



With summer just around the corner, SDRC is pleased to release the first 'Summer Issue' of our newsletter – SDRC Connection! We hope you will find the community, recreational and educational resources helpful as you and/or your family plan your summer activities.

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### Who We Are

Sunbeam Developmental Resource Centre (SDRC) is a division of Sunbeam Community and Developmental Services (SCDS). We offer a wide range of services for people with disabilities including Clinical Services, Service Coordination, Ontario Autism Program (OAP), Fetal Alcohol Spectrum Disorder (FASD) Coordination, and Coordinated Service Planning. We act as a single point of access for children living in Waterloo Region with an intellectual disability and/or autism spectrum disorder for a wide range of services. For more information visit our website at [www.sdrc.ca](http://www.sdrc.ca).

For the latest on Sunbeam's Covid 19 updates visit the News section at [www.sunbeamcommunity.ca/news](http://www.sunbeamcommunity.ca/news)

## Service Coordination at Sunbeam Developmental Resource Centre

"What we call progress consists in coordinating ideas with realities."  
-Alfred Korzybski

Service Coordination is offered in Waterloo Region to children, youth and adults with a developmental disability and/or an autism spectrum disorder. In general, SDRC Service Coordinators assist individuals and their families to strengthen their capacity to manage the challenges of caring for themselves/their children and enhancing their formal and informal networks of community resources.

### **Service Coordination Mission Statement:**

Service Coordinators support people with kindness, compassion and understanding to navigate resources and supports within their community. We facilitate independence and connections based on needs and goals identified by the individual.

Our team responds by providing information, education, resources and exploring opportunities and aspirations. We use a person-centered approach based on an individual's and/or family's choices, values, needs and desires.



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## iPad Loaner Program at SDRC



Clients and their families now can borrow an iPad to use through a Library Loaner Program of SDRC. This will help them attend virtual appointments and to trial various programs such as communication apps online.

Please call 519-741-1121 for further details on how to borrow a device.



## Brightside ABA Services

"Brightside ABA Services" operates with Sunbeam Developmental Resource Centre as a fee for service program to purchase Applied Behaviour Analysis. Those who are receiving money through the Ontario Autism Program can use their funds to pay for this service. There are always new programs offered in every season. To see the list of these services, please visit the website: [www.brightsideabaservices.com](http://www.brightsideabaservices.com)

### Virtual Parent Consultation Packages

Do you have questions regarding a specific part of your child's routine, what strategies to use to facilitate sibling play or how to decrease task refusal?

Brightside ABA Services is now offering 1:1 parent consultation sessions! Consultations will be held via phone or video consult with caregivers and a highly qualified ABA Consultant.

These sessions include:

- 1 Pre-consultation session
- 4 Strategy-based sessions with tip sheets provided
- 1 Summary report
- 1 Follow up session one month following the final summary session

Possible Topics May Include:

- Daily living skills
- Summer routine
- Sibling play
- Increasing independence
- Decreasing screen time
- Function-based activities

For information on prices please call 519-894-6156 ext. 2904 or email: [brightside@sunbeamcommunity.ca](mailto:brightside@sunbeamcommunity.ca)

### Virtual Individual Consultation

Virtual Service Packages

Include:  
14 hours of service with a qualified professional including:

2 hours of goal setting  
11 hours of 1:1 consultation  
1 hour review of progress summary

Possible Goals:

- Daily Living Skills
- Developing Routines
- Sibling Play
- Increasing Independence
- Decreasing Screen Time
- Supporting Transitions

For information on prices please call:

519-894-6156 ext. 2904 or  
email: [brightside@sunbeamcommunity.ca](mailto:brightside@sunbeamcommunity.ca)

## Brightside ABA Services

Now Offering



### Virtual Transition to Highschool

*Date: July 12 - Aug 25, 2022*

*When: Tuesday and Thursday*

*Time: 2:00 pm-3:00 pm*

*Where: via Zoom*

*Who: Ages 13-15 years of age with a diagnosis of autism or intellectual disability*

To register and information on prices contact Lauren Harris at:

519-894-6156 ext. 2904

or by email:

[brightside@sunbeamcommunity.ca](mailto:brightside@sunbeamcommunity.ca)

