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## **IMPORTANT INFORMATION ON AUTISM DIRECT FUNDING**

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### **\*Online Application will be available on January 1, 2019!\***

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

Please be advised that Autism Direct Funding Applications will not be mailed to families for the 2019-2020 fiscal year. Applications for Autism Direct Funding will be available on our [website](#) from **January 1, 2019 until January 31, 2019**. We have changed our application process/deadline so families can be notified of approval prior to beginning summer planning. All applicants will receive notification of the outcome of their application by February 28, 2019. This is to allow families to better plan for summer. Funding cheques will still be mailed by the end of April 2019.

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

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

or call 519 741 1121

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**Happy  
Holidays!**

### **DSRC HOLIDAY HOURS**

**DSRC Offices will remain closed on  
December 25 and 26, 2018 and January 1, 2019**

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#### **Inside this issue:**

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# WHAT'S HAPPENING AT DSRC

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## Our Resource Support

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

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

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

Resource Support Worker is not able to:

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

In the past this service was offered through our Intake team. The new contact is Chris Regier, Resource Support and Service Coordinator.

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

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## iPad Information Clinics At DSRC

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For DSRC clients, living in Waterloo Region,  
with an Intellectual Disability and/or Autism Spectrum Disorder, over the age of 6 years.

The iPad Information Clinic is an individualized one hour appointment for a caregiver and client to meet with a Speech-Language Pathologist and explore the use of an iPad. This would be helpful if you have purchased **or** are considering purchasing an **iPad** and would like support in choice of device and appropriate applications (apps) for communication, comprehension and academics, etc. DSRC does not provide funding for iPads.

**One hour appointment times are available on the following dates:**

**Monday, January 21, Tuesday, March 19 and Monday, May 27, 2019**

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

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

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



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# WINTER - SPRING SUPPORT GROUPS AT DSRC

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## The Fathers' Support Group

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

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

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

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



The group is open, but a referral is required.

To make a referral for a father of a child 17 years of age or younger call 519-741-1121 .

To make a referral for a father of a child 18 years of age or older, call Developmental Services Ontario Central West Region at 519-894-1153, Ext. 2907.

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## The Mothers' Support Group

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

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

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

Groups are offered 2 – 3 times per year.

The group is open, but a referral is required.

To make a referral for a mother of a child 17 years of age or younger call 519-741-1121 . To make a referral for a mother of a child 18 years of age or older call Developmental Services Ontario Central West Region at 519-894-1153, Ext. 2907.



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## The Monthly Mothers' Group

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

Monthly groups are offered at two different times:

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

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

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

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

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



# WINTER - SPRING WORKSHOP SERIES AT DSRC

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

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## Helping Individuals with Autism Navigate the Social World

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Dates: Tuesday, January 8, 2019 - Part One and Tuesday, January 15, 2019 - Part Two  
Time: 9:30 a.m. – 1:30 p.m.  
Register By: January 4, 2019

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

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

Topics covered include:

- Developing an Action Plan
  - Identifying Core Skills
  - Developing a Social Skills Profile
  - Generating Useful Strategies
  - Exploring Ways to Observe Behaviour & Identify Alternative Behaviour
  - Understanding Behaviour within the Context of Social Skills
- A model of Skill Learning will be presented. This is a 2-part course. You must take Part One to understand Part Two.

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## Tips for Parenting Individuals with Autism

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Date: Wednesday, February 20, 2019  
Time: 6:30 p.m. – 8:30 p.m.  
Register By: February 15, 2019  
Presenter: Stuart Lamont, B.S.D., RSSW  
Appropriate For: Parents and Caregivers of Children/Youth/Adults

This workshop is designed to provide parenting tips for parents with individuals with autism. This workshop will discuss challenging behaviours, review parenting styles and the causes behind these behaviours.

