



New Changes to the Ontario Autism Program (OAP)

Sunbeam Centre's Developmental Services Resource Centre (DSRC) has been proud to provide Applied Behavioural Analysis (ABA) under the OAP for children aged 9-17 years for the past seven and a half years. As you may be aware, the Ministry of Children, Community and Social Services (MCCSS) has made some recent changes to this program. For their updates please click here - [Ontario Autism Program](#) or visit their web site at <http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/ontario-autism-program.aspx>

It is our intent to continue to provide our ABA services moving forward as a "fee-for-service" under this new model. We are in the process of developing this new model of our service delivery and will inform you once it is complete. If you have any suggestions for services you wish to see, please feel free to email us at: postmaster@dscwr.com.

Our Resource Support

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

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

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

Resource Support Worker is not able to:

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

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

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SPRING SUPPORT GROUPS AT DSRC

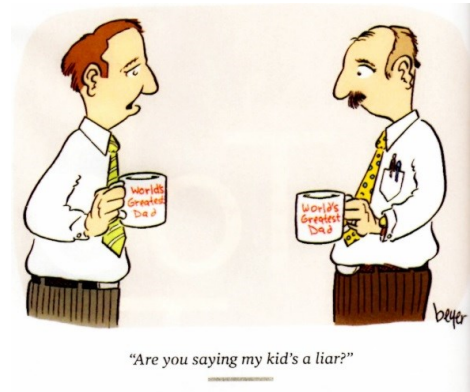
The Fathers' Support Group

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

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

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

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



The group is open, but a referral is required.

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

The Mothers' Support Group

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

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

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

Groups are offered 2 – 3 times per year.

The group is open, but a referral is required.

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



The Monthly Mothers' Group

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

Monthly groups are offered at two different times:

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

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

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

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

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



SPRING WORKSHOP SERIES AT DSRC

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

Parenting Individuals with Autism

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.

Discussing Puberty and Sexuality with Your Child

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.

Communication Skill Development and Autism

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

SPRING WORKSHOP SERIES AT DSRC

Anxiety and Autism Spectrum Disorder (ASD)

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.

Helping Individuals with Autism Navigate the Social World

Dates: Tuesday, June 4, 2019 - Part One and Tuesday, June 11, 2019 - Part Two
Time: 9:30 a.m. – 1:30 p.m.
Register By: May 31, 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.



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

REGISTRATION FORM

WORKSHOP (✓ OR CIRCLE TO REGISTER)	DATE (✓ OR CIRCLE TO REGISTER)	FAMILY/INDIVIDUAL COST	PROFESSIONAL/ AGENCY COST
Parenting Individuals with Autism	April 16, Part One and April 23, 2019 Part Two	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
Anxiety and Autism Spectrum Disorder	May 28, 2019	n/a	n/a
Helping Individuals with Autism Navigate the Social World	June 4, Part One and Jun 11, 2019 Part Two	n/a	n/a

Attendee's Name	
Address	
Phone Number	
E-mail	

WHAT'S HAPPENING AT DSRC

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 0-18 diagnosed with Autism and/or Intellectual Disabilities

When: Tuesday, April 2, 2019 (10 am- 12 pm)
Where: Developmental Services Resource Centre
205-1120 Victoria St. North, Kitchener
Cost: Free
Audience: Family or community members who want to learn more about financial supports

Questions or to register, call 519-741-1121

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

Susan Lowes-Taves ext. 2244 OR email s.taves@dscwr.com

Registration deadline: Wednesday, March 27, 2019



Developmental Services Resource Centre
Waterloo Region

Time for Brothers & Sisters

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

Details

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

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



iPad Information Clinics At DSRC

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, May 27, Tuesday, July 16 and Monday, Sept. 30, 2019

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

Youth in the Justice System Speaker's Panel



Learn about the roles of community partners

as they support youth with

Autism, Intellectual Disabilities and/or mental health concerns and the justice system

When: Wednesday, March 27, 2019 1:00 pm - 3:00 pm

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

Cost: Free

Audience: • Family who have a youth at risk or involved with justice system

• Community members who support youth at risk

Register early as space is limited!

Questions or to register contact Ashleigh Morris

519-894-6156 ext. 2902 or email a.morris@dscwr.com

Deadline to register is Monday, March 25

Presented By:



WHAT`S HAPPENING AT DSRC

Grand River Transit and Vulnerable Persons Registry

Speaker's Panel

Learn about the roles of community partners as they support youth with Autism and/or Intellectual Disabilities to participate and promote safety in the community.

