



SDRC Connection

Summer is around the corner. ..

In this issue we have put together some leisure and recreational activities specially designed for the summer months, see page 22. As usual other programs and resources for individuals and families with developmental disabilities are also available throughout the newsletter.

Sunbeam Developmental Resource Centre (SDRC) hosts various clinics: Ask A Behaviour Consultant, Ask A Speech Language Pathologist (SLP), Intake Financial and SLP Clinic. See page 7 for more information on these clinics.

The Service Coordination Team of SDRC provides information, education, and resources and explores opportunities and aspirations for children, youth and adults with a developmental disability and/or an autism spectrum disorder. Please go to the next page to know more about this service.

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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.

Service Coordination Team At SDRC

Service Coordination Services of SDRC are offered in Waterloo Region to children, youth and adults with a developmental disability and/or an autism spectrum disorder, and/or to their families. 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. The client/family is always an active participant in all decisions.



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

The Service Coordination Model employed emphasizes a voluntary working relationship based upon mutual accountability between worker and client/family. With the consent of the client/family the worker facilitates goal-oriented planning with time-defined support. The client/family is always an active participant in all decisions.



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



On the next page the team shares information on two community cards that can support individuals' and families' access events.

WHAT'S HAPPENING AT SDRC

The Access 2 Program: a collaborative partnership between Easter Seals and over 500 movie theatres, cultural attractions, entertainment venues, and recreation facilities across Canada. When an Access 2 cardholder (the individual with the permanent disability) presents their valid Access 2 Card at any participating venue partner, their support person receives free admission; the cardholder pays regular admission. There is a fee for this card, however it is covered by SSAH/Passport funding. You can find more information on their website: www.access2card.ca.

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 Theatre

Waterloo: Third Age Learning, Waterloo Region Museum

PAL (Personal Assistance Leisure) Card: with this card people with disabilities can bring a helper, often a friend or family member, to help them take part in city-run programs. In most cases, there is no extra cost as the helper is there to make sure you can participate and enjoy the activity and not there to participate themselves. There is no fee for this card. Find more information at:

www.kitchener.ca/recreation-and-sports/personal-assistance-for-leisure-activities.aspx

People can apply for the PAL card with the City on line here:

PAL-card-application-process Kitchener

PAL-Card Application Waterloo

PAL-Card Application Cambridge

Online Application for ACSD and SSAH

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

ACSD: www.ontario.ca/page/assistance-children-severe-disabilities-program

SSAH: www.ontario.ca/page/special-services-home

Adult Resource Guide

(Previously known as Transition to Adulthood Booklet)

What was previously named the Transition to Adulthood Resource Booklet is now titled **The Adult Resource Guide: Community Supports and Services**. Originally, the Guide was developed to provide key resources to youth on the autism spectrum who are transitioning to adulthood (turning 18) and who may not be eligible for adult services from Developmental Services Ontario. Recently it has come to our attention that this Guide is also being used by adults of all ages who have other diagnoses, so we have changed the title of the Guide to reflect this. The most up-to-date version can always be found under the 'Resources' tab on our **website: www.sdrc.ca**. Below are the contents featured in this guide:

1. Introduction
2. What Is Self Advocacy
3. Sunbeam Developmental Resource Centre (SDRC)
4. Help To Find Supports And Services
5. Income Assistance
6. Employment, Training and Volunteer Supports
7. Housing Supports
8. Transportation Supports
9. Adult Education Information
10. Legal Information And Supports
11. Mental Health And Crisis Supports
12. Fetal Alcohol Spectrum Disorder Information
13. Cultural Supports
14. LGBTQ2S+ Services
15. Vulnerable Persons Registry
16. Social/Recreational Activities & Cards
17. Support And Social Groups
18. Online Resources
19. Long Term Planning
20. Other

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**

Autism Social Skills Groups

Autism Social Skills Group

SDRC offers a 6-week Social Skills Group to children/youth with an autism spectrum disorder between the ages of 11 and 17 years. A referral is required as this is not a drop-in group.

The Six-Week Group runs on **Tuesday evenings from 5:00 pm-6:30 pm.**

Autism Monthly Social Skills Group

SDRC offers a Monthly Social Skills Group for youth between the ages of 14 and 17 years with an autism spectrum disorder with no intellectual disability. Individuals must be able to be independent. The purpose of the group is to help individuals develop social skills. A referral is required as this is not a drop-in group.

The Monthly Social Skills Group is offered every **2nd Wednesday** of the month at **5:00 pm-6:30 pm** with every other month to include a community outing.

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

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, sharing the diagnosis and advocating for your child.

