

## Important Information on Autism Direct Funding

**\*Online Application will be available on January 2, 2020!\***

*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 2020-2021 fiscal year. Applications for Autism Direct Funding will be available on our [website](http://www.dscwr.com/) from **January 2, 2020 until January 31, 2020**. 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, 2020. This is to allow families to better plan for summer. Funding cheques will still be mailed by the end of April 2020.

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

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

or call 519 741 1121

## 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)

## Inside this issue:

What's Happening at DSRC	2
Winter - Spring Support Groups at DSRC	6
Winter - Spring Workshop Series at DSRC	8
What's Happening at Sunbeam Centre	11
Resources	12
Community Events and Resources	13
Recreation and Leisure	18

# WHAT'S HAPPENING AT DSRC

---

## Speech-Language Pathology Clinics At DSRC

---

The Speech-Language Clinic is an individualized 1-1/2 hour appointment for clients of DSRC over the age of 6 years and their caregiver to meet with a Speech-Language Pathologist to address areas such as communication skills, speech, language, comprehension skills, social skills, conversation skills, apps for communication and learning, augmentative and alternative forms of communication and visual cues for comprehension or communication.

**At the clinic you will be expected to identify one or two goals and consultation/resources will be provided to address those goals.**

**There is no fee for this service**

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

**Tuesday, January 21, Wednesday, February 26, and Tuesday, March 24, 2020**

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

---

## Update on the Ontario Autism Program (OAP)

As you are aware there have been many changes to the OAP. We continue to provide funded services as we have been for the past eight years. However, given the changes to funding, we will be offering Applied Behaviour Analysis (ABA) on a fee-for-service basis for both individual and group services. If you would like to receive information on this, please click on the site below and sign up.

**For more information on our ABA fee for services program please register at:**

**<http://www.sunbeamcentre.com/2019/08/aba-services-at-sunbeam-centre/>**

For the most recent information to the changes to the OAP please check out the Ministry of Children, Community and Social Services (MCCSS) website:

**Information on OAP**

**<http://www.children.gov.on.ca/htdocs/english/specialneeds/autism/ontario-autism-program.aspx>**

---

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!

**Like Us on Facebook!**



Sunbeam Centre's facebook page has a fresh look – you will find many interesting stories and programs from their amazing group home and day program staff and volunteers and the inspirational events with eye catching photos happening continuously here. You will also find news on community events, workshops, notifications of any program cancellation or closure instantly on this page. Don't forget to visit their page frequently and like their posts! **<https://www.facebook.com/sunbeamcentre>**

### 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 Disability

**When:** Thursday, January 23, 2020 (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](mailto:r.khanam@dscwr.com)

Or [online](http://www.dscwr.com) at [www.dscwr.com](http://www.dscwr.com)

**Registration deadline: Monday, January 20, 2020**



DEVELOPMENTAL SERVICES  
RESOURCE CENTRE  
WATERLOO REGION

## WHAT`S HAPPENING AT DSRC

---

### Your Tax Questions Answered!



#### ***SPEAKER'S PANEL***

Join us to learn more about completing taxes when you have dependents with a disability and/or mental health diagnoses.

**WHEN: COMING FEBRUARY 2020**

**DATE & TIME: TBD**

**WHERE: DEVELOPMENTAL SERVICES RESOURCE CENTRE**  
**205-1120 Victoria St. North Kitchener**

**Cost: Free**

For more information please contact Rehana Khanam  
519-741-1121 ext. 2201 or email [r.khanam@dscwr.com](mailto:r.khanam@dscwr.com)

Happy Holidays

Happy Holidays

Happy Holidays

Happy Holidays

Happy Holiday

### **DSRC HOLIDAY HOURS**

**DSRC will remain closed during the holidays on  
December 25 and 26, 2019 and January 1, 2020.**

## WHAT'S HAPPENING AT DSRC



### **FETAL ALCOHOL SPECTRUM DISORDER FREE TRAINING FOR CAREGIVERS**

**TWO DAY TRAINING  
APRIL 2 & 3  
9-3 PM**

**SPACE IS LIMITED SO REGISTER  
EARLY**

**REGISTER WITH KAREN HUBER,  
FASD COORDINATOR AT  
[k.huber@dscwr.com](mailto:k.huber@dscwr.com)  
OR 519-741-1121 EXT 2246**