Grand River Transit staff will share information on training they offer to learn how to use the bus and specialized transportation options available

Krista McCann from Waterloo Region Family Network will share information on Vulnerable Persons Registry



When: Tuesday May 7, 2019 (10:00 am - 12:00 noon)

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

Cost: Free

Audience: Families and community members

Questions or to register contact: Rehana Khanam

519-741-1121 ext. 2201 or email r.khanam@dscwr.com

Deadline to register is Tuesday April 30, 2019 Max of 20 participants



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



AROMATHERAPY

HEALING STONE BRACELETS

MAKE & TAKE!!



** Healing Bracelets can help with many things including renewing one's energy, increasing self-esteem, boosting mood, decreasing anxiety, focus and positivity to name a few! When paired with essential oils these bracelets can have beneficial effects. Each stone has unique properties to assist you to feel better & more balanced.


** Come out & learn about a few stones & oils and their positive benefits, customize your own bracelet and infuse it with some of the oils available.

Register online at # 9135

MyCommunityHub.ca

April 10 2019
4:30-6pm
Sunbeam Centre Gym
Cost: \$40 per person
questions
Contact Wendy at w.king@sunbeamcentre.com
519-590-8850

Minimum Number participants are required for Program to run



MUSIC MORNING CAFE

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When

**APRIL 29, 2019  
May 27, 2019  
June 24, 2019**

**10-11AM**

COME OUT AND ENJOY  
LISTENING TO RYAN THE  
MUSCIAN SING AND PLAY HIS  
GUITAR

COST  
**\$5.00/PER PERSON**

For more information Please contact Wendy  
King at 519-893-6200 ext. 211 or  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)

## Sunbeam Centre's Drop In Schedule

Every Tuesday in the gym from 10:00-11:00am

|          |                                     |        |
|----------|-------------------------------------|--------|
| March 26 | Karaoke                             | \$2.00 |
| April 2  | 90's Dance                          | \$2.00 |
| April 9  | Karaoke                             | \$2.00 |
| April 16 | Easter Egg Coloring & Easter Treats | \$3.00 |
| April 23 | Karaoke                             | \$2.00 |
| April 30 | Dance                               | \$2.00 |

## 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.



## WHAT'S HAPPENING AT SUNBEAM CENTRE

### Pottery Making Class

(Things for Your Garden)

April 27 and May 4, 2019 (1:00 pm to 3:00 pm)

Total Cost: \$40.00

Sunbeam Centre, 2749 Kingsway Dr., Kitchener

Register online at [MyCommunityHub.ca](http://MyCommunityHub.ca)

Questions, please contact [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)



### Sunbeam Aqua Fit



Sunbeam Centre Therapeutic Pool

A relaxing class lead by an instructor focusing on body balance, and low impact strengthening activities that will help improve overall health and activities of daily living through range of motion exercises, stretching, and low impact activities.

Participants who require assistance with personal care or assistance in the pool are required to bring their own support person to class.

Wednesdays 3:00-4:00pm

April 3-24, 2019

Cost: \$40.00 for all 4 classes  
A brand new program offered at a discounted rate!

Spots are limited!

Register by March 29, 2019.

Register online at  
[MyCommunityHub.ca](http://MyCommunityHub.ca)  
Registration # 9145

To Register contact Wendy King at 519 580-8850  
or email us at [passport@sunbeamcentre.com](mailto:passport@sunbeamcentre.com)

### PAINT NIGHT



Come out for a fun, simple Paint Night Social, have some snacks & a "mock" cocktail  
Paint a picture to take home!

May 22, 2019

6-8pm

Cost: \$35 per person  
Sunbeam Centre, Kitchener

Register online at  
[MyCommunityHub.ca](http://MyCommunityHub.ca)

Registration #9147

Questions?

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



### Photography Course

Would you like to learn how to take a great photo?

**June 1, 2019, 10:00 am to 12:00 pm**

Monigrams Coffee Roasters, 16 Ainslie St. S., Cambridge

Cost: \$25.00 (Please bring your own camera)

Individuals signing up for this program must be able to take care of their own needs.