**Deadline to Register:**

**June 21, 2022**

Topics to be included:

- Time Management
- Working in group
- Organizational skills
- Bullying
- Hygiene
- Money handling

This program offers:

- Weekly group sessions with our ABA Consultants
- Assessment of your child's strengths and needs
- A summary report of your child's progress
- Two sessions per week (1 hour each) for 7 weeks

Eligible Ontario Autism Program  
expense

## Our Resource Support

SDRC 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 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

The Resource Support Worker is not able to:

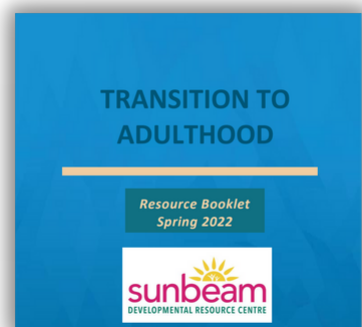
- Attend school meetings or medical appointments
- Assist with application forms
- Organize case conferences
- Develop service plans
- Provide ongoing, intensive support
- Act as a case manager
- Provide mediation/group facilitation

**For Resource Support please call:  
519-741-1121**

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## Transition to Adulthood - Resource Booklet

Our **Transition to Adulthood Resource Booklet** has been updated and is available now on our **website: [www.sdrc.ca](http://www.sdrc.ca)**. This Resource Booklet is developed by SDRC and includes some key resources that can be used by youth transitioning into adulthood as well as young adults who have autism. This was developed to assist people in Waterloo Region, who are not eligible for adult services through Developmental Services Ontario. This booklet is accessible to view on our **website: [www.sdrc.ca](http://www.sdrc.ca)**



## The Weekly Mothers' Support Group at SDRC

The Mothers' Support Group at SDRC 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 SDRC 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. Please note that this group will be offered virtually via video until further notice.

Groups are offered 2 – 3 times per year.

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



## The Monthly Mothers' Group

Did you know that SDRC 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 11:30 am**

**Evening: The last Tuesday of every month  
from 7:00 pm to 8:30 pm**

Please note that this group will be offered virtually via video until further notice.



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. Some of the topics discussed in the past year were: Bullying, Inclusion Support offered by the City of Kitchener, Autism Ontario services and the "Ask a Self Advocate" program."

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

# WHAT'S HAPPENING AT SDRC

## The Monthly 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.

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 Mindfulness, Picky Eating, the Ontario Autism Program and Behavioural Challenges.

The Fathers Support Group meets on the  
**3rd Tuesday of the month from 6:30 – 8:00 pm.**

Please note that this group will be offered virtually via video until further notice.

Please call 519-741-1121 for more information about how to join.



## Family Compass Waterloo Region Guiding you to services for children and youth

The Family Compass Website is hosting a centralized point to find all things related to resource and supports.

You can access this by going to [www.familycompasswr.ca](http://www.familycompasswr.ca) and clicking on the Covid-19 Response Pop-Up Link.

Resources and supports are organized in the following categories:

1. Basic Needs,
2. Mental & Emotional Health,
3. Safety,
4. Respite & Relief,
5. Financial Supports,
6. People You Can Talk To,
7. Resources for Adults,
8. Stuff for Kids & Teens,
9. Fun,
10. Learning,
11. Governmental Resources,
12. Community Connectedness and
13. Get Moving.



# WHAT'S HAPPENING AT SUNBEAM

## Specialized Dental Services at Sunbeam

"My Dental Clinic - Specialized Dental Services" of Sunbeam Community and Developmental Services (SCDS) recently welcomed its very first dental patient!

During the lengthy shut down of their dental services, they took the opportunity to completely renovate the space - allowing them to better meet the oral care needs of the people who will access the space for years to come.

A special thank you to the donors who were able to help make the dental clinic possible. Specifically, Toyota Motor Manufacturing Company, The Raymond Dietrich Memorial BBQ and Green Shield Canada for their significant contributions to this project.

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### Best Practices When Supporting Someone Having COVID-19

Sunbeam has this graphic novel on their website highlighting best practices for when supporting someone who has COVID-19.