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

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



WHAT'S HAPPENING AT SDRC - GROUPS

The Weekly Mothers' Support Group at SDRC

The Mothers' Support Group is a 6-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, community resources, 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. It is a small group, for 6 – 10 members, and runs for 6 consecutive weeks. Two times are offered: Wednesday evenings from 7:00 pm - 8:30 pm or Thursday mornings from 10:00 am - 11:30 am.

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 the month
from 10:00 am to 11:30 am**

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



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: anxiety, school issues and grief.

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

WHAT'S HAPPENING AT SDRC - CLINICS

Clinics at SDRC

Sunbeam Developmental Resource Centre (SDRC) hosts various clinics. All clinics are 1 hour in length via Zoom, limited to a maximum of 10 participants and include an opportunity for questions and discussion. Different eligibility criterias apply. For specific information on each clinic and dates please visit: www.sdrc.ca/clinics. If you like to attend any of these clinics please call Rehana Khanam at 519-741-1121 ext. 2201 to register.

Intake Financial Clinic Virtual

Intake Financial Clinics provide information on the various financial supports available to families who have children with higher support needs. These clinics are offered virtually on a monthly basis and are small group in nature. If your child has been confirmed eligible for SDRC services, you are welcome to attend.



Ask A Speech Language Pathologist Clinic - Virtual

As part of our foundations supports, SDRC provides "Ask a Speech-Language Pathologist" consultation. This support is available to parent/caregivers of children with autism up to 6 years who are enrolled in the Ontario Autism Program (OAP). Each session will have a short presentation and then will be open to your questions about how to help your child's speech and language skills.



Speech-Language Pathology Clinic

We offer free individual family-focused consultation for SDRC clients over the age of 6 years with a intellectual disability and/or autism spectrum disorder, living in Waterloo Region. At the clinic you will be expected to identify one or two concerns/goals and consultation/resources will be provided to address the goal.



Ask A Behaviour Consultant Virtual Clinic Series

SDRC is offering these clinics for parents and caregivers of individuals with a developmental disability and/or autism spectrum disorder.

Please stay tuned for the dates for the New Topics coming in September: Sleep, Emotional Regulation, ABA Myth Busters and Executive Functioning.



Workshops, Speaker Series and Informations Sessions at SDRC

SDRC offers different kinds of clinical workshops, Information Sessions and Speaker Series. Please stay tuned for the Fall Schedule coming up soon. Visit our website, check the Fall Newsletter and your inbox if you have opted to be in our Newsletter email list for the topics, dates and flyers. Some of the past topics of these workshops were:

Autism/Developmental Disabilities and Communication Skills, Helping Individuals Navigate the Social World, Tips for Parents of Individuals with Autism, Information Session on Financial Supports, Discussing Puberty and Sexuality With Your Child, School Refusal, An Introduction To Autism Spectrum Disorder, Collaborating with Schools, Mental Health and Crisis Services, Your Tax Questions Answered, CICE and Accessible Learning Services, Information for Low to Modest Income Individuals, Substitute Decision Making and POA etc.

www.sdrc.ca/workshops-and-training
www.sdrc.ca/sdrc-connection-newsletter
www.sdrc.ca/news

iPad Loaner Program at SDRC

Clients and their families 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.





INDIVIDUAL SERVICE PACKAGES

Now offering both in-centre
and home services to meet the
needs of families in our
community!

**Service is an eligible expense
for Access OAP**



SERVICE INFORMATION

- All services begin with an initial service consultation with our Clinical Intake (30 min in length and free of charge)
- Service delivery is supervised by our onsite Board Certified Behaviour Analyst (BCBA).
- Examples of goals:
 - Daily Living Skills
 - Independent Living Skills
 - Responding Appropriately to Situations
 - Engaging in new activities
 - Dating and relationships
 - Tolerating No
 - Job Readiness
 - Early conversation skills
 - Communication skills (e.g. augmentative communication)

To schedule an initial service planning meeting
please reach out to our Senior Therapist/Clinical
Intake at brightside@sunbeamcommunity.ca

OR

519-741-1121 ext. 2904

Spring/Summer 2024 Newsletter of Sunbeam Community and Developmental Services

Spring/Summer 2024 Newsletter of Sunbeam Community and Developmental Services is now available. To view the online version, please visit the website: www.sunbeamcommunity.ca/spring-summer-2024.pdf

Journey to Belonging, Choice and Inclusion: An Information Update for Individuals, Families and Caregivers

Recently an information session about the Ontario Government's transformation initiative for developmental services, Journey to Belonging, was offered by the Ministry of Children, Community & Social Services in collaboration with Partners for Planning. Partners for Planning (www.partnersforplanning.ca) is a national non-profit organization that supports people with a developmental disability and their families to be proactive in planning for the future.

