



Update on the Ontario Autism Program (OAP)

As you are aware there have been many changes to the OAP. We continue to provide funded services as we have been for the past eight years. However, given the changes to funding, we will be offering Applied Behaviour Analysis (ABA) on a fee-for-service basis for both individual and group services. If you would like to receive information on this, please click on the site below and sign up.

SIGN UP FOR ABA ON A FEE FOR SERVICE BASIS at SUNBEAM CENTRE
<http://www.sunbeamcentre.com/2019/08/aba-services-at-sunbeam-centre/>

For the most recent information to the changes to the OAP please check out the Ministry of Children, Community and Social Services (MCCSS) website:

Information on OAP
<http://www.children.gov.on.ca/htdocs/english/specialneeds/autism/ontario-autism-program.aspx>

Our Resource Support

DSRC offers Resource Support to families of children under the age of 18 years, who have an Intellectual Disability and/or Autism Spectrum Disorder. It provides quick access to short-term support for as long as the client is eligible for developmental services. Resource Support is mainly through telephone contact, email, or scheduled office appointments.

Resource Support offers a variety of services to eligible clients and includes:

- Providing information on a variety of supports and services (developmental services, community services, funding options, leisure/recreation, etc.)
- Assisting with problem solving
- Facilitating referrals to other organizations/services
- Answering general questions regarding services and supports
- Helping assess strengths and needs
- Helping identify barriers to accessing services and supports
- Providing short-term emotional support
- Liaising with other service providers

Resource Support Worker is not able to:

- Attend school meetings or medical appointments
- Assist with application forms
- Organize case conferences
- Develop service plans
- Provide ongoing, intensive support
- Act as a case manager
- Provide mediation/group facilitation

For Resource Support please contact Chris Regier at: 519-741-1121 ext. 2221 (Tuesdays through Fridays)

Inside this issue:

What's Happening at DSRC	2
Workshops at DSRC	4
What's Happening at Sunbeam Centre	10
Resources	11
Community Events and Resources	13
Recreation and Leisure	18

WHAT`S HAPPENING AT DSRC

An Announcement from Board of Directors of Sunbeam Centre

June 10, 2019

Dear Families,

On behalf of the Board of Directors of Sunbeam Centre I am writing to inform you that Bob Butella has resigned from his position as Executive Director effective July 4, 2019. Bob has accepted the position of Executive Director with an Agency in Toronto providing services to children and young adults with Autism and other Neurodevelopmental Disorders.

Over the past several years, Sunbeam Centre has continued to evolve through the addition of new services and changes to how we operate. The Board would like to thank Bob for his contributions to these changes and to wish him well in his new venture. Bob has asked that I thank you for your continued support of Sunbeam Centre and for your efforts to help us to continue the services and supports that we provide.

On an interim basis, Sunbeam has appointed Laura Thies, Director of Developmental Services Resource Centre (DSRC) as Acting Executive Director until a permanent replacement has been found. Laura brings a wealth of experience—including over eighteen years with Sunbeam—to the role and we are confident in her abilities and those of the senior management team, to keep Sunbeam moving forward during this transition. Laura can be reached through l.thies@dscwr.com and at 519 893 6200 ext. 246 after July 4.

Please join me in welcoming Laura to this position.

Sincerely,

Erika Traub
President
Sunbeam Centre

Speech-Language Pathology Clinics At DSRC

The Speech-Language Clinic is an individualized family focused consultation for children over the age of 6 years and adults with an intellectual disability and/or autism spectrum disorder.

Areas addressed in the clinic are:

Communication skills, Speech, Language, Comprehension, Social skills, Conversational skills, Apps for communication and learning, Augmentative and alternative forms of communication, Visual cues for comprehension or communication

At the clinic you will be expected to identify one or two goals and consultation/resources will be provided to address those goals.

There is no fee for this service

1.5 hour appointment times are available on the following dates:

Monday, Sept 30, Wednesday, October 30, and Tuesday, November 26, 2019

Please call the Information Resource Assistant at DSRC to make an appointment: 519 741 1121, Ext. 2201

FALL SUPPORT GROUPS AT DSRC

The Fathers' Support Group

The Fathers' Support group is open to Fathers in Waterloo Region who have a child (of any age) with an intellectual disability and/or autism. The group meets monthly, at our Kitchener office.

It is a great opportunity for Dads to discuss a wide range of topics related to parenting a child with an intellectual disability and/or autism. Fathers learn from guest speakers as well as from each other, sharing wisdom, understanding and a chance to talk to other Dads who "Get it".

Some of the topics discussed in the past year were Self-Care, Stress at Holiday Time and Bullying. Speakers have brought knowledge about Anxiety, Speech Therapy, and Person-Directed Planning.

The Fathers Support Group meets on the 3rd Tuesday of the month from 6:30 – 8:30 pm, at our Kitchener office, at 1120 Victoria Street North.



The group is open, but a referral is required.

To make a referral please call 519-741-1121 . If your child is under 18 years ask to speak to Intake/Resource for a referral. If 18 years and over please ask for Catherine Legere at ext. 2209.

The Mothers' Support Group

The Mothers' Support Group at DSRC is an 8-week group, providing the opportunity for Mothers to discuss a range of topics related to parenting a child with an intellectual disability and /or autism.

Topics include understanding and sharing the diagnosis, grief and resilience, interacting with schools, behavioural challenges and self-care. Guest speakers from the community and DSRC also contribute their expertise. The group is a great way to connect with other Mothers who understand your daily experience.

The Mothers' Support Group is a small group, for 6 – 8 members, and runs for 8 consecutive weeks. Day and evening times are offered.

Groups are offered 2 – 3 times per year.

The group is open, but a referral is required.

To make a referral please call 519-741-1121. If your child is under 18 years ask to speak to Intake/Resource for a referral. If 18 years and over please ask for Catherine Legere at ext. 2209.



The Monthly Mothers' Group

Did you know that DSRC also has Monthly Mothers' groups?

Monthly groups are offered at two different times:

Daytime: The last Friday of every month, from 10:00 am to 12 noon

Evening: The last Tuesday of every month, from 7:00 pm to 9:00 pm

Both groups meet at the DSRC office in Kitchener at 1120 Victoria Street North. The groups meet most months of the year, except for July and August.

The purpose of the group is to connect with other Mothers, share ideas, learn more about community resources and get support. Speakers are often invited to share information on topics of interest to group members.

Please call 519-741-1121 for more information about how to join. Hope to see you soon!