You can view and read this at this link:  
<https://sunbeamcommunity.ca/wp-content/uploads/2022/01/COVID-19-Symptom-Support-Graphic-Novel.pdf>



### Overnight Respite at Sunbeam Kids Hub

Sunbeam's newly renovated children's respite program offers caregiver relief to families of children who are medically fragile/technologically dependent (MFTD) and/or those who may have developmental disabilities. This is offered at the Sunbeam Kids Hub in Cambridge, the newest respite home for children who are MFTD. Sunbeam Kids Hub has started operating since its transfer from Kids Country Club last year.

The home is fully staffed by a team of caring and skilled medical professionals.

To learn more about this on their website please click on this link.

Call 519 893-6200 or

Email [respitesunbeamcommunity.ca](mailto:respitesunbeamcommunity.ca) to register.

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## Call for Research Participants: Sexuality Education Experiences in Young Adults with Intellectual Disability Study

University of Guelph is recruiting participants for a study examining the sexual knowledge and awareness levels of young adults with mild intellectual disabilities as well as their needs and expectations of a sexual education curriculum. Participation would involve the completion of an online questionnaire. Applicable for people aged 18 to 25 with a mild intellectual disability living in Ontario.

Contact Rsha Soud: [rsoud@uoguelph.ca](mailto:rsoud@uoguelph.ca)  
or Dr. Adam Davis:

[adam.davis@uoguelph.ca](mailto:adam.davis@uoguelph.ca)

There will be a chance to win \$20 gift cards for the participants.

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## University Optometry

People with cognitive and physical disabilities are more likely to have vision problems. An eye examination especially for people with special needs can help to detect and correct vision problems.

The Special Needs Clinic provides modified eye examinations for people of all ages with physical or cognitive disabilities. To book an appointment by phone, please call: 519-888-4567.

<https://wei.uwaterloo.ca/services/eye-care-people-special-needs>

University of Waterloo  
Optometry Clinic  
200 Columbia St W, Waterloo, ON

## Research Study Health for Adults with Developmental Disabilities during COVID-19

A new research study of Health Care Access Research and Developmental Disabilities (HCARD) is now recruiting participants. We are looking for adults 18+ with an intellectual and/or developmental disability (IDD), their families, and service providers from across Canada to help us evaluate the impact of a 6-week online program exploring the physical and mental health needs of adults with IDD and strategies to address them. Read about the study [here](#). If interested, email: [hcardd@camh.ca](mailto:hcardd@camh.ca) or call at 437-328-6761.

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## IT Course for Youth At Risk

Toronto-area not-for profit agency called Youth Employment Services (YES) trains disadvantaged and vulnerable youth aged 15 to 29. Called Career Jumpstart: Cybersecurity Analyst, the course is for at-risk youth - defined as those who self-identify with mental health concerns such as depression - and Ukrainian refugees who have a post-secondary degree, don't have a full-time job, and are eligible to work in Canada.

It offers 25 free programs that run from two weeks to six months, ranging from how to find and keep a job, how to start a business, and digital literacy, to cloud computing (a program run in conjunction with AWS).

**Contact: Head Office, Tel: 416-504-5516**

**Email: [yes@yes.on.ca](mailto:yes@yes.on.ca)**

**Website: [www.yes.on.ca](http://www.yes.on.ca)**

# WHAT'S HAPPENING IN THE COMMUNITY

## In Her Shoes: Employment and Entrepreneurship Program of YWCA

YW is offering various training programs for women. Some of them are listed below:

### **In Her Shoes: New Comer Women**

Visible minority pre-citizen newcomers between the ages of 16-65. 8 weeks, 15-25 hrs/week, Monday - Friday.

### **In Her Shoes: Youth & Youth Express!**

Ages of 15 - 30 who are experiencing barriers to securing employment. 11-18 weeks, 30-40 hrs/week, Monday to Friday.

### **In Her Shoes: Uplift - Reskilling in Specialized Technology**

Job seekers who are ready to upgrade their technology skills to secure immediate employment in roles which require specialized technological expertise between the ages of 16-65. Comprehension of computer software, statistics and excel is required. 2-3 semesters, 15-30 hrs/week dependent on individual needs.