Register online at [MyCommunityHub.ca](http://MyCommunityHub.ca)

Questions, please contact [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)  
or 519 580 8850

# COMMUNITY WORKSHOP

## Sex-Esteem: Developing Sexuality Confidence

Join us for a fun and unique way to learn about sexuality that provides educational opportunities for **both** adults with a developmental disability and the staff who support them.

### TOPICS

- dating
- gay/lesbian/bisexual/transgender
- How to talk about sex with people you support
- street smarts
- responding to disclosure
- sexually transmitted infections
- sex and technology
- relationships
- consent and boundaries
- sexual assault/abuse
- intimacy and physical disabilities

Basic understanding of sexuality is a prerequisite to attend this more advanced decision-making and confidence-building educational opportunity. Each adult with a developmental disability must be accompanied by an agency support person. Together they will form teams in a survivor mode forum that playfully encourages everyone to “Outwit, Outplay and Outlaugh” other participants to develop sexuality confidence.

### Learning Objectives and Strategies will include

1. Providing opportunities to discuss sexuality in an open and humorous way using visual, tactile and interactive learning strategies
2. Fostering communication about sexuality and relationships between adults with a developmental disability and the people who support them
3. Providing everyone with skills and materials to promote healthy sexuality

**Date: Friday, April 26, 2019**

**and Friday, May 03, 2019**

**Time: 8:30 a.m. – 4:00 p.m.**

**Location: Region of Waterloo Public Health**

**99 Regina St. S., Waterloo, Room 508**

**Cost: \$45.00 Includes Lunch and Snacks**

**Registration Deadline: April 19, 2019**

**Register early as space is limited**

This workshop is not appropriate for individuals who are known sex offenders. All participants must be 18 years of age or older. **Cheque or Money Order must be made payable to: K-W Habilitation.**

Please send Registration form and payment to: Attn: Terry Mayou

K W Habilitation, 99 Ottawa St. S., Kitchener ON N2G 3S8

Registration may also be faxed to: (519) 571 1629 Attn: Terry Mayou.

(Payment to follow in the mail no later than April 19, 2019).

If you have any questions, please feel free to contact Terry at (519) 897-0357.



**Brought to you by: The Sexual Health and Developmental Disabilities Conference Committee of Waterloo Region**

- K-W Habilitation
- Griffon Centre Toronto
- Rainbows pride in Scarborough
- Region of Waterloo Public Health
- Developmental Services Resource Centre - Waterloo Region
- Along with Speakers from Shore and ACCKWA

# COMMUNITY WORKSHOP

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## Sex-Esteem: Developing Sexuality Confidence Registration Form

### Registration Information for Adult with Development Disability:

(Must be received no later than April 19, 2019)

|                   |                                           |                                                |
|-------------------|-------------------------------------------|------------------------------------------------|
| Name              | <hr/>                                     |                                                |
| Address           | <hr/>                                     |                                                |
| Phone #           | <hr/>                                     |                                                |
| Payment Enclosed: | <input type="checkbox"/> Cheque (\$45.00) | <input type="checkbox"/> Money Order (\$45.00) |

### Registration Information for Agency Support Person: (Must be received no later than April 19, 2019)

(If different from Day 1)

|                |                                           |                                                |       |
|----------------|-------------------------------------------|------------------------------------------------|-------|
| Name:          | <hr/>                                     | Name:                                          | <hr/> |
| Address:       | <hr/>                                     | Address:                                       | <hr/> |
| Phone:         | <hr/>                                     | Phone:                                         | <hr/> |
| E-mail contact | <hr/>                                     | E-mail contact:                                | <hr/> |
| Payment        |                                           |                                                |       |
| Enclosed:      | <input type="checkbox"/> Cheque (\$45.00) | <input type="checkbox"/> Money Order (\$45.00) |       |

### Special Dietary concerns/restrictions/allergies? (Please Specify):

| Participant | Agency Support Person |
|-------------|-----------------------|
| <hr/>       | <hr/>                 |
| <hr/>       | <hr/>                 |
| <hr/>       | <hr/>                 |
| <hr/>       | <hr/>                 |

Please tell us about the participants previous education related to sexuality;

Circle appropriate answer(s). The person I am supporting:

- Learned about sexuality at school or other courses
- Learned about sexuality from family or home environment
- Learned about sexuality through social media (TV, computer, friends)
- Learned about sexuality at a previous sex-esteem conference

## COMMUNITY EVENTS AND RESOURCES

# OH! THE PLACES YOU'LL GO!!!

The ROAD to TRANSITION PLANNING...