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## Anxiety and Autism Spectrum Disorder (ASD)

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Date: Tuesday, May 28, 2019  
Time: 1:00 p.m. – 3:00 p.m.  
Register by: May 24, 2019

Presenter: Jessica Gambacort, B.A., BST  
Appropriate for: Parents and caregivers of individuals with ASD

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

# WINTER - SPRING WORKSHOP SERIES AT DSRC

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## Discussing Puberty and Sexuality with Your Child

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Date: Wednesday, April 24, 2019  
Time: 1:00 p.m. – 3:00 p.m.  
Register By: April 19, 2019  
Presenter: Louise Rodgers, RN, BScN and Jessica Gambacort, B.A., BST  
Appropriate for: Parents and caregivers of children with developmental disabilities

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

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## Parenting Individuals with Autism

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Date: Tuesday, April 16, 2019 Part One and Tuesday, April 23, 2019 Part Two  
Time: 9:30 a.m. – 1:30 p.m.  
Register By: April 12, 2019  
Presenter: Stuart Lamont, BSD., RSSW  
Appropriate for: Parents and Caregivers of Children/Youth/Adults

This program aims to provide parents and caregivers with:

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

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## Communication Skill Development and Autism

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Date: Monday, May 6, 2019  
Time: 6:00 p.m.- 8:00 p.m.  
Register by: May 3, 2019  
  
Presenter: Lorraine Otto, M.Sc., CCC, Speech Language Pathologist (Reg. CASLPO)  
Appropriate for: Parents and caregivers of individuals with ASD

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

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

Expressive Language: literal language, echolalia, scripts

Comprehension: visual supports, modifying language

# WINTER - SPRING WORKSHOP SERIES AT DSRC

## Program Cancellation Policy

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

## WORKSHOP REGISTRATION

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

## REGISTRATION FORM

WORKSHOP (✓ OR CIRCLE TO REGISTER)	DATE (✓ OR CIRCLE TO REGISTER)	FAMILY/INDIVIDUAL COST	PROFESSIONAL/ AGENCY COST
Anxiety and Autism Spectrum Disorder	May 28, 2019	n/a	n/a
Discussing Puberty and Sexuality With Your Child	April 24, 2019	n/a	n/a
Communication Skill Development & Autism	May 6, 2019	n/a	n/a
Parenting Individuals with Autism	April 16, Part One and April 23, 2019 Part Two	n/a	n/a
Helping Individuals with Autism Navigate the Social World	January 8, Part One and January 15, 2019 Part Two	n/a	n/a
Tips For Parenting For Individuals with Autism	February 20, 2019	n/a	n/a

Attendee's Name	
Address	
Phone Number	
E-mail	

# WHAT'S HAPPENING AT SUNBEAM CENTRE

To register for any of these programs please contact:

**Wendy at 519 893 6200 ext. 211 or**

**Email: [passport@sunbeamcentre.com](mailto:passport@sunbeamcentre.com)**



## Join Our Paint Party Saturday

**With Stacey del Fabbro from**

**Paint & Pitchers**

Will teach you how to use different techniques

To build your masterpiece

**Time:** January 26, 2019

1:00 pm – 3:00 pm

**Place:** Sunbeam Centre

2749 Kingsway Dr Kitchener

**Cost:** \$45 person

Parent and support Workers free

Minimum # of participants required to program to run

**RSVP by Jan 18, 2019**

To Wendy at 519 580 8850 or  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)

## COOKING EVENING

Have fun learning how to cook

3 different meals.

Come out and learn the basics of making a meal.

Each meal will include an entrée, side and side and dessert.

We'll go through safe food handling, safety in the kitchen and  
make a delicious meal.

**DATES:** Thursday Jan 31, Feb 28, Mar 28, 2019

**Time:** 4:30 pm - 7:00 pm

**Cost:** is \$200 for all 3 nights or \$70/session

**Place:** 2749 Kingsway Dr Kitchener

Registration deadline is January 18, 2019

Minimum # of participants required for program to run

## SPA EVENING EXPERIENCE

**RELAX, ENJOY, UNWIND**

**THURSDAY EVENINGS 4:30 pm - 7 pm**

**JANUARY 24, FEBRUARY 21, MARCH 21, 2019**

**COST : \$55 PER EVENING,**

**SUNBEAM CENTRE 2749 KINGSWAY DR., KITCHENER,**

Enjoy being pampered, relax to some soothing music  
and enjoy the experience of a facial, having a foot soak,  
hand and foot massage and having your nails done.