To learn more and register, visit: [inershoesyw.com](http://inershoesyw.com)

<https://youtu.be/sk7jL9DWA5>

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## Better Days, Better Nights

Does your child aged 4-12 years with a neurodevelopmental disorder have difficulties falling asleep and staying asleep? Better Nights, Better Days for Children with Neurodevelopmental Disorders is a free online program based on behavioural principles that supports parents of children aged 4-12 years old with a neurodevelopmental disorder who experience difficulties falling and staying asleep.

This online program encourages positive behaviours that will help children achieve a better quality and quantity of sleep throughout the night. To see if the program is a good fit for you and your child visit the website:

[www.ndd.betternightsbetterdays.ca](http://www.ndd.betternightsbetterdays.ca)

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## Post-Pandemic Support & Resiliency Program for Children & Youth

St. James Anglican Church is running a free community program that will support vulnerable children and youth (age 5-17) in processing and healing from challenges faced during the last two years. The program will utilize a variety of therapeutic approaches; visual art, movement, yoga, social support, talking, listening and learning. Register at <https://stjamesang.ca/events/>.

# WHAT'S HAPPENING IN THE COMMUNITY

## Summer Programs of Extend-A-Family

Extend-A-Family is hosting two programs this Summer:

Summer Programs and Summer Vacation.

Summer Program: Weekly Sessions starting from July 4 to August 5.

Summer Vacation (Age 15+)

Camp Impeesa (Drumbo, ON)

Weekly from August 15 to August 26

Registration open until June 27. For more details please visit their website: [www.eafwr.on.ca](http://www.eafwr.on.ca) and follow the link under "Summer Program" to [www.mycommunityhub.ca](http://www.mycommunityhub.ca). Once there you will need to create an account to register.

Or call 519-741-0190 ext. 225  
or email: [summerprogram@eafwr.on.ca](mailto:summerprogram@eafwr.on.ca)

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## Connecting, Interests and Activities

New group in Waterloo Region for adults (18+) diagnosed with Asperger's / Autism Spectrum Disorder Level 1.

- The purpose of the group is to create a safe and supportive space for people to have fun, meet and connect with others, and take part in activities. You can help make this group what you want. Join if you're looking for a positive place of belonging!
- Held on the second Thursday of the month, from 5 - 7 pm at the Downtown Community Centre, 35 B Weber Street West.
- Drop-in group, so folks are welcome to join anytime between 5 and 7 pm.
- Questions? Please reach out to Kelly Groh at 519-731-3923 or email: [grohtech@explornet.com](mailto:grohtech@explornet.com)

## Fun Fearless Females

Fun Fearless females is a social group to empower women of all abilities to live happy and healthy lives. The group has some great social events coming up through the next couple months.

Starbucks by the River

June 24, 6:30-8:30 pm

Royal City Pare beside Starbucks (40 Wellington St W, Guelph)

Email [lori@funfearlessfemales.ca](mailto:lori@funfearlessfemales.ca) to register. Spots are limited.

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## Beechwood Brainery

Beechwood Brainery is offering inclusive camps at both its Cambridge & Waterloo locations this summer! There are part-time & full-time options available, spaces are limited. Age groups include Critters (ages 4-6), Explorers (ages 7-10), and Leaders (ages 11-14). Camp is \$350 per week per child. Please email [info@bbrainery.ca](mailto:info@bbrainery.ca) for registration information & forms.

[www.bbrainery.ca](http://www.bbrainery.ca)

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## Camps For People with Developmental Disabilities

**Adults In Motion** have different types of in-person and virtual camps for individuals 16+ years - PD Day Camp, March Break Camp, Camp Weeks etc. Registration and attendance days are now open.

Please visit their website:

[www.adultsinmotion.org](http://www.adultsinmotion.org)

Contact information:

Kitchener: 519-577-3723

[kitchener@adultsinmotion.org](mailto:kitchener@adultsinmotion.org)

Cambridge: 519-277-3723

[cambridge@adultsinmotion.org](mailto:cambridge@adultsinmotion.org)

## Online Sensory Workout Project

On behalf of Aptus Treatment Centre, the Sensory Workout Project is pleased to share the following series of training videos for staff, families and people supported. Learn about adding sensory to fitness to help it be more engaging and beneficial. Each series comes with activity videos for each topic, including how-to dancing, stretching, etc.

Check out the Sensory Workout YouTube Channel which includes all of the training videos. More activity videos will be added soon.