**FASD | WATERLOO REGION**

Learn how prenatal exposure affects the brain

Learn how FASD impacts behaviour with a focus on executive and adaptive functioning

Identify what is needed to support individuals living with FASD

Learn about local resources and supports available to families

Developmental Services Resource Centre  
1120 Victoria Street  
North, Kitchener.  
Unit 205

---

# WINTER - SPRING SUPPORT GROUPS AT DSRC

---

## The Weekly 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.

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



---

## The Monthly Mothers' Group

---

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

Monthly groups are offered at two different times:

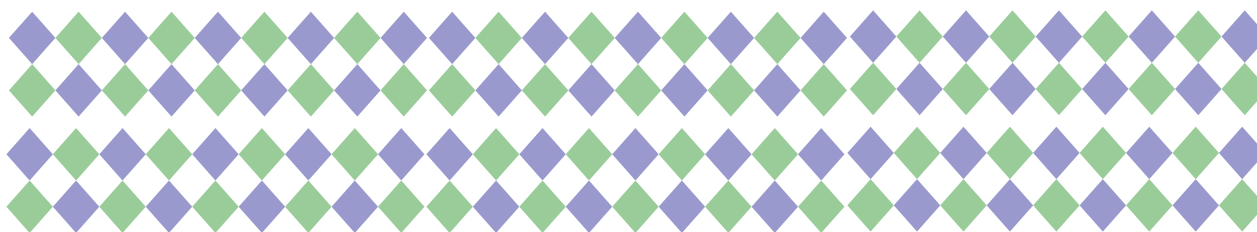
Daytime: The last Friday of every month, from 10:00 am to 12 noon

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 SUPPORT GROUPS AT DSRC

---

## The Monthly Fathers' Support Group

---

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



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

---

## The Weekly Sibling Support Group

---

### Time for Brothers & Sisters

It is a 6 week group, for siblings of youth with autism. This group is co-facilitated by a Behaviour Consultant and a Social Worker

**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 a referral please call: 519 741 1121.**



# WINTER - 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*

---

## Discussing Puberty and Sexuality with Your Child

---

Date: Tuesday, April 7, 2020  
Time: 6:00 p.m. – 8:00 p.m.  
Register By: April 3, 2020

Presenter: Louise Rodgers, RN, BScN and Jessica Gambacort, B.A., BCaBA  
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: Wednesday, April 29, 2020  
Time: 6:00 p.m.- 8:30 p.m.  
Register by: April 27, 2020

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

---

## Tips For Parents of Individuals with Autism

---

Date: Monday, April 20, 2020  
Time: 6:30 p.m. – 8:00 p.m.  
Register By: April 17, 2020  
Presenter: Stuart Lamont, BSD., RSSW  
Appropriate for: Parents and Caregivers of Children/Youth/Adults

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

---

## Helping Individuals with Autism Navigate the Social World

---

Dates: Tuesday, May 12, 2020 - Part One and Tuesday, May 19, 2020 - Part Two  
Time: 9:30 a.m. – 1:30 p.m.  
Register By: May 8, 2020  
Presenter: Stuart Lamont, B.S.D., RSSW  
Appropriate For: Parents and Caregivers of Children/Youth/Adults

Individuals with autism typically do not learn many social skills by simply observing others in a social context. Parents and caregivers need to understand this. This workshop provides strategies, resources and educational materials to help parents and caregivers understand the difficulties in teaching someone with autism social skills. 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.

# WINTER - SPRING WORKSHOP REGISTRATION

## 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:r.khanam@dscwr.com">r.khanam@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
Tips for Parents of Individuals with Autism	Mon., April 20, 2020	n/a	n/a
Discussing Puberty and Sexuality With Your Child	Tuesday, April 7, 2020	n/a	n/a
Communication Skill Development & Autism	Wed., April 29, 2020	n/a	n/a
Helping Individuals with Autism Navigate the Social World	Tue., May 12, Part One and Tue., May 19, 2020 Part Two	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: [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)**

**Online registration also available at [Mycommunityhub.ca](http://Mycommunityhub.ca)**

**Unless otherwise noted all programs will be held in the Gym of Sunbeam Centre  
2749 Kingsway Drive, Kitchener.**

## **Therapeutic Pool & Snoezelen Spa**

A year round indoor swimming experience available to individuals with disabilities and their families. This therapeutic area is a fun environment where individuals can work on personal fitness, muscle strengthening and rehabilitation, and body relaxation.  
Each Monday to Friday 9am to 3:30pm, until December 31.

