

Family Resource Centre

e-newsletter September 9, 2020

Client and Family Integrated Care, resourcecentre@hollandbloorview.ca

The information provided in this newsletter is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, policies or political parties, or as a comprehensive resource list.

Holland Bloorview Kids Rehabilitation Hospital

- **NEW** [ASD-Engage \(weekly podcast\)](#) Discusses topics that are meaningful for parents and families of children and youth with Autism Spectrum Disorder (ASD), including those who are on the waitlist for an ASD assessment to those who have just received a diagnosis.
- **NEW** [Isosfriendships](#) A podcast that explores what social connection means for youth living with disabilities during the COVID-19 pandemic.
- [COVID-19: Tip Sheets and Resources](#)
- [HB Info Line](#) The HB Info Line is a new service to help kids, youth and families learn about and get connected to the many programs and services at Holland Bloorview.
- [HB Alumni Network](#) We want to ensure our connection does not end after clients have been discharged from our hospital. We have developed an alumni network so clients (13+), families, and caregivers can connect, share experiences and help us improve care and services.
- [BLOOM's blog on parenting children with disabilities](#) To subscribe to BLOOM's monthly e-letter, go to the link and scroll down to the blue banner to input your e-mail.
- [BLOOM Facebook](#)
- [Parent Voices @ Holland Bloorview Facebook](#)

Back to School

General

- [Return to School Recommendations for Children with Special Needs](#) (Holland Bloorview Kids Rehabilitation Hospital)
- [Covid-19 Back to school/learning resources](#) (Children's Treatment Network)



- [Covid-19 Back to school resources](#) (Connectability)

Videos

- [Back to school videos on infection prevention and control, child and youth mental health, and navigating the start of school for children with autism](#) (McMaster's Children's Hospital)

Mental health

- [How parents can help their children navigate their feelings during school reopenings](#) (UNICEF)
- [Helping your kids adjust to going back to school after lockdown](#) (Morneau Shepell)
- [How to support your child's mental health during COVID-19 and the return to school](#) (School Mental Health Ontario)
- [Back-to-School Mental Health Kit](#) (Children's Mental Health Ontario)

Masking, social stories and communication

- [What to do if your child cannot wear a mask](#) (Holland Bloorview Kids Rehabilitation Hospital)
- [Dealing with Covid-19: Social stories and communication resources for Special Needs Educators, Therapists, & Families](#) (smore.com)

Caregiver support

Financial/Legal

- [Financial Relief Navigator \(FRN\)](#)
A tool to increase the financial well-being of people living on low incomes. It gathers all the benefits and relief packages developed for all Canadians at the Federal and Provincial levels of government (Prospercanada.org)
- [COVID-19 related legal developments](#)
COVID-19 related legal developments including changes in government benefits and emergency supports, future planning rules, visitation rules, back to school considerations, and legal issues related to layoffs (Pooran Law)
- [Government of Canada to make a one-time payment of \\$600 to persons with disabilities](#)
You do not have to apply for the one-time payment, it will be automatically issued to holders of a valid [Disability Tax Credit](#) certificate. Canadians living with disabilities who are eligible for the DTC but who have not yet applied, or your

2



certificate expired in 2019, will have until **September 25, 2020** to do so. For more information on how to apply for the DTC, please visit the government of Canada website [Disability tax credit \(DTC\)](#)

Mental/Emotional

- [How to grow in times of stress and trauma: illustrated mini-course resource for Black communities experiencing racism and trauma](#) (LifeOmic)
- [Dads Support Group - September 19](#) (Children's Treatment Network)
- [Virtual Support Groups](#) (Family Service Toronto)

Understanding Racism, Diversity and Inclusion

- [Police Violence? A plain language booklet about anti-Black racism, police violence, and what you can do to stop it](#) (autisticadvocacy.org)
- [A Social Story for George Floyd](#) (Heather Dailey)
- [How are we different?: Understanding and Appreciating Differences](#) (Connectability.ca)

Other

[New location for TTC photo ID centre](#) The TTC has announced a new location for their Photo ID Centre. Families need to go here to get photos taken for their TTC Support Person Card application. It is no longer at Sherbourne or Davisville Station. It is now Bathurst Station, Monday – Friday 3:00 p.m. – 6:00 p.m.