Here are topic-specific video playlists:

Module 1: Intro to Sensory Workout, Fitness Goals, Outcomes & Safety

[https://www.youtube.com/playlist?module 1](https://www.youtube.com/playlist?module=1)

Module 2: Intro to Sensory Processing 1 Training video & 3 dance-focused activity videos for people supported:

[https://www.youtube.com/playlist?module 2](https://www.youtube.com/playlist?module=2)

Module 3: Intro to Sensory Processing & Physical Activity

[https://www.youtube.com/playlist?module 3](https://www.youtube.com/playlist?module=3)

Module 4: The Sensory Environment

[https://www.youtube.com/playlist?module 4](https://www.youtube.com/playlist?module=4)

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## Move by Goodlife Kids

You're invited to take a look at MOVE by GoodLife Kids!

MOVE is designed exclusively to get youth with special needs active, and is offered FREE to families. Registered participants get access to three live online small-group sessions each week led by one of MOVE's passionate coaches.

Learn more at: [goodlifekids.com/MOVE/](http://goodlifekids.com/MOVE/)

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## Virtually Together: You. Me. We by Abilities Centre

Abilities Centre is helping people of all abilities participate fully in their community's recreational, social and economic life.

Their Virtually Together: You. Me. We program sessions are designed for children of all ages to be physically active, socially interact with their peers, and have fun in an inclusive and supportive online environment.

Registration is free and no diagnosis is required - siblings and friends are welcome to join!

Participants will receive a weekly email with a link to the sessions, and the email will indicate if any additional materials are needed for any of the calls.

For the Summer schedule, more information and registration form please email: Bronwyn Corrigan at [bcorrigan@abilitiescentre.org](mailto:bcorrigan@abilitiescentre.org) or call: 905-665-8500  
[www.abilitiescentre.org](http://www.abilitiescentre.org)

# WHAT'S HAPPENING IN THE COMMUNITY

## Online Application for ACSD and SSAH

ACSD (Assistance for Children with Severe Disability) and SSAH (Special Services at Home) applications now can be completed online. Below are the links for these two applications:

### ACSD:

<https://www.ontario.ca/page/assistance-children-severe-disabilities-program>

### SSAH:

<https://www.ontario.ca/page/special-services-home>

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## Back To School

If you are locating to a new place in the coming school year and wondering which school your child would attend here are some links that may help you:

For Waterloo Region District School Board

<https://www.wrdsb.ca/our-schools/schools/>

For Waterloo Catholic District School Board

<https://www.wcdsb.ca/our-schools/school-finder-transportation-eligibility/>

To find the transport eligibility and other information about school bus:

<https://bpweb.stswr.ca/Eligibility.aspx?Page=School>

For child care

- <https://regionofwaterloo.onehsn.com/>
- <https://risingoaks.ca/registration-before-and-after-wcdsb#>
- <https://snrcwaterlooregion.ca/>

## Student Links

Student Links, an initiative of Community Living Ontario, is in the Kitchener-Waterloo area. They provide service for students aged 14 - 21, currently enrolled in high school, have an intellectual disability and eager to explore new opportunities.

For more information visit their website [www.studentlinksontario.ca](http://www.studentlinksontario.ca)

Or contact Natalie Bianco

Student Links Coordinator

Kitchener/Waterloo 416-859-8581

[nbianco@communitylivingontario.ca](mailto:nbianco@communitylivingontario.ca)

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## WRFN's new Location

Waterloo Region Family Network (WRFN) has a new location now. Their new address is 500 Hallmark Drive, Waterloo, ON, N2K 3P5. If you'd like to reach them by phone, our numbers have stayed the same. You can find staff email addresses on their website <https://wrfn.info/>

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## Recreational Respite Team

The Recreational Respite Team offers respite services in person and virtual.

For more information call at :

1-877-855-7070 or visit their website

<https://www.recrespite.com/ontario/>

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# WHAT'S HAPPENING IN THE COMMUNITY

## Support for Mental Health

Mental Health Commission of Canada's website is updated with credible information and resources about maintaining mental health during the time of crisis, and supporting people managing a mental illness in challenging context. Please click on this link to check their website:

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

Please see below for some resources for emergency mental health services in the event you need to connect with someone.