Please Bring Your Dinner

Minimum # of participants required for program to run

**Registration deadline is January 18, 2019**

## POOL SATURDAY

**We are offering 3 swim Saturdays**

January 19, February 9 and March 23, 2019

**Time:** 10 am - 2 pm

**Cost:** \$195 for all 3 sessions or \$70 for individual sessions

**Location:** Sunbeam Centre, 2749 Kingsway Drive., Kitchener

Please bring bathing suit, towel, and your lunch

Minimum # of participants required for program to run

## Passport & Fee-for-Service

Passport and Fee-for-Service is one of many programs and services offered by Sunbeam Centre. To see all the current Passport & Fee-for-Service opportunities (including Adult Respite and Day Program) available, please click on this link: [Passport-Fee-For-Service-Opportunities](#)

**Call 519 893 6200 or Email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) for registration or more information.**



## RESOURCES



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

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

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

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### The ASD ConnectABILITY.ca

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

[ConnectABILITY](http://ConnectABILITY.ca)



**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](http://www.parentingnow.ca)

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### Autism in High School The web-based guide

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

[autisminhighschool.ca](http://autisminhighschool.ca)

## Free Autism Webinars by Autism Research Institute (ARI)



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

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

• January 9, 2019

**Aging with Autism, Presenter: Wenn Lawson**

[REGISTER](#)

• February 13, 2019

**Mood and ASD: Nutritional Strategies for Anxiety and Depression, Presenter: Vicki Kobliner**

[REGISTER](#)

• March 6, 2019

**Anxiety and ASD, Presenter: Amy Keefer**

[REGISTER](#)

• March 13, 2019

**Positive Strategies: Considering Brain and Behaviour  
Creating Learning & Treatment  
Presenter: Robyn Catagnus**

[REGISTER](#)

• April 3, 2019

**Strategies for Successful Dental Hygiene Appointment  
Presenter: Jamie Collins**

[REGISTER](#)





# COMMUNITY EVENTS AND RESOURCES

## KidsAbility Autism Services Parent Workshop Series



### Building and Learning Together Workshops

Workshops are offered to KidsAbility families currently receiving services through the Ontario Autism Program, as well as service providers and those seeking resources.

Workshop	Date	Time	Location
Building and Learning Together (7 session series)	<b>TUESDAYS</b> Jan 15, 22, 29, Feb 5, 12, 19, March 19th	9-10:30am	Guelph
Building and Learning Together (7 session series)	<b>TUESDAYS</b> Jan 15, 22, 29, Feb 5, 12, 19 March 19th	6-7:30pm	Kitchener
Building and Learning Together (7 session series)	<b>WEDNESDAYS</b> April 10, 17, 24, May 1, May 8, 15, June 12	9-10:30am	TBD
Building and Learning Together (7 session series)	<b>WEDNESDAYS</b> April 10, 17, 24, May 1, May 8, 15, June 12	6-7:30pm	Waterloo

### Specialty Workshops

Specialty Workshops will be offered at our Waterloo location. These are individual workshops that parents, guardians and supports can attend in addition to their OAP services. Workshop topics are based on current needs of our families, and will rotate through out the year.

Workshop	Date	Time	Location
Sleep (4 part series)	January 10, 17, 24, & 31, 2019	6-730pm	Waterloo
Feeding (4 part series)	February 7, 14, 21, & 28, 2019	6-730pm	Waterloo
Toileting (session plus follow up)	March 4, and 18, 2019	6-730pm	Waterloo
What is ABA?	April 11, 2019	6-730pm	Waterloo
Antecedent Strategies	May 9, 2019	6-730pm	Waterloo
Early Commu- nication	June 6, 2019	6-730pm	Waterloo

#### Registration:

To register for any of these upcoming events please visit :

<http://kidsability-centre-for-child-development-autism.eventbrite.com> or their website at [www.KidsAbility.ca](http://www.KidsAbility.ca)

### Helpful Links to Community Workshops and Activity Guides

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

For more information visit these links:

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

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

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

# COMMUNITY EVENTS AND RESOURCES

## Ask a Self-Advocate

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

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

Get new insight and ideas  
Discuss your questions and concerns

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

To request an appointment online:  
[www.surveymonkey.com/r/ZPGCC3Q](http://www.surveymonkey.com/r/ZPGCC3Q)

Or contact us for more information:  
519-886-9150 ext. 4  
[Erin.Sutherland@wrfn.info](mailto:Erin.Sutherland@wrfn.info)



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

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

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

The Support Group is held the last Wednesday of every month, year-round. No meeting in December.