FALL WORKSHOP SERIES AT DSRC

*Unless otherwise noted, all workshops will be held in DSRC's Training Room at
1120 Victoria St. N., Suite 205, Kitchener*

Discussing Puberty and Sexuality with Your Child

Date: Tuesday, October 22, 2019
Time: 1:00 p.m. – 3:00 p.m.
Register By: October 18, 2019
Presenter: Louise Rodgers, RN, BScN and Jessica Gambacort, B.A., BCaBA
Appropriate for: Parents and caregivers of children with developmental disabilities

This workshop will address body and behavioural changes that occur during puberty. We will give you resources and strategies to help you guide your child through this next step in their development and give them the knowledge and skills to keep them safe.

Communication Skill Development and Autism

Date: Monday, October 28, 2019
Time: 6:00 p.m.- 8:30 p.m.
Register by: October 24, 2019
Presenter: Lorraine Otto, M.Sc., CCC, Speech Language Pathologist (Reg. CASLPO)
Appropriate for: Parents and caregivers of individuals with ASD

This workshop will provide an overview of practical strategies to support communication development for individuals with ASD and will cover the following topics:

Social Communication Skills: conversational skills, theory of mind, comic strip conversations, hidden curriculum

Expressive Language: literal language, echolalia, scripts

Comprehension: visual supports, modifying language

Anxiety and Autism Spectrum Disorder (ASD)

Date: Tuesday, November 12, 2019
Time: 1:00 p.m.– 3:00 p.m.
Register by: November 8, 2019
Presenter: Jessica Gambacort, B.A., BCaBA
Appropriate for: Parents and caregivers of individuals with ASD

Many individuals with ASD struggle with some level of anxiety. This workshop will help participants gain a better understanding of anxiety, how it presents in individuals with ASD, common triggers as well as prevention and intervention techniques.

FALL WORKSHOP SERIES AT DSRC

Helping Individuals with Autism Navigate the Social World

Dates: Wednesday, October 30, 2019 - Part One and Wednesday, November 6, 2019 - Part Two
Time: 9:30 a.m. – 1:30 p.m.
Register By: October 28, 2019

Presenter: Stuart Lamont, B.S.D., RSSW
Appropriate For: Parents and Caregivers of Children/Youth/Adults

The objectives of Helping Individuals with Autism Navigate the Social World reflect the premise that parents and caregivers need information resources and educational materials to help them develop social skills programming for individuals who have autism.

Topics covered include:

- Developing an Action Plan
- Identifying Core Skills
- Developing a Social Skills Profile
- Generating Useful Strategies
- Exploring Ways to Observe Behaviour & Identify Alternative Behaviour
- Understanding Behaviour within the Context of Social Skills

A model of Skill Learning will be presented. This is a 2-part course. You must take Part One to understand Part Two.

Parenting Individuals with Autism

Date: Thursday, December 12, 2019 Part One and Thursday, December 19, 2019 Part Two
Time: 9:30 a.m. – 1:30 p.m.
Register By: December 10, 2019
Presenter: Stuart Lamont, BSD., RSSW
Appropriate for: Parents and Caregivers of Children/Youth/Adults

This program aims to provide parents and caregivers with:

- An increased knowledge of child development, including an historical perspective, the stages of child development and how developmental changes can affect the process of development.
- A foundation of effective skills for behaviour intervention.
- An opportunity to meet other parents/caregivers.



FALL WORKSHOP SERIES AT DSRC

Program Cancellation Policy

Please note that in the event of bad weather, the workshops may be cancelled. Please listen to 570 News AM, 96.7 CHYM FM, 105.3 KOOL FM or KIX 106.7 FM to find out if the program will be held. As a general rule, all workshops are cancelled on days when schools are closed due to stormy weather. The workshop will also be cancelled if there are not enough individuals registered for the session. Registrants will be contacted by phone or email.

WORKSHOP REGISTRATION

Online:	Go to http://www.dscwr.com/workshops-clinics-training/ and click on the 'Details and Registration' button at the right of each workshop.
By Mail:	Send your completed registration form to: Information Resource Assistant, Developmental Services Resource Centre 205-1120 Victoria St. N., Kitchener, ON N2B 3T2
By Fax:	Fax your completed registration form to: (519) 743-4730, Attention: Information Resource Assistant
By Email:	Include all the information requested on the Registration Form and forward to: r.khanam@dscwr.com
By Phone:	(519) 741-1121, and ask for the Information Resource Assistant

REGISTRATION FORM

WORKSHOP (✓ OR CIRCLE TO REGISTER)	DATE (✓ OR CIRCLE TO REGISTER)	FAMILY/INDIVIDUAL COST	PROFESSIONAL/ AGENCY COST
Parenting Individuals with Autism	Thu., Dec 12, Part One and Thu., Dec 19, 2019 Part Two	n/a	n/a
Discussing Puberty and Sexuality With Your Child	Tuesday, October 22, 2019	n/a	n/a
Communication Skill Development & Autism	Monday, October 28, 2019	n/a	n/a
Anxiety and Autism Spectrum Disorder	Tuesday, November 12, 2019	n/a	n/a
Helping Individuals with Autism Navigate the Social World	Wed., Oct 30, Part One and Wed., Nov 6, 2019 Part Two	n/a	n/a

Attendee's Name	
Address	
Phone Number	
E-mail	

WHAT`S HAPPENING AT DSRC



Presents Speakers' Series on

Bullying and Youth

Please join us to learn about approaches to support children and youth who have experienced bullying, including community and school based services, supports and initiatives to address bullying.

Where: #205 - 1120 Victoria Street North, Kitchener
(Developmental Services Resource Centre)

When: Friday, October 4th from 10:00 a.m. - 12:00 p.m.

Who: Speakers will include representatives from

- ♦ Wellness Acceptance Youth Voices Empowerment (WAYVE)
- ♦ Waterloo Region District School Board and
- ♦ Front Door

Register: Contact Rehana Khanam at 519-741-1121 ext. 2201 OR r.khanam@dscwr.com

Space is limited, so be sure to register early!

Front Door



WHAT`S HAPPENING AT DSRC

Information Session on Recreation and Leisure Activities



Join us to learn more about the many community recreation and leisure activities and supports available to families who have a child ages 0-18 diagnosed with Autism and/or Intellectual Disabilities

When: Tuesday October 1, 2019 (10 am- 12 pm)

**Where: Developmental Services Resource Centre
205-1120 Victoria St. North, Kitchener**

Cost: Free

Audience: Family or community members who want to learn more about recreation and leisure

Questions or to register, call 519-741-1121

Rehana Khanam ext. 2201 OR email r.khanam@dscwr.com

Or online at www.dscwr.com

Registration deadline: Wednesday September 25, 2019



WHAT`S HAPPENING AT DSRC

Important Information on Autism Direct Funding

Online Application will be available on January 1, 2020!