**Here247**

1-844-4373247 or

TTY: 1-877-688-5501

<https://here247.ca/>

**Carizon**

519-743-6333

<https://www.carizon.ca/>

**Grand River Hospital**

519-742-3611

<http://www.grhosp.on.ca/>

If you or someone you are providing support to is in crisis and needs emergency mental health services, go directly to Grand River Hospital ER where Crisis Services is located. Primary health care providers can make referrals to Adult Outpatient Services Mental Health Services

**Cambridge Memorial Hospital**

519-621-2330

<https://www.cmh.org/>

## Carizon Community Services

### Groups and Workshops

**Community Resource Program:** Carizon is now offering several online and in-person child/youth, caregiver, and family groups. These groups are FREE and open to families of the Waterloo Region.

Check their website for all groups and workshops:

<https://www.carizon.ca/group-programs/>

To register call 519-743-6333 X 2383 or email: [crpgroups@carizon.ca](mailto:crpgroups@carizon.ca), or [promise@carizon.ca](mailto:promise@carizon.ca)



## REACH FOR IT!

The Mission of REACH For It! is to provide recreational programming for children, youth and their families living with Fetal Alcohol Spectrum Disorder. It is an adapted program, providing a high level of supervision, safety and learning for the participants. This program is inclusive and provides a positive environment for children where they can assist to mitigate the secondary disabilities of FASD. For more information please visit their website:

<http://reachforit.ca/>

## Swimming

Most local adapted aquatics programs continue to be on hold as swim instructors are not able to be in the water with the participants. The City of Kitchener is running a **Fit Swim for Teens and Adults with Special Needs** who are independent swimmers who can be coached from the deck, as well as **Adapted Aquatics Family Swims** for a more sensory friendly swim environment. For more information search "Adapted Aquatics" on Kitchener's ActiveNet platform:

<https://anc.ca.apm.activecommunities.com/activekitchener/home>

Swimmers looking for 1:1 support in the water can continue to request Inclusion Support for municipal swimming lessons.

- For City of Kitchener and City of Waterloo swim lessons you can review the process here: <https://www.kitchener.ca/en/recreation-and-sports/how-to-request-inclusion-support.aspx>. You can complete an Inclusion membership here: <https://www.kitchener.ca/en/recreation-and-sports/inclusion-support.aspx>
- For City of Cambridge swim lessons swimmers can request a Leisure Buddy. For more information about this program visit <https://www.cambridge.ca/en/learn-about/support-and-accommodations.aspx>.

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## Adapted Recreation Equipment at KidsAbility

KidsAbility has an all-terrain wheelchair as well as some large jogging strollers available for loan to support summer outings, camping trips, and more. We also have several adapted life jackets (LJ-A, LJ-V, PFD-A, and WetVests) available for loan as well. If you are looking for other adapted equipment to support recreation participation, reach out to let KidsAbility know your needs.

For Cambridge and Guelph site families please reach out to Sheryl Dedman at [sdedman@kidsability.ca](mailto:sdedman@kidsability.ca) or 519-886-8886 x3260.

For Kitchener and Waterloo site families, reach out to Meg Shirley at [mshirley@kidsability.ca](mailto:mshirley@kidsability.ca) or 519-886-8886 x1302.

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## Bike Riding at KidsAbility

Due to the popularity of KidsAbility's TR (Therapeutic Recreation) Bike Clinic, their waitlist is growing. They are doing their best to add more clinics to see as many riders as possible. For more information about this clinic, and to view additional resources to help you select the most appropriate bike and accessories for your rider, visit: <https://kidsability.ca/tr-bike-clinic>. (If you are interested in using a balance bike to help your rider progress towards two wheel riding, a new Balance Bike Basics handout will be available soon!)

## Baseball

### **Kitchener Minor Baseball:**

Kitchener Minor Baseball will be offering a Challenger division this spring for the first time!!! Although the pilot program will be beginning on June 5th for players ages 8-12.

The program hopes to expand to more age groups in the future. For more information visit <https://www.kitchenerminorbaseball.ca/challenger/>

Challenger baseball is an adaptive baseball program specifically designed to empower youth living with physical and or cognitive disabilities.