7:00 p.m. to 8:30 p.m. in Room 2011 at The Family Centre  
65 Hanson Ave, Kitchener

For more information please contact Krista McCann at:

519 886 9150 ext. 2

Email: [krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info)



## Autism Ontario Parent Support Group Kitchener

### Autism Ontario -Potential Programme CWR

This is a great opportunity to meet other parents and caregivers with children with ASD in an informal, relaxed atmosphere with good snacks and even better company! For more information and registration please [Click here](#) or email [jennifer@autismontario.com](mailto:jennifer@autismontario.com)

The group *\*usually\** meets the first Monday of every month. But some exceptions apply. Upcoming dates:

Jan 7, 2019

Feb 4, 2019

Mar 4, 2019

Time: 6:30 pm to 8:30 pm.

Location:

Monarch House

641 King St W, Kitchener

## APSGO - Association for Parent Support Groups in Ontario (Kitchener/Waterloo Chapter)

APSGO is an organization of parents of disruptive youth. We have joined together to provide support and empower parents to deal with their situation.

The Kitchener/Waterloo group meets on Wednesday evenings from 7:15 p.m. to 9:15 p.m.

Please call at 1-800-488-5666 for the location and details of the group or visit [www.apsgo.ca](http://www.apsgo.ca)

# COMMUNITY EVENTS AND RESOURCES

## Dreaming of Summer

Finding the Right Summer Camp for your Child



Please join us for a parent education session to find out more information about summer camp options for your child. Learn about the benefits of summer camp as well as what to consider when making your decision. Tips will be shared about funding resources, 1:1 support and how to best prepare for camp.

What's next? Attend our Camp and Recreation Fair February 11th from 6-8pm at the Family Centre, Kitchener. Explore and talk with camp and recreation providers to make sure you are finding the right fit!

### Times & Locations

#### Kitchener/Waterloo

Monday, February 4, 2019

6:30pm-8pm

KidsAbility Waterloo  
500 Hallmark Dr.

#### Cambridge

Wednesday, January 30, 2019

6:30pm-8pm

Cambridge City Hall, Bowman Rm  
50 Dickson Street.

### Registration

If you are currently a client of KidsAbility please register by contacting Jennifer Tang

(P) 519-886-8886 ext. 1373

(E) [specialized@kidsability.ca](mailto:specialized@kidsability.ca)

If you are not a current client of KidsAbility please register with Krista McCann @ WRFN

(P) 519-886-9150 ext. 2

(E) [krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info)



Presented by:



## Emergency Food Program In Waterloo Region

There are several places in Waterloo Region where people in immediate need of food can get help. The link below is for the guide for where to get emergency food. For more information about specific programs in your neighbourhood please contact:

**the Food Bank of Waterloo Region at:**

**519-573-5576 or**

**the Cambridge Self Help Food Bank at**

**519-622-6550**

For a full list of the sources

please [click](#) on the link below and choose this option:

[Sources of Emergency and Low Cost Food](#)

## Coffee Club

Coffee Club is a drop-in social group for people with disabilities, ages 16 and up, that focuses on creating community through planned social activities. Examples of these activities include making crafts, playing games, and watching movies or television shows and having discussions. We also have outings to restaurants and community events and festivals. We meet twice a month, typically on Monday evenings from 7 to 9 pm. For more information, please contact the Waterloo Region Family Network Coffee Club Facilitator, Carmen Sutherland,

at [carmen.sutherland@wrfn.info](mailto:carmen.sutherland@wrfn.info)  
or 519-886-9150 x2

## Light House Adult Day Programs

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

- [Adult Day](#)
- [Community Enterprise](#)
- [PEEPS Cooking Crew](#)
- [Teens Looking Forward](#)
- [PEEPS Friday Night Social](#)
- [Snoezelen Visits](#)

For more information of their programs

Contact: 226-338-2681

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



# COMMUNITY EVENTS AND RESOURCES

## Free Monthly Developmental Screening Clinic By Monarch House

This monthly clinic is a free of charge, drop-in service for parents to address questions and/or concerns regarding their child's development. The clinic is run by a qualified team of professionals, including behaviour analysts, speech-language pathologists, and occupational therapists who will be available to provide brief consultation in the areas of behaviour, speech, language, pre-literacy skills, and motor development.