Autism Direct Funding can be applied for children and youth under the age of 18 with an ASD diagnosis to help with costs related to summer camps, respite support, recreation and leisure activities.

Please be advised that Autism Direct Funding Applications will not be mailed to families for the 2020-2021 fiscal year. Applications for Autism Direct Funding will be available on our [website](http://www.dscwr.com/) from **January 1, 2020 until January 31, 2020**. We have changed our application process/deadline so families can be notified of approval prior to beginning summer planning. All applicants will receive notification of the outcome of their application by February 28, 2020. This is to allow families to better plan for summer. Funding cheques will still be mailed by the end of April 2020.

If you are unable to access the application online, paper copies will be available for pick up at the office.

For more information and apply online please visit
<http://www.dscwr.com/>

or call 519 741 1121

Closure of Sunbeam EarlyON

It is with great sadness that we announce that our funding for our EARLYON program has ended and we have closed the program as of Thursday June 20, 2019. We would like to thank Bev Palumbo and our volunteers (Chantelle and Joan) for their dedication to the program. It began as a toy lending library 28 years ago and eventually morphed into what it is today. Our team has had a major, positive impact on the lives of hundreds of children over the years. Many thanks to everyone who came out to celebrate our successes; our team will be greatly missed by the parents/ caregivers and children that attended. We wish them all the best with their future endeavours.



From left: Joan, Chantelle and Bev at the Open House held at the premise on June 20, 2019

Time for Brothers & Sisters

It is a 6 week group, for siblings of youth with autism. This group will be co-facilitated by an Autism Behaviour Consultant and a Social Worker

Youth, ages 11-14 will meet others who have similar experiences and challenges, in a supportive, fun environment that will encourage sharing.

This group is free but a referral and registration are required. To make a referral please call: 519 741 1121.



As you may be aware, there has been an increasing awareness regarding the spread of infectious germs (i.e., flu viruses and colds) and pests (i.e., bed bugs, head lice). We at DSRC want to make sure that we are keeping you and our staff safe from the spread of these "unwanted guests".

If you are ill or have something that may be passed on to others, please let us know so that we can reschedule your appointment.
Thank you for helping us keep everyone healthy!

Like Us on Facebook!

Sunbeam Centre's facebook page has a fresh look – you will find many interesting stories and programs from their amazing group home and day program staff and volunteers and the inspirational events with eye catching photos happening continuously here. You will also find news on community events, workshops, notifications of any program cancellation or closure instantly on this page. Don't forget to visit their page frequently and like their posts!
<https://www.facebook.com/sunbeamcentre>



WHAT'S HAPPENING AT SUNBEAM CENTRE

To register for any of these programs please contact:

Wendy at 519 893 6200 ext. 211 or Email: w.king@sunbeamcentre.com

Online registration also available at Mycommunityhub.ca

Unless otherwise noted all programs will be held in the Gym of Sunbeam Centre
2749 Kingsway Drive, Kitchener.

Monthly Evening Dance!

Please join us on the 4th Friday of each month from 6:00 pm to 8:00 pm in the Sunbeam Centre gym for a dance party!

Come out with your best moves. We'll be watching!! Prizes will be awarded for the individual with the most energetic and creative dancing.

Cost: \$5.00 each (Support person free)

Pizza will be available for \$1.00 Pop and juice are free!

If you are unattended, you are responsible for your own needs and safety

Sept 27, '80s and '90s Dance #10191

October 18, Costume Party #10142

November 29, Beach Dance #10193

December 20, Holiday/Winter Wonderland Dance #10203

Freebie Friday at the Movies

Come join us in the gym for free movies! Popcorn is available for \$.50. Candy and pop can be purchased from our vending machine, or bring your own. Follow us on Facebook for an updated list of movies. Every Friday, 12:30 pm to 2:30 pm.

This is a free event - No registration required.

Fall Outing Opportunities

Homer Watson Gallery, September 14 #10185

Apple Picking, September 28 #10186

Bright Pumpkin Patch, October 5 #10187

University of Waterloo Science Fair, October 26, 2019, #10188

Cost \$ 110.00 for each outing

Time: 9:30 am to 3:00 pm

Drop off and Pick Up at Sunbeam Centre

Please bring a lunch

Cooking Evening

Sept. 26 # 10322, October 24 #10323 and November 28 #10324

Time 4:30 pm to 7:00 pm.

Cost: \$70.00 per class

Cupcake Decorating!

October 22, 2019 1:00 pm to 2:30 pm #10318

Cost: \$10.00 per person (Support person free)

A Christmas Craft and Cookie Making Afternoon

Monday, December 2, 2019, Time: 4:30 pm to 7:00 pm #10190

Cost: \$55.00 (Support Person free)

Please bring your own meal for supper

Music Morning Café

Thursdays 10:00 am to 11:00 am

Sept. 26 #10205, October 24 #10206, November 28 #10207 and December 19 #10208

Come out and Enjoy listening to Ryan the Musician sing and play guitar

Cost: \$5.00 a person (Support person free)

Gentle Stretching & Relaxation

Enjoy relaxing music as you calm your body and mind with gentle stretching and deep breathing.

November 14 and 21, 2019 #10183 or 10184

Time: 1:00 pm to 2:00 pm, Cost: \$10.00

Pottery Saturdays

November 23 and 30, 2019, #10204 Time: 1:00 pm to 3:00 pm

Cost: \$65 (includes both sessions)

Wellness Evening Relax, Enjoy, Unwind

Thursday Evenings 4:00 pm to 7:00 pm

Dates: Sept 19 #10319, October 17 #10320, November 21 #10321

Cost: \$55 per evening

Therapeutic Pool & Snoezelen Spa Relaxed Evening Swim

Mondays Sept. 16 - December 9, 2019 Time: 3:30 pm to 6:00 pm
Swimmers can enjoy open use of both the therapeutic pool and Snoezelen spa. #10178

Participants who require assistance with personal care or assistance in the pool are required to bring their own support person for their swim. Deck staff provided

Cost: \$120.00 (support person included)

Inspirational Stones

Explore your creative side and join us for some hands-on fun, decorating your stone with motivational quotes, designs and images.
Friday, October 11, 2019, Time: 12:00 pm to 2:30 pm

Cost: \$10.00. Code: 10182

For more program information, please email:
w.king@sunbeamcentre.com



RESOURCES

August 26, 2019

For immediate release

Drinking in Pregnancy - No Safe Time, No Safe Amount

September 9th is FASD Day - We remind everyone that there is **no safe time, no safe amount and no safe kind** of alcohol consumption in pregnancy.

