



Important Notice Coronavirus/Covid-19 Update

Due to the recent Covid-19 outbreak, DSRC staff will no longer be meeting with clients on a face-face basis. In addition, we have temporarily suspended any in-office meetings with our clients and other external visitors. This temporary precaution has been put in place to protect the health, safety and wellness of our clients and staff alike. At this time we expect that our “no office visitors” precaution will continue until at least April 6th. Please contact us by telephone or email, or check our facebook page for status updates in the meantime.

All groups, information sessions, workshops, clinics, etc. for this period have been cancelled.

Please check the Sunbeam Centre website at: www.sunbeamcentre.com or call us at 519-741-1121 for the latest updates.

Another Important Notice For Our Readers

Due to the COVID-19 outbreak, many programs and events mentioned in our newsletter have been cancelled. Please be sure to check the status of events with agencies prior to attending.



Please check Sunbeam Centre's Facebook page for up-to-date information on DSRC workshops/ information sessions and Sunbeam Centre programs affected by the COVID-19 Pandemic.

<https://www.facebook.com/sunbeamcentre>

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WHAT'S HAPPENING AT DSRC

A Message from the Executive Director

I'm pleased to have this opportunity to introduce myself as the new Executive Director of Sunbeam Centre, and welcome you to this edition of the DSRC Connection Newsletter. The Developmental Services Resource Centre (DSRC) of Waterloo Region, a division of Sunbeam Centre, provides a broad range of programs and services to exceptional individuals living with a range of developmental and intellectual abilities, and/or a diagnosis of Autism.

For children and youth, DSRC serves as the first point of contact for information, assessments and intake to Developmental Services programs and services across Waterloo Region. For adults, we receive referrals from Developmental Services Ontario (DSO) which allow us to, once again, assist clients and families to determine and access programs, services and supports to enhance their quality of life. DSRC provides important service coordination and service planning for clients of all ages. DSRC also provides several specialized services such as being the lead for supporting the needs of Transitional Aged Youth as supported individuals progress from youth services to adult services, offering Speech Language Pathology Clinics to our clients, Applied Behavior Analysis therapy for clients living with Autism, Fetal Alcohol Syndrome programs, and a breadth of informative workshops and training sessions for clients, families, professionals and the community at large.

At DSRC, we are also well equipped to be an important resource to the families of our supported individuals – we recognize the importance of family inclusion in our clients' self-directed decision making at every step along the way. Each of our supported individuals are unique and valued, in their abilities, needs and preferences, and for that reason we work hard to provide information and resources to help ensure that our clients and their families are always aware of their choices. Whether through service planning and coordination, crisis service resolution, or workshops and education, DSRC staff are there when you need them.

I am so pleased to be connected with the dedicated professionals at the Developmental Services Resource Centre of Waterloo Region, and working together we look forward to continuing to develop and respond to the ever changing needs of our community.

Brian Swainson
Executive Director, Sunbeam Centre

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, April 14, Tuesday, May 26 and Monday, June 22, 2020

Please call our office to make an appointment: 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)**

WHAT`S HAPPENING AT DSRC

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>

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: Tuesday, May 5, 2020 (6 pm– 7:30 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

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

Questions or to register, call 519-741-1121

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

Or online at www.dscwr.com

Registration deadline: Friday, May 1, 2020

WHAT`S HAPPENING AT DSRC

Lifetime Financial Planning - Speaker's Panel

Topics Include:

- *Establishing and maintaining an RDSP*
- *Requirements to be a plan holder OR Beneficiary*
- *Grants and bonds*
- *The rules surrounding withdrawals*
- *Taxation- What you need to know*
- *Henson Trusts – What they are and how they work*

When: April 8, 2020, 6:00 pm to 8:00 pm

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

Cost: Free

Please Call 519-741-1121 ext. 2201 or
Email: r.khanam@dscwr.com for more information



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**

Wednesday, May 27, 2020, 7:00 pm - 9:00 pm

Developmental Services Resource Centre, 205-1120 Victoria St. N., Kitchener

Audience:

- ♦ Family who have a youth at risk or involved with justice system
- ♦ Community members who support youth at risk