#10370. Pool cannot be booked online. Call 519 893 6200 ext. 239 to check pool time slots.

## **Aqua Splash Class**

A fun class lead by an instructor focusing on body balance and low impact strengthening activities that will improve overall health & activities.

**Wednesdays 3:00 pm to 3:45 pm**

**January \$40 (4 classes) #11030, February \$40 (4 classes) #11031, March \$40 (4 classes) #11032**

## **Interactive Storytelling**

Join Kait Taylor for interactive oral storytelling fun!

**Every other Thursdays 10:30 am to 11:00 am**

**January 9, 2020 #11061, January 23, 2020 #11062**

**February 13, 2020 #11063**

**March 5, 2020 #11064, March 19, 2020 #11065**

## **Piano Café**

Come out for a warm drink and light refreshments in an afternoon café and enjoy the live piano music while socializing with old and new friends

**Wednesday, January 8, 2020 1:15 pm to 2:15 pm #11048**

Cost: \$5.00 a person

## **Music Morning Café**

Come out and Enjoy listening to Ryan the Musician sing and play guitar

**Thursdays 10:00 am to 11:00 am**

**December 19 #10208, January 30, 2020 #11054, February 27, 2020 #11055, March 26, 2020 #11056**

Cost: \$5.00 a person (Support person free)

## **Monthly Evening Dance!**

Please join us on the 4th Friday of each month from 6:00 pm to 8:00 pm in the Sunbeam Centre gym for a dance party!

Come out with your best moves. We'll be watching!! Prizes will be awarded for the individual with the most energetic and creative dancing.

Cost: \$5.00 each (Support person free)

Pizza will be available for \$1.00 Pop and juice are free!

If you are unattended, you are responsible for your own needs and safety

**December 20, Holiday/Winter Wonderland Dance #10203**

## **Freebie Friday at the Movies**

Come join us in the gym for free movies! Popcorn is available for \$.50. Candy and pop can be purchased from our vending machine, or bring your own. Follow us on Facebook for an updated list of movies. **Every Friday, 12:30 pm to 2:30 pm.**

This is a free event - No registration required.



# RESOURCES

---

## 12 Tips for Parents: Taking Care of Your Mental Health

**By: Stuart Lamont, Behaviour Consultant**

1. Have a good laugh.
2. Challenge yourself. Do something that scares you a little bit. [Maybe say 'hello' to a stranger] \*
3. Play with your kids.
4. Practice random acts of kindness even when it is not "Random Act of Kindness" day. [February 17]
5. Practice senseless acts of beauty even though they don't seem to have a day for that yet. (Picking up litter is a simple example of beautifying any place.) Get a nail and a stick and a garbage bag and a kid and go make your neighbourhood more beautiful.
6. Pause and appreciate the good stuff.... Look at the sky once a day/ look at a tree once a day. Not into sky or trees? Pause and appreciate beauty as you see it.
7. A couple of times per day.... Take a deep breath and scan your whole body and figure out where the tension is and as you exhale relax that part of your body.
8. Be thankful. A Buddhist teacher in Thailand would remind all his students that there was always something to be thankful for. He'd say, "Let's rise and be thankful, for if we didn't learn a lot today, at least we may have learned a little. And if we didn't learn even a little, at least we didn't get sick. And if we did get sick, at least we didn't die. So let us all be thankful."
9. Focus on the positive /catch your kid being good. Once upon a time I was driving down the road, clean and sober and obeying all the traffic laws and a police officer pulled me over, gave me a big hug and a coupon for some free donuts, all the while exclaiming "You are driving great!" Boy was I surprised? This little bit of fiction is designed to illustrate that we tend to be critical in nature and pessimistic when it comes to parenting [or did you believe my story]? Noticing the positive and giving out rewards feels a lot better than criticizing and giving out consequences.
10. Recharge your phone and yourself- Have a nap. Go for a walk. Listen to spa music / bagpipes.
11. Play with your kids some more.
12. Remember the old Canadian Mental Health bumper sticker? "Have you hugged your child today?"