When a pregnant woman drinks alcohol it crosses the placenta and it can affect the developing brain and organs of the unborn baby throughout pregnancy. Brain damage is the biggest risk to the unborn baby when mothers drink in pregnancy.

If you are trying to get pregnant, think you might be pregnant, or you are pregnant the safest choice is to be alcohol free. If you drink alcohol, use a reliable form of birth control to prevent an alcohol exposed pregnancy.

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term that describes the effects on the brain and body of people exposed to alcohol in pregnancy. It is a lifelong disability and people with FASD experience challenges in their daily living and need support with many areas in their lives to reach their full potential. Each person with FASD is unique and has areas of strengths and challenges.

Early and appropriate supports for people living with FASD can have a positive impact and improve outcomes for those with the disability. In Waterloo Region, some exciting new services are available to those living with FASD.

- The province of Ontario recently funded FASD Coordinators who provide FASD expertise, consultation and training for families, service providers and communities. In Waterloo Region, the FASD Coordinator is part of Sunbeam services at the Developmental Services Resource Centre (DSRC). For more information visit www.fasdwaterlooregion.ca
- Lutherwood is facilitating a new FASD Caregiver Support Group. The group will begin meeting in September. For information contact Lutherwood or visit www.fasdwaterlooregion.ca
- A new Caregiver Series is offered to help caregivers learn: how alcohol use in pregnancy affects the brain; support strategies for FASD; and FASD services available in Waterloo Region.
- October 8 and 22 – **FASD and Education** – community event for teachers, caregivers and service providers

Health and social service providers are increasingly concerned about the **alarming increase in women drinking at risky levels**. In a recent study, published in the Canadian Medical Association Journal women in Ontario aged 25-29 years (prime childbearing years) visiting emergency departments as a direct result of alcohol use **jumped 240 percent** from 2003 to 2016. With more than 50% of pregnancies unplanned women need to be aware, monitor and control their drinking habits before they are pregnant. As a community we need to understand how increased availability of alcohol, marketing and low cost alcohol increase the harms caused by alcohol.

Did you know?

- FASD is the leading cause of developmental disability in Canada
- Current studies suggest 2-4% of Canadians have FASD. Because you cannot see FASD and a lack of diagnostic services experts feel that the true rate is likely higher.
- FASD costs Canadians 5.3 – 9.7 billion dollars each year in care and services
- FASD is higher in vulnerable populations, including the child welfare and justice systems
- \$150,000 on FASD prevention saves \$1.6 million in treatment – huge return on investment

What Can You Do?

- Spread the truth - Ensure everyone around you knows the real risks of drinking in pregnancy
- Have fun without alcohol – Start a trend – Have a “Mocktail Party”
- If you are a woman who drinks, or you have sex with women who drink, ensure you use reliable birth control every time you have sex to prevent an alcohol exposed pregnancy
- Find out about Canada’s Low Risk Alcohol Drinking Guidelines to decrease the risk of FASD, chronic disease and a potential addiction to alcohol
- Assess your own drinking habits at www.rethinkyourdrinking.ca

RESOURCES

What Can Ontario Do to Decrease the Rate of FASD?

- Ensure all health providers discuss the dangers of alcohol use in pregnancy with all people of childbearing age. With 50% of pregnancies unplanned waiting until pregnancy is too late.
- Ensure alcohol pricing increases as inflation increases. This decreases alcohol consumption.
- Advocate against the sale of alcohol in convenience stores. Provinces that sell alcohol in convenience and grocery stores have more problems and costs associated with alcohol.
- Ensure businesses who sell alcohol post a sign (it is the law) about the risks of alcohol & pregnancy
- Encourage more alcohol-free events in communities and at universities and colleges
- Increase efforts in all educational institutions to warn all students about the dangers of drinking. Drinking increases the risk of future addictions, chronic diseases and alcohol use in pregnancy.

What Can You Do to Help Those Affected with FASD?

- Educate yourself about FASD and how it impacts your community in many areas such as: education; the criminal justice system; employment; and social services
- Talk to policy makers about the need to increase resources for prevention, diagnosis, intervention and appropriate education supports for children with FASD
- Talk to and offer support to a parent/caregiver supporting a child/adult with FASD. They are often isolated and judged.

This Press Package has been prepared by the Waterloo Region FASD Action Group in partnership with Sunbeam Centre

For more information on Increasing FASD Awareness and Service in Waterloo Region and Ontario, Information and Services for Pregnant or Parenting Women or Involved with Alcohol and/or Drugs in Waterloo Region and links to many other related services please visit the website

www.fasdwaterlooregion.ca

PARENT/CAREGIVER SUPPORT GROUP

Presented by Lutherwood with support from the
Waterloo Region FASD Action Group

Understanding the FASD Brain
Sept. 19, 2019 6:00 pm to 8:00 pm

Acceptance/Strengths
October 17, 2019 , 6:00 pm to 8 pm

The Importance of Self-Care
November 21, 2019, 6:00 pm to 8:00 pm

Building a Village
December 19, 2019, 6:00 pm to 8:00 pm

Venue: The Family Centre, 65 Hanson Ave., Kitchener

To Register call 519 749 2932 ext. 3336

FASD | WATERLOO REGION 

FASD and Education

For Educational Staff, Caregivers and
Service Providers

Learning Objectives:

What is FASD?

What does it look like at school?

How do we support students?

Please choose any of these two dates.

October 8, 6:30 pm to 8:30 pm

Place: TBD

Register online with Eventbrite

October 22, 2019, 6: 30 pm to 8:30 pm

WRDSB Main Office, 51 Ardel Ave., Kitchener

Register online with Eventbrite



COMMUNITY EVENTS AND RESOURCES

Open Space

Open Space is a weekly gathering organized by Extend-A-Family that promotes inclusion within the community by getting people together at a cafe for food, fun and conversation. Join us for games, special events, delicious food, interesting conversation and a chance to meet new people. We welcome all abilities, walks of life and interests.