Register Online. Contact 519-741-1121 ext. 2201
or email r.khanam@dscwr.com for more information



Presented by:



JohnHoward
Society of Ontario



WHAT`S HAPPENING AT DSRC



FETAL ALCOHOL SPECTRUM DISORDER FREE TRAINING FOR CAREGIVERS

**TWO DAY TRAINING
JUNE 11 & 12
9-3 PM**

**SPACE IS LIMITED SO REGISTER
EARLY**

**REGISTER WITH KAREN HUBER,
FASD COORDINATOR AT
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

WHAT'S HAPPENING AT DSRC

A Picture is Worth a Thousand Words: Using a Visual Schedule

By Lorraine Otto, Speech Language Pathologist

When we ask children to do something, we use verbal instructions and often talk quickly, give too much information, may not have the child's attention or repeat ourselves. We wonder why the child isn't listening and doing what we asked. A picture such as a visual schedule can replace a thousand words.

WHAT IS A VISUAL SCHEDULE?

A visual schedule uses images to help a child understand routines and expectations. We often give instructions such as "get ready for school" or "lunch is after playtime" but what does that mean? Children may have the desire to follow directions but may not be able to remember or regulate themselves to complete the steps. Like any of us when we learn a new skill whether it is driving or fixing something, we need to break the task into steps and follow the sequence.

WHY USE A VISUAL SCHEDULE?

The schedule helps the child focus and attend while making expectations clear.

The schedule shows the steps to the goal to help with understanding and help reduce frustration as the child knows what to do. It reduces frustration for parents as they are not repeating themselves.

For many children, regular use of a schedule teaches them independence as they learn to complete the task.

Language comprehension improves with use of the schedule as the child can be taught time concepts such as now, after, later.

A schedule helps with transitions as the child knows what to expect so it reduces anxiety and stress



VISUAL SCHEDULE IDEAS

- Morning routine
- Steps to getting dressed
- Steps to washing hands/going to the bathroom/showering
- Steps to getting dressed to go outside
- After school routine
- Evening routine
- Steps to complete a chore
- Weekly routine

TIPS FOR USING A SCHEDULE:

Display pictures from top to bottom – children naturally move from top to bottom, not left to right.

Take the schedule to where the child is if the child gets easily distracted. Having the schedule present helps keep them focused.

Include text with the picture so that caregivers label the picture consistently. This also helps with early literacy skills.

Put the pictures on Velcro so the sequence can be changed, or the picture can be removed when that item is completed.

Mark off each step as it is completed or move the picture to a "done" pocket.

Teach flexibility – move items around on the schedule so the child learns to follow the schedule not memorize the routine.

It will take time to teach the schedule, this could mean days or weeks. Be patient.



WHAT'S HAPPENING AT DSRC

[Cont'd from previous page...]

WHERE TO GET PICTURES FOR A SCHEDULE?

- Take your own photos. Contact DSRC's Speech-Language Pathologist for consultation and support with implementing visuals to help with comprehension of language and routines.
- Boardmaker Online: www.goboardmaker.com - online subscription for creating Picture Communication Symbols (PCS) - \$99 year USD.
- Lesson Pix: www.lessonpix.com – website for making customized visuals - \$36/year USD.
- APPS;
- Choiceworks by Bee Visual: **iTunes** app with schedule board – add up to 7 steps to the board using your own images or preloaded images. Add a timer for each step. \$13.99.
- Visual Schedule & Social Story by Mesh Tech: **Android** app with built-in library of Visual Schedules and Social Stories - add text, image, audio, video. \$free with in app purchases.
- Teachers Pay Teachers: www.teacherspayteacher.com – numerous visuals for purchase and download.
- Online search: Search “visual schedules” as there are a number of free visuals on blogs and Pinterest to download.

Important Information on Autism Direct Funding

Online Application will be available on January 4, 2021!

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 4, 2021 until January 31, 2021**. 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 the end of February, 2021. This is to allow families to better plan for summer. 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**

Passport Information

Passport fiscal year is coming to an end...

Are you up to date with sending in your Passport Purchase of Service Invoice Forms?