Visit Sunbeam's website for the news, and links for the recorded information session and the slide decks: www.sunbeamcommunity.ca

Recreation and Wellness Calendar of Events

Through the delivery of specialized programming and activities designed to promote physical, emotional, and social wellness, Sunbeam's Recreation and Wellness team strives to enhance the quality of life and sense of community and belonging in the people we support.

The team is excited to introduce the monthly Recreation and Wellness Calendar of Events, which contains information and details for all group activities at Sunbeam and can be found on the Sunbeam Community website here:

www.sunbeamcommunity.ca/recreation-wellness-program.

These programs qualify for the use of Passport Funds by eligible adults 18 years and older and are offered as a fee-for-service option for children 12 years and up.

For more information and registration, please contact the Recreation & Wellness department via phone: 519-893-6200 (ext. 1211) or email: recreation@sunbeamcommunity.ca

WHAT'S HAPPENING IN THE COMMUNITY

Autism Ontario's David Conforti Reach for the Stars Volunteerism Award

Autism Ontario is now accepting online-only applications for this award from the youth and adults with autism across Ontario. The final day to apply is June 30, 2024.

For information please click on this link:
www.autismontario.com/DavidConforti

Alternative to Guardianship Free Webcast by Partners for Planning

There has been an increase in discussion around parents and caregivers seeking guardianship for their adult child with a developmental disability. This webcast will help families understand the implications of guardianship and how it is usually unnecessary. It will also delve into decision making alternatives in Ontario and different ways to think about a person's rights and ability to make their own decisions.

Alternatives to Guardianship

Presenters: Karen and Stephanie Dickson

June 19, 2024 at 7pm

Register at the link below:

www.planningnetwork.ca/alternatives-to-guardianship

Bike Program of KidsAbility

KidsAbility provides specialized bike programs for children with disabilities, including adaptive bikes, therapist support, and caregiver education, fostering physical activity, independence, and inclusion in a safe, empowering environment.

Program Dates: June 10 - July 26, 2024
KidsAbility Waterloo (500 Hallmark Dr.)

Program Includes:

- Virtual; Caregiver Education Series
- Optional Drop-In Try-it Sessions
- Three-Week Learn-to-Bike group

For more information email:

rectherapy@kidsability.ca

Camino Wellbeing + Mental Health Region-wide Tutoring

Camino Wellbeing+ Mental Health provides tutoring and homework spaces that are accessible and free of cost to families and students. For more information, visit www.caminowellbeing.ca/tutoring.

Groups and Workshops

Camino wellbeing + Mental Health is 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: www.carizon.ca/group-programs

To register call 519-743-6333 X 3250 or email: groups@caminowellbeing.ca

WHAT'S HAPPENING IN THE COMMUNITY

School Issue Parent Support Group by WRFN

This peer-led group provides support, advice and a safe environment for parents who have questions or concerns about school issues affecting their children with special needs.

The WRFN School Issues Support Group meets on the last Wednesday of each month during the school year.

For more information and next meeting date please contact Sue Simpson at Sue.simpson@wrfn.info.

Student Link

Student Links matches students and mentors who share a common passion or interest. Some of the mentors that have been matched with students in the past have been experts in: Botany, Broadcasting, Comics, Film, Geography, Bikes, Museum, Music Production, Planes, Breakdancing, DJ'ing, Photography, Fashion Design, Weather, Fitness. If you are: aged 14-21, attending high school, have an intellectual disability and are eager to discover and experience opportunities that interest you, contact:

Eric Humphreys, Student Links Coordinator
Kitchener, Waterloo, Cambridge, Guelph
ehumphreys@communitylivingontario.ca
Phone: 548-405-5000.



The Anonymous Bullying Reporting Tool of WRDSB

We hear from some parents about bullying concerns at school. Here is some information about an additional support that the public school board has set up to help students at the WRDSB schools get help and feel safe.

The Anonymous Bullying Reporting Tool is available to WRDSB students to report safety concerns related to bullying for themselves, or on behalf of another student.



ANONYMOUS BULLYING
REPORTING TOOL

The Anonymous Bullying Reporting Tool is not meant to replace school supports available, but rather to provide an option for students. Students are encouraged to continue to reach out to their teachers, principal or other school staff when in need of assistance. For more information go to the website www.wrdsb.ca and search "The Anonymous Bullying Reporting Tool."

Autism in High School Web-based Guide

This resource guide is 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. This is the website address: www.autisminhighschool.ca

Family Resource Coach of WRFN

The Family Resource Coaches of Waterloo Region Family Network (WRFN) are available to meet in person, by phone, email, or virtual call. A Family Resource Coach lends a helping hand and personal guidance to families by connecting you to updated information, resources, and opportunities available within our community.

