



COVID-19 UPDATE

Sunbeam Developmental Resource Centre - SDRC (formerly known as Developmental Services Resource Centre - DSRC) is continuing providing services during this time of pandemic. Our staff are meeting and in contact with our families either over phone or via videoconference while the in person meetings are not taking 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 December 31**. In the interim, please contact us by telephone or email, or check our website www.dscwr.com or facebook page <https://www.facebook.com/sunbeamcommunities> for status updates.

We hope all of you are staying safe and healthy during this very difficult time. In this issue, we have put together various online and community resources that you may find helpful.

For further details on Sunbeam's re-opening plan please check this link on the website: www.sunbeamcommunity.ca/Sunbeam-Re-Opening-Plan-Summary-Final-19-08-2020.pdf.

Agency Name Change Notice

We are happy to announce that our agency name is changing to Sunbeam Developmental Resource Centre (SDRC). We are in the process of updating our website and email addresses. Please stay tuned for further information!

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WHAT'S HAPPENING AT SUNBEAM

New Name, New Logo, Same Trusted Commitment

Sunbeam's new organizational name is now Sunbeam Community & Developmental Services. To celebrate this change, Sunbeam's logo has also been transformed with new colors and imagery to reflect our continued commitment to innovation, respect and inclusion. We have also launched Sunbeam's new website at: www.sunbeamcommunity.ca

I invite you to take a moment to visit our new website, with information and features including:

- Sunbeam's roots, our development and growth, and who we are today
- Sunbeam's Vision, Vision, Values, and Our Organizational Diversity, Inclusion, Equity Statement
- Our Governance and Leadership, Quality and Standards. and Strategic Plan
- Information about Sunbeam's Operating Divisions: Sunbeam Developmental Resource Centre (formerly DSRC), Sunbeam Community Living Services, and Developmental Services Ontario Central West Region
- Highlights and photos of each of our 19 Residential Group Home and Respite Sites
- COVID-19 Pandemic Communications and Resources
- Volunteer and Job Opportunities with Sunbeam
- A nice new feature to "Send Well Wishes" to persons served in our Residential Group Homes

I encourage you to "save" our website link on your browser, and periodically check back for news items and program updates of interest to the community.

Finally, I would like to acknowledge the ongoing commitment and dedication of our front line, supervisory and support staff in providing essential programs and services to the individuals and families we serve across Sunbeam. Like all other human services organizations, the COVID-19 Pandemic has presented a constantly changing landscape of risks and challenges, as we work together to safeguard the safety and health of our clients, staff and stakeholders. Thank you to all essential service workers, across all communities, organizations and service areas for the important work that you do. Heading into the fall season, our teams at Sunbeam will remain diligent in keeping informed of pandemic and safety precautions and continuing to provide critical programs and services in the communities we support.

Brian Swainson, Chief Executive Officer, Sunbeam Community and Developmental Services



Additional Financial Support towards FASD Programs in Ontario

Sunbeam Developmental Resource Centre, a division of Sunbeam Community and Developmental Services, was pleased to host The Honourable Minister Smith, from the Ministry of Children, Community and Social Services on September 9, 2020 for Fetal Alcohol Spectrum Disorder Awareness Day.

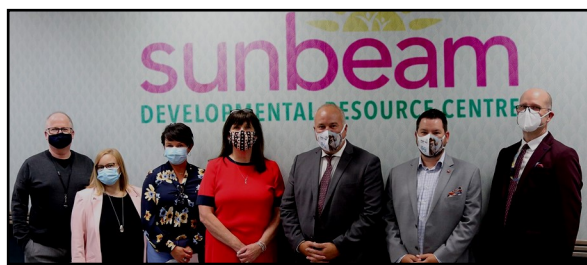
The Honourable Minister Smith announced the Ontario government is providing an additional \$3 million annually to better support people with FASD living in Ontario. Part of this funding will allow SDRC to hire a second FASD Coordinator, to assist families, children, and youth with FASD in Waterloo Region. Below are some pictures of the event. For details of the announcement please check these two links:

News Release: <https://news.ontario.ca/en/release/58311/ontario-strengthening-supports-for-children-and-youth-impacted-by-fetal-alcohol-spectrum-disorder>

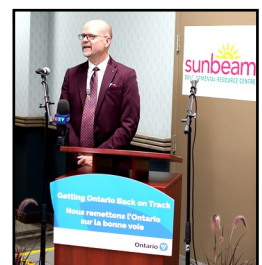
CTV News Coverage: <https://kitchener.ctvnews.ca/province-announces-more-supports-for-families-dealing-with-fetal-alcohol-spectrum-disorder-1.5098837>



The Hon. Minister Todd Smith, Minister of MCCSS



From Left: Neil Butler, Tracy Erb, Karen Huber, Laura Thies, Hon. Minister Todd Smith, Mike Harris, MPP and Brian Swainson



Brian Swainson

WHAT'S HAPPENING AT SDRC

Our Resource Support

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

The Resource Support Worker is not able to:

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

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

Speech-Language Pathology Clinics At SDRC

The Speech-Language Clinic is an individualized 1 hour appointment for clients of SDRC 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.**

Please note that the clinics will be done by phone or video until further notice.

1 hour appointment times are available on the following dates:

Monday, Sept 14, Tuesday, October 13, Monday, Nov. 9, and Monday, Dec 14, 2020

Please call an intake worker at our office to make an appointment: 519 741 1121

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 nine years.