For assistance set up an appointment with the **Passport Community Developer at**

Developmental Services Resource Centre 519 741 1121 Ext. 2227, 1120 Victoria St., N., Kitchener, N2B 3T2

Learn how to complete your PassportOne Purchase of Service Invoice Form or get help completing it.

Learn about eligible expenses or ways to utilize Passport Funding

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!

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:

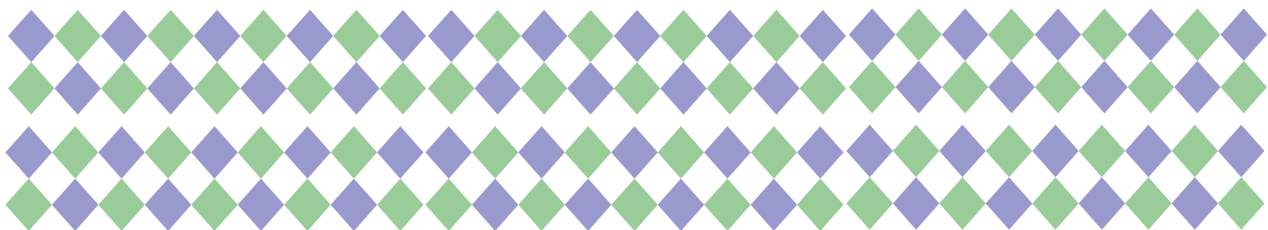
Daytime: The last Friday of every month, from 10:00 am to 12 noon

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!



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 3rd 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.**



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. Please check Sunbeam Centre's Facebook page for up-to-date information on DSRC workshops/information sessions affected by the COVID-19 Pandemic. <https://www.facebook.com/sunbeamcentre>

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
-

Helping Individuals with Autism Navigate the Social

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.

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.

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: r.khanam@dscwr.com
By Phone:	(519) 741-1121, and ask for the Information Resource Assistant

REGISTRATION FORM

WORKSHOP (V OR CIRCLE TO REGISTER)	DATE (V 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



The programs listed below are for individuals of age 18 and up.

To register for any of these programs please contact:

Wendy at 519 893 6200 ext. 211 or Email: w.king@sunbeamcentre.com

Online registration also available at [Mycommunityhub.ca](https://mycommunityhub.ca)

Unless otherwise noted all programs will be held in the Gym of Sunbeam Centre

Therapeutic Pool & Snoezelen Spa Evening Swim

Participants who require assistance with personal care or assistance in the pool are required to bring their own support person at no additional charge.

Monday 3:30 pm to 5:30 pm April 20 - June 29 #11753

Monday 5:30 pm to 7:30 pm April 20 - June 29 #11754

Cost: \$150.00 for 10 swim sessions

Bowling with Kingpin Bowl

Come out and challenge your friends to a game of Bowling. Great place to meet new people. We will have the use of bumpers and ramps if needed to get the best score that you can.

Thursday, May 14 Meet at Kingpin bowl, Cambridge Centre Mall at 12:30 pm

Cost \$12.00 #11704

Cooking for Tea Time

Come on out and make some snacks for tea time. We will be making pinwheels, deviled eggs, salmon and cucumber sandwiches and raspberry tarts.

Tuesday, April 28, 1:00 pm to 2:30 pm #11706

Cost: \$20.00

Health & Wellness

Come on out and enjoy gentle exercise & prepare a healthy snack. Learn about health, nutrition and exercise for any level.

Friday, June 26, 2020 1:00 pm to 2:30 pm #11692

Cost: \$15.00 a person

Modeling By Expressions Model and Talent Agency

Join us for this four week program that will highlight and introduce the importance of skin care, social posture, make up application and of course how to work the runway!

Wednesdays April 8 to 29, 2020 1:00 pm to 3:00 pm #11764

Cost: \$200

Bead Bracelet Making!

You will get to create and take home the bracelet that you make.

Wednesday, June 3, 2020 1:00 pm to 2:30 pm #11715

Cost: \$15.00

Fathers Day Framing

Come join us to paint a picture frame, you will get to take home your frame and put your favourite picture in it!

Wednesday, June 17, 2020 1:00 pm to 2:30 pm.

Pimp My Ride!

Come join us for a fun afternoon of personalizing your wheelchair or walker: Decorate your ride from top to bottom with stickers, fun tapes, signs and whatever else you can dream up!