Call Erin Sutherland at 226-808-5460 or email Erin.Sutherland@wrfn.info.

Call Leah Bowman at 226-898-9301 or email Leah.Bowman@wrfn.info.

Call Marla Pender at 226-338-7274 or email Marla.Pender@wrfn.info.

Drop-Ins at EarlyON

Family Resource Coach of WRFN Erin hosts in-person drop-in meetings to answer your questions about community resources and child development. They take place at various EarlyON locations. Meetings do not require an appointment but are offered on a first come first serve basis with the exception of Cedar Creek and Riverside which now require pre-registration.

Visit: www.wrfn.info/events
for drop-in dates and locations or
call: 226-808-5460



EarlyON Waterloo Region

EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old.

Along with seven (7) EarlyON locations across Waterloo Region there are five (5) mobile sites where Drop-in Playtime is offered in the mornings:

- Mondays - Wellesley Community Centre Monday
- Tuesdays - Stork Family YMCA and New Dundee Community Centre
- Wednesdays - Wilmot Family Resource Centre
- Fridays - Victoria Hills Community Centre

Drop-in Playtime: drop in any time the center is open.

Families are required to set up a KeyON account through www.KeyON.ca before participating in programs.

www.earlyyearsinfo.ca

EarlyON at YMCA of Three Rivers

In addition to the six EarlyON Child and Family Centres in Waterloo Region, the YMCA of Three Rivers now offers mobile programs at various sites in Waterloo Region and in Stratford. Join other children, caring adults and families in play and exploration together! EarlyON Educators are available to provide support and information around early learning topics, community resources, programs and referrals in a play-based environment.

For a list of mobile sites and the programs they offer visit the **Locations Page** at www.earlyyearsinfo.ca

Parenting Now

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

ODSP Rates Increase

On July 1, 2024, an inflation-based increase of 4.5% will be applied to ODSP rates relating to:

- Basic needs and shelter maximum amounts for singles and families
- Board and lodge amounts for singles and families
- The amount provided for a couple where both have disabilities
- Amounts for services provided by a Long-Term Care Home or a Specialized Care Residence

ODSP rates are tied to inflation. In any year that payments rise because of inflation, you will receive the higher payment at the end of July. Visit the website for more information:

www.ontario.ca/page/ontario-disability-support-program



Benefits Wayfinder

Prosper Canada's new Benefits Wayfinder tool can help you and your sibling with a disability navigate federal and provincial benefits to improve your sibling's financial security.

The Benefits Wayfinder was created by Prosper Canada, a national charity that works with partners in all sectors to develop and promote financial policies, programs and resources.

You can access their services from their website at this link:

www.benefitswayfinder.org

You can learn more about how to use this tool and improve financial security by enrolling in this free online course:

Savvy Siblings: Strengthening the Financial Security of Your Sibling with a Disability.

This course is for adults who want to play a role in improving the financial security of their siblings with disabilities - whether today or in the future.

www.learning.siblingscanada.ca/courses/savvy-siblings

Free Online Learning Modules for Job Seekers with ASD and Employers

Autism Career Connections, a collaboration between Autism Ontario and Apex Academy Online, provides online learning modules for job seekers with autism and their potential employers at no cost. This is to help job seekers on the autism spectrum prepare for work.

More information available at this link:

www.autismontario.com/programs-services/autism-career-connections/job-seekers

CAMH - Azrieli Adult Neurodevelopmental Centre

Their **All About Autism & Mental Health Webpage** has autism-related information, webinar recordings, and mindfulness resources. This page offers resources and videos related to mental health for the people who have autism, developed with and for people who have autism and their families.

Autism Career Connections

Autism Career Connections is a collaborative effort of Autism Ontario with Apex Academy, a leading educational platform providing equitable access to knowledge in the digital space.

Using a modular approach, employers and HR professionals will learn how to design inclusive working environments, adopt unbiased hiring practices, and foster success within the autistic community. Job seekers can look forward to employment preparedness programs where they can learn to identify their strengths, write an effective resume, practice their interview skills, and explore potential employment opportunities. Check at this link for more information:

www.autismontario.com/autism-career-connections

Autism Research Institute (ARI)

Autism Research Institute (ARI) hosts free online education webinars for individuals, parents and professionals. For information on other webinars please check at this link: autism.org/webinars.

Kerry's Place Autism Services

Kerry's Place Autism Services provides services to families with children, adolescents, and adults, with autism spectrum disorder. You can learn more about their services and supports on their website:

www.kerrysplace.org/support-and-services.

Specialisterne North America

Specialisterne North America works with businesses in Canada and the US to hire neurodivergent employees. They connect qualified neurodivergent candidates to employment opportunities in numerous industries and sectors.