However, we now offer a fee-for service called "Brightside ABA Services" for those who are receiving money through the OAP to purchase ABA services. To see the list of these services, please [visit](http://www.brightsideabaservices.com) the website:

www.brightsideabaservices.com

BRIGHTSIDE ABA SERVICES

Due to the Covid 19 Pandemic, we are pleased to announce that we can provide in-home support using our new Video services through SDRC's **Brightside ABA** program. Below are some of their programs. For more information please visit our website at www.brightsideabaservices.com

Now Offering! ONLINE SOCIAL SKILLS GROUPS

Group services offer the chance for individuals to practice their social skills while learning new ones and engaging in new experiences. These groups will begin with very generalized content and will expand to offer more specialized options as demand indicates necessity.

This 12-week group package includes:

- 12-weeks of programming administered by our experienced and highly skilled consultants.
- One initial assessment
- 10 concurrent (1 hour) weekly sessions
- Behaviour Support Plan

Topics may include:

- Transition to adulthood
- Dating /relationships
- Friendships
- Conversation skills
- Sharing and turn taking
- Social skills for online communication
- And Many More!

\$595 For all 12 sessions!

**** Group overseen by a Board Certified
Behaviour Analyst**

**To register call Alison Havlin at
519-741-1121 extension 2244 or email
brightside@sunbeamcentre.com**

Now Offering!

1:1 VIRTUAL Service package

Brightside ABA Services is now offering a 1:1 Virtual Consultation Package using Applied Behaviour Analysis. Virtual sessions will be held via phone or video with caregivers and a highly qualified ABA Consultant. This package is ideal for goals requiring increased intensity to support learning as 2 hours of strategy-based session are provided per week.

The 1:1 Virtual Consultation Package includes:

- One 2-hour information gathering and goal setting session.
- 20 hours of strategy-based sessions provided within 10 weeks.
- One 2-hour final session to review the summary report is provided within two months of the final strategy-based session concluding.

Possible Goals to Choose From:

- Daily living skills
- Developing routines
- Sibling play
- Increasing independence
- Decreasing screen time
- Supporting transitions
- Many others to choose from

\$2100 Virtual Package

If greater frequency of sessions is desired, please let us know. We will work with you to further customize the package.

**To register call Alison Havlin at
519-741-1121 ext: 2244
brightside@sunbeamcentre.com**

WHAT`S HAPPENING AT SDRC

Virtual Information Sessions Coming soon

Once confirmed the topics and dates will be posted on our website

www.dscwr.com and

facebook page www.facebook.com/sunbeamcommunities

If you have any question please call:

Rehana Khanam at 519 741 1121 Ext. 2201

COMING SOON - VIRTUAL SESSION ON

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**



Presented by:



Audience:

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

Stay tuned for the date and how to join!

If you have any question please call our office at:

519 741 1121 Ext. 2201

Once the date is confirmed it will be posted on our website at:

www.dscwr.com or facebook at: www.facebook.com/sunbeamcommunities

WHAT'S HAPPENING AT SDRC

Autism Direct Funding Application

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](#) 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

The 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


Sunbeam Developmental Resource Centre 519 741 1121 Ext. 2809, 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 SDRC 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!

	<p>Please check Sunbeam's Facebook page for up-to-date information on SDRC workshops/ information sessions and Sunbeam programs affected by the COVID-19 Pandemic.</p> <p>www.facebook.com/sunbeamcommunities</p>
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FALL SUPPORT GROUPS AT SDRC

The Weekly Mothers' Support Group

The Mothers' Support Group at SDRC 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 SDRC 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. Please note that this group will be offered virtually via video until further notice.

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 SDRC also has Monthly Mothers' groups?

Monthly groups are offered at two different times:

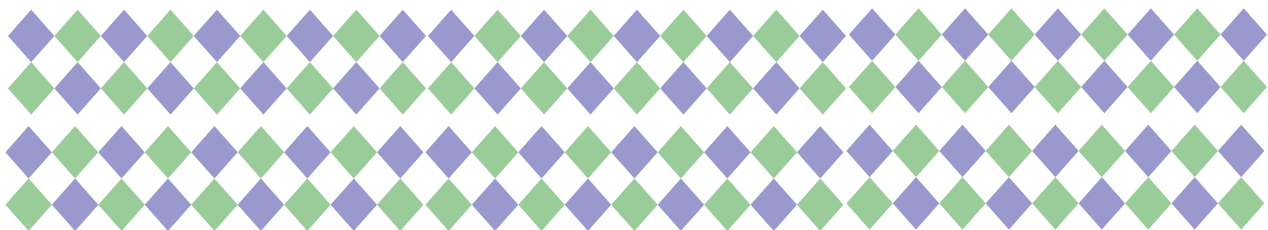
Daytime: The last Friday of every month, from 10:00 am to 11:30

Evening: The last Tuesday of every month, from 7:00 pm to 8.30 pm

Please note that this group will be offered virtually via video until further notice.

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!



FALL SUPPORT GROUPS AT SDRC

The Monthly Fathers' Support Group

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

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

Some of the topics discussed in the past year were 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 – 8:00 pm.

Please note that this group will be offered virtually via video until further notice.

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.

Please note that this group will