

Resources for Families Awaiting Assessment – School-Aged Children and Teens

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's "While We're Waiting" discussion group

A free, parent-led, online discussion for families awaiting their child's autism diagnostic assessment

Registration and Information: [While We're Waiting](#)

Holland Bloorview Family Resources and Workshops

A variety of workshops and family events take place at Holland Bloorview throughout the year.

Phone: or 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

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](#)

Caregiver Training Program - SAAAC (Scarborough)

Caregiver-mediated program for parents of children up to age 7. Virtual parent groups every week for 9 weeks plus in-home coaching sessions.

<https://saaac.org/program/caregiver-skills-training-cst/>

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 \(triplep-parenting.ca\)](http://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/>

General Parenting/Development

Caring for Kids - Information for parents from Canada's paediatricians

See "behaviour and development" section for general tips on how to support behaviour and general learning and development.

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](#)

Surrey Place – Child and Youth Services

Telephone: 1-833-575-5437

Website: <https://www.surreyplace.ca/registration/>

Surrey Place Centre SmartStart Hub

Telephone: 1-833-575-5437

Website: <https://www.surreyplace.ca/services/smartstart-hub/>

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

Ministry of Education – Special Education

Website: <https://www.ontario.ca/page/special-education>

Toronto District School Board – Special Education

Website: <https://www.tdsb.on.ca/Learning-Equity-and-Well-Being/Special-Education-and-Inclusion>

Toronto Catholic District School Board – Special Education

Website: <https://www.tcdsb.org/o/specialservices/page/special-education-plan>

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. An IEP is developed in consultation with staff, caregivers, and students, 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.

Specialty and Recreation Programs

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](#)

Toronto Parks and Recreation

Telephone: 416-396-7378

Website (general information) <https://www.toronto.ca/explore-enjoy/parks-recreation/>

Website (search for programs) <https://www.toronto.ca/explore-enjoy/parks-recreation/program-activities/> (to search for programs)

Program Information and Registration

Seasonal recreational programs and camps. One can register online, by phone or in person. You must create an account in order to register

<https://www.toronto.ca/explore-enjoy/parks-recreation/how-to-use-our-services/online-registration-booking/>

Financial Assistance

Financial assistance called "Welcome Policy" 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: <https://www.toronto.ca/community-people/employment-social-support/child-family-support/welcome-policy-recreation-fee-subsidy/>

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

Holland Bloorview Kids Rehabilitation Hospital

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

Aquatic Swim Programs

Swimming programs for swimmers with a disability and their family.

Telephone: 416-425-6220 ext. 3539

Website: www.hollandbloorview.ca/swim

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.varietyvillage.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

Website: [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/>

Zippy's Friends

Mental health promotion program for school-aged children

Website: <https://zippy.uqam.ca/>

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.

This list was compiled by Holland Bloorview Social Workers in the Communication, Learning and Behaviour Program.