Monday, June 29, 2020 1:00 pm to 2:30 pm. #11759

Cost: \$12.00

Mountsburg

Visit Mountsburg and enjoy the raptors bird show, the petting zoo, aviary, and walking trails.

Saturday, May 30, 9:30 am to 2:30 pm. #11720

Cost: \$100.00

Glam and Shoot

Come and join us for a make-up tutorial, hair styled and a photoshoot! You will take home two shots of your photo.

May 21, 1:00 pm to 2:30 pm. #11740

Cost: \$15.00

Ice Cream Social

Come out and enjoy a delicious ice cream Sundae!

Tuesday, June 23, 2020, 1:00 pm to 2:30 pm. #11698

Cost: \$6.00

Play with Clay

Spring pottery sessions with Rachel Tanner

Session One: April 15 and 22, 2020, 10:00 am to 12:00 pm. #11745

Session Two: May 9 and May 23, 2020 1:00 pm to 3:00 pm #11746

Cost: \$65.00

Painting Clay with Pots

Paint a Clay Pot for Mother's Day!

Wednesday, May 6, 2020 1:00 pm to 2:30 pm #11689

Cost: \$12.00

Woodworking 101

Assemble and paint a small seasonal woodworking project that you can take home! 2 sessions.

Friday, June 19 and Thursday, June 25, 2020

1:00 pm to 2:30 pm #11701 Cost: \$20.00



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
- sex and technology
- street smarts
- responding to disclosure
- sexually transmitted infections
- intimacy and physical disabilities
- relationships
- consent and boundaries
- sexual assault/abuse
- How to develop friendship

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 24, 2020

and Friday, May 01, 2020

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 17, 2020

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 contact Terry at (519) 897-0357 K W Habilitation, 99 Ottawa St. S., Kitchener ON N2G 3S8 for the registration form or if you have any questions:

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

(Payment to follow in the mail no later than April 17, 2020).

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

- K-W Habilitation
- Developmental Services Resource Centre - Waterloo Region
- Along with Speakers from Elmira Association, Advocates Against Abuse, and WRPS
- Region of Waterloo Public Health
- Rainbows pride in Scarborough

COMMUNITY EVENTS AND RESOURCES

Oh! The Places You'll Go!!!

The ROAD to TRANSITION PLANNING...

Tuesday April 7, 2020

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

OR

Thursday April 9, 2020

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

6-8pm

Space is limited.

To reserve your spot, please call

519-894-1153 x 2907

or email s.niven@dscwr.com



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.

COMMUNITY EVENTS AND RESOURCES

Free Income Tax Clinics In Waterloo Region

There are Income Tax Clinics to help people submit their income tax files in many places of Waterloo Region. The clinics mentioned below will be offering this service for free. Some of them need appointments and some are drop-in. For detail information and

eligibility criteria please visit this website:

<https://freetaxclinicswaterlooregion.wordpress.com/>

Please call the phone numbers provided with each clinic to check if they are open.

KITCHENER	
Social Development Centre of Waterloo Region 23 Water St N., Kitchener Phone: 519-579-3800 to book an appointment Mondays and Wednesdays, 9 am to 8 pm Tuesdays and Thursdays, 9 am to 5 pm	Kitchener Public Library (in partnership with Volunteer Chartered Professional Accountants) Central Library 85 Queen Street North, Kitchener Registration required – spaces are limited. Please call 519-743-0271 ext. 282 to register Saturday, March 21 from 9:30 am to 3 pm
Region of Waterloo, Kitchener Welcome Space 235 King St. East, Kitchener Phone: 519-883-2409 to book an appointment Appointments available from March 2 – April 30, or drop off available Monday to Friday 8:30 am to 4:30 pm	The Working Centre 58 Queen St. South, Kitchener Phone: 519-743-1151 for an appointment Monday to Thursdays March 2 - April 30
WATERLOO	
Region of Waterloo, Waterloo Welcome Space 99 Regina St. South, Waterloo Phone: 519-883-2409 to book an appointment Appointments available from March 2 – April 30, or drop off available Monday to Friday 8:30 am to 4:30 pm	The Accounting and Finance Student's Association of University of Waterloo Please follow the link for more information: http://www.uwafsa.ca/taxclinic Drop in from 10 am to 8 pm March 21, Quantum Nano Centre Rm 2502 March 22, 28 and 29, Science Teaching Complex Rm 1012
CAMBRIDGE	
Region of Waterloo, Cambridge Welcome Space 150 Main St., Cambridge Phone: 519-575-4400, ext. 7069 press zero to book an appointment Appointment times available from March 2 - April 30 or drop off Monday to Friday from 8:30 am to 4:30 pm.	
WILMOT AND WOOLWICH TOWNSHIPS	
Wilmot Family Resource Centre 175 Waterloo St., New Hamburg Phone: 519-662-2731 Year round drop-off clinic Current and past years Monday to Thursday from 9 am to 4:30 pm Friday from 9 am to 12 pm	Woolwich Community Services 5 Memorial Avenue, Elmira Phone: 519-669-5139 to book an appointment Open from March 2 - April 30 Appointments available from 9 am to 5 pm Monday, Tuesday, Thursday & Friday