Location & Times:

Black Wing Coffee
(135 George St. N., Unit 100, Cambridge)
Time: Monday Nights, 6:30-8:00pm

Seven Shores Community Café
(10 Regina St N. Waterloo)
Time: Wednesdays, 4:00-6:00pm

Queen St Commons Café, 43 Queen St S., Kitchener
Time: Mondays, 6:30 8:30 pm

For more information, contact:
Kim Sproul at: 519-741-0190 ext. 247
or kim.sproul@eafwr.on.ca



A NEW CHAPTER

This group is for parents/caregivers interested in preparing for the future of their youth/adult family member with a lifelong disability.

RSVP to Mary Pike would be appreciated,
marypike@hotmail.com.

Join our Facebook group called
A New Chapter - parent and caregiver connections.

SEPT EMBER 3
Summer Review &
Fall Transitions -
success or challenge?

OCTOBER 1
Planning for a Crisis -
a supportive
conversation to share
individualized
planning tools and
strategies to
minimize crisis

November 5
Post Secondary
Education -
tips and resources

Doors open at
6:30pm,
meetings run from
6:45 - 8:30PM at
The Family Centre
65 Hanson Ave., Kitchener
**Bring your own
reusable water bottle or
tea thermos**



Ask a Self-Advocate

Do you need to look at a challenge you are
facing with a new perspective?

Would you like to bounce ideas off someone
who can relate to what you,
or your loved one, are going through?

Get new insight and ideas
Discuss your questions and concerns

*Cristina was diagnosed with exceptionalities as an
adult. Since then she has become active in the
local special needs community serving as a mentor,
public speaker, and self-advocate.*

To request an appointment online:
www.surveymonkey.com/r/ZPGCC3Q

Or contact us for more information:
519-886-9150 ext. 4
Erin.Sutherland@wrfn.info



Open to people with disabilities, their families, or professional supports

Passport Funding

Do you have questions about Passport Funding?

For help and advice on what kind of supports are available,
where to find them and how to utilize your funding you can
contact the Passport Community Developer for the
Waterloo Region

Jocelyn Barton at
519 741 1121 Ext. 2227
Email: ja.barton@dscwr.com

COMMUNITY EVENTS AND RESOURCES

Eye See Eye Learn

Children born 2015 and in JK qualify for a pair of complimentary glasses.

Book an appointment with an EyeSee - Eye Learn participating optometrist between

July 1, 2019 and June 30, 2020.

Program made possible by our executive industry partners and participating Eye See.EyeLearn optometrists

For more information please visit

EyeSeeEyeLearn.ca

https://www.optom.on.ca/OAO/ESEL/OAO/ESEL/Eye_See...Eye_Learn.aspx

WRFN School-Issues Parent Support Group

Do you have questions and concerns about school issues for your child/youth with special needs?

Join us at our peer-led parent support group. This is a great opportunity to share questions, concerns and successful tips in a safe environment while learning from others.

The Support Group is held the last Wednesday of every month Except June, July and December

7:00 p.m. to 8:30 p.m. at

The Family Centre 65 Hanson Ave, Kitchener

For more information please contact Krista McCann at: 519 886 9150 ext. 2

Email: krista.mccann@wrfn.info



AN INTERACTIVE COMMUNITY CONVERSATION ON BALANCING EMOTIONAL & FINANCIAL HEALTH

HEALTHY WALLET, WEALTHY MIND

TO REGISTER, PLEASE EMAIL EFE AT EEKPERIGIN@CARIZON.CA OR CALL 226-989-3462

PLEASE USE THE GROUP NAME AS THE EMAIL SUBJECT LINE



Programs for Parents, Children and Youth by Woolwich Counselling Centre

Woolwich Counselling Centre provides various counseling programs and services to support the needs of the people of our community. Please note there are fees associated with some programs. [Learn more about the programs](http://www.woolwichcounselling.org)

<http://www.woolwichcounselling.org/services-programs/>

Please call 519-669-8651 for more information on any of the above programs.

www.woolwichcounselling.org

COMMUNITY EVENTS AND RESOURCES

Workshops and Groups Presented By Carizon

Carizon specializes in children's mental health, youth engagement and development, family violence services, individual and family counselling, parental support and education, credit counselling, workplace resilience, settlement support and community wellness. They offer various workshops and groups for adults, youth and children. Some of their groups are:

Understanding Me

Provides education and supports for women who have experienced emotional or physical abuse within their intimate relationships.

Wednesdays 9:30 am to 11:30 am, Sept 25 — Nov 27

Tuesdays 6:30 pm to 8:30 pm, Sept 24 — Nov 26

Cost: No Fee

Building Better Boundaries

Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries

Mondays 12:30 pm to 2:30 pm, Sept 30 — Nov 25

Cost: Free

Managing Stress for Managing Moods

Helps participants learn methods to cope more effectively with chronic stress and feelings of depression, anxiety and negative moods, identity & change chronically negative thoughts and beliefs to improve self esteem, self care and quality of life.

Thursdays 6:30 pm to 8:30 pm, Sept 26—Nov 21

Cost: \$25 per session

Taming Our Anger

A learning opportunity for men who have difficulty expressing and/or managing angry and aggressive feelings.

Wednesdays 6:00 pm to 8:00 pm, Sept 18—Nov 6

Cost: \$200

Moving Towards Healthy Relationships

A group for women who have experienced emotional or physical abuse, focusing on safety, building of self-esteem, ending the cycle of violence and learning how to be healthy in relationships.

Thursdays 6:00 pm to 8:00 pm, Oct 3 - Dec 5

Cost: Free

Call 519 743 6333 for information or registration. Visit www.carizon.ca



ADHD & Asperger's Centre

The ADHD & Asperger's/ASD Centre in Guelph opened their services with a goal to provide resources in the shape of tools, gadgets, and knowledge to help fellow ADHDers and Autistics, and their loved ones, manage the negative "side-effects" of ADHD & ASD while harnessing the superpowers that come with their condition.

They help people with ADHD/ADD, Asperger's, and ASD find their strengths and work around their weaknesses. They have group sessions for teens and adults and Parents of children with ADHD and Asperger's/ASD, individual counselling, coaching, therapy and diagnosis services along with the resources members can have access with payment.

For more information please contact:

The ADHD & Asperger's Centre
55 Cork St. E., Unit 305, (In the TD Bank Building), Downtown Guelph, ON
(519) 830 - 1423
<http://www.adhdinterrupted.com>



Information Session on

Ontario Autism Program and Childhood Budgets



Parents are invited to attend this free workshop offered by Autism Ontario.