**\*By the way 'World Hello Day' is November 21**

# COMMUNITY EVENTS AND RESOURCES

## Workshops and Groups 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 groups are:

### Understanding Me

Provides education and supports for women who have experienced emotional or physical abuse within their intimate relationships.

**Wednesdays 9:30 am to 11:30 am, Jan 8 — Mar 11**

**Tuesdays 6:30 pm to 8:30 pm, Jan 7 — Mar 10, Cost: No Fee**

### Building Better Boundaries

Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries

**Mondays 12:30 pm to 2:30 pm, Jan 27 — Mar 23, Cost: Free**

### From Fear to Freedom: Overcoming Anxiety

A skill-based interactive group for adults for whom anxiety causes problems in daily living. Participants will learn how to become more mindful of their emotions and how to better tolerate and accept negative emotions.

**Fridays 9:30 am to 11:30 am, Feb 7 - Apr 3, Cost: No Fee**

### Cool Kids: Children's Anxiety Group

A play-based CBT group for children (9-11 years) with anxiety and their caregivers. In smaller groups, children and their caregivers will learn: how to recognize symptoms of anxiety, strategies to stay calm, alternate patterns of thinking, and how to face fears.

**Mondays 5:30 pm to 6:00 pm, Jan 20 - Mar 2, Cost: No Fee**

### Moving Towards Healthy Relationships

A group for women who have experienced emotional or physical abuse, focusing on safety, building of self-esteem, ending the cycle of violence and learning how to be healthy in relationships.

**Thursdays 9:30 am to 11:30 am, Jan 9 - Feb 27, Cost: No Fee**

Call 519 743 6333 for information or registration. Visit [www.carizon.ca](http://www.carizon.ca)

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



## ADHD & Asperger's Centre

The ADHD & Asperger's/ASD Centre in Guelph has group sessions for teens and adults and Parents of children with ADHD and Asperger's/ASD, individual counselling, coaching, therapy and diagnosis services along with the resources members can access with payment. Here are some of their Winter groups:

### Teen Social Group (13 -16 yrs) with ADHD & Asperger's/ASD

**Jan 11 to Feb 8, 2020 2:00 pm to 4:00 pm. (5 Saturdays)**

Learn Social Skills, Discuss dating issues, Have fun, Play games, Make friends with other youth with neurodiversity

Cost: \$124+tax

### Strategies for Adult ADHD/Asperger's Group (Weekly, Walk-In)

**Every Thursday, 7:00 pm to 8:00 pm (First Session free)**

Time management, prioritization, managing paperwork, scheduling, problem solving, goal completion, focusing, and maintaining relationships.

Cost \$15/session

### For more information please contact:

The ADHD & Asperger's Centre

55 Cork St. E., Unit 305, (In the TD Bank Building), Downtown Guelph, ON

(519) 830 - 1423

<http://www.adhdinterrupted.com>



## 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](#)

<http://woolwichcounselling.org/services-programs/>

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

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





## COMMUNITY EVENTS AND RESOURCES

### Eye See...Eye Learn

Children born 2015 and in JK qualify for a pair of complimentary glasses.

Book an appointment with an EyeSee...Eye Learn participating optometrist between

July 1, 2019 and June 30, 2020.

Program made possible by our executive industry partners and participating Eye See...Eye Learn optometrists

For more information please visit

[EyeSeeEyeLearn.ca](https://www.optom.on.ca/OAO/ESEL/OAO/ESEL/Eye_See...Eye_Learn.aspx)

[https://www.optom.on.ca/OAO/ESEL/OAO/ESEL/Eye\\_See...Eye\\_Learn.aspx](https://www.optom.on.ca/OAO/ESEL/OAO/ESEL/Eye_See...Eye_Learn.aspx)

### SibParent: Where parents of kids with special needs can talk about their “other” kids!

On the Internet, there are hundreds of listservs where parents can talk about their kids who have special needs. But this listserv is where parents can go to talk about their “other” kids! SibParent, sponsored by the Sibling Support Project, is an innovative listserv where parents can discuss the joys and concerns experienced by their typically developing children.

