre close to home. Once registered in a childcare centre, a resource consultant may be available to provide guidance to childcare staff on how to support a child's needs within the program. Speak with the childcare supervisor/director about accessing this service.

Telephone: 416-338-8888 ext. 2

E-mail: kidsline@toronto.ca Fax: 416-392-3347

Website: www.toronto.ca/licensed-child-care

Child Care Fee Subsidy

Financial assistance may be available to help families with the cost of childcare. The subsidy is based on family income. Families can complete the subsidy calculator online or call to determine eligibility. Website: [Apply for a Child Care Fee Subsidy – City of Toronto](#)

Resource Consultant

Website provides the following information:

- What is a Resource Consultant?
- How to get service?
- Child must be attending a licensed child care program. All licensed programs have an assigned Resource Consultant. Caregivers can approach the Supervisor of the centre or the Home Visitor from the home agency. This person will make a request for this service.
- Alternatively, the name and phone number of the Resource Consultant staff for each child care centre is listed at the bottom of the centre's registry page: [A - Z list of Licensed Child Care Centres](#)

Website: [Services for Children with Extra Support Needs – City of Toronto](#)

Caregiver and Sibling Support

Holland Bloorview Family Mentor Program

This program offers families the opportunity to connect with a Family Mentor who has lived experience as a caregiver with a child who is or has received services from Holland Bloorview. Family mentors are trained to provide peer support to other families and share tips around, for example, navigating the hospital and community services, adjusting to a new diagnosis, accessing financial support, and managing well-being.

Website: [Peer Support and Mentorship | Holland Bloorview](#)

Holland Bloorview Family Resources and Workshops

Website: A variety of workshops and family events take place at Holland Bloorview throughout the year. The events calendar can be found using the website below:

Telephone: 416-425-6220 Ext. 6146

Email: resourcecentre@hollandbloorview.ca

Website: [Workshops and Events | Holland Bloorview](#)

Holland Bloorview Sibling Support Program

Holland Bloorview's Sibling Support Program will give siblings, ages 7-18, the opportunity to relax, unwind, and 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.

Email: siblingsupport@hollandbloorview.ca

Website: [Siblings as Caregivers | Holland Bloorview](#)

Caregiver Training Program - SAAAC (Scarborough)

Caregiver-mediated program. Virtual parent groups every week for 9 weeks plus in-home coaching sessions. <https://saaac.org/program/caregiver-skills-training-cst/>

Caregiver Skills Training Program

The World Health Organization provides a free e-learning course for families of children with developmental differences in the domains of communication and social interaction. The course is appropriate for caregivers of children as young as 2 years old and can be useful for enhancing caregiver's ability to use play and everyday routines as opportunities to build communication, socialization, and adaptive behaviours.

Website: [WHO eLearning Caregiver Skills Training for Families of Children with Developmental Delays or Disabilities](#)

Triple-P Parenting Strategies

Triple P is a Positive Parenting Program where you choose the strategies you need and how you want to use them. Triple P helps you:

- Raise happy, confident kids
- Manage behaviour so everyone in the family enjoys life more
- Set rules and routines that everyone can respect and follow
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing

Website: [Find a Triple P session in Ontario | Triple P Positive Parenting Ontario \(triplep-parenting.ca\)](#)

Healthy Parenting Tips

Common topics and tips related to parenting, organised by the City of Toronto. <https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/>

When Preschoolers are aggressive

Short video about what to do when young children become aggressive <https://www.youtube.com/watch?v=1oR5FDHgGOA>

Information and Resources - General Parenting/Development

Caring for Kids

Information for parents from Canada's paediatricians.

Website: [Behaviour & Development | Caring for kids](#)

ConnectAbility

Articles in different languages, educational videos and free downloadable visuals.

Website: www.connectability.ca

Institute of Child Psychology

See "Free Resources" for complimentary webinars and printables around promoting development and well-being at home.

Website: [Institute of Child Psychology](#)

Tips from The Hanen Centre

This resource provides tips for how caregivers can support young children in building language and early literacy skills.

Website: [Language-building Tips for Parents of Young Children](#)

School Resources**Ontario Ministry of Education**

Website: [Ministry of Education | ontario.ca](#)

Toronto District School Board

Website: [Toronto District School Board](#)

Toronto Catholic District School Board

Website: [Toronto Catholic District School Board](#)

School Terminology**Special Education Program Placement and Recommendation Committee (SEPRC)**

A committee made up of school staff that meet with caregivers before Junior Kindergarten entry to determine whether or not an intensive support special education program (ISP) would be appropriate. Caregivers can request a SEPRC at time of Kindergarten registration.