**Children ages birth to 6 years old**

**Upcoming Clinic Dates:**

**January 31, February 28, March 28, April 25, May 30,  
and June 27, 2019**

**Clinic Location:** 641 King St W Kitchener  
For more information or to register, contact at:  
519.514.5770 or [waterloo@monarchhouse.ca](mailto:waterloo@monarchhouse.ca)



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

Woolwich Counselling Centre provides various counseling programs and services to support the needs of the people of our community. [Learn more about the programs](#)

**No Need to Fret, Childhood Anxiety Group**  
(Age 8-11): Starting on May 2, 2019

**Glad to Be Me, Self Esteem program**  
Age 4-7): Feb 25, Mar 25, Apr 29 May 27, 2019

**Conquering Teen Anxiety:**  
Starting on March 18, 2019

**Stand Tall, Confidence & Assertiveness Program**  
(Age 7-9): Starting on Jan 14, 2019

**Protecting the Girl in Me, Social Skills Group**  
(Age 10-12): Starting on May 2, 2019

**Parent and Child Mindfulness:**  
Starting on Jan 16, 2019.

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

**[www.woolwichcounselling.org](http://www.woolwichcounselling.org)**



## Firefly Therapy Services

Firefly Therapy Services offers fee-for-service therapeutic programs for children and youth in the community. Their programs and services are engaging and family-centred. Their group therapy programs target skills such as early literacy, social communication and behaviour management and social skills.

They also offer individual speech-language therapy, music therapy and recreational programming on an ongoing basis. Here are some of their programs:

For more information please visit their website:

[Fireflytherapy.ca](http://Fireflytherapy.ca)

## Carizon Groups and Workshops

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

**Dynamic Girls Gr. 7 - 8**, Tuesdays 4:30 pm to 6:00pm

**Families in Separate Home: FISH**

For children of age 7- 10

Time and Date: Mondays 4:30 pm to 6:00 pm, January 14 -Mar 4

**Understanding Me** For women who have experiences abuse  
Wednesdays 9:30 am to 1:30 pm Jan 9 - Mar 20 No Fee

Tuesdays 6:30 pm to 8:30 pm Jan 8 - Mar 19 No fee

**Building Better Boundaries**

Mondays 1 pm to 3 pm Jan 14—Mar 11 No Fee

Call 519 743 6333 for information on cost and registration.

Or click on this link: [Carizon Winter Groups](#)

Carizon also offers **free workshops** on various topics covering the above subjects. Some of their Winter workshops are:

**Money Matters**, Wednesday, Feb 6, 6:00 pm to 7:30 pm

**Supporting Someone with Chronic Pain**

Monday, April 15, 1 pm to 3 pm

**Let's Talk About Trauma**

Tuesday, March 26, 6 pm to 8 pm

Call 519 743 6333 for information or registration or click on this link: [Carizon Winter Workshops](#) or <https://www.carizon.ca>

# Passport Information Sessions

- What is PassportONE?
- How to fill out and submit invoice forms?
- Which services and supports are reimbursable?
- Who do I contact with questions?



Please RSVP to attend information sessions being held every Friday of the month until April 2019:

From 1:00 pm - 3:00 pm

AT

Developmental Services Resource Centre

205 - 1120 Victoria St. N., Kitchener

To RSVP or for more information, please contact the Passport Community Developer at:  
(519) 741-1121 ext. 2227 or [a.paradis@dscwr.com](mailto:a.paradis@dscwr.com)





# RECREATION AND LEISURE

## SPECIAL SIBS GUELPH WELLINGTON

Special Sibs is a fun filled therapeutic program for the siblings of children with special needs run by a social worker and a community partner. There are fun activities, snacks and opportunity to share experiences together with others.

### Special Sibs—Guelph Wellington

For siblings ages 6-13. \$10/child or \$20/family.

- Monday, February 4, 2019, (6:00 pm-8:00 pm)
- Monday, April 15, 2019, (6:00 pm-8:00 pm)
- Monday, June 10, 2019, (6:00 pm-8:00 pm)

Location: Bulldog Interactive Fitness, 259 Grange RD, Guelph

To register call 1-888-372-3359 x6202.

The registration deadline is two weeks prior to each date.

Recreation programming is offered for children with special needs ages 6-13 at the same time as Special Sibs (must have a sibling attend that group to participate, applicable for Guelph Wellington). Participant Information Forms to be submitted with payment and reviewed by group facilitators to complete the registration process.

Special Sibs - Guelph Wellington and Special Sibs Waterloo Region is hosted by: KidsAbility, Bulldog Fitness, Kerry's Place, Autism Ontario - Wellington County, Family Counselling and Support Services for Guelph-Wellington & MoveAbility Kids.



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

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

Tickets will be available the Tuesday prior to the screening date.