- [RC4064 Medical and Disability-Related Information](#)
- [RC4460 Registered Disability Savings Plan \(RDSP\)](#)

Forms

- [GST518 GST/HST Specially Equipped Motor Vehicle Rebate Application](#)

- [T2201 Disability Tax Credit Certificate](#)
- [T929 Disability Supports Deduction](#)
- [XE8 Application for Refund of Federal Excise Tax on Gasoline](#)

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 to stay up to date with the latest events and resources in Waterloo Region.



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



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

The ASD ConnectABILITY.ca

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

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



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

www.parentingnow.ca

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

COMMUNITY EVENTS AND RESOURCES

Students Links

Student Links an initiative of Community Living Ontario is in Kitchener-Waterloo area. They provide service for students aged 14 - 21, currently enrolled in high school, have an intellectual disability and eager to explore new opportunities.

For more information visit their website

www.studentlinksonario.ca

Or contact Natalie Bianco

Student Links Coordinator, Kitchener/Waterloo

416-859 8581

nbianco@communitylivingontario.ca

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/>

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)



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

Or call: 519 743 0254

Programs for Parents, Children and Youth by Woolwich Counselling Centre

Woolwich Counselling Centre provides various counselling programs and services to support the needs of the people of our community. Please note there are fees associated with some programs. [Learn more about the programs](http://www.woolwichcounselling.org/services-programs/)

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

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

www.woolwichcounselling.org



COMMUNITY EVENTS AND RESOURCES

WORLD AUTISM AWARENESS DAY

April 2, 2020

World Autism Awareness Day is April 2, 2020. Organizations in the Region of Waterloo host various events around this date. Here are some website links and contact information to check out their events. These websites are also helpful to search for many online resources related to Autism.

- Autism Ontario Waterloo Chapter
<https://www.autismontario.com/chapters/waterloo-region>
Laura Heimpel, Regional Program and Volunteer Coordinator, 1800 472 7789 ext. 342
laura.h@autismontario.com
Liz Boyd, Service Navigator, Team Lead
1800 472 7789 ext. 308 liz.b@autismontario.com
- Waterloo Region Family Network (WRFN)
<https://wrfn.info/events/>
- Kitchener Public Library <https://kpl.org/health>
- Kids Health <https://kidshealth.org/en/kids/autism.html>
- Autism Speaks
<https://www.autismspeaks.org/help-and-information>
- United Nations Organization
<https://www.un.org/en/events/autismday/>
- Waterloo Catholic School District Board
<https://vlcguides.wcdsb.ca/home/Autism>
- Sunbeam Centre
<https://www.sunbeamcentre.com/>
- Developmental Services Resource Centre
<http://www.dscwr.com/>

Job Opportunity for Individuals with ASD

Ernst & Young Canada is in the very beginning stages of setting up a Neurodiversity Centre of Excellence in the Toronto Office. They are looking to hire individuals with ASD for their Toronto team.

Ernst & Young is multinational professional service firm, providing accounting, including strategy, operations, HR, technology, and financial services consulting. They have opened a number of Neurodiversity Centres in their United States branches in an effort to become more accessible and expand their workforce, and are looking to open one in Toronto in the future.