For more information please visit their website:

www.specialisterne.applytojob.com



WHAT'S HAPPENING IN THE COMMUNITY

Autism Speaks Canada

Autism Speaks Canada is committed to ensuring access to reliable information and services throughout the life span of an individual. Their Autism Response Team (ART) is an information line for the autism community and their team members are specially trained to provide personalized information to people with autism, their families and care-takers. Please visit the website:

www.autismspeaks.ca/autism-response-team-art

Autism Ontario

Calendar of Upcoming Events

Autism Ontario helps all autistic individuals and families in their communities have access to meaningful supports, information, and connections so they are equitably and seamlessly supported throughout the course of their lives

www.autismontario.com/events

Connecting, Interests and Activities

This group in Waterloo Region is 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, Kitchener
- Drop-in group, so folks are welcome to join anytime between 5:00 and 7:00 pm.
- Questions? Please reach out to Kelly Groh at 519-731-3923 or email: grohtech@explornet.com

The AIDE Canada

The Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE Canada) has many resources for people with autism and other disabilities. Find articles, videos, courses and more. Resources across the lifespan are searchable by topic, journey stage, and type. Visit their website for more information: www.aidecanada.ca.

Lending Library

Visit www.aidecanada.overdrive.com to browse their digital collection by logging in. Borrow free books, audiobooks, ebooks and more from the AIDE Canada Library. The library is open to everyone in Canada. You can read or listen online in your browser, or download the Libby app on your Android or iOS device. AIDE is funded by the Public Health Agency of Canada.

Mental Health Literacy Guide for Autism

The Mental Health Literacy Guide for Autism published by York University and Centre for Addiction and Mental Health is available at this link:

www.yorku.ca/Mental-Health-Literacy-Guide-for-Autism.pdf

WHAT'S HAPPENING IN THE COMMUNITY

9-8-8 Help Line

9-8-8 is a national helpline in Canada that gives people access to suicide prevention services via call or text. It's available in all provinces and territories, 24/7 and free of charge. Its goal is to prevent suicide. Calls and texts will be directed to a network of partners in communities across the country. People can call or text 9-8-8 toll-free, anytime for support in English and French.

The Ontario Caregiver Organization

The Ontario Caregiver Organization is full of resources for caregivers. Click on each title to go to the specific webpage.

- **Ontario Caregiver Helpline:**
1-833-416-2273

A single point of access for 24/7 caregiver information, supports, and services in both English and French. Live chat is also available Mon-Fri, 7am-9pm at ontariocaregiver.ca

- **The SCALE Program (Supporting Caregiver Awareness, Learning and Empowerment): Caregiver Needs and Well-Being**
- **Online Support Groups**
Peer Support Program that connects caregivers with trained peer mentors for 1:1 phone or virtual support.
For caregivers seeking to become a peer mentor - [click here](#)
For caregivers who need the support of a peer mentor - [click here](#)
- **Educational Webinars**
- **Toolkits and Resources for Caregivers**
- **Time to Talk Podcast**

APSGO

The Association of Parent Support Groups in Ontario (APSGO) is for parents struggling with the behavior of a child, youth or young adult.

APSGO support groups help parents/guardians develop effective strategies, set limits and boundaries, and build better relationships with their children.

If you are interested please email APSGO-KW at: apsgo.kw@gmail.com. You can also visit their website for more information: www.apsgo.ca.

Vulnerable Persons Registry

The Vulnerable Persons Registry (VPR) is a community-based initiative that promotes communication between vulnerable persons, the people who support them, and the police. This information will assist officers when responding to an emergency involving a vulnerable person. The registry provides police with quick access to critical information. Registry information includes who to contact in an emergency, a detailed physical description and photo of the vulnerable person, ways to communicate, and any particular sensitivities that the person may experience. Access to this information is controlled.

Individuals, their parent/legal guardian, or other legal authorities may register a vulnerable person. The VPR is voluntary and free to register. at this link:

www.vulnerablepersonsregistry.ca/Home/Index

WHAT'S HAPPENING IN THE COMMUNITY

Passport Program of Ontario

The Passport Program, funded by the Ministry of Children, Community and Social Services (MCCSS), helps adults with a developmental disability be involved in their communities and live as independently as possible by providing funding for community participation services and supports, activities of daily living and person-directed planning. The program also provides funding for caregiver respite services and supports for primary caregivers of an adult with a developmental disability.

www.passportfunding.ca

Resources for Individuals with Developmental Disabilities

Community Living Ontario has made some online resources available related with topics such as legal capacity and intellectual disability, supported decision making, guardianship, banking with disability etc. These are available at this link:

www.communitylivingontario.ca/right-to-decide

Housing Toolkit by DSO

Learn how the DSO housing toolkit can help you create a housing vision for adults with a developmental disabilities.

