

## 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](mailto:info@hollandbloorview.ca)



# Workshops and Events For Families

January – March 2026



**Holland Bloorview**  
Kids Rehabilitation Hospital

- 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](http://HollandBloorview.ca/ResourceCentre)

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](http://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, 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](mailto:SiblingSupport@hollandbloorview.ca)

## Contact information

For **Parent Support Network**  
**CommunityCONNECT Series & Family Workshops**  
**Family Support Specialists**  
[resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)  
416-425-6220 ext. 6524

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.

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

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](https://AutismResources)



## January 2026



**Sibling Support Program**  
Wednesday, January 14<sup>th</sup>  
6pm-7pm (Virtual). Contact: [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca)



**CommunityCONNECT Series: SSAH and ACSD Funding Information Session**  
Date: Wednesday, January 21<sup>st</sup>  
Time: 10:30am-12pm (Virtual)  
Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)



**Recreation, Respite and Life Skills Information Fair**  
**Special Event - In-Person at Holland Bloorview**  
Date: Saturday, January 24<sup>th</sup>  
Time: 10am-2pm  
Contact: [ishwarya.shankar@hollandbloorview.ca](mailto:ishwarya.shankar@hollandbloorview.ca)



**Parent Support Network: Behaviour Guidance Principles**  
Date: Wednesday January 28<sup>th</sup>  
Time: 10am-11:30am (Virtual)  
Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)

Interested in opportunities to **practice mindfulness to deal with anxiety and stress?** 

Stay tuned for **upcoming mindfulness offerings** throughout winter led by **Family Leader Protibha Tomar**  
To learn more, contact:  
Steph Moynagh at [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)

## February 2026



**Sibling Support Program Special Event – In Person at Holland Bloorview**  
Date: Tuesday, February 3<sup>rd</sup>  
Time: 6pm-8pm. Contact: [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca)



**CommunityCONNECT Series: Building Confidence and Health Literacy Skills With Our Kids Health**  
Date: Thursday, February 5<sup>th</sup>  
Time: 10:30am-12pm (Virtual)  
Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)



**Family Workshop**  
**PrevNET Bullying Prevention**  
Date: Wednesday, February 11<sup>th</sup>  
10:30am-12pm (Virtual)  
Contact: [ishwarya.shankar@hollandbloorview.ca](mailto:ishwarya.shankar@hollandbloorview.ca)



**Sibling Support Program**  
Thursday, February 19<sup>th</sup>  
6pm-7pm (Virtual) Contact: [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca)



**Parent Support Network:**  
**Resources for Black Parent/Caregivers & Families With Sawubona Africentric Circle of Support**  
Date: Wednesday, February 25<sup>th</sup>  
Time 5:30pm-7pm (Virtual)  
Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)

## March 2026



**Sibling Support Program**  
Wednesday, March 18<sup>th</sup>  
6pm-7pm (Virtual). Contact: [vrombos@hollandbloorview.ca](mailto:vrombos@hollandbloorview.ca)



**Parent Support Network:**  
**Navigating Transition to Puberty: Let's Discuss**  
Date: Wednesday March 11<sup>th</sup>  
Time 10:30am-12pm (Virtual)  
Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)



**Family Workshop**  
**Funding Overview**  
**Pre-recorded Webinar**  
Date: Thursday, March 5<sup>th</sup>  
Time: 10:30am-12pm (Virtual)  
Contact: [ishwarya.shankar@hollandbloorview.ca](mailto:ishwarya.shankar@hollandbloorview.ca)



**CommunityCONNECT Series:**  
**Culturally Responsive Support in Autism With SAAAC**  
Date: Thursday, March 26<sup>th</sup>  
Time: 10:30am-12pm (Virtual)  
Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)

Are you looking for workshops or 1:1 support in **preparing for transition to adulthood?** Topics include connecting with ODSP and primary care, legal considerations, personalized transition plans and much more. To learn more, visit: [Transitions Pop-Ups](https://TransitionsPopUps)