As many SibParent participants are also parents of kids who attend Sibshops, (And in case Sibshops are new to you, they're lively peer support and education programs for school-age sibs.) You can find further information about Sibshops at [www.siblingsupport.org](http://www.siblingsupport.org)

Joining SibParent is easy and free: just visit [www.siblingsupport.org](http://www.siblingsupport.org)

### Flu Shots available from Participating Pharmacies

Flu shots or nasal sprays are used to inoculate people of all ages, especially the young or old, to prevent strains of influenza common during the winter or spring. Starting in October, all Ontario residents 6 months or older can get a free flu vaccine from a family doctor, pediatrician, or public health unit. People with a valid health card, ages 5 years and older, can also get their free flu shot from a participating pharmacy. You can find the contact details of these pharmacies at this link below:

[Flu Shots pharmacies](#)

### Our Place Family Resource and Early Years Centre

Our Place and Early Years Centre at the Family Centre, 65 Hanson Ave., Kitchener offers many programs you can find on their calendar. They are in Family Room 1008 near The Family Centre Reception desk. For the program calendar or more information, please visit:

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

Or email [reception@ourplacekw.ca](mailto:reception@ourplacekw.ca)

Or call: 519-571-1626

### 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**

- **February 5, 2020 , Gluten Free/ Casein free diets—research updates , Presenter: Kelly Barnhill [REGISTER](#)**
- **April 15, 2020, Research finds GI issues coincide with problem behaviours in ASD, Presenter: Dr. Ferguson [REGISTER](#)**

**Watch Now – Recorded Webinars**

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

# COMMUNITY EVENTS AND RESOURCES



Special Needs Resourcing Collaborative (SNR) has been continuing to expand their services to ensure they are being responsive to the needs in our community. Recently they have introduced their new logo and website. All the updates, resources and new information can be found on their [website](https://snrcwaterlooregion.ca)

<https://snrcwaterlooregion.ca>

The Special Needs Resourcing Collaborative provides support to Licensed Child Care Programs across Waterloo Region for children up to 12 years of age.

---

## Autism Spectrum Connection

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.



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

## The Farley Foundation

Seniors and persons with a disability and limited income may have access to a fund which covers emergency veterinary bills for their pets. Established by the Ontario Veterinary Medical Association (OVMA) in 2001, the Farley Foundation (a registered charity) assists seniors and disabled persons on limited incomes with the necessary treatment of their pets. For more information visit their [website](http://www.farleyfoundation.org/).

<http://www.farleyfoundation.org/>



## Waterloo Region Community Legal Services

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

- Housing Law (tenants)
- Income Maintenance Law (ODSP, OW and CPP-D)
- Employment Insurance
- Criminal Injuries Compensation
- Consumer and Debt Law
- Small Claims Court

Services available at these locations.

**Main Office (Kitchener) Walk in hours:**

**450 Frederick St., Unit 101, Kitchener**

**Monday to Friday**

**8:30 am to 12:00 pm and 1:00 pm to 3:30 pm**

**Cambridge Office**

**Langs Community Health Centre**

**Room N206, 1145 Concession Rd. Cambridge,**

**Drop in Service in Cambridge available on:**

**Tuesdays Wednesdays, Thursdays (Call the office for time and location)**

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

Or call: 519 743 0254

## Vulnerable Persons Registry

This voluntary registry will provide the Police Services with emergency contact information, detailed physical descriptions, known routines and special needs of this individual. This information will assist officers in communicating with, attending a residence of, or dealing with an emergency involving this individual.

As the Parent/Guardian/Administrator/Substitute Decision Maker, or self-advocate, you will be requested to complete YOUR information first. Next, you will be requested to complete information regarding the individual you are registering. Please have a photo of the person you are registering on your computer (alone, not a group picture) as you may upload a .jpg attachment to the registration form. The registry must be updated every year here:

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

## Low Cost Emergency Food Services in Waterloo Region

There are many sources in the Region of Waterloo who provide emergency food hamper and meal programs. Information on these sources are listed in this pdf guide below. This list is meant to be a useful guide for people in immediate need of food. Resources in the last section may help prevent food emergencies. Please call the hamper or meal program first as the information, including hours of operation and services offered, is subject to change. Most churches provide food hampers for their geographical area only. You do not need to be a member of the church to receive emergency food. This list does not include every program available within Waterloo Region. Please contact the Food Bank of Waterloo Region at 519-743-5576 ([www.thefoodbank.ca](http://www.thefoodbank.ca)) or the Cambridge Self Help Food Bank 519-622-6550 for more information about specific programs in your neighbourhood.