School Support Team (SST)

A committee made up of school staff and special education professionals. During the SST meeting, student strengths and needs are discussed and a plan to support the student is developed. A plan may include recommendation for an IEP and/or referrals to professionals for further assessment, consultation or intervention. Caregivers can request a SST at any time during the school year.

Individualized Education Plan (IEP)

A written plan that describes special education programs, services, accommodations or modifications for a student with specific learning needs. It is based on a student's profile of strengths and needs. IEP is developed in consultation with staff, caregivers and student, where appropriate. Caregivers can consult with the teacher to create an IEP.

Identification, Placement and Review Committee (IPRC)

A committee made up of school staff and special education professionals. The committee determines the type of "exceptionality" for a student and suggests an appropriate program or setting for the student. This could include providing support in the regular class with extra resources or withdrawing the student to a special education class for part or all of the school day. IPRC meetings take place at least once a year. Caregivers can request an IPRC through the school's principal.

Recreation Programs

Toronto Parks and Recreation

Telephone: 416-396-7378

Website: www.toronto.ca/recreation (general information)

Program Information and Registration

Seasonal recreational programs and camps. Find a program using the "Fun Guide". One can register online, by phone or in person. A Family Account Number is needed to register.

Website: www.toronto.ca/funguide (to search for programs)

Welcome Policy

Financial assistance may be available to assist with the cost of Parks and Recreation programs. Eligibility is based on family income. Application form is available online or call to request.

Telephone: 416-338-8888 ext. 3

Website: www.toronto.ca/free-lower-cost-recreation-options

Adapted Programs and Inclusive Services

Adapted programs and/or additional assistance to an individual within a program to support participation and inclusion.

Telephone: 416-395-6128

Website: Accessible Recreation - City of Toronto

March of Dimes – Move, Learn, Grow

Occupational Therapist-led program to learn to become more independent with activities of daily living and social engagement. Takes place in North York.

[Children's Programs](#)

Holland Bloorview Kids Rehab - Music and Arts Programs

Music, visual and performing arts programs for children and youth.

Telephone: 416-425-6220 ext. 3317

Website: www.hollandbloorview.ca/services/programs-services/music-and-arts

Holland Bloorview Kids Rehab - Aquatic/Swim Programs

Swimming programs for swimmers with a disability and their family.

Telephone: 416-425-6220 ext. 3539

Website: www.hollandbloorview.ca/swim

Holland Bloorview Kids Rehab - Community Snoezelen Room and Snoezelen Pool

Sensory room and a sensory pool with music, lighting effects and tactile sensations.

Telephone: 1-800-855-0511 to get Bell Operator. At prompt give 416-422-7049

Website: www.hollandbloorview.ca/snoezelen

Variety Village

Recreation and life skills programs. Facility is located in Scarborough.

Telephone: 416-699-7167

Website: www.varietylvillage.ca

My Community Hub

Online registration for specialized programs, classes, respite and camps offered across Ontario for children, youth and adults.

Website: www.mycommunityhub.ca

Newcomer Services

Find newcomer services near you

[Find free newcomer services near you](#)

Mental Health Services**Acceptance and Commitment Therapy (ACT) for Caregivers**

Acceptance and Commitment Training (ACT) is a mindfulness and value-based intervention that helps caregivers struggle less with difficult things in your life and helps you to connect with the things that are most important to you. The ACT Workshops at Holland Bloorview are virtual and facilitated by a caregiver of a child who has complex medical needs and two Holland Bloorview clinicians (a Social Worker and a Psychotherapist).

Email: ACT@Hollandbloorview.ca

What's Up Walk-in Clinic

Mental health counselling at various locations across Toronto for children, youth, young adults and their families. Support children and youth dealing with stress, anxiety, depression, loss, transitions etc. Will assist with referrals to longer term services when needed.

Website: www.whatsupwalkin.ca

Help Ahead

Help Ahead is the centralized phone line to access child, youth and family mental health and well-being resources in Toronto.

Phone: 1-866-585-6486

Website: <https://helpahead.ca/>

Please refer to Holland Bloorview Toronto Recreation Guide for a more extensive list of recreational programs.

www.hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/online-family-resources-centre/toronto-5

Please note that the information provided in this list is not intended as a recommendation or endorsement of services by Holland Bloorview Kids Rehabilitation Hospital. Resources listed have different eligibility requirements and wait times.