**Tuesday April 9, 2019**

(St. Benedict's C.S.S.  
50 Saginaw Pkwy. Cambridge)

**OR**

**Thursday April 11, 2019**

(Cameron Heights C.I.  
301 Charles St. E. Kitchener)

**6-8pm**

**Space is limited.**



Exploring the transition from school life to adulthood • Learn what a transition plan is • How to create a transition plan • What services and programs are available after high school • Discuss how to get connected in the community and make friends • Explore ways you can lead a fulfilling and happy life.

To reserve your spot, please call  
**519-894-1153 x 2907**  
or email **s.niven@dscwr.com**



### **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)

### **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)**

# COMMUNITY EVENTS AND RESOURCES

## Autism Spectrum Connection New Website

We're pleased to share that the Autism Spectrum Connection website has a new look and feel! Autism Spectrum Connection is an online space for parents and families who have a child with autism. Visit [www.autismspectrumconnection.com](http://www.autismspectrumconnection.com) to stay up to date with the latest events and resources in Waterloo Region.



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

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

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

• **March 27, 2019**

**The Brain, and Behaviour: Science of Happiness**

**Presenter: Robyn Catagnus, Bobbie Gallagher**

[\*\*REGISTER\*\*](#)

• **April 2, 4 and 9, 2019**

**Anxiety, Sleep & Depression Three Part Series**

**Presenter: Jana Rundle**

[\*\*REGISTER\*\*](#)

• **April 3, 2019**

**Strategies for Successful Dental Hygiene Appointment**

**Presenter: Jamie Collins**

[\*\*REGISTER\*\*](#)



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)

## The ASD ConnectABILITY.ca

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

[\*\*ConnectABILITY\*\*](#)



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

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

## Autism in High School The web-based guide

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

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



# 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<br>(7 session series) | <b>WEDNESDAYS</b><br>April 10, 17, 24,<br>May 1, May 8,<br>15, June 12 | 9-10:30am | TBD      |
| Building and Learning Together<br>(7 session series) | <b>WEDNESDAYS</b><br>April 10, 17, 24,<br>May 1, May 8,<br>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 |
|-----------------------|----------------|---------|----------|
| What is ABA?          | April 11, 2019 | 6-730pm | Waterloo |
| Antecedent Strategies | May 9, 2019    | 6-730pm | Waterloo |
| Early Communication   | 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)

### Caregivers' Guide to Accessing Supports For Students With Anxiety

This free resource has made available by WRDSB. You can read and download this by clicking here:

[Caregivers' Guide](#)

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

- ◆ City of Waterloo Program and Activities Guide
- ◆ City of Guelph Programs and Activities
- ◆ City of Kitchener Active Kitchener
- ◆ Centre Wellington Community Guide
- ◆ City of Cambridge Activity Guide

### 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

## Connections

A Carizon CAPC Program in Partnership with  
Kinbridge Community Association

Connections information, learning and sharing sessions include:

- Healthy relationships
- Building self-esteem in ourselves and in our children
- Positive effective parenting
- Strengthening our bond with our children
- Strengthening our capacity to parent our children

**Wednesday Mornings 10:00 am to 12:00 pm**

**April 3—May 22, 2019**

- \* Group sessions are free of charge and space is limited
- \* Childminding available
- \* Bus tickets and light snacks provided.

**Location: Kinbridge Community Association**

**200 Christopher Drive, Cambridge**

For more information contact: Sydney at 226 808 7540  
sbell@carizon.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. Please note there are fees associated with some programs. [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): Mar 25, Apr 29 May 27, 2019

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

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

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

## Workshops Presented By Carizon

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

### **Let's Talk About Trauma**

Tuesday, March 26, 2019 6 pm to 8 pm

### **Supporting Someone with Chronic Pain**

Monday, April 15, 2019, 1 pm to 3 pm.

Call 519 743 6333 for information or registration or click on this link: <https://www.carizon.ca/counselling/workshops/>



## 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:**

**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)**



# COMMUNITY EVENTS AND RESOURCES



## Get your family ready for school

### Fun, free program!

Are you a parent receiving OW or ODSP with children at home or school?