This toolkit is a library of housing resources put together by DSO staff, with input from people in similar situations, to help you create a housing plan. If you choose to use the **My housing and support plan** form, Step 1 will provide you with tools to complete it. Additional steps within the toolkit will help you to fill in any gaps in your housing plan. For example, Step 2 "Reviewing housing options and locations" will help if you are not sure where you want to live, and Step 3 "Financing the Plan" will help you explore funding opportunities.

The toolkit has been organized into 6 Steps to make it easier for you to work through the information. Click on each step to access information, resources, tools and expert advice from our staff, families, partner agencies and organizations.

Check out this link for more information:
www.dsontario.ca/resources/housing

To connect with DSOCWR Housing Navigator, call or email at: 1888-941-1121 or c.hall@sunbeamcommunity.ca

March of Dimes Hi, Tech!

March of Dimes Hi, Tech! program empowers adults with disabilities to build their digital skillset and bridge online connections with their communities.

If you have a disability and are 18 years or older, you are eligible to be matched with a tech support coach. Your coach will answer your technology questions and get you set up. To learn more visit: www.marchofdimes.ca/en-ca/programs/atech/hitech

WHAT'S HAPPENING IN THE COMMUNITY

Extend-A-Family WR Community Groups

This Community Group is to support members to participate in their community by encouraging them to make connections to places and people. This is accomplished through:

- Group facilitation to develop group norms and safety in community
- Developing relationships in community
- Becoming more confident and independent
- Leadership development

Eligible participants are 18 years and older, eligible for passport funding, and do not require one-to-one support or assistance with personal care.

Open Space

Extend-A-Family in partnership with Kitchener Public Library hosts **Open Space** - a weekly gathering program that promotes inclusion within the community by getting people together for food, fun, and conversation.

Monday - 6:30 pm to 8:00 pm
Kitchener Public Library
85 Queen St N

Wednesday - 12:00 pm to 2:00 pm
Cambridge Mall Food Court
355 Hespeler Rd, Cambridge

Friday: 10:00 am to 12:00 pm
Conestoga Mall Food Court
550 King St N. Waterloo

For more information contact:

Trena Barnes, 519-741-0190 ext. 216
trena.barnes@eafwr.on.ca

Friendly Connections

Friendly Connections is an interactive social service for individuals of all ages with intellectual and/or developmental disabilities run by ConnectABILITY.

Focused on helping their community overcome isolation, Friendly Connections aims to help improve the well-being of individuals through socializing and providing entertaining resources.

Friendly Connections wants to connect with individuals across Canada through phone calls, video calls, emailing, messenger chats, and good old fashioned mail. We mail letters, postcards, colouring sheets, activity sheets, stickers, and other fun goodies!

www.connectability.ca/friendly-connections

Planning Network's Action Guide

Imagine being denied access to money in your own bank account; not being permitted to get your own cell phone; not being consulted about an important health decision; or being turned away when trying to open an RDSP because you have an intellectual disability. These are some of the scenarios families regularly face.

The Planning Network's Action Guide and the webcast at the link below are excellent resources families can use to help outline what their options are in these and other situations.

www.planningnetwork.ca/resources/legal-capacity

Canadian Dental Care Plan

Canadian residents with an adjusted family net income below \$90,000, who do not have dental insurance can apply for the Canadian Dental Care Plan (CDCP).

To check the eligibility criteria and application dates please check the website:

www.canada.ca/en/services/benefits/dental/dental-care-plan.html

Waterloo Region Community Legal Services

Waterloo Region Community Legal Services provide legal advice and help for low income people residing in Waterloo Region with the following type of problems:

Housing Law (tenants)

Income Maintenance Law (ODSP, OW and CPP-D)

Employment Insurance

Name Change and Gender Marker Change

Consumer Protection

Sexual Harassment in Workplace

For more information please contact their office by phone or by using their online contact form located under the Contact Us section of their website if you require legal assistance during this time.

Website: www.wrcls.ca

Phone: 519-743-0254



Ontario Electricity Board (OESP) Helps Low-Income Families

Check the website of **Ontario Electricity Support Program (OESP)**. If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill. **Click here** to learn more about it. The OESP will reduce the cost of your household electricity by applying a monthly credit directly to your bill. The credit amount will depend on how many people live in your home and your combined household income.

New Application

ontarioelectricitysupport.ca/SelfAssessment

Renew Application

ontarioelectricitysupport.ca/Renew

Emergency Low Cost Food Program

There are many sources in the Region of Waterloo who provide emergency food hamper and meal programs. Please call the hamper or meal program first as the information, including hours of operation and services offered, is subject to change. Most churches also provide food hampers for their geographical area only.