If interested, please contact Evan Merrilees at evan.merrilees@ca.ey.com.

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 11, 2020 , Promoting Play and Social Skills at Recess ,**

Presenter: Matthew Brock [REGISTER](#)

- **March 25, 2020 , Anxiety, Autism, and the Five Prime Suspects ,**

Presenter: Christopher Lynch [REGISTER](#)

- **June 10, 2020, Transition to Adulthood, Presenter: Stephen**

Shore [REGISTER](#)

Watch Now – Recorded Webinars

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



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 groups:

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

Check their website for new dates in Spring (usually 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



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

Idea Exchange - Clemens Mill
50 Saginaw Pkwy, Cambridge

Saturday, May 23, 2020 | 1-4pm

KidsAbility Waterloo site
500 Hallmark Dr, Waterloo

Register by calling:

1-888-372-2259 Ext. 6202.

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



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

Joining SibParent is easy and free: just visit www.siblingsupport.org

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/EyeSee...EyeLearn.aspx>

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

Or email reception@ourplacekw.ca

Or call: 519-571-1626

RECREATION AND LEISURE

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



Community of Hearts

Are you an adult with a developmental exceptional who wants to build and try-out your independent living skills? Independent Hearts may be the perfect fit for you!

Jerushia Allin | Program Manager
Community of Hearts Lifelong Learning Centre
55 Wyndham Street North, Unit T28 Guelph, ON N1H7T8
Tel: 519.826.9056
Email: jerushia@communityofhearts.ca
www.communityofhearts.ca



Ball Hockey

Get together with your friends and neighbours and face off at the 7th Annual Ball Hockey Tournament, brought to you by Extend-A-Family Waterloo Region and OnSide Athletics and part of Neighbours Day Extravaganza!

Date: Saturday June 13th, 2020

Time: 9 a.m., first ball drop at 9:30 a.m.

Location: Stanley Park Community Centre

505 Franklin St. N., Kitchener

Ages 8 and older are welcome to attend.

For more information visit this page:

<https://www.eafwr.on.ca/ball-hockey-tournament-2020/>

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.

April 17

June 19

May 8

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

KW Art Gallery Introduced Sensory Friendly Saturdays

On the first Saturday morning of every month beginning from **Saturday 4 January**, all galleries and public spaces in Kitchener-Waterloo Art Gallery (KWAG) will be programmed with reduced light and volume levels to provide a more welcoming environment for Autistic and neurodivergent individuals and any others who require or prefer environments with less visual and auditory stimuli. While KWAG has a long-standing policy of accommodating the special needs of their visitors by adjusting light and sound levels accordingly, these new standard hours create dedicated time and space for their guests to experience a welcoming environment that is already suited to their needs. For more information contact: **Kitchener Waterloo Art Gallery, 101 Queen St. North, Kitchener, 519-579-5860, mail@kwag.on.ca**

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.

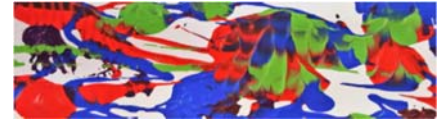
Sensory Jumps are held every Thursday
from 4:00pm - 5:00pm
150 Gateway Park Drive Kitchener, ON N2P 2J4
(519) 804-4455

For more information please visit: www.skyzone.ca

Expressive Art Tuesdays

Join us on Tuesday afternoons for one or both sessions
Session one: four weeks March 31—April 21 (1-3:30 pm) \$200
Session two: four weeks May 5—May 26 (1- 3:30 pm) \$200

Create with rhythm, movement, words and visual arts,
Use all kinds of cool media including pastel, collage, paint and clay
Make art about our feelings, our futures and the things that are important in our lives
Make new friends
Place: Our Studio, 141 Whitney Place, Kitchener
To register contact: info@steppingstonesexpressivearts.com
Phone: 519 404 2450



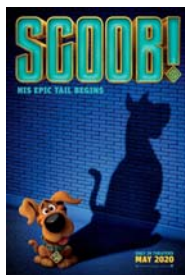
Cineplex Entertainment in partnership with Autism Speaks Canada is delighted to present Sensory Friendly Screenings.