Topics that will be covered include:

- Autism Ontario and the Service Navigation role
- The New Ontario Autism Program
- Childhood Budget forms
- What you need to know about the childhood Budget
- Eligible expenses

Date: Wednesday, September 18

Time: 6:00 pm to 7:30 pm

Location: KidsAbility, 500 Hallmark Drive, Waterloo

Please register using this online link:

<https://www.autismontario.com/civicrm/event/info?reset=1&id=17>

APSGO - Association for Parent Support Groups in Ontario (KW Chapter)

APSGO is an organization of parents of disruptive youth. We have joined together to provide support and empower parents to deal with their situation. The Kitchener/Waterloo group meets on Wednesday from 7:15 p.m. to 9:15 p.m. Please call at 1-800-488-5666 for the location and details of the group or visit www.apsgo.ca

COMMUNITY EVENTS AND RESOURCES

Autism Spectrum Connection

Autism Spectrum Connection is an online space for parents and families who have a child with autism. Visit www.autismspectrumconnection.com to stay up to date with the latest events and resources in Waterloo Region.



Free Autism Webinars by Autism Research Institute (ARI)

ARI offers free webinars several times per month and partners with The Johnson Center for Child Health and Development on a variety of additional talks. Free Certificates of Participation are available upon passing an online quiz for most webinars. Some events offer Continuing Education Units and/or Continuing Medical Education credits.

Upcoming Webinars: Time : 1:00 pm to 2:00 pm

• **October 2, 2019**

Behavioural Support Training for Parents

Presenter: Suzannah Joy Iadarola

[REGISTER](#)

• **Nov 27, 2019**

Sensory Processing and ASD

Presenter: Virginia Spielmann

[REGISTER](#)

[Watch Now – Recorded Webinars](#)



Family Compass Waterloo Region is an online tool that offers the solution to finding out where to begin in the search for answers and takes the guesswork out of finding the proper local service provider for a family's needs.

The process has been modeled to make it easy for busy parents, professionals and youth to find the correct local health, recreational and social services in Waterloo Region, right down to your own neighbourhood area. Users can further refine their search by clicking on "I Have a Concern" which will take them to a four-step, confidential survey on the website.

www.familycompassWR.ca

The ASD ConnectABILITY.ca

Here you will find helpful resources for Ontario adults on the Autism Spectrum, such as: information about the Ontario Passport Program, legal and financial resources, videos and tips on disclosure in the workplace, community success stories and much more!

[ConnectABILITY](#)



Parenting Now is a resource for the parents and caring adults of Waterloo Region. It is both an online and community-based resource that provides opportunities for people to **connect** with other parents, **learn** new parenting tips and strategies and find **support** through local agencies and services. Visit their website:

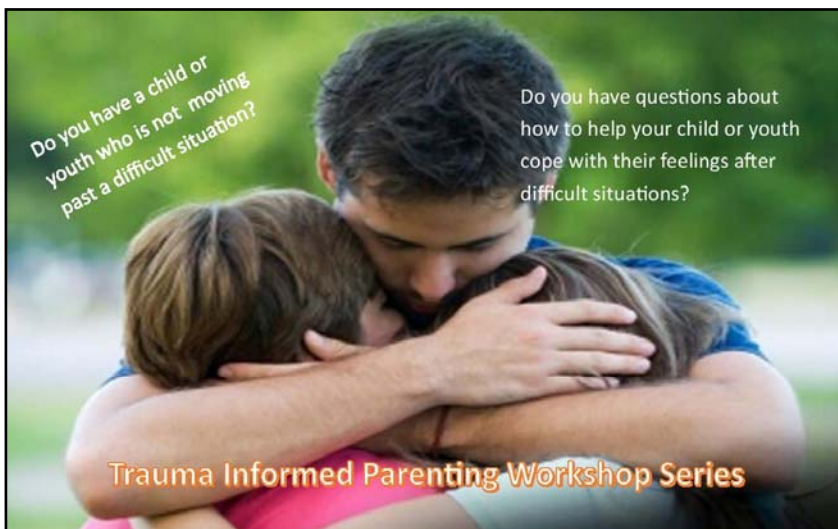
www.parentingnow.ca

Autism in High School The web-based guide

This resource guide was created to help students with autism and their families navigate the transitions and challenges of high school. The guide is divided into common transition periods. In each section, you will find descriptions of common challenges, suggested questions to help you plan for supports, and external resources for further investigation. With generous funding from the Sifton Family Foundation, this website was developed as a joint initiative between Extend-A-Family, Waterloo Region Family Network, members of the former Autism Services Waterloo Region, the Waterloo Region District School Board, the Waterloo Catholic District School Board, and the University of Waterloo.

autisminhighschool.ca

COMMUNITY EVENTS AND RESOURCES



Do you have questions about how to help your child or youth cope with their feelings after difficult situations?

Trauma Informed Parenting Workshop Series

Trauma Informed Parenting Workshops are being offered in the Waterloo Region for parents/caregivers of children and youth who have experienced trauma. The purpose of these workshops is to assist parents/caregivers with understanding trauma and what it means to parent their child from a trauma-informed perspective. There are two sessions in the Trauma Informed Parenting Series, Part One focuses on "What is Trauma and what are the symptoms of Trauma". Part Two provides parents with strategies and tools that can assist their child in dealing with Trauma. Parents must attend Part One prior to attending Part Two.

Upcoming Workshop:

When: Part One September 18, 2019 (6-8:30pm)
AND
Part Two September 25, 2019 (6-8:30pm)

Where: Carizon (Community Services Room)
645 Westmount Road East
Kitchener, ON

Join us to learn:

- What trauma is
- Common responses that children and youth have
- Tools to help your child/youth cope with difficult situations



Inspiring Hope + Wellness in Our Community
www.carizon.ca

Interpreters provided upon request!

Child minding is also available for these sessions upon request!

Registration is required! For more information or to register, please call/text Jamie at 226-339-0571 or email jkeizer@carizon.ca

PAL CARD Application is Available Online

The PAL card program allows individuals with a disability to be accompanied by a personal attendant so that they may have the help they need to participate in recreation and leisure programs and services offered by the municipality and PAL card partners. The personal attendant is not charged the program fee and is present for the sole purpose of assisting the person with the disability. The regular program/registration fee is charged to the person with the disability.