Please check at this link for upcoming shows in your community

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



Next Screening:

**Mary Poppins Returns**

**Saturday, January 12, 2019 10:30 AM**

**550 King St N., Waterloo**



## Our Studio - A Creative, Collaborative, Community Space

Mondays

**OPEN ARTS** -Tap into your creative side in this open workshop day- Sing, dance, act, draw, paint and much more! We have 3 art exhibition, and stage performances annually. (AM/PM/ and full day sessions)

\$200/ Month Half Day and \$320/ month Full Day (Plus HST)

Wednesdays

**THEATRICALS** - Are you interested in Theatre and enjoy collaborating with others? Come and explore the dramatic arts with us in this morning session. Writing, acting, set design, sound, and costume creation are just some of the possibilities to explore. Wednesdays (9:30 am -noon)

**CHOIR ON THE RUN** - Our wonderful Musical Director, Lynn Quigley will be leading a group of performers who will learn a selection of songs to perform on Wednesday afternoons in local community settings. (1:00 pm - 3:30 pm)

\$200/ Month - Half Day or \$320/ Month Full Day (Plus HST)

Saturdays

**MALONEY'S MUSICAL THEATRE** - Singing, dancing and acting! This feel good session is all about having fun while developing both a solo performance and choreographed group dance routine. (9:30 am - 11:30 am). \$125/ Month

Last Weekend of the Month

**FRIDAY NIGHT PAINT PARTY AGE 16+** - Come try out your artistic skills at this fun skill building and social session. This is a great place to make a piece of art for yourself or a lovely take home that you can gift to someone else. Canvas and drinks included!

\$40

**KARAOKE PARTY AGE 16+** - Music, friendships, and pizza - there is no better way to finish up the last Saturday of the month! Be prepared to sing your heart out and cheer on others in this safe and supportive space. \$40

**For more information and registration contact:**

**Lori Maloney and Cristin Osborne**

**519-501-6747 or 226-600-9612**

**141 Whitney Place, Kitchener  
ourspace.141whitneyplace@gmail.com**

# RECREATION AND LEISURE

## Autism Ontario - Waterloo Stars Adaptive Soccer Program Waterloo



Children with ASD, ages 3-18, are invited to attend 10-weeks of soccer with the *Waterloo Stars* in Waterloo. Siblings, ages 3-18 are also invited to join in on the fun!

Waterloo Stars is an adaptive program for children ages 3-18 to have a positive experience on a soccer team.

Autism Ontario will have full and private use of an indoor field for 1 hour weekly.

Date: Saturdays, from January 12 to March 16, 2019

Time: 3:00 pm to 4:00 pm

Bechtel Park, Waterloo

For more information and registration please click at this link:

<https://www.eventbrite.ca/e/autism-ontario-waterloo-stars-adaptive-soccer>

***\*\*Parents must participate with their children on the field\*\****

## SkateABLE

**SkateABLE™** is a progressively structured program that is developmentally appropriate for persons with any type of disability, including physical. Program dates for Kitchener and Waterloo are as follows:

Kitchener: Programs will be held at Lion's Arena  
20 Rittenhouse Rd., Kitchener  
Tuesdays at 4:00-4:50 pm

**January 15 - March 12, 2019**

To register click on the link:

<https://skateable.ca/>

Waterloo: Programs will be held at  
Albert McCormick Arena  
500 Parkside Drive, Waterloo  
Thursdays at 4:00-4:50 pm

**January 10 - March 14, 2019**

To register click on the link:

<http://skateable.ca/>

## Passport Funding

### Do you have questions about Passport Funding?

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

**Amanda Paradis at 519 741 1121 Ext. 2227, Email: [a.paradis@dscwr.com](mailto:a.paradis@dscwr.com)**

## Axon Music Therapy

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

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

**Phone: 519 841 4982**

**E-mail: [janel@axonmusictherapy.com](mailto:janel@axonmusictherapy.com)**

## Sensory Friendly Play at Sky Zone

Sky Zone offers Sensory Sessions! They turn off the music and dial down the distractions for the comfort and pleasure of guests, friends and families for only \$15 + tax each & Chaperones are free.