Webinars/virtual event series

Kerry's Place

- [Caregiver Non-Violent Crisis Intervention \(September 15, 20\)](#) For family members and caregivers who would like to enhance their skills in managing crisis situations, and learn about de-escalation techniques.

University Health Network

- [Virtual Visits: Making the Most of Your Phone or Video Appointments - Sept 17](#)

Beit Issie Shapiro & Florida University

- [Assistive Technology and Inclusive Design for People with Disabilities - Sept 16](#)
- [When Technology meets Communication: Using AAC for Children with Disabilities-Sept 23](#)

3



- [Technology for Play and Leisure - Enhancing the Experience for children and adults with disabilities - Sept 30](#)

Children's Healthcare Canada

- [Trauma for Medically Complex Families: Understanding the Environment and Collaborating on Solutions - Sept 16](#)
- [Parenting in the COVID-19 Pandemic - Sept 22](#)

Extend-A-Family

[Sexuality Workshops and Healthy Relationships - October 7, 14, 21, 28, Nov 4](#)

For children/youth with developmental disabilities from 11 to 15 years of age

Holland Bloorview Kids Rehabilitation Hospital

[ASD-Engage \(weekly podcast\)](#)

Surrey Place

[Reimagine your potential - Wellness workshops \(September\)](#)

Kerry's Place

[Learning Portal and training modules](#)

Transitions & Employment

JobStart

[Accommodations and Disclosure workshop - September 14](#)

Learn about different accommodation options, how to ask for an accommodation, how and when to disclose your disability. Click [here](#) to see and register for other JobStart employment workshops for September.

CNIB Come to Work (CTW) and Discover Ability Network

[Magnet Discoverability Network: GTA Session 1 - September 14](#)

The Discover Ability Network and ALiGN help job seekers with disabilities with ways to connect with top employers that are striving for inclusive workplaces. Job seekers who self-declare as a person with a disability are matched to inclusive employers.

Springboard Employment Services

- [Service Champions workshop](#)

4



Participants learn how to become Service Champions that will lead to service excellence. One-on-one support from an instructor is available, if needed.

- [I-Youtube](#)

Learn How To Create A Youtube Channel and how to be seen online.

Learning Disabilities Association of Toronto District

[Youth Employment Program - ages 15 - 30](#)

Aptus Treatment Centre

Aptus Career Navigator for interested youth (ages 17 to 29) interested in employment and/or skill building employment. Contact: Donald Guse Salah Call/text 416-768-8915; donald@aptustc.com; aptustc.com

Recreation & Life Skills

- [e-Fun Fall recreation opens, starting September 13](#) (Toronto Parks and Recreation)
- [Fall Programs - SOL Express](#) (L'Arche Toronto)
- [Free life skills app developed for people with autism and other cognitive special needs](#) (MagnusCards)
- [Respecting Rights](#) provides accessible rights education including videos and workshops to persons labelled with intellectual disabilities and their support networks across Ontario (ARCH Disability Law Centre)
- Coping with COVID: Supporting individuals with intellectual disabilities with tools and services to thrive in a COVID world. Contact: Warren McPhatter wmcphatter@projectwork.ca 416-481-2211 x 227 (City of Toronto, United Way Toronto, Government of Canada)
- [Pathways to Belonging](#) - research study to understand how young adults with Intellectual and Developmental Disabilities (IDD) come to feel like they belong or don't belong in their communities. If you want to participate, you can contact pathwaystobelonging@utoronto.ca or call 416-978-1257 or visit pathwaystobelonging.ca

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. We have information on: respite, recreation, housing, funding, education, parenting and more. All Holland Bloorview workshops and events are listed on hollandbloorview.ca/familyevents Questions? Please e-mail resourcecentre@hollandbloorview.ca

5