People can apply for the PAL card with the City of Kitchener on line now:

<https://www.kitchener.ca/en/things-to-do/personal-assistance-for-leisure-activities-pal.aspx#PAL-card-application-process>

Waterloo's PAL form is found here:

<https://www.waterloo.ca/en/gettingactive/pal.asp>

Cambridge's PAL form can be found here:

<https://forms.cambridge.ca/Community-Services/PAL-Card>

Light House Adult Programs

Light House offers various programs for Adults with developmental disabilities. Their programs are designed to support these individuals in Waterloo Region as they learn and grow in an environment of dignity and respect. Some of their programs includes:

- Adult Day Programs
- Independent Living Skills
- Fitness & Healthy Living
- Community Engagement
- Social Networks
- Community Social Enterprises

For more information of their programs
Contact: 226-338-2681

103-1601 River Rd. E Kitchener, ON N2A 3Y4

[Lighthouse Programs](#)

lighthousekw@rogers.com



TUESDAY HANGOUT

Come to a weekly get together with friends to enjoy volunteering, fun recreational activities and cooking!

Session 1: September 3 - October 22, 2019
Session 2: October 29 - December 17, 2019
1:30 - 5:30 p.m.

St. George's of Forest Hill Church - Recreation Hall
321 FisherHallman Road, Kitchener

Cost: \$350 *includes a meal cooked by group members

For those participating in Special Olympics Bowling, rides will be provided to Victoria Bowl

For more information or to register, contact Lori at 519-501-6747 or lmvc@gmail.com or Susan at 519-654-7023 or susanhipp@gmail.com

Coordinated in partnership by:

RECREATION AND LEISURE

Community Living Dances 2018

Sponsored By: K –W Association for

Downtown Community Centre

35 Weber St. W., Kitchener

September 20

October 18

November 8

December 6

Admission: Participants \$5.00,

Staff/Parent: \$1.00

Pop: 25 cents a cup, Pizza: \$1.00

DJ music by: Jason and Logan

If you come on your own, you are responsible for
your own needs and safety.

Questions?

Call Lillian: 519-741-9422 or Susan: 519-654 7023

Our Place Family Resource and Early Years Centre

We Have Moved!

Our Place and EarlyON programs are now offered at
The Family Centre location beginning July 2, 2019. Please
use Main Entrance and parking lot at 65 Hanson Ave.,
Kitchener. You will find us in Family Room 1008 near The
Family Centre Reception desk.

Our Studio

A Creative, Collaborative, Community Space FALL PROGRAM

OPEN ARTS - Tap into your creative side in this open workshop day- Sing, dance, act, draw, paint and much more! We will have art exhibitions, and stage performances throughout the year.

Mondays AM, PM or Full Day. 9:30 am - 3:30 pm. Cost: \$200 half day/\$320 full day per month

BUDDY CHOIR - Join us every Monday evening as we sing and work on our performance skills for upcoming shows in the community. Sponsored by WRDSS and Our Studio. Mondays 6:30 pm - 8:00 pm. Cost: Free

CHOIR ON THE RUN - Our wonderful Musical Director, Lynn Quigley will be leading a group of performers who will learn a selection of songs to perform on Thursday afternoons in local community settings.

1:00 pm - 3:30 pm. Cost: \$200 half day/\$320 full day per month

FIND YOUR VOICE: Have you ever wanted to express yourself but have not felt comfortable or confident? Come spend time with us as we practice finding our voice, learn to self-advocate, and express ourselves to others
Fridays 9:30 am - 12:00 pm. Cost: \$200 half day/\$320 full day per month

VOLUNTEERS ON THE RUN: - Learn about how to become a volunteer as we go through the process from start to finish! We'll explore opportunities, learn how to apply/interview, and then start volunteer job. We will learn so much and give back to the community at the same time.

Thursdays 9:30 am - 12:00 pm. Cost: \$200 half day/\$320 full day per month

MALONEY'S MUSICAL SATURDAYS - Singing, dancing and acting! This feel good session is all about having fun while developing both a solo performance and choreographed group dance routine.

Saturdays 10:00 am - 12:00 pm. Cost: \$150 per month

MUSIC, MOVEMENT & MASKS - Join us as we create our own masks and explore music, dance and movement. This afternoon will be filled with self-exploration and creativity.

Fridays 1:00 pm to 3:30 pm. Cost: \$200/\$320 per month

SATURDAY NIGHT ART PARTY, AGE 16+

Come try out your artistic skills at this fun skill building and social sessions. Canvas and drinks included!

2nd Saturday of every month 6:30 pm - 9:00 pm. Cost: \$40 per night

For more information and registration contact:

519-501-6747

141 Whitney Place, Kitchener

www.ourstudiokw.com, Email: info@ourstudiokw.com

RECREATION AND LEISURE

Waterloo Region Family Network's

CAMP DAY!

For families who have a loved one with a disability

Join us Sunday, September 22
between 2-5pm at Camp Ki-Wa-Y,
3738 Hessen Strasse, St. Clements.

Enjoy camp activities for all ages
while connecting with others.

Bring the whole family and
your appetite!

ACTIVITIES (2-4:15PM)

- Canoeing	- Archery
- Hiking	- Hockey
- Rock climbing	- Basketball
- High Ropes	- Camp Fire

*Please note that the only access to canoes is by stairs due to environmental barriers

BARBEQUE (4:15-5 PM)

Please register in advance at :
<https://bit.ly/2FtMKiW>

If you have any questions please contact Krista McCann,
Krista.McCann@wrfn.info or 519-886-9150 x 2.

With generous support from:



WATERLOO REGION
Family Network
Where exceptional families thrive

YMCAs of Cambridge
& Kitchener-Waterloo

CAMP KI-WA-Y

Sensory Friendly Play at Sky Zone

Sky Zone offers Sensory Sessions! They turn off the music and dial down the distractions for the comfort and pleasure of guests, friends and families for only \$10 + tax each & Chaperones are free.

Sensory Jumps are held every Thursday
from 4:00pm - 5:00pm
150 Gateway Park Drive Kitchener, ON N2P 2J4
(519) 804-4455

For more information please visit: www.skyzone.ca

Axon Music Therapy

Axon Music Therapy offers group programs, individual sessions, music lessons and some other services. Individual music therapy sessions for children with special needs may take place in their studio or client's home, sessions are usually held weekly, twice-weekly or biweekly. For more information please contact:

Axon Music Therapy
82 Rife Ave, Cambridge, ON
N3C 2G7

Phone: 519 841 4982

E-mail: janel@axonmusictherapy.com



Next Screening:
Abominable
Saturday,
October 5, 2019
10:30 AM
550 King St N.,
Waterloo



Cineplex Entertainment in partnership with Autism Speaks Canada is delighted to present Sensory Friendly Screenings.