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

For more information please visit: [www.skyzone.ca](http://www.skyzone.ca)



# RECREATION AND LEISURE

## Community Living Dances 2019

**Sponsored By: K –W Association for  
Community Living & City of Kitchener**

**Downtown Community Centre, 35 Weber St. W., Kitchener**

**7:00 p.m. - 9:45 p.m.**

**January 18**

**February 8**

**March 8**

**April 12**

**May 10**

**June 7**

Pizza supplied by: Pizza Express 519 747 5000

**Admission: Participants \$5.00, Staff/Parent: \$1.00**

**Pop: 25 cents a cup, Pizza: \$1.00  
each slice pre-ordered**

**DJ music by: Jason and Logan**

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

Questions?

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

## Open Space

**Open Space** is a weekly gathering that promotes inclusion within the community by getting people together at a cafe for food, fun and conversation. In addition to weekly coffee and conversation, with the support of facilitators, attendees plan special events such as Halloween parties, and Open Mic Nights. All are welcome regardless of ability, and you do not need to be supported by Extend-A-Family to attend.

### **Location & Times:**

**Melville Cafe (7 Melville St Cambridge)**

**Time: Monday Nights, 6:30-8:00pm**

**Queen Street Commons Cafe**

**(43 Queen Street S. Kitchener)**

**Time: Mondays, 6:30-8:30pm**

**Seven Shores Community Café (10 Regina St N. Waterloo)**

**\* \$5 cover charge waived if purchasing food or beverage.**

**Time: Wednesdays, 4:00-6:00pm**

For more information, contact Eli Winterfeld at:

519-741-0190 ext. 262 or [eliw@eafwr.on.ca](mailto:eliw@eafwr.on.ca)

## TUESDAY HANGOUT

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

Session 3: January 8 - February 26, 2019

Time: 1:30 pm to 5:30 pm

Location: St. George's of Forest Hill Church - Recreation Hall  
321 Fisher Hallman Rd., Kitchener

Cost: \$350 (included a meal cooked by group members.)

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

For more information or to register, contact:

Lori at 519 501 6747 or [lmvc@gmail.com](mailto:lmvc@gmail.com) or

Susan at 519 654 7023 or [susanhipp@gmail.com](mailto:susanhipp@gmail.com)



# RECREATION AND LEISURE

## PAL CARD APPLICATION IS ONLINE NOW!

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

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

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

As soon as it is sent, an email confirmation comes back.

Waterloo's PAL form is found here:

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

Cambridge's PAL form can be found here:

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

## WEBSITES

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

Some of these sites have subscription fees.

[www.starfall.com](http://www.starfall.com)

[www.ABCmouse.com](http://www.ABCmouse.com)

[www.superstarphonics.com](http://www.superstarphonics.com)

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

[www.highlightkids.com](http://www.highlightkids.com)

## Resources on Safety Rules for Children

**Important Safety Rules To Teach Your Children** is an extensive resource for teaching children safety rules developed by Safety, Health and Consumer Council. This piece is developed to provide parents with starter ideas to teach young kids essential safety rules to help them protect themselves in different situations growing up.

For more information please visit their website at: [www.shc council.org.ca](http://www.shc council.org.ca)



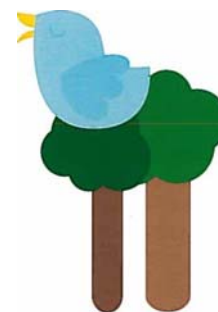
## Some links for online resources for programs and activities in Waterloo Region

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

# RECREATION AND LEISURE

## inclusion support program

The City of Kitchener and City of Waterloo can provide support for children and youth with a disability to participate in summer camp. Up to two weeks of support by a staff person may be available.



### important dates

- Available now, Inclusion Membership Application (Step 1)
- March 1st City of Kitchener registration opens
- March 7th City of Waterloo registration opens
- Request support when registration opens for the program (Step 2 & 3)



### REMEMBER

- support is available for City of Kitchener and City of Waterloo municipal camp programs for participants that are "program ready"
- support may be provided on a 1-1, 2-1 or 3-1 child to staff ratio by a staff or volunteer and support may include other program accommodations
- be sure to match your camp week with your inclusion support week when requesting support
- if your preferred weeks are full, select an alternate week or register onto the waitlist
- requests for support are addressed on a first come, first served basis - request early

## How to request support for summer camp

### Step 1

#### Get your inclusion membership

- Available now for you to complete
- Fill out our online inclusion membership application to tell us about your child's support needs.
- After the application is completed and reviewed by inclusion Services, an information sharing meeting will be scheduled either by phone or in person
- The inclusion membership will be applied to the applicant's ACTIVE Net customer profile (program registration)