- Free snacks, bus tickets and books
- Parent time included
- Have fun with books and songs
- Learn activities to help your child in school

## Spring 2019

### Kitchener

Mill Courtland Community Centre  
Highland-Stirling Community Group

Wednesday & Friday  
9:30 am – 11:30 am  
Starts April 24

Stanley Park Community Centre

Tuesday & Thursday  
9:30 am – 11:30 am  
Starts April 30

### Cambridge

Kinbridge Community Association

Monday & Tuesday  
9:30 am – 11:30 am  
Starts April 24



New! Parents of school-age children welcome (up to age 6)



Free program for parents receiving Ontario Works or ODSP with children birth to 6 years old

"I made new friends and had fun learning new things."

#### To Sign Up:

Email—[info@projectread.ca](mailto:info@projectread.ca)  
Phone—(519) 570-3054

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



## PAL CARD Application is Available Online

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

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

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

Waterloo's PAL form is found here:

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

Cambridge's PAL form can be found here:

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

## Light House Adult 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



## 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)



## RECREATION AND LEISURE



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

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

During this fun-filled therapeutic program, siblings will meet others who can relate,

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

**Siblings Ages 7-10**

**\$5/child**

**Saturday, April 27 | 1-4pm**

**KidsAbility Waterloo site**

**500 Hallmark Dr, Waterloo**

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

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



### 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, 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 Counseling and Support Services for Guelph-Wellington & MoveAbility Kids.

### Soccer For All Abilities

Waterloo United is proud to introduce the **Abilities United team – New for 2019!!** Our program is fully inclusive, designed and adapted for children with any disability – we welcome all on the field! WMSC, in partnership with KidsAbility, is at the forefront of the development of not only soccer programs, but also physical literacy programming and recreation/socialization opportunities. This is a parent participation program – one support person per player is required.

**Date:** Sundays from June 2 – July 28 (no program June 30)

**Time:** 10:00 am – 11:00 am

**Location:** RIM Park (indoors)

**Ages:** 4-14 yrs

**Cost:** \$160 (includes full uniform, ball, medal and team photo).

For more information visit:

<https://www.waterloounited.com/camps-skills/abilities-united/>.

To register click on this link: [REGISTER](#)

# RECREATION AND LEISURE

## Events By Extend-A-Family

### Walk-Or-Wheel 2019

Save the date for the 2019 Walk-Or-Wheel! This Extend-A-Family Waterloo Region (EAFWR) fan favourite event will be back this June. Walk-Or-Wheel (WOW) is our pledge-based fundraiser in support of EAFWR where participants walk or wheel for a 1K, 3K or 5K. Registration also includes a t-shirt, a BBQ lunch and family-friendly activities.

Funds raised through the WOW event go directly towards supporting EAFWR's initiatives. Our innovative and unique vision that is focused on connecting families with the supports they need, creating public awareness and educational events, all with the goal to build and nurture lasting relationships. These are the relationships that will help build a strong and inclusive community.

Build your own team today and Walk-Or Wheel towards a community where everyone belongs! Details to be announced soon.

**For more information on how you can become involved, please contact Kate Swift at [kate.swift@eafwr.on.ca](mailto:kate.swift@eafwr.on.ca) or 519-741-0190 x302.**

### Rock for Autism

Mark your calendars for:

**Friday April 12, 2019 from 7:30-9:30 p.m.**

Join musician and autism advocate, Ryan McTavish for an evening of music that promotes inclusion and acceptance in the community for those living with autism. All proceeds will go to EAFWR.

Check out the Facebook event for more details and to purchase tickets:

<https://www.facebook.com/events/2211636389160023/>.

## iCan Bike 2019

Hosted by KidsAbility, iCan Bike helps Children and Youth with special needs to achieve an important life milestone: learning to ride a two-wheeled bike! Using special bicycles, participants gradually transition to a regular two-wheeled bicycle learning the skills and confidence that they need to ride independently.

Times: 75-minute sessions each day (sessions scheduled between 8 am-5pm)

Dates: Monday, July 15 to Friday July 19

Parent Orientation: Sunday, July 14 from 4-5pm (please note that this is important to attend)

Location: Activa Sportsplex, 135 Lennox Lewis Way, Kitchener ON

Ages: 8 Years Old-School Exit (up to age 21)

Cost: \$180 per person

Eligibility: Your child must meet eligibility requirements and register for this event.