### **Buddy League Canada (Cambridge)**

Buddy League is an adaptive and inclusive baseball program in Waterloo Region that provides children and adults with the opportunity to play baseball in a safe, supportive, and friendly environment. Buddy League offers a Jays Care Challenger Baseball division for those players who are new to the sport.

Buddy League Junior and Senior Divisions will play on Wednesday and Thursday evenings, beginning May 25 from 6-7 p.m., or 7-8 p.m., while their Buddy League Challenger program will begin on Saturday mornings in late June. Each of these programs return to the A. Wayne Taylor diamond behind Saginaw Public School in Cambridge. You can access the registration link [here](#), or visit their website ([www.buddyleaguecanada.com](http://www.buddyleaguecanada.com)).

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## Summer ActiveWaterloo Guide New Programs added

**Summer ActiveWaterloo Guide** is now available online digitally or in print. It features both new and returning programs.

- Preschool and child dance
- Cookie workshops for ages 7-12
- 7 NEW! fitness classes for adults
- RETURNING: CAN-BIKE safety courses
- RETURNING: 55+ arts, culture, games and cards drop-in at WMRC
- RETURNING: home alone and babysitting courses
- NEW! Badminton and Table Tennis at WMRC
- Swim lessons at the Swimplex & Moses Springer outdoor pool (opening June 18)
- City of Waterloo Museum events & tours



## Cool Things To Borrow from Your Library

Public Libraries of Kitchener Waterloo are a great place to look for resources. From educational to leisure, from vinyl records to digital/online, you name it. You can also borrow some cool things from different branches of the libraries like Basketballs, Bike Locks, Bocceballs, Boardgames, Croquet Meters, Energy Meters, Hockey Skates, Musical Instruments, Jenga Giants, Pickle Balls, Ring Toss Games, Tennis Raquets, Puzzles, Park Passes, Museum Passes, Hotspots, Pedometers and more. Please visit their website at the following links:

<https://www.wpl.ca/cool-things>

<https://www.kpl.org/cool-things>

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## Splash Pads open in Waterloo Region

Summer is here and so is the heat. Fortunately the splash pads are open for to cool you off and have fun. Here is the list of splash pad locations around you:

Now open in Kitchener:

Breithaupt Park, 806 Union Street, 519-741-2502

Centreville Chicopee, 141 Morgan Avenue, 519-741-2490

Chandler Mowat, 222 Chandler Drive, 519-741-2733

Doon Pioneer Park, 150 Pioneer Drive, 519-741-2641

Kingsdale, 78 Wilson Avenue, 519-741-2540

McLennan Park, 901 Ottawa Street South

Victoria Park, Courtland Avenue West, 519-741-2345

RBJ Schlegel Park, 1664 Huron Road

Each location is open daily from 9 a.m. to 9 p.m.



The city reminded residents all splash pad users must wear swim clothes, be respectful of other guests, take turns, and always supervise children under age 9.

Meanwhile the City of Cambridge says its 11 splash pads will open June 10.

Waterloo's two splash pads are now open. They are open from 10 a.m. to 6 p.m.

- Waterloo Park's splash pad is located off Father David Bauer Drive, next to the skate park. Free parking is available on the street or in lots surrounding the park.
- Albert McCormick Community Centre, 500 Parkside Drive, Waterloo, 519-885-1700.

## Inclusion Services

If you or someone you know has a disability and needs support to join any City of Kitchener or City of Waterloo programs, Inclusion Services is here to help! We offer 1:1 support for people with disabilities wanting to participate in any in-person City programs. Support may be provided by program staff, training volunteers, or support workers. All inclusion support is free of charge. Inclusion Services also provides up to two weeks of summer camp inclusion support in any City of Kitchener or City of Waterloo camp programs. Visit [www.kitchener.ca/leisuresupport](http://www.kitchener.ca/leisuresupport) for more information on how to request support and to complete an inclusion membership form.