### Step 2

#### Request inclusion support

- You must complete Step 1 prior to requesting inclusion support
- Register for the inclusion support program through program registration for the week you want to send your child to camp. (just like you register for a program, either online or in person)
- Up to two weeks of support may be available
- If the program is full, either select an alternate week or register onto the wait list

### Step 3

#### Register for the summer camp program

- Register for the camp week of choice through program registration (just like you typically would either online through ACTIVE Net or in person)
- Be sure to match the week of inclusion support with the week the child is registered for their camp week

#### Contact:

519 741 2200 x 7229

TTY: 1866 969 9994

[access@kitchener.ca](mailto:access@kitchener.ca)

#### What happens after you register?

*Support details will be confirmed by March 31, 2018*

*Support staff will call for introductions*

*Meet and greet before camp begins*



# RECREATION AND LEISURE

## The City of CAMBRIDGE

### Personal Attendant for Leisure (PAL)

The PAL Card allows persons with disabilities to be accompanied by an attendant free of charge to access community programs and services. If your disability restricts you from performing activities or your disability can't be eliminated with the use of a technical aid, you may be eligible and can apply for a PAL card. Applications can be found online at [www.cambridge.ca/accessibility](http://www.cambridge.ca/accessibility) or contact 519 740-4680 ext 4292.

### Teen Adventure Program (TAP)

The Teen Adventure Program designed for youth 13 - 21 with developmental disabilities, who can participate semi-independently with a ratio of 1 staff to 5 campers. Each day has a new theme and the week will have a variety of fun activities, presenters and more!

Look for more information in the 2019 Spring and Summer Activity Guide.

For more information contact [pearced@cambridge.ca](mailto:pearced@cambridge.ca) or 519 740-4681 ext. 4554

### Leisure Buddy

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

For information contact [pearced@cambridge.ca](mailto:pearced@cambridge.ca). Applications available online [www.cambridge.ca](http://www.cambridge.ca)

## City of Cambridge Summer Camp Applications will become available February 1, 2019.

### SunBlast

This program is designed to support children with physical and developmental disabilities and their siblings or friends.

### Imagination Station: Discovery Camp

This program is designed for the needs of children with emotional and behavioral disorders.

### 1:1 Support

Support for integrated city wide day camps is available through an application process. Camp information can be found in the Spring and Summer Activity Guide or contact [pearced@cambridge.ca](mailto:pearced@cambridge.ca). Get out and register. Early registration allows city staff to better manage support requests of our children with special needs. Summer camp registration opens February 1, 2019.

For information on summer programs contact Inclusion Services at 519-740-4680 ext. 4554 or [pearced@cambridge.ca](mailto:pearced@cambridge.ca)

### Just Hangin' Out (JHO)

January 9 – 20, 2019 Time: 6:00-8:00pm Cost: \$140

Bar Code: 12637

For information contact [meloh@cambridge.ca](mailto:meloh@cambridge.ca) call 519 740-4680 ext.4369

The Just Hangin' Out (JHO) program at the Cambridge Kids Ability location on Lang's Drive is designed to provide a safe and inclusive place where youth with developmental disabilities can develop character building, health and wellness, and life skills while socializing with peers.

This program runs for 10 weeks.

**For more information and to register please contact:**

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

[hylandr@cambridge.ca](mailto:hylandr@cambridge.ca), [www.cambridge.ca](http://www.cambridge.ca)



## DEVELOPMENTAL SERVICES RESOURCE CENTRE WATERLOO REGION

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

Phone: 519-741-1121

Fax: 519-743-4730

E-mail:

postmaster@dscwr.com

Website: www.dscwr.com

### Hours:

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

Monday to Friday

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

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

DSRC Connection publishes three times a year.

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

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

## Satellite Offices

### Cambridge

757 King St. E

Cambridge, ON N3H 3N8

Phone: 519-650-9718

Fax: 519-650-5729

### Kingsway

2749 Kingsway Dr

Kitchener, ON N2C 1A7

Phone: 519-894-6156

Fax: 519-896-0978

### Elmira

118 Barnswallow Dr.

Elmira, ON N3B 2Y9

Phone: 519-669-3205

Ext. 222

Fax: 519-669-3444

## Disclaimer

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

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

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

We apologize for any errors or omissions that occur.