[Low Cost Emergency Food Services](#)

## APSGO - Association for Parent Support Groups in Ontario (KW 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 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

## Open Space

**Open Space** is a weekly gathering organized by Extend-A-Family Waterloo Region that promotes inclusion within the community by getting people together at a cafe for food, fun and conversation. Join us for games, special events, delicious food, interesting conversation and a chance to meet new people. We welcome all abilities, walks of life and interests.

### Location & Times:

**Black Wing Coffee Bar**  
(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

**Queen St Commons Café, 43 Queen St S., Kitchener**  
Time: Mondays, 6:30-8:30pm

For more information, contact:  
Kim Sproul at: 519-741-0190 ext. 247  
or kim.sproul@eafwr.on.ca

## Light House Adult 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 Programs
- Independent Living Skills
- Fitness & Healthy Living
- Community Engagement
- Social Networks
- Community Social Enterprises

For more information on their programs  
Contact: 226-338-2681  
103-1601 River Rd. E., Kitchener, ON N2A 3Y4

### Lighthouse Programs

[lighthousekw@rogers.com](mailto:lighthousekw@rogers.com)



## Tuesday Hangout

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

**January 7 - February 25, 2020**

**10:00 am to 4:00 pm**

**St. George's Forest Hill Church - Recreational Hall**

**321 Fischer Hallman Road, Kitchener**

**Cost: \$375 for 8 classes includes lunch prepared & cooked by group members & take-home meal for those living independently**

For information or to register: contact: Lori at 519 501 6747 or  
[lmeyc@gmail.com](mailto:lmeyc@gmail.com) or Susan at 519 654 7023 or  
[susanhipp@gmail.com](mailto:susanhipp@gmail.com)

## Community Living Dances 2020

### Sponsored By: Buddy Choir & City of Kitchener

**Downtown Community Centre**

**35 Weber St. W., Kitchener**

**7:00 p.m. - 9:30 p.m.**

**January 17**

**February 14**

**March 20**

**April 17**

**May 8**

**June 19**

**Admission: Participants \$5.00**

**Staff/Parent: \$1.00**

**Pop: 25 cents a cup, Pizza: \$2.00**

**For any questions please call:**

**Lori Maloney Young at 519 501 6747**

# RECREATION AND LEISURE

## Summer Camp Planning Workshop

**Kitchener, Waterloo, Cambridge, Guelph  
(formerly Dreaming of Summer)**

Thinking about a summer camp for your child? Want to learn about what camp would be the right fit for your child? Are there supports and funding that you can access to make your child's experience a success?

In this parent workshop you will learn about:

- How to find inclusive and specialized camps in your community
- How to access one to one supports such as volunteers or trained workers
- Funding for camp fees and specialized supports
- How to share information about your child to promote their success

In Waterloo Region this workshop has presentations from the City and a Recreation Therapist from KidsAbility. In Guelph Wellington region, this workshop is offered in partnership with Supporting Kids in Camp (SKIC) and facilitated by a Recreation Therapist from KidsAbility and the SKIC coordinator from Community Mental Health Association (CMHA).

**Kitchener / Waterloo – Tuesday, January 28, 2020**

**Time: 6:30 – 8:00 pm**

**Location: KidsAbility, 500 Hallmark Drive, Waterloo**

**Cambridge – Wednesday, January 15, 2020**

**Time: 6:30 – 8:00 pm**

**Location: Cambridge City Hall, Bowman Room  
50 Dickson Street, Cambridge**

**Guelph – Wednesday, February 12, 2020**

**Time: 6:30 – 8:00 pm**

**Location: KidsAbility Guelph Hub – 503 Imperial Road North**

**Unit #7, Guelph**

For Families of children with special needs and  
Service Providers. Cost: Free

**To Register: KidsAbility families call 519-886-8886 or**

**toll-free 1-888-372-2259 x1373 or  
email [specialized@kidsability.ca](mailto:specialized@kidsability.ca)**

## Summer Camp & Recreation Fair

Waterloo Region Are you looking for the right camp or recreation program for your loved one? The Camp & Recreation Fair is a great place to learn about the variety of options available for your family in Waterloo Region and beyond. Connect with camp and recreation providers to ask questions and find out which programs are the right fit for your family.