These screenings are presented in a lights up, sound down environment. Ticket price is the child admission price for any guests attending these screenings.

Tickets will be available the Tuesday prior to the screening date.
Please check at this link for upcoming shows
in your community

<https://www.cineplex.com/Theatres/SensoryFriendly>



Next Screening:
Frozen
Saturday,
November 30, 2019
10:30 AM
550 King St N.,
Waterloo

RECREATION AND LEISURE



An event for brothers and sisters of individuals with special needs!

Being a sibling can be challenging at times but also very rewarding.

During this fun-filled therapeutic program, siblings will meet others who can relate, share their experiences together – both positive and negative – and learn how to understand their brother or sister better. Facilitated by a Social Worker and community partner, siblings will have fun, enjoy snacks and share in activities with other kids who understand what it's like growing up as a sibling!

Siblings Ages 7-10 (\$5/child)

Saturday, September 28 | 1-4pm

Idea Exchange - Clemens Mill
50 Saginaw Pkwy, Cambridge

Saturday, November 23 | 1-4pm

KidsAbility Waterloo site
500 Hallmark Dr, Waterloo

Registration Deadline 1-888-372-2259 x 6202
Two weeks prior to each date.

Participant Information Forms to be submitted with payment and reviewed by group facilitators



WEBSITES

Here are some great websites for kids that include phonics and educational games.

Some of these sites have subscription fees.

www.starfall.com

www.ABCmouse.com

www.superstarphonics.com

www.kids.nationalgeographic.com

www.highlightskids.com

www.pbskids.org

Some links for online resources for programs and activities in Waterloo Region

- ◆ [City of Waterloo Program and Activities Guide](#)
- ◆ [City of Kitchener Active Kitchener](#)
- ◆ [City of Cambridge Activity Guide](#)
- ◆ [City of Guelph Programs and Activities](#)

Helpful Links to Community Workshops and Activity Guides

Different agencies offer a variety of resources, workshops and educational sessions for parents, caregivers and professionals on various topics of interest.

For more information visit these links:

<http://www.kidsability.ca/programactivityguides>

<http://www.eafwr.on.ca/events/>

<https://wrfn.info/category/event/>

RECREATION AND LEISURE

The City of CAMBRIDGE

Personal Attendant for Leisure (PAL)

The PAL Card allows persons with disabilities to be accompanied by an attendant free of charge to access community programs and services. If your disability restricts you from performing activities or your disability can't be eliminated with the use of a technical aid, you may be eligible and can apply for a PAL card. Applications available online www.cambridge.ca/accessibility

Leisure Buddy

The Leisure Buddy Program is a service designed to provide support to people with disabilities in a recreation program. It is our goal to provide support to persons with a disability who require varying levels of assistance to access and participate in municipal, community based programming.

For information contact pearced@cambridge.ca . Applications available online www.cambridge.ca

Sensitive Santa

This special time to visit with Santa is reserved for children with social, emotional or behavioral needs. This sensory friendly environment provides lower lighting and quieter surroundings.

To keep this event sensory friendly and organized, we ask that each family register in advance. Space is limited.

Events run Sundays: Nov 24, Dec 1, Dec 8 and Dec 15, 2019

If you know a child that would benefit from this event, please contact hylandr@cambridge.ca or call 519-740-4680 ext. 4292 to register.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. This program is designed for adults with disabilities.

Dates: Sept 14 – Dec 21, 2019 (Except Oct 12)

Time: 1:30pm-2:30pm Cost: \$95 for 14 classes

Location: David Durward Centre – 2nd Floor Activity Room

Registration available online www.cambridge.ca Bar Code: 14477

Just Hangin' Out (JHO) - Youth 13 - 21

The Just Hangin' Out program will take place at the Chaplin Family YMCA, Teen Drop in Centre located at 250 Hespeler Road. This program is designed to provide a safe and inclusive place where youth with developmental disabilities can develop character building, health and wellness, and life skills while socializing with peers. This program runs for 10 weeks.

Fall Session: September 17 – November 19

Time: 6:00-8:00pm Cost: \$140 Bar Code: 15327

Winter Session: January 14 – March 10

Time: 6:00-8:00pm Cost: \$140 Bar Code: 15328

For information contact meloh@cambridge.ca 519 740-4680 ext.4369

For more information and to register please contact:

Robyn Hyland, Inclusion Coordinator at 519 740-4680 ext. 4292, TTY: 519 623-6691

hylandr@cambridge.ca, www.cambridge.ca



DEVELOPMENTAL SERVICES RESOURCE CENTRE WATERLOO REGION

205 - 1120 Victoria St. N.
Kitchener, ON N2B 3T2

Phone: 519-741-1121

Fax: 519-743-4730

E-mail:

postmaster@dscwr.com

Website: www.dscwr.com

Hours:

9:00 a.m. - 4:30 p.m.

Monday to Friday

Developmental Services Resource Centre—Waterloo Region (DSRC) serves as the single point of access for clinical services, service coordination, children's residential services, children's respite and service resolution.

These services are available to children and adults in Waterloo Region who have a Intellectual Disability and/or an Autism Spectrum Disorder.

DSRC Connection publishes three times a year.

If you would like to receive notification when new issues are available on our website, please contact us at postmaster@dscwr.com providing your name and email address. If you have a family member currently receiving services from DSRC, please provide his/her name as well.

You can also sign up for newsletter notification online at our website : <http://www.dscwr.com>

Satellite Offices

Cambridge

757 King St. E
Cambridge, ON N3H 3N8
Phone: 519-650-9718
Fax: 519-650-5729

Kingsway

2749 Kingsway Dr
Kitchener, ON N2C 1A7
Phone: 519-894-6156
Fax: 519-896-0978

Elmira

118 Barnswallow Dr.
Elmira, ON N3B 2Y9
Phone: 519-669-3205
Ext. 222
Fax: 519-669-3444

Disclaimer

We want to provide an informative resource that will be a useful guide for you.

Developmental Services Resource Centre does not necessarily endorse the information contained in this newsletter. The purpose is to provide information to the community. It is up to the reader to decide what is useful for him/her.

We make every effort to ensure that our information is accurate and relevant.

We apologize for any errors or omissions that occur.