Please contact the Food Bank of Waterloo Region at 519-743-5576,

(www.thefoodbank.ca) or the Cambridge Self Help Food Bank, 519-622-6550 for more information about specific programs in your neighbourhood.

Check at their website for detailed

information: www.christmasupport.ca

WHAT'S HAPPENING IN THE COMMUNITY

Sports for Special Athletes

Sports for Special Athletes (SSA) is a 'grass-roots', community-based sport and recreation organization. Locally based in Waterloo, their programs are designed for people with special needs, ages 5 years and up. Pay a \$20 annual administration fee (from Sept-Sept) plus, a \$5 sports fee for each sport you sign up for. Summer programs include Sunday 1:00pm – 3:00pm Blastball, Tuesday 6:30pm – 8:30pm Lawn Bowling, Wednesday 6:30pm – 8:30pm Mini Golf, Thursday 6:30pm – 8:30pm Floor Hockey, Friday evening 6:30 pm 8:30pm TBD.

Summer registration for these activities is now open. Visit **here to register**.

Strong Minds Through Active Bodies

Strong Minds Through Active Bodies is a free online course for physical activity for students, professionals, and people supporting autistic youth and adults to access physical activity programs and spaces. Participants who access this free course will learn about autism, neurodiversity, ableism, and mental health. They will have access to crowd-sourced creative ideas to improve accessibility to community programs and physical activity for autistic youth and adults, and will have opportunities to contribute to a community of practice through discussion board posts and a written assignment.

www.apexacademyonline.instructure.com/enroll

Support for Mental Health

The Mental Health Commission of Canada's website is updated with credible information and resources about maintaining mental health during times of crisis, and supporting people managing a mental illness in a challenging context.

Please click on this link to check their website: **www.mentalhealthcommission.ca**

Please see below for some more 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

www.here247.ca

Camino Wellbeing+Mental Health

519-743-6333

www.caminowellbeing.ca

Grand River Hospital

519-742-3611

www.grhosp.on.ca

Cambridge Memorial Hospital

519-621-2330

www.cmh.org

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

Programs for those with Disabilities If the programs are full register for the waitlist.

City of Kitchener

Register online using **ActiveNet**, in person at a **community centre** or **indoor pool** or by phone at 519-741-2907 (Monday to Friday, 8:30 a.m. to 5 p.m.) Inclusion Membership is required.

All About YOUth Camp

All About YOUth Camp is designed for youth 13-17 years old with a special need and/or disability. Campers will participate in a variety of activities including sports, crafts and cooperative games in a supportive camp environment that meets the sensory, emotional and physical needs of the participants.

- age: 13 to 17 years old
- cost: \$165.20

YOUth Sense

YOUth Sense is a summer camp program that has been specifically developed for participants who have a special need and/or a disability and who do not require one to one support.

- ages: 9 to 14 years old
- cost: \$165.20 for five-day weeks, \$132.16 for four-day weeks.

www.kitchener.ca/programs-for-those-with-disabilities

Online Workshops and Activity Guides

City of Waterloo: Program and Activities Guide
City of Kitchener: Active Kitchener
City of Cambridge: Inclusive activities for children can be found at this [link](#)

City of Cambridge

Integrated and Adapted Programs Sunblast & Imagination Station:

An inclusive summer day camp program designed for children ages 4-12 with exceptionalities to come to camp to enjoy outdoor recreation activities, active and quiet games, sensory play, and arts and crafts. Programming is delivered by trained inclusion facilitators at a reduced staff to camper ratio (1:4) to best suit the need of each camper.

Adaptive Sport Fundamentals

In this registered adapted program, participants have the opportunity to learn the fundamental movement skills such as catching, running, throwing, and jumping through a series of structured sporting activities. Classes will be modified for all abilities, and are open to participants ages 6-12 and 13-20.

Adapted Leisure Swim

An open swim opportunity for children, youth, and adults with diverse abilities to participate in a fun, supportive and supervised water environment. The diving board, spa and sauna are open for use, and two lanes will be available for swimming lengths. In this sensory friendly environment music is not played, and whistles are only used during emergency situations. See our **Swim Schedules** page for more details.

www.cambridge.ca/support-and-accommodations

A Few More Recreational Programs in the Community for Individuals with Special Needs

City of Kitchener and City of Waterloo Adapted Aquatics – To register, visit **Waterloo's Active Net** page on their website:

www.ca.apm.activecommunities.com/activewaterloo

DARE - The Dance Adventure Rhythm Experience program provides active and social engagement adapted for all developmental and physical abilities.

For more information visit:

www.danceadventure.ca or email **dare@danceadventure.ca**.

Feel the Beat - Feel the Beat comprises of young adults with developmental disabilities, and provides participants and volunteers with a great learning experience both creatively and socially through various styles of dances and activities focused on fostering a cohesive group atmosphere. For more information visit:

www.secure.laurierathletics.com/ecommerce

Arts for All – This class offered through Arts Abound is designed for children living with disabilities and includes a variety of art experiences (including dance, music, and visual art) that are adapted to the unique needs of each student to provide them an opportunity to express themselves.

www.artsabound.ca

Kitchener Kicks Dragon Hearts program for Martial Arts continues to practice on Saturday mornings at 9am for individuals with special needs. Both virtual and in-person options are available. New participants are welcome to try the program for free before signing up. Visit **www.kitchenerkicks.ca/WP** for more information.

Adaptive Gymnastics program at KW Gymnastics will offer in-person 1:1 coaching for individuals with special needs. **www.kwgymnastics.ca/adaptive-program**. Contact Asifa at adaptive@kwgymnastics.ca for more information.

Programs at YMCA

Membership is not required to access the free online workout programs of YMCA. At this link you will have free access to many different kinds of workouts from your home.

YMCA programming online:

www.ymcahome.ca

The YMCA has revamped their membership. Fee assistance is available for eligible families. Please visit at this link: **www.feeassist.ca**

Soccer

Visit **www.linktr.ee/waterloounited** for all of the latest program info, key dates & club news!

Contact at wmsc@waterloounited.com, or 519-578-9680.

Online Sensory Workout Project

On behalf of Aptus Treatment Centre, the Sensory Workout Project is pleased to share the following series of training videos. Here are topic-specific video playlists:

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

www.youtube.com/playlist?module 1

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

www.youtube.com/playlist?module 2

Module 3: Intro to Sensory Processing & Physical Activity

www.youtube.com/playlist?module 3

Module 4: The Sensory Environment

www.youtube.com/playlist?module 4

Special Olympics

Visit the Special Olympics events calendar to get additional information, resources and registration links for events coming up in Kitchener-Waterloo.

www.specialolympicsontario.com/events/calendar

Community Centres

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

Kitchener: www.kitchener.ca/community-centres

Waterloo: www.waterloo.ca/community-and-rec-centres

Cambridge: www.facilities.cambridge.ca

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

Fitness Class

Movin' & Groovin' fitness class is designed for children ages 4-12 with special needs. For registration and other information please visit their website or email the program coordinator: Nicole Vandermade

SunlifeCPA@wlu.ca

519.884.0710 x3209

www.researchcentres.wlu.ca/sun-life-financial-centre-for-physically-active-communities

Supportive Hockey Programs

Kitchener Ice Pirates is a Hockey League for hockey players with special needs or disabilities. Please contact Kirsten Carr at icepirates@kitchenerminorhockey.com or visit:

www.kitchenerminorhockey.com/Pages/41953/Ice_Pirates_-_Special_Hockey

Cambridge Ice Hounds is a hockey program developed for players with special needs. You can find more information at this link: www.cambridgeicehounds.ca

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! They 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 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

www.kidsability.ca/program/activityguides

www.eafwr.on.ca/events

wrfn.info/blog/tag/wrfn-newsletter

wrfn.info/category/event

www.caminowellbeing.ca

autism-ontario-adult-e-newsletter

www.autismontario.com/newsletter

www.camh/hcardd-newsletter-feb2024

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, 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 of Three Rivers:

Fee-Assistance YMCA

Summer Camp Resources and Fair Videos

Camp resources are available on KidsAbility's website www.kidsability.ca under the Caregiver & Client Supports tab -

Thrive Together Tools:

Camp Fair Videos are available at these links below:

Overnight Camps in Waterloo Region, Guelph-Wellington, and Beyond 2024

Day Camps for Children, Aged 4-12 (Guelph-Wellington) 2024

Day Camps for Children, Aged 4-12 (Waterloo Region) 2024

ABOUT US

MAIN OFFICE

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Phone: 519-741-1121

Fax: 519-743-4730

E-mail:

sdrc@sunbeamcommunity.ca

Website: www.sdrc.ca

Hours:

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

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 providing your name and email address. If you have a family member currently receiving services from SDRC, please provide their name as well.

You can also sign up for newsletter notification online at our website: www.sdrc.ca



Satellite Offices

Cambridge

757 King St. E
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Fax: 519-650-5729

Kitchener

65 Hanson Avenue
Kitchener, ON N2C 2E2
Phone: 519-741-1121
Fax: 519-743-4730

Elmira

118 Barnswallow Dr.
Elmira, ON N3B 2Y9
Phone: 519-741-1121
Fax: 519-669-3444

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 them. 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

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-policy