For any other accommodation needs or requests, please contact the **Inclusion Services Coordinator at 519-741-2200 ext. 7229**

## Helpful Links To Workshops and Newsletters

<http://www.kidsability.ca/program/activityguides>

<http://www.eafwr.on.ca/events/>  
<https://wrfn.info/blog/tag/wrfn-newsletter>

<https://wrfn.info/category/event/>  
<https://www.carizonforthecommunity.ca/>

<https://autism-ontario-adult-e-newsletter>

## Fee Assistance for Leisure and Recreational Activities

Fee Assistance for Leisure and Recreational Activities is available from different sources in the Region of Waterloo. More information on eligibility criteria and how to apply, online application form can be found at these links:

The City of Waterloo:

**Fee-assistance-application Waterloo**

The City of Kitchener:

**Fee-assistance Kitchener**

The City of Cambridge:

**Activities for Less Fee Assistance application Cambridge**

YMCA KW:

**Fee-Assistance YMCA**

## Online PAL Card Application

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 on line here:

**PAL-card-application-process Kitchener**

Waterloo's PAL form is found here:

**PAL-Card Application Waterloo**

Cambridge's PAL form can be found here:

**PAL-Card Application Cambridge**

# RECREATION & LEISURE

## Recreation Programs Available in the Region

Click on the links below for further information on each program

City programming in Kitchener– Waterloo offers recreation programs in various ways. These are some of them listed below:

Before and After School Programs  
Extended day programs through school board  
(ages 4-12 years)

**Waterloo Regional District School Board -WRDSB**  
**Waterloo Catholic District School Board - WCDSB**  
**YMCA/YWCA**

Kindergarten Extended Day Care (4-5 years)  
School Age Youth Development (6-12 years)

**City of Waterloo Camps-and-pre-school**  
**Waterloo**

City of Kitchener **Children-and-youth Kitchener**  
City of Cambridge **Children's recreation**  
**Cambridge**

Regional Libraries also offers various programming. You can find them on their website:

**Waterloo Public Library Events Calendar**  
**Kitchener Public Library Events Calendar**  
**Cambridge Idea Exchange Events Calendar**

### Access 2 Card

The Access 2 Card program helps to ensure that entertainment, cultural and recreational opportunities are more available and accessible to all. The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at participating entertainment, cultural and recreational venues across Canada.

A support person is an adult who accompanies a person with a permanent disability to assist with services that are not provided by the employees at the participating venue, such as assistance with eating, administering medication, communication and use of the facilities.

[www.access2 Card](http://www.access2 Card)

Check your local Community Centres for PD Day, March Break, Summer Camps and activities at the link below:

**Kitchener:** [www.kitchener.ca/community-centres](http://www.kitchener.ca/community-centres)

**Waterloo:** [www.waterloo.ca/community-and-rec-centres](http://www.waterloo.ca/community-and-rec-centres)

**Cambridge:** [www.facilities.cambridge.ca](http://www.facilities.cambridge.ca)

### Recreation and Social Programs offered through KidsAbility

Please check this [link](#) for various programs offered throughout the year.



### Workshops and Activity Guides City of Waterloo Program and Activities Guide

**City of Kitchener Active Kitchener**  
**City of Cambridge Activity Guide** will not publish until further notice. But you can browse their programs at this [link](#)

**These are some of the places who accept an Access 2 Card in the Region of Waterloo:**

**Cambridge:** Butterfly Conservatory,  
Fashion History Museum

**Kitchener:** Bingemans, Chicopee  
Tube Park, THEMUSEUM, Center in the  
Square, The Registry Theater

**Waterloo:** Third Age Learning,  
Waterloo Region Museum

## ABOUT US

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Monday to Friday



SDRC Connection publishes four times a year. If you would like to receive notification when new issues are available on our website, please contact us at [sdrc@sunbeamcommunity.ca](mailto:sdrc@sunbeamcommunity.ca) providing your name and email address. If you have a family member currently receiving services from SDRC, please provide his/her name as well.

You can also sign up for newsletter notification online at our website: [www.sdrc.ca](http://www.sdrc.ca)

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### Disclaimer

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

### Code of Conduct

Sunbeam's "Code of Conduct For Persons Served and Family Members" can be found at [www.sunbeamcommunity.ca/news](http://www.sunbeamcommunity.ca/news)

### Privacy, Consent, Collection & Disclosure

Sunbeam's "Privacy, Consent, Collection & Disclosure of Personal/Health Information 2021 Policy Bulletin" can be found at [www.sunbeamcommunity.ca/Privacy-Consent](http://www.sunbeamcommunity.ca/Privacy-Consent)