This is a drop-in session, no registration necessary. Everyone's Welcome!

Offered in partnership by Waterloo Region Family Network and KidsAbility.

**Wednesday, February 5, 2020**

**Time: 6:00 pm – 8:00 pm**

**Location: KidsAbility, 500 Hallmark Drive, Waterloo**

**More Information: Contact Erin Sutherland, Waterloo Region  
Family Network [erin.sutherland@wrfn.info](mailto:erin.sutherland@wrfn.info)**

**Or call 519-886-9150 ext. 4**

**or Sheryl Dedman, KidsAbility 519-886-8886 ext. 3260.**

## 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

**Jocelyn Barton at 519 741 1121 Ext. 2227**

**Email: [ja.barton@dscwr.com](mailto:ja.barton@dscwr.com)**



# 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.

### 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)

#### Inclusion Membership Application

#### 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 alternative week or register onto the wait list

#### Application for summer camps and other leisure programs

#### 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

### Important dates

- Available now, Inclusion Membership Application (Step 1)
- February 28, 2020 City of Kitchener registration opens
- March 7, 2020 City of Waterloo registration opens
- February 1, 2020 City of Cambridge registration opens

Contact:

519 741 2200 x 7229, TTY: 1866 969 9994, 519-740-4680 ext. 4554 or

Email : [access@kitchener.ca](mailto:access@kitchener.ca), [tannerd@cambridge.ca](mailto:tannerd@cambridge.ca)

[kitchener.ca/leisuresupport](http://kitchener.ca/leisuresupport)

# RECREATION AND LEISURE

## Fee Assistance for Leisure and Recreational Activities

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

The City of Waterloo:

[Fee-assistance-application Waterloo](#)

The City of Kitchener:

[Fee-assistance Kitchener](#)

The City of Cambridge:

[Activities for Less Fee Assistance application Cambridge](#)

YMCA KW:

[Fee-Assistance YMCA](#)

## PAL CARD Application

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

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

[PAL-card-application-process Kitchener](#)

Waterloo's PAL form is found here:

[PAL-Card Application Waterloo](#)

Cambridge's PAL form can be found here:

[PAL-Card Application Cambridge](#)

## Helpful Links to Community Workshops and Activity Guides

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

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/>

## 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)



# COMMUNITY EVENTS AND RESOURCES

## Free Family Events Hosted by Autism Ontario

**Events at Kitchener Public Library**, 85 Queen St N., Kitchener, ON N2H 2H1. Registration required for all events.  
Contact: 416 246 9592 ext. 308, Email: [laura.h@autismontario.com](mailto:laura.h@autismontario.com), Email: [laura.h@autismontario.com](mailto:laura.h@autismontario.com)

**Sensory Friendly Storytime at Kitchener Public Library**  
Jan 11, 2020 10:00 am to 10:45 am [Register here online](#)

This event is for children with ASD (ages 2-12) and siblings (ages 2-12) and their caregivers/parents. This program is made possible due to the collaborative partnership between Kitchener Public Library and Autism Ontario.

**Sensory Friendly Screening - Family Movie "Angry Birds 2"**  
January 25th, 2020 9:30 am to 12:00 pm [Register here online](#)

This program provides a sensory friendly environment for individuals with autism spectrum disorder or anyone for whom the environment is suitable and their families to view a film in a family-friendly theatre environment. This event is for children/ youth/ adults with ASD. The entire family and friends are welcome to join us, including siblings.

**Waterloo-4Cats Pottery Workshop**  
January 21st, 2020 6:00 PM to 7:00 PM [Register here online](#)  
4Cats Waterloo, 133 Weber St N., Waterloo, ON N2J 3G9

**Registration opens December 23, 2019 at 11:00AM**  
This event is open to kids/youth (5-18 ) and siblings (5-18). Families in Waterloo are invited to join a pottery class in Waterloo at 4Cats Studio. Staff will guide the painting session and provide all necessary instruction and materials.  
Contact: 416 246 9592 ext. 308, Email: [laura.h@autismontario.com](mailto:laura.h@autismontario.com), Email: [laura.h@autismontario.com](mailto:laura.h@autismontario.com)



## Cambridge Youth Soccer ACES (Abilities CElebrated Soccer)

All abilities CElebrated Soccer is a program designed for participants between the ages of 5 to 16 with intellectual and/or physical disabilities who are interested in learning more about the FUNdamentals of physical literacy and soccer. CYS certified coaches along with devoted volunteers will create developmentally appropriate programming to best coach our athletes!