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>



**Peter Rabbit 2:
The Runaway
Saturday
April 18, 2020
10:30 AM**



**Scoob! His
Epic Tail Begins
Saturday
May 23, 2020
10:30 AM**



**Trolls
World Tour
Saturday
May 2, 2020
10:30 AM**

Galaxy Cinema, 550 King St N., Waterloo

Sensory Friendly Screening : Kitchener-Family Movie "Spider Man: Far From Home"

Kitchener Public Library in partnership with Autism Ontario is delighted to present Sensory Friendly Screenings. **Doors open at 9:30AM. Movie starts promptly at 10:00AM.**

Spaces are limited. Registration is required.
This event is for children/ youth/adults with ASD. The entire family and friends are welcome to join us, including siblings.

March 28th, 2020 9:30 AM through 12:00 PM
Kitchener Public Library-Central Branch, 85 Queen St N
Kitchener, ON N2H 2H1
Phone: 416-246-9592 ext. 308
Email: laura.h@autismontario.com

RECREATION AND LEISURE

Recreation Programs Available in the Region

City programming in Kitchener– Waterloo offers recreation programs in various ways. These are some of them listed below:

Before and After School Programs

Extended day programs through school board (ages 4-12 years)

[Waterloo Regional District School Board - WRDSB](#)

[Waterloo Catholic District School Board - WCDSB](#)

[YMCA/YWCA](#)

Kindergarten Extended Day Care (4-5 years)

School Age Youth Development (6-12 years)

City of Waterloo [Camps-and-pre-school Waterloo](#)

City of Kitchener [Children-and-youth Kitchener](#)

City of Cambridge [Children’s recreation Cambridge](#)

Regional Libraries also offers various programming. You can find them on their website:

[Waterloo Public Library Events Calendar](#)

[Kitchener Public Library Events Calendar](#)

[Cambridge Idea Exchange Events Calendar](#)

Access 2 Card

The Access 2 Card program helps to ensure that entertainment, cultural and recreational opportunities are more available and accessible to all. The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at participating entertainment, cultural and recreational venues across Canada.

A support person is an adult who accompanies a person with a permanent disability to assist with services that are not provided by the employees at the participating venue, such as assistance with eating, administering medication, communication and use of the facilities.

These are the places who accept Access 2 Card in the Region of Waterloo:

Cambridge	• THEMUSEUM
• Butterfly Conservatory	• Center in the Square
• Fashion History Museum	• The Registry Theater
Kitchener	Waterloo
• Bingemans	• Third Age Learning
• Chicopee Tube Park	• Waterloo Region Museum

www.access2 Card

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

Kitchener: <https://www.kitchener.ca/en/in-your-neighbourhood/community-centres.aspx>

Breithaupt Centre

Bridgeport Community Centre

Chandler Mowat Community Centre

Centreville Chicopee Community Centre

Country Hills Community Centre

Doon Pioneer Community Centre

Downtown Community Centre

Forest Heights Community Centre

Kingsdale Community Centre

Mill Courtland Community Centre

Stanley Park Community Centre

Rockway Community Centre

Victoria Hills Community Centre

Williamsburg Community Centre

Waterloo: <https://www.waterloo.ca/en/things-to-do/community-and-rec-centres.aspx>

Rim Park Manulife Sportsplex

Waterloo Memorial Recreation Complex (WMRC)

Albert McCormick Community Centre

Moses Springer Community Centre

Cambridge: <https://facilities.cambridge.ca/>

Allen Reuter Centre

David Durward Centre

John Dolson Centre

W.G. Johnson Centre



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

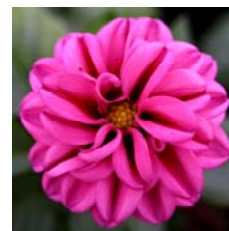
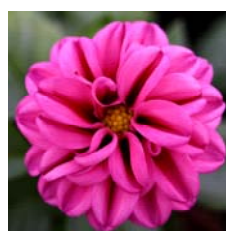
www.ABCmouse.com

www.superstarphonics.com

www.kids.nationalgeographic.com

www.highlightskids.com

www.pbskids.org





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 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.