

Parents/Caregivers Online Workshops

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday		
29	30	1	<p>2</p> <p>Cantonese Chat Room (55+ Parents/Caregivers) 2:00pm-3:00pm</p> <p>Join Zoom Meeting: https://bit.ly/3HrMnKq <i>No pre-registration required</i></p>	<p>3</p> <tr> <th data-bbox="1686 267 2085 313">4 Saturday</th> <td data-bbox="1686 313 2085 651"> <p>Mindfulness Parenting (Cantonese) 4:30pm-6:00pm</p> <p>Register in advance for this meeting: https://us02web.zoom.us/j/81221317901</p> </td> </tr>	4 Saturday	<p>Mindfulness Parenting (Cantonese) 4:30pm-6:00pm</p> <p>Register in advance for this meeting: https://us02web.zoom.us/j/81221317901</p>
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**Employment Support
3:30pm-5:00pm**

Register in Advance for this Meeting:
<https://bit.ly/3cicQW5>

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**South Asian Support Group
(Hindi, Gujarati)
7:00pm-8:00pm**

Register in advance for this meeting:
<https://us02web.zoom.us/j/81221317901>

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13	14	15	<p>16 Sensory Integration (Mandarin) 7:30pm-9:00pm</p> <p>Register in advance for this meeting: https://us02web.zoom.us/j/84462096123</p>	17
20	<p>21 Holiday Social (Open to all parents/caregivers) 7:00pm-8:00pm</p> <p>Register in advance for this meeting: https://us02web.zoom.us/j/84462096123</p>	22	23	<p>24 Christmas Eve</p>
<p>27 Holiday</p>	<p>28 Holiday</p>	29	30	<p>31 New Year Eve</p>

Mindfulness parenting

Taking care children with special needs is very stressful. Come and learn some strategies to improve well-being of parenting.

Guest speaker : Cephas Lee

(2021) Mindfulness Based Cognitive Therapy for Life, organized by The Oxford Mindfulness Centre, UK

(2021) Advanced teacher training mindful parenting taught by Prof. Susan Bogels in University of Amsterdam

Sensory Integration

Each person's reality is formed through 5 sensory inputs. Come and learn some strategies which can be implemented in daily activities. It can improve your child adapt to the environment in order to improve his/her behavior.

Guest speaker : Kyoko

Employment Support

1. The current job market for candidates with a developmental disability.
2. Services that our Path2Work Program delivers and types of jobs we can help with.
3. Strategies/support offered to clients and employers, eg. job readiness and matching, job coaching and maintenance, JVS Centralized Employment Services.
4. Individual employment related support like TTC Pass, work related expenses like safety and non-slip shoes, work uniforms and personal grooming needs.
5. Placement support like Incentive to the employer.

Guest speaker : Greg Vasilkioti and Glenn Ip.

Holiday Social Event

An opportunity for parents/caregivers to connect with each other and build a strong sense of community during these challenging times. A safe space to share resources, chat, and interact with each other.