Eligibility includes:

- ✦ Minimum of 8 years of age maximum of 18 years of age (or 21 if still in high school)
- ✦ Reside in Waterloo Region or Wellington County
- ✦ Have a disability
- ✦ Able to sidestep to both sides
- ✦ Able to walk without assistive device
- ✦ Maximum weight 220 lbs. (99 kg)
- ✦ Minimum inseam of 20" (51 cm) - measure from floor while rider is wearing sneakers
- ✦ Able to attend program session all 5 days
- ✦ Willing and able to wear a properly fitted bike helmet

**To Register: 519-886-8886 or 1-888-372-2259 ext. 1373 or [specialized@kidsability.ca](mailto:specialized@kidsability.ca)**

**Registration deadline: Friday, June 21st. Space is limited.**



## Pizza and Games Night Cambridge by Autism Ontario

**Children Age 8-18**

**Monday, March 25, 2019 6:00 pm to 8:00 pm**

Children with ASD, ages 8-18, along with their siblings, also ages 8-18 are invited to pizza and game night at Playfit Kids Club in Cambridge!

This will be a private facility party including various games, pizza, snacks & drinks. Spaces are limited. Registration is required.

For more information and registration visit: [Autismontario.ca](http://Autismontario.ca)



## COMMUNITY EVENTS AND RESOURCES

Waterloo Region Family Network's

### FAMILY FUN DAY!

For families who have a loved one with a disability

Join us for an afternoon of fun and connection at the John Dolson Centre, 212 South St. Cambridge! Enjoy a swim in the fully accessible pool from 12:30-1:30pm followed by snacks and activities run by members of our Coffee Club.

\*\* We will have exclusive use of the pool from 12:30-1:30p.m. City of Cambridge Swim Admission Standards do apply. Learn more about Swim Admissions at <https://bit.ly/2Sb99oE>

**Sunday, March 31 from 12:30 - 2:30p.m.**

**Register at <https://bit.ly/2TbCSIE>**

If you have any questions please contact Krista McCann, [Krista.McCann@wrfn.info](mailto:Krista.McCann@wrfn.info) or 519-886-9150 x 2.



### 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)

### 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)



in partnership with AUTISM SPEAKS CANADA

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:**  
**Captain Marvel**  
**Saturday, March 23, 2019 10:30 AM**  
**550 King St N., Waterloo**



## RESOURCES

**Find Your Passion** Save the Date

**Saturday, August 24, 2019**

★ ★ ★ ★ ★

**Woolwich Memorial Centre**  
24 Snyder Avenue South, Elmira

Families and individuals of all abilities are invited to come explore many of the accessible sport and recreation opportunities that Waterloo Region has to offer!

See displays, learn about adapted equipment, try a new activity and connect with coaches and recreation providers. Come prepared to be ACTIVE!

**For more information:**  
Krista McCann | WRFN  
519-886-9150  
krista.mccann@wrfn.info  
www.wrfn.info

**Hosted By:**

KidsAbility™ KWR Sports Council WATERLOO REGION Family Network

**With support from:**

Waterloo Region Community Services

### 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:

**Black Wing Coffee**  
(135 George St. N.,  
Unit 100, Cambridge)

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

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

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

For more information, contact:

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

## 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.highlightskids.com](http://www.highlightskids.com)

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

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!

# 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.

### 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. Applications can be found online at [www.cambridge.ca](http://www.cambridge.ca) or contact 519 740-4681 ext. 4554 for more information.

### Inclusion (1:1 Support)

The City of Cambridge welcomes residents with disabilities into our camp programs. Our inclusion services may be an appropriate choice if:

- Extra support is required at school.
- Extra support is required at home for basic care such as dressing and toileting.
- Your child is associated with a support agency.

Please consider if your child will be able to handle:

- Full day, week-long programs that operate Monday to Friday from 8:30 AM to 4:30 PM.
- Program locations shared with other groups or the general public.
- Changes in programming/routine that may occur.

Inclusion Facilitators may be high school, college or university students who are hired based on their interest to work with participants with disabilities. For more information on our 1:1 support program, please contact the Recreation Coordinator Child/Youth at : 519 740-4681 ext. 4554.

### Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. This program is designed for adults with disabilities. April 20—June 8, 2019. 1:30 pm to 2:30 pm. Cost \$55 for 8 classes. Location: David Durward Centre, 2nd floor Activity Room. Bar Code: 13459

### Just Hangin' Out (JHO)

April 3 – June 5, 2019 Time: 6:00-8:00pm Cost: \$140

Bar Code: 12640

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](mailto:postmaster@dscwr.com)

Website: [www.dscwr.com](http://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.