

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 virtual 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.

Session	Advocacy 101: From Awareness to Action
Date	Wednesday, April 23, 2025
Time	6:30 – 8:00 p.m.
For	Parents and familial caregivers
Description	Advocating for your child and family is an important and demanding role for all parents, particularly when your child is neurodiverse or has unique needs. How do you advocate for your child across various systems? Join Sharon Siu, Glenrose Social Worker to learn about the different forms of advocacy and how to apply them. Take away practical tips and resources, and guidance on how to look after yourself while looking after the best interests of your child.
Register/info	Email: pfrc@ahs.ca
Session	Acute Pain and Managing Medical Procedures with Kids– Part 1
Date	Tuesday, May 6, 2025
Time	6:30 – 8:00 p.m.
For	Parents and familial caregivers
Description	Integrative pain care is coordinated and evidence-based using both conventional and traditional approaches by a team that includes your child. Pain perception is subjective and influenced by various factors, including emotional and psychological states. Your child may interpret pain as more intense when anxious which can lead to a more exaggerated response. Join Susan Vandelft, Clinical Nurse Educator and Natasha Beirnes, Certified Child Life Specialist to learn about acute pain assessments, management and how a child life specialist can help.
Register/info	Email: pfrc@ahs.ca

Session	Pain, Pain, Go Away: Tips and Tricks for Managing Chronic Pain in Kids – Part 2
Date	Thursday, May 15, 2025
Time	6:30 – 8:00 p.m.
For	Parents and familial caregivers
Description	<p>Pain in children is common. When it becomes chronic, it becomes frustrating, stressful and worrisome for the child and the whole family. Pain can also be tricky - and stick around even when contributing medical problems are felt to be 'well controlled' or after injuries/surgeries have 'healed'.</p> <p>Join Dr. Tara McGrath to discuss pediatric chronic pain and with a focus on short and long-term strategies to help kids and their families cope with day-to-day pain, so they can get back to doing the things they love! More specifically, we will review</p> <ul style="list-style-type: none"> • Pediatric chronic pain in the context of both neurotypical and neurodivergent children • Discuss the biopsychosocial model of pain • Explore evidence-based management strategies for children with chronic pain • Discuss tips and tricks for kids and families

Pediatric to Adult Transition

These virtual 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.

Session	Recreation and Community Connections for People with Complex Needs
Date	Wednesday, April 30, 2025
Time	6:30 – 8:00 p.m.
For	Families and caregivers of youth who will be dependent as adults and need ongoing support with decision making and personal care
Description	Join Glenrose Recreation Therapist, Shannell Corrodas-Kasper for this presentation created by our team of Recreation and Occupational Therapists, to discuss recreation and leisure at home and in the community for people with complex needs.
Register/info	Email: pfrc@ahs.ca

Session	Sexuality Matters: Teaching Privacy, Consent and Boundaries at Any Age (replay)
Date	Wednesday, May 21, 2025
Time	6:30 – 8:00 p.m.
For	Families and caregivers of youth who will be dependent as adults and need ongoing support with decision making and personal care
Description	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>
Register/info	Email: pfrc@ahs.ca

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.

Session	Our Best Life Support Group
Date(s)	Last Thursday of each month Apr 24, 2025 09:00 AM May 29, 2025 09:00 AM Jun 26, 2025 09:00 AM Jul 31, 2025 09:00 AM Aug 28, 2025 09:00 AM Sep 25, 2025 09:00 AM
Time	9:00 – 10:30 am
For	Parents of children with a terminal prognosis
Description	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. Note this virtual group has limited space.
Register/info	Email: pfrc@ahs.ca