This program will offer willing learners an opportunity to enjoy & learn more about the sport of soccer in a positive & inclusive environment. New program participants will be provided with a CYS ACES jersey, shorts and socks

**Hosted by:** Grassroots Head Coach Jon Morgan and Development Staff Coaches

**Venue:** Cambridge Youth Soccer Indoor Facility, 745 Fountain St., Cambridge

**Cost:** FREE

**Who:**  
5 – 16 Years old

**When:** Wednesday 6 – 7 pm starting February 19 (8 weeks)

**Register in person at the Clubhouse or**  
**contact Jon Morgan at [grassroots@cambridgesoccer.ca](mailto:grassroots@cambridgesoccer.ca)**  
**or 519 277 0325**



## SKATEABLE WATERLOO

SkateABLE organizes adaptive Ice Skating for children and adults with physical and developmental disabilities. Their schedule for Winter 2020 in Waterloo is as follows:

Albert McCormick Arena  
500 Parkside Dr., Waterloo

**Thursdays 4:00 pm - 4:50 pm**  
**January 16 - March 26, 2020 (no skating Feb 20, Mar 19)**

To register or for more information or contact:  
<https://skateablecanada.com/>



## 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!

**Saturday, March 28, 2020 | 1-4pm**  
Cambridge Location - TBD

**Saturday, May 23, 2020 | 1-4pm**  
KidsAbility Waterloo site  
500 Hallmark Dr, Waterloo

Contact Rebecca Tucker at:  
519 886 8886 Ext. 6202.

Participant Information Forms to be submitted with payment and reviewed by group facilitators to complete the registration process.



### 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 \$10 + 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)



# RECREATION AND LEISURE

---

## Programs in Cambridge

### 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 behavioural disorders.

### 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.

Dates: Jan 18 – Mar 28, 2020

Time: 1:30pm-2:30pm Cost: \$95 for 14 classes

Location: David Durward Centre – 2nd Floor Activity Room

Registration available online [www.cambridge.ca](http://www.cambridge.ca) Bar Code: 15736

### Just Hangin' Out (JHO) - Youth 13 - 21

The Just Hangin' Out program will take place at the Chaplin Family YMCA, Teen Drop in Centre located at 250 Hespeler Road. This program 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.

Winter Session: January 7 – March 10, 2020

Time: 6:00-8:00pm Cost: \$140

For information contact [devon.harnarain@ckw.ymca.ca](mailto:devon.harnarain@ckw.ymca.ca) or 226 808 8082

**For more information and to register for the above programs, 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)**

### Blades Special Hockey

The BLADES Special Hockey team are committed to enabling children and adults with intellectual and/or physical disabilities to play ice hockey on a co-ed team (ages 6 and up)

Saturdays 3:15 pm to 4:45 pm

Cambridge Sports Park

1001 Franklin Blvd., Cambridge

For information please contact [bladesoperationsteam@gmail.com](mailto:bladesoperationsteam@gmail.com) or visit [www.thebladeshockey.ca](http://www.thebladeshockey.ca)

### Cambridge Ice Hounds

The purpose of this program is to provide an adaptive hockey environment for children and adults with physical and/or cognitive disabilities. This program is open to players age 5+, physically able to participate, but who are ineligible or unable to participate in an existing organized program due to his or her disability. For information please contact [icehounds@gmail.com](mailto:icehounds@gmail.com) or [www.cambridgeicehounds.ca](http://www.cambridgeicehounds.ca)

### Buddy League

Buddy league is an adaptive and inclusive baseball program in Waterloo Region that provides children and adults (ages 5+) with the opportunity to play baseball in a safe, supportive and friendly environment. For information contact [buddyleaguecanada@gmail.com](mailto:buddyleaguecanada@gmail.com)





## 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 an 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.