

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

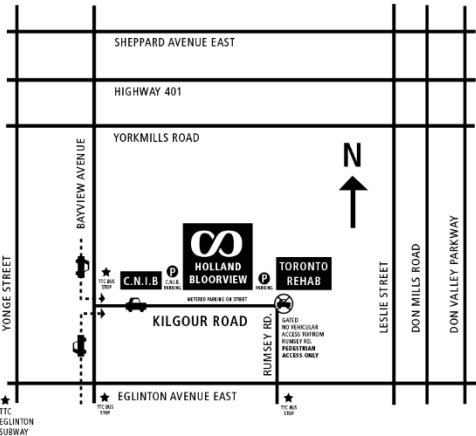
Holland Bloorview's Sibling Support Program is for siblings, ages 7-18, who have a sibling with a disability, complex medical needs and/or dual diagnosis. It gives attendees the opportunity to relax, unwind and meet peers with similar experiences.

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

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

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

For event descriptions and registrations, scan the QR code below or visit: 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

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

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](#)



January 2026



Sibling Support Program

Wednesday, January 14th
6pm-7pm (Virtual). Contact:

vrombos@hollandbloorview.ca



CommunityCONNECT Series: SSAH and ACSD

Funding Information Session

Date: Wednesday, January 21st

Time: 10:30am-12pm (Virtual)

Contact:

smoynagh@hollandbloorview.ca



Recreation, Respite and Life Skills Information Fair

Special Event - In-Person at Holland Bloorview

Date: Saturday, January 24th

Time: 10am-2pm

Contact: ishwarya.shankar@hollandbloorview.ca




Parent Support Network: Behaviour Guidance Principles

Date: Wednesday January 28th

Time: 10am-11:30am (Virtual)

Contact:

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

February 2026



Sibling Support Program

Special Event – In Person at Holland Bloorview

Date: Tuesday, February 3rd

Time: 6pm-8pm. Contact:

vrombos@hollandbloorview.ca



CommunityCONNECT Series: Building Confidence and

Health Literacy Skills With Our Kids Health

Date: Thursday, February 5th

Time: 10:30am-12pm (Virtual)

Contact:

smoynagh@hollandbloorview.ca



Family Workshop

PrevNET Bullying Prevention

Date: Wednesday, February 11th

10:30am-12pm (Virtual)

Contact: ishwarya.shankar@hollandbloorview.ca



Sibling Support Program

Thursday, February 19th

6pm-7pm (Virtual) Contact:

vrombos@hollandbloorview.ca



Parent Support Network:

Resources for Black Parent/Caregivers & Families

Date: Wednesday, February 25th

Time 5:30pm-7pm (Virtual)

Contact:

smoynagh@hollandbloorview.ca

March 2026



Sibling Support Program

Wednesday, March 18th

6pm-7pm (Virtual). Contact:

vrombos@hollandbloorview.ca



Parent Support Network:

Navigating Transition to Puberty: Let's Discuss

Date: To Be Confirmed

Time 10:30am-12pm (Virtual)

Contact:

smoynagh@hollandbloorview.ca



Family Workshop

Funding Overview

Pre-recorded Webinar

Date: Thursday, March 5th

Time: 10:30am-12pm (Virtual)

Contact: ishwarya.shankar@hollandbloorview.ca



CommunityCONNECT Series: Culturally Responsive

Support in Autism With SAAAC

Date: Thursday, March 26th

Time: 10:30am-12pm (Virtual)

Contact:

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](#)