



**Click on the graphics and go to the next page to read more.**

## Everyone plays a part... FASD (Fetal Alcohol Spectrum Disorder) Awareness Month

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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).

# WHAT'S HAPPENING AT SDRC

## September is International FASD Awareness Month

### A message from our FASD Coordinator Karen Huber

First celebrated in 1999, FASD day is devoted to raising awareness of Fetal Alcohol Spectrum Disorder (FASD) to improve prevention of FASD and diagnosis and support for individuals with FASD.

Every single person in the community can make a change to support a society that is both supportive of people with FASD and supportive of healthy pregnancies. These changes can range from having a conversation with a neighbour, to taking a profession-specific online course to advocating for FASD rights in parliament! These steps, big or small, come together to shape a more equitable future for everyone.

Let's encourage the people in our lives to take actionable steps to support people with FASD.

Reflect on what you can do personally to support this movement on a wider scale. Taking time to do training, spreading awareness in your community or discussing healthy pregnancies with your loved ones can make a real difference in someone's life. When many of us take these steps, society will change for the better.

Everyone in the community can have a role in supporting healthy pregnancies and people with FASD. Your role, big or small, can help shape a more equitable future for those with living experience of FASD and for women and gender diverse individuals who are pregnant or planning a pregnancy.

How can you play a part? Find out by clicking below.

[canfasd.ca/fasd-awareness-month/everyone-plays-a-part](https://canfasd.ca/fasd-awareness-month/everyone-plays-a-part)

## FASD Fundamentals for Caregivers

### A Virtual, Interactive 3-part series

Presented by Michelle Hughes and Karen Huber

3 sessions on October 3, 10 and 17, 2024  
(6:30 pm to 8:00 pm)

Workshop series presented by SDRC for parents and caregivers learning about:

- How to build accommodations for support and success in homes and community
- What does FASD look like in everyday life
- How does FASD impact the brain and body

Register Online:

[www.sdrc.ca/workshops-and-training](https://www.sdrc.ca/workshops-and-training)

or email: [r.khanam@sunbeamcommunity.ca](mailto:r.khanam@sunbeamcommunity.ca)

Sept 9 (9/9) is the FASD awareness Day, it marks the nine months of pregnancy.

Read more about it on **CanFASD's website: [www.canfasd.ca](https://www.canfasd.ca)**

Plexus FASD is a network of all FASD supports and services in our community. Please check their website:

[www.plexusfasd.ca](https://www.plexusfasd.ca)

# WHAT'S HAPPENING AT SUNBEAM

**OPEN HOUSE!!**

## **Brightside ABA Program**

Sunbeam invites you to an **OPEN HOUSE** at their **NEW** space for the Brightside ABA Program!



**SEPTEMBER 25, 2024**

**3:00 pm to 4:30 pm**

**Family and Children Services:**

**Family Centre**

**65 Hanson Ave., Kitchener**

**RSVP by Sept 20 to Sunny:**

**519-741-1121 x2355 | [s.malton@sunbeamcommunity.ca](mailto:s.malton@sunbeamcommunity.ca)**



Sunbeam Community & Developmental Services is pleased to present our 2023 – 2024 Annual Report, highlighting our achievements and successes in serving the community. We extend our gratitude to our dedicated employees, volunteers, and donors for their unwavering support of Sunbeam's programs and services.

We invite you to view our 2023-2024 Annual Report at the link below:

2023-2024 Annual Report Release:  
**[www.sunbeamcommunity.ca/2023-2024-annual-report](http://www.sunbeamcommunity.ca/2023-2024-annual-report)**

## **Volunteering with Sunbeam**

Sunbeam Community and Developmental Services is always welcoming new volunteers for their various service. Please check at this link to know more about this excellent opportunity!

**[www.sunbeamcommunity.ca/volunteer](http://www.sunbeamcommunity.ca/volunteer)**

# WHAT'S HAPPENING AT SDRC - CLINICS

## Clinics at SDRC

Sunbeam Developmental Resource Centre (SDRC) hosts a variety of clinics. All clinics are 1 hour in length via Zoom, limited to a maximum of 10 participants (except the SLP clinic which is one-on-one) 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](http://www.sdrc.ca/clinics). 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 foundational family services supports, SDRC provides "Ask a Speech-Language Pathologist" consultation. This support is available to parents/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

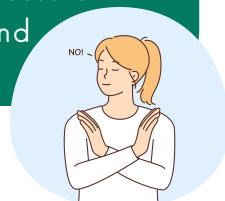
We offer free individual family-focused consultation for SDRC clients over the age of 6 years with a intellectual disability and/or autism spectrum disorder, living in Waterloo Region. At the clinic you will be expected to identify one or two concerns/goals and consultation/resources will be provided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

Fall schedule is available now on our website. The new topics are Sleep Hygiene, Emotional Regulation, ABA Myth Busters & Executive Functioning. Hygiene and School Refusal continue to run.



## 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 Group

SDRC offers a Monthly Social 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 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.

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## 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.



## 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!



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## 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!



## Virtual Information Session on Financial Supports

Join us to learn more about the various financial supports, including eligibility criteria, which are available to families who have a child ages 0-17 diagnosed with autism and/or intellectual disability.

**Date and Time: October 8, 2024 (12 pm to 1:30 pm)**

Audience: Family or community members who want to learn more about financial supports

**\*\*This workshop will not cover OAP Funding\*\***

Please visit our website to register online by October 3, 2024

**[www.sdrc.ca/workshops-and-training](http://www.sdrc.ca/workshops-and-training)**



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## Additional Support Services Page of SDRC's Website

The Additional Support Services Page of our website has been re-named and reorganised under the following categories:

Autism Services, Children's Treatment Services, Developmental Services, Mental Health and Parent and Care Provider Resources and Supports.

This page provides information and links to additional organizations and agencies in the region/province that support families through Developmental Services, Mental Health Services, and caregiver resources.

Please note that Sunbeam does not necessarily endorse or recommend third-party websites, products, or services, and is only interested in providing the community with relevant information and available resources.

**[www.sdrc.ca/additional-support-services](http://www.sdrc.ca/additional-support-services)**

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## 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.



## Adult Resource Guide: Community Supports and Services

This Guide, developed by SDRC and updated twice yearly, includes key resources for youth on the autism spectrum transitioning into adulthood who may not be eligible for adult services from Developmental Services Ontario (DSO). It could also be helpful for adults of any age who have been diagnosed with autism and/or an intellectual disability.

You can access the most recent version of the Guide (under "Resources") through our website: [www.sdrc.ca](http://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**



## Virtual Speaker Series on College Accommodation and Accessible Learning Services

**Suitable for:  
Individuals planning  
for attending college  
and require  
additional supports**



**Wednesday  
November 27, 2024  
1:30 pm pm to 3:00 pm  
Register by:  
November 22**

**Please join us to learn more about college accommodation, CICE (Community Integration Through Cooperative Education) Program and Accessible Learning Services.**

### **Speakers:**

**Sara Wardell, Katie Galashan and Kristen Harris**

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## Virtual Workshop Series on Collaborating With Schools

This workshop is designed to provide a general overview of school to help guide you on your child's school journey.

**Date: Thursdays,  
Oct 10, 2024 (12 pm to 1 pm)  
Nov 7, 2024 (5 pm to 6 pm)  
Dece 12, 2024 ( 12 pm to 1 pm)**

**Presented by:  
Jeannie Chaves, Jessica Costa,  
Lori Hoelscher, Wendy King  
and Robin Lane.**

**Register online on our website <https://www.sdrc.ca/workshops-and-training/> Call 519-741-1121 ext. 2201 or email: [r.khanamesunbeamcommunity.ca](mailto:r.khanamesunbeamcommunity.ca)**

## An Introduction to Autism Spectrum Disorder (ASD) Virtual

Date: Wednesday, October 23, 2024  
Time: 6 pm to 7 pm  
Register by: October 18, 2024

Presenters: Chloe Riddell  
Appropriate For: Individuals, families and professionals.

This workshop offers an introduction to the diversity of autism spectrum disorder (ASD). We will discuss the unique strengths and challenges individuals with ASD navigate daily, while exploring strategies to create supportive environments.

## Autism/Developmental Disabilities and Social Communication Skills - Virtual

Date: Tuesday, November 5, 2024  
Time: 6:00 pm to 7:30 pm  
Register by: November 1, 2024

Presenter: Lorraine Otto, M.Sc., CCC, Speech Language Pathologist (Reg. CASLPO)  
Appropriate for: Parents and caregivers of individuals with autism/developmental disabilities.

This workshop will provide an overview of practical strategies to support social skill development for individuals with ASD and will cover social communication skills including theory of mind, hidden curriculum, read the room, comic strip conversations and using scripts to support social skills.

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## Tips for Guardians of Individuals with Autism - Virtual

Date: Wednesday, November 13, 2024  
Time: 11:00 am – 12:00 pm  
Register By: November 8, 2024

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

This workshop is designed to provide parenting strategies for parents/guardians of individuals with autism. This workshop will review parenting styles, discuss challenging behaviours and the possible causes behind these behaviours. Additionally, the instructor will provide strategies to address these challenging behaviours.

To Register for any of these clinical workshops please email: [r.khanam@sunbeamcommunity.ca](mailto:r.khanam@sunbeamcommunity.ca), call 519-741-1121 ext. 2201 or register online on our website at: [www.sdrc.ca/workshops-and-training](http://www.sdrc.ca/workshops-and-training).



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

OR

519-894-6156 ext. 2904

Currently taking referrals for summer daytime  
services and fall evening services

## Region of Waterloo's Resources on Children with Exceptional or Special Needs

Some children are born with exceptional needs or an exceptional need is identified later as the child grows. Region of Waterloo's website is a great resource for parents and caregivers of Children with Exceptional or Special Needs. You can find information on the following programs/services on the 'Children with Exceptional or Special Needs' Page on their website at the link below:

[www.regionofwaterloo.ca/en/health-and-wellness/children-with-special-needs](http://www.regionofwaterloo.ca/en/health-and-wellness/children-with-special-needs)

### Infant and Child Development

Infant and Child Development offers services, assistance, and support to families of young children who may be experiencing developmental concerns, delays or disabilities.

A range of services are available to children up to age five who are not attending licensed child care or kindergarten.

### Finding Licensed Services for Children with Special Needs

**The Special Needs Access Point (SNAP)** is a single access point for children up to 12 years who are currently attending or seeking to enroll in a licensed child care program in Waterloo Region. SNAP accepts referrals from child care programs, parents, and community agencies.

Please visit the **Special Needs Resourcing Collaborative** website where you can find more information about referrals, what supports are available, and resources for both parents and early learning child care centers.

### Community Supports

**Extend-A-Family Waterloo Region  
KidsAbility  
Waterloo Region Family Network**

### Financial Assistance: Help Paying for Child Care

**Assistance for Children with Severe Disabilities:** If you are a parent or guardian who is caring for a child with a severe disability you may be able to get financial support through the **Assistance for Children with Severe Disabilities (ACSD) Program**. This program provides financial support for low-income and moderate-income families to cover some of the extra costs of caring for a child who has a severe disability.

**Special Services at Home:** Families who are caring for a child with a developmental and/or physical disability can apply to the **Special Services at Home (SSAH) program** to get funding.

### Online Application for ACSD and SSAH

ACSD and SSAH applications can be completed online. Below are the links for these two applications:

ACSD: [www.ontario.ca/page/assistance-children-severe-disabilities-program](http://www.ontario.ca/page/assistance-children-severe-disabilities-program)

SSAH:  
[www.ontario.ca/page/special-services-home](http://www.ontario.ca/page/special-services-home)

# WHAT'S HAPPENING IN THE COMMUNITY

## Camp Day 2024 of WRFN

Camp Day of Waterloo Region Family Network (WRFN) is a unique opportunity for families to bond and connect in a safe and supportive environment. Hosted in partnership with the YMCA of Three Rivers, this event is designed to bring families together and create lasting memories.

Date: Sunday, Sept. 22, 2024

Time: 11 am to 4 pm

Location: Camp Ki-Wa-Y

3738 Hessen Strasse, St. Clements, ON

Camp Day is a drop-in event with a wide variety of activities for both children and adults. From games to crafts to campfire chats, there's something for everyone to look forward to.

To ensure your spot at Camp Day 2024, please register early by emailing at: **info@wrfn.info**.

Please indicate the number of adults and children attending.

## WRFN's School Navigation Workshop Series

Waterloo Region Family Network is changing their School Navigation Support system. Their Family Resource Coach, Erin Sutherland, who has helped families navigate the local school systems, will now support families through a series of workshops. They will also provide new opportunities for families to connect with and support each other.

Common topics will include:

Back-to-School Preparation, Communication between Home and School, Modified Days, Tutoring Resources, and Year-to-Year Transitions, to name a few.

**Next Workshop is on October 23, 2024**

**Communication between Home and School**

To register and for more information, **Email: info@wrfn.info**.

## Waterloo Region FASD Support Groups



Virtual Sessions and In-Person events:

### **Support Group for Adolescents**

Meet friends, learn new skills, share knowledge, and have fun!

### **Support Group for Caregivers**

Topics include:

The Neurobehavioural Approach  
Creating a Circle of Support  
Respite and Relief  
Grief and Loss

**To register, contact Rob MacDonald**

**email: rmacdonald@lutherwood.ca**

**Call or text: 519 504 0695**

# 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](mailto:Sue.simpson@wrfn.info).

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## 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 to lend a helping hand and personal guidance to families and to connect you to updated information, resources, and opportunities available within our community.

Call Erin Sutherland at 226-808-5460 or email [Erin.Sutherland@wrfn.info](mailto:Erin.Sutherland@wrfn.info).

Call Leah Bowman at 226-898-9301 or email [Leah.Bowman@wrfn.info](mailto:Leah.Bowman@wrfn.info).

Call Marla Pender at 226-338-7274 or email [Marla.Pender@wrfn.info](mailto:Marla.Pender@wrfn.info).

## 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.

The logo consists of a blue rectangle with the words "ANONYMOUS BULLYING REPORTING TOOL" in white, uppercase letters. The word "ANONYMOUS" is on the top line, "BULLYING" is on the second line, and "REPORTING TOOL" is on the third line.

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 and search "The Anonymous Bullying Reporting Tool."

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

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## Agency Names Change

ADHD and Aspergers Centre has changed their name to **The ADHD and Spectrum Centre**. [www.adhdinterrupted.com](http://www.adhdinterrupted.com)

Lutherwood has changed it's name to **Starling Community Services** from May 2024. [www.starlingcs.ca](http://www.starlingcs.ca)

Adopt For Life has changed their name to **Interwoven Connection**. This is the link to their supports:

[www.interwovenconnections.ca/afcca-family-supports](http://www.interwovenconnections.ca/afcca-family-supports)



## EarlyON Team

### Early Learning, Child Care Navigators and Partners

Early Learning and Child Care (ELCC) Navigators seek opportunities to assist families in accessing Child Care, EarlyON programming, and other services that support the healthy development of children aged 0 – 6. They focus on supporting families who experience barriers accessing these services.

To meet with an Early Learning & Child Care Navigator you can send a request **online** or via email:

at [earlyyearsinfo@ytr.ymca.ca](mailto:earlyyearsinfo@ytr.ymca.ca)

You can also call 519-741-8585 ext. 3008 and ask to speak with an Early Learning and Child Care Navigator.

For more info please visit ELCC Navigators at this **link**:

**[www.earlyyearsinfo.ca/earlyon-programs-and-calendar/services](http://www.earlyyearsinfo.ca/earlyon-programs-and-calendar/services)**

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## Flu shots and flu clinics in Waterloo Region

Flu shot clinics are available seasonally to help prevent the spread of influenza.

For more information please visit: **[ontario.ca/page/flu-facts](http://ontario.ca/page/flu-facts)**

At the links below you will find information on where to get your flu shot in Waterloo Region:

**Pharmacies, Region of Waterloo Public Health Services, Walk in Clinics in Waterloo Region, Community Health Centres in Waterloo Region.**

## EarlyON

### Waterloo Region Locations

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:

- Wellesley Community Centre  
Monday
- Stork Family YMCA - Tuesday
- New Dundee Community Centre  
Tuesday
- Wilmot Family Resource Centre  
Wednesday
- Victoria Hills Community Centre - Friday

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

Families are required to set up a KeyON account through **[www.KeyON.ca](http://www.KeyON.ca)** before participating in programs.

**[www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca)**

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## Drop-Ins at EarlyON

Family Resource Coach of WRFN 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.

Visit: **[www.wrfn.info/events](http://www.wrfn.info/events)** for drop-in dates and locations.

Or call: 226-808-5460

# WHAT'S HAPPENING IN THE COMMUNITY

## AccessOAP

AccessOAP is the Independent Intake Organization to connect you with autism programs and services available to your family through the Ontario Autism Program. If you have questions about the New Access-OAP, how to create an account or the Ontario Autism Program visit these websites:

[www.autismontario.com/AccessOAP](http://www.autismontario.com/AccessOAP)  
[www.accessoap.ca](http://www.accessoap.ca)

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## CAMH - Azrieli Adult Neurodevelopmental Centre

The **All About Autism & Mental Health Webpage** of CAMH (Centre for Addiction and Mental Health) has autism-related information, webinar recordings, and mindfulness resources. This page offers resources and videos related to mental health for people who have autism, developed with and for people who have autism and their families.

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## 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](http://www.yorku.ca/Mental-Health-Literacy-Guide-for-Autism.pdf)

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## Autism Research Institute (ARI)

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

**How Games Can Help Teach Social Skills, Sept 28, 2024, 1 pm Eastern Time**

Gray Atherton, PhD

**Register here** for this webinar.

## Integrated Crisis Centre

Operated by the Canadian Mental Health Association Waterloo-Wellington and Thresholds Homes and Supports, Integrated Crisis Centre opened its door on July 30, 2024.

This service is intended for individuals aged 18 years or older who are experiencing a mental health or substance-use crisis who cannot safely wait for community mental health or substance-use support.

Their services include:

**Walk-In Support:** Individuals can visit the centre without an appointment, receiving immediate assistance from their caring staff.

**Crisis Intervention:** Trained peer support workers and service navigators provide crisis intervention, de-escalation, emotional support and brief follow-up.

**Referrals:** They connect individuals to appropriate community resources, including respite beds, mental health services, substance use health support, and other community referrals.

298 Laurence Ave., Kitchener  
2pm to 8 pm, Tuesday to Saturday  
Email: [icc@cmhaww.ca](mailto:icc@cmhaww.ca)

If you are in crisis contact HERE 24/7 at 1844-437-3247

# WHAT'S HAPPENING IN THE COMMUNITY

## 9-8-8 Help Line

**9-8-8** is a new 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.

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## 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](http://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](mailto:apsgo.kw@gmail.com). You can also visit their website for more information: [www.apsgo.ca](http://www.apsgo.ca).

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## Camino Wellbeing + Mental Health offers 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](http://www.carizon.ca/group-programs)

To register call 519-743-6333 X 3250 or email: [groups@caminowellbeing.ca](mailto:groups@caminowellbeing.ca)

## 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](http://www.caminowellbeing.ca/tutoring).

## Research Study Participation

The University of Waterloo is looking for participants for a research study which will use precise and comprehensive analysis of typical and atypical development of eye-hand coordination in children with developmental coordination disorder (DCD). This is to understand better how children develop hand-eye coordination and reading skills and how vision affects this development. Participants must be between 7 and 14 years old and experiencing difficulties with motor coordination. They will receive a \$25 gift card for participation.

Please contact Ewa Niechwiej-Szwedo at [eniechwi@uwaterloo.ca](mailto:eniechwi@uwaterloo.ca).

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## 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: [grohstech@plornet.com](mailto:grohstech@plornet.com)

## 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.

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

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

You can learn more about how to use this tool and improve financial security by enrolling into 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](http://www.learning.siblingscanada.ca/courses/savvy-siblings)

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## The A-Team of Waterloo Region

The A-Team of Waterloo Region is primarily run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome, with some assistance from Bridges to Belonging. Their goal is to create a safe and welcoming environment to meet fellow adults (age 18+) with Asperger's Syndrome (ASD - level 1), discuss topics of interest, share experiences, and embrace their neurological diversity.

Please go to

[www.ateamwaterlooregion.wordpress.com](http://www.ateamwaterlooregion.wordpress.com) for more information on registering and attending the upcoming virtual meetings!

## 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. You will learn about your strengths, writing a resume, interview skills, and where to find work. Check at this link for more information:

[www.autismontario.com/autism-career-connections](http://www.autismontario.com/autism-career-connections)

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## 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 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](http://www.autismontario.com/programs-services/autism-career-connections/job-seekers)

## Parent and Caregiver Peer Support Group

The Parent & Caregiver Peer Support Group by Nurturing Behaviours Inc. is designed to provide valuable support and community for parents/caregivers of children, youth, and adults with disabilities.

**Start Date: October 2, 2024, Time: 7-8pm.** Please contact to register and get the Zoom link: Felicity Dyck, 519-851-300. email:[felicitydyck@nurturingbehaviours.ca](mailto:felicitydyck@nurturingbehaviours.ca)

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## 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. Their team members are specially trained to provide personalized information to people with autism, their families and care-takers.

[www.autismspeaks.ca/autism-response-team-art](http://www.autismspeaks.ca/autism-response-team-art)

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## Autism Ontario

### Calendar of Upcoming Events

Autism Ontario helps all individuals with autism and families in their communities have access to meaningful supports, information, and connections so they are equitably and seamlessly supported across their life course.

[www.autismontario.com/events](http://www.autismontario.com/events)

## 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](http://www.passportfunding.ca)

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## Vulnerable Person's 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. Access to this information is controlled. The police dispatcher has access to the Vulnerable Persons Registry (VPR). They will forward the registrant's information to the relevant police officer involved in the emergency. The information you provide the VPR remains safe and secure.

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

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

## Housing Toolkit by DSO

Learn how the DSO housing toolkit can help you create a housing vision for adults with 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](http://www.dsontario.ca/resources/housing)

To connect with DSOCWR Housing

Navigator, call or email at: 1888-941-1121

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## Research Study

### Promoting Brain Health for People with Developmental Disabilities

You can join in this study if you are 40 years of age or older with an intellectual and/or developmental disability, living in Canada and has access to a phone, computer and internet.

Contact: [brainhealthDD@camh.ca](mailto:brainhealthDD@camh.ca)

Phone: 437-328-6761



# WHAT'S HAPPENING IN THE COMMUNITY

## Student Links

Funded by the Ministry of Children, Community and Social Services, Student Links is an opportunity for students (ages 14 to 21) who have an intellectual disability to explore ideas for their future after high school. The goal is to enhance their capacity to make informed decisions about their future prior to leaving school.

If you want to learn more about Student Links, contact: Dana LaBrash at [dlabrash@communitylivingontario.ca](mailto:dlabrash@communitylivingontario.ca) or Meghan Davis at [mdavis@communitylivingontario.ca](mailto:mdavis@communitylivingontario.ca)

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## 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](http://www.marchofdimes.ca/en-ca/programs/atech/hitech)

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## 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](http://www.autisminhighschool.ca)

## Programs for Parents, Children and Youth by Woolwich Counselling Centre

Woolwich Counselling Centre provides various counselling programs and services to support the needs of the people of our community. Learn more about these on their website:

[www.wchc.on.ca/community-programs/all-programs-and-services](http://www.wchc.on.ca/community-programs/all-programs-and-services)  
Email: [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)

### Supporting Children through Separation Anxiety Challenges (Virtual parenting workshop)

**Tuesday, Sept 24, 6:30 - 7:30 pm**

This workshop will provide a deeper understanding of the reasons behind separation difficulties in children and practical strategies to ease children's separation worries and promote their emotional resilience.

### Glad To Be Me

In Person Workshop (Ages 4 - 7)

**Monday, Oct 7, 2024, 4:00 - 5:00 pm**

This fun-filled children's workshop promotes self-esteem and self-worth.

### Understanding ADHD in Children

Virtual Parenting Workshop

**Tuesday, Oct 8, 2024, 6:30 to 7:00 pm**

Explore the fundamentals of Attention-Deficit/ Hyperactivity Disorder (ADHD), including its impact on behavior, learning, and social interactions.

### Caregiver Support Group

In-person sessions for adults

**Thursdays, Sept 5, Oct 3, Nov. 7, Dec 5, 2024. 1:00 - 2:00 pm**

## Strong Minds Through Active Bodies

Strong Minds Through Active Bodies is a free online course for physical activity for students, professionals, and people supporting youth and adults with autism to access physical activity programs and spaces. Participants who access this free course will learn about autism, neurodiversity, ableism, and mental health related with autism. 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](http://www.apexacademyonline.instructure.com/enroll)

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## Resources for Individuals with Developmental Disabilities

Community Living Ontario has made some online resources available related to 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](http://www.communitylivingontario.ca/right-to-decide)

## 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](http://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](http://www.here247.ca)

**Camino Wellbeing+Mental Health**  
519-743-6333  
[www.caminowellbeing.ca](http://www.caminowellbeing.ca)

**Grand River Hospital**  
519-742-3611  
[www.grhosp.on.ca](http://www.grhosp.on.ca)

**Cambridge Memorial Hospital**  
519-621-2330  
[www.cmh.org](http://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 is located. Primary health care providers can make referrals to **Adult Outpatient Mental Health Services.**

## 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

Thursdays: 1:00 pm to 3:00 pm  
Fairview Park Mall  
2960 Kingsway Drive, Kitchener

For more information contact at:  
**519-741-0190 or info@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](http://www.connectability.ca/friendly-connections)**

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## 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](http://www.planningnetwork.ca/resources/legal-capacity)**

Also check their website for many other useful resources and free webinars:

**[www.planningnetwork.ca/#freeonlinewebcasts](http://www.planningnetwork.ca/#freeonlinewebcasts)**

## 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](http://www.canada.ca/en/services/benefits/dental/dental-care-plan)

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## 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](http://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](http://ontarioelectricitysupport.ca/SelfAssessment)

### Renew Application

[ontarioelectricitysupport.ca/Renew](http://ontarioelectricitysupport.ca/Renew)

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## Emergency Low Cost Food Program

There are many sources in the Region of Waterloo who provide emergency food hampers 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](http://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.christmassupport.ca](http://www.christmassupport.ca)

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

### All-Access Hangout

All-Access hangout is for young adults 14 to 21 years of age, who have special needs and/or a disability and who do not require one-to-one support. Participants will participate in a variety of activities including sports, crafts, and cooperative games in a supportive environment that meets the sensory, emotional and physical needs of the participants.

Date: Sept 15 to Nov 24

Time: 1:15 pm to 2:45 pm

Location: Country Hills Community Centre

Age: 14 to 21 years

Cost: \$82.04, Course Code: 153183

### Inclusive Indoor Skatepark

The Inclusive Indoor Skatepark at Queensmount Arena is an opportunity for you to try skateboarding/scootering or continue developing your skills with your family and friends.

The arena will be equipped with ramps and rails. One changeroom will be a dedicated quiet space, number of people will be kept low and lights will be dimmed.

Date: Sept 29, 2024

Time: 10:30 am to noon.

Location: Queensmount Arena

Age: 9 years and up

For more details please contact Marina Dotzert at [Marina.Dotzert@kitchener.ca](mailto:Marina.Dotzert@kitchener.ca) or by calling 519-741-2200 ext. 7228. Inclusion Membership required.

[www.kitchener.ca/programs-for-those-with-disabilities](http://www.kitchener.ca/programs-for-those-with-disabilities)

### MoveMEANT For All

MoveMEANT For All is an inclusive fitness program for individuals 14 years and up with disabilities. The program will use creative and fun ways to get you working on your cardio and strength with the use of various equipment (like boxing gloves!). If the program is full, we encourage you to sign up for the waitlist.

When: Sept 19 to Nov 21, 2024

Time: 5:00 pm to 5:45 pm

Where: Country Hills Community Centre

Age: 14 and up. Cost: \$87.62. Code: 153182

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### City of Cambridge

#### Integrated and Adapted Programs

### 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](http://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](http://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](http://www.danceadventure.ca)** or email **[dare@danceadventure.ca](mailto:dare@danceadventure.ca)**.

**Feel the Beat** - A dance class for young adults with developmental disabilities run through Athletics at WLU. Registration is open now for classes starting on September 18, 2024. The class will run at 6 pm on Wednesdays. For more information visit:

**[www.secure.laurierathletics.com/ecommerce](http://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](http://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](http://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](http://www.kwgymnastics.ca/adaptive-program)**. Contact Asifa at [adaptive@kwgymnastics.ca](mailto: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](http://www.ymcahome.ca)**

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

**[www.feeassist.ca](http://www.feeassist.ca)**



## 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](http://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](http://www.youtube.com/playlist?module 2)

**Module 3:** Intro to Sensory Processing & Physical Activity

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

**Module 4:** The Sensory Environment

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

## 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. They offer programs throughout the spring/summer and fall/winter seasons and include a wide variety of activities such as, 5 & 10 pin bowling, non-contact martial arts, adapted swimming, adapted yoga, floor hockey, boccia ball, mini-golf, softball (3 ability levels), soccer (2 ability levels), basketball, lawn bowling, power lifting, speed skating, curling and the annual Christmas party. They use city and school facilities and sport fields. Visit **here to register**.

## 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](http://www.specialolympicsontario.com/events/calendar)

## 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)

## 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](mailto:SunlifeCPA@wlu.ca)

519-884-0710 x3209

[www.researchcentres.wlu.ca/sun-life-financial-centre-for-physically-active-communities](http://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](mailto:icepirates@kitchenerminorhockey.com)

or visit:

[www.kitchenerminorhockey.com/Pages/41953/Ice\\_Pirates\\_-\\_Special\\_Hockey](http://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](http://www.cambridgeicehounds.ca)

# RECREATION & LEISURE

Click on the links below for further information on each program

City programming in Kitchener–Waterloo offers recreation programs in various ways. Some of these are listed below:

## **Before and After School Programs**

Extended day programs through the 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**  
**City of Kitchener Children-and-youth Kitchener**  
**City of Cambridge Children's recreation**

## **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 who live with a permanent disability and 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.access2Card.ca](http://www.access2Card.ca)**

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)

**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](#)

**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, Centre in the Square, The Registry Theatre

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

## 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](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

[www.kidsability.ca/Community-Rec-Directory](http://www.kidsability.ca/Community-Rec-Directory)

[www.eafwr.on.ca/events](http://www.eafwr.on.ca/events)

[wrfn.info/blog/tag/wrfn-newsletter](http://wrfn.info/blog/tag/wrfn-newsletter)

[wrfn.info/category/event](http://wrfn.info/category/event)

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

[autism-ontario-adult-e-newsletter](http://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, 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**

## Online PAL Card Application

The PAL (Personal Assistance for Leisure Activities) 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**

## ABOUT US

### MAIN OFFICE

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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](mailto: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](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 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](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-policy](http://www.sunbeamcommunity.ca/privacy-policy)