

# Patient & Family Education Event Calendar

## Glenrose Rehabilitation Hospital

### Education sessions, workshops, and support group information

The Glenrose Rehabilitation Hospital is pleased to offer information sessions, workshops, and support groups covering a variety of topics important to families. Our calendar of events is frequently changing as new content is being added, so check back often to see what sessions are available.

### Family 2 Family

These information sessions are sponsored by the Glenrose Patient and Family Resource Centre (PFRC), which provides support, information sessions, and community resources for Glenrose patients, parents, caregivers and those connected through our community partners.

<b>Session</b>	Sexuality Matters: Teaching Privacy, Consent and Boundaries at Any Age (replay)
<b>Date</b>	Tuesday, April 23, 2024
<b>Time</b>	6:30 – 7:30 p.m.
<b>For</b>	Parents and familial caregivers
<b>Description</b>	The goal of this information session is to help develop the comfort, knowledge and practical skills needed for parents and caregivers to address areas of sexual health with their child. These areas may include development and puberty, hygiene, privacy, personal boundaries, relationships, consent and many more. This presentation is suitable for caregivers of children and youth with any physical, intellectual, or developmental disability. <i>Please note this is a replay of a previously recorded session.</i>
<b>Register/info</b>	Email: <a href="mailto:pfrc@ahs.ca">pfrc@ahs.ca</a>
<b>Session</b>	Supporting Social Communication Skills Through a Neurodiversity Affirming Lens
<b>Date</b>	Wednesday, May 22, 2024
<b>Time</b>	6:00 – 7:30 p.m.
<b>For</b>	Parents and familial caregivers
<b>Description</b>	Social communication is the ability to use language and non-verbal communication with others. Social interaction involves many skills such as language skills, executive functioning skills, self-regulation, and the ability to understand different perspectives. This presentation will provide an overview of the building blocks of social communication, an introduction to understanding social skills through a neurodiversity affirming lens, and

	strategies for parents and family members to support their children with community engagement and developing positive social relationships. <i>This presentation is geared towards parents or family members of children 6- 21 years old.</i>
<b>Register/info</b>	Email: <a href="mailto:pfrc@ahs.ca">pfrc@ahs.ca</a>

## Pediatric to Adult Transition

These information sessions are for the parents, caregivers, and care providers of youth (age 12 and older) in preparation for the transition from the pediatric healthcare system to the adult oriented healthcare system.

<b>Session</b>	Sexuality Matters: Teaching Privacy, Consent and Boundaries at Any Age (replay)
<b>Date</b>	Tuesday, April 23, 2024
<b>Time</b>	6:30 – 8:00 p.m.
<b>For</b>	Families and caregivers of youth who will be dependent as adults and need ongoing support with decision making and personal care
<b>Description</b>	The goal of this information session is to help develop the comfort, knowledge and practical skills needed for parents and caregivers to address areas of sexual health with their child. These areas may include development and puberty, hygiene, privacy, personal boundaries, relationships, consent and many more. This presentation is suitable for caregivers of children and youth with any physical, intellectual, or developmental disability. <i>Please note this is a replay of a previously recorded session.</i>
<b>Register/info</b>	Email: <a href="mailto:pfrc@ahs.ca">pfrc@ahs.ca</a>
<b>Session</b>	Recreation and Community Connections for People with Complex Needs
<b>Date</b>	Tuesday, May 14, 2024
<b>Time</b>	6:30 – 8:00 pm
<b>For</b>	Families and caregivers of youth who will be dependent as adults and need ongoing support with decision making and personal care

<b>Description</b>	This presentation created by our Recreation and Occupational Therapists will discuss recreation and leisure at home and in the community for people with complex needs.
<b>Register/info</b>	Email: <a href="mailto:pfrc@ahs.ca">pfrc@ahs.ca</a>

## Pediatric to Adult Transition Virtual Information Fair, April 17

April 17<sup>th</sup> will be here before you know it! If you would like to attend, all or a portion of, the Glenrose Pediatric to Adult Transition Virtual Information Fair, please see the following:

<b>Session</b>	<p>Glenrose Rehabilitation Hospital knows that the transition to adulthood can be a stressful and complicated time of life, especially for families with youth that have medical and developmental complexities.</p> <p>As parents and caregivers of a child 12+ years, we would like to invite you to our inaugural <b>Pediatric to Adult Transition Virtual Information Fair, Wednesday, April 17, 2024</b>. This <b>FREE</b> information fair will provide an opportunity for parents, caregivers, guardians, and community members supporting youth with medical or developmental complexity, to learn about different services and supports available to help foster a successful transition.</p>
<b>Date</b>	Wednesday, April 17, 2024
<b>Time</b>	9:00am – 2:15pm
<b>For</b>	Parents, caregivers, guardians and community members who support youth with medical or development complexity.
<b>Description</b>	The goal of this information session is to help develop the comfort, knowledge and practical skills needed for parents and caregivers to address areas of sexual health with their child. These areas may include development and puberty, hygiene, privacy, personal boundaries, relationships, consent and many more. This presentation is suitable for caregivers of children and youth with any physical, intellectual, or developmental disability. <i>Please note this is a replay of a previously recorded session.</i>
<b>Register/info</b>	<a href="#">Pediatric to Adult Transition Virtual Information Fair 2024 - Registration Form (office.com)</a>

## Our Best Life

These support group sessions are sponsored by the Glenrose Patient and Family Resource Centre, and intended for the parents of children with a terminal condition.

<b>Session</b>	Our Best Life Support Group
<b>Date(s)</b>	Last Thursday of each month January 25, 2024 February 29, 2024 March 28, 2024 Apr 25, 2024 June 27, 2024 July 25, 2024 August 29, 2024 September 26, 2024 October 31, 2024 November 28, 2024 December 19, 2024
<b>Time</b>	9:00 – 10:30 am
<b>For</b>	Parents of children with a terminal prognosis
<b>Description</b>	A safe space for parents to share and learn as they strive to make the best life for their child and family. A place to talk through the challenges and possibilities amidst all the appointments, the emotions and anticipatory grief that comes when your child has a terminal prognosis. <b>Note this virtual group has limited space.</b>
<b>Register/info</b>	Email: <a href="mailto:pfrc@ahs.ca">pfrc@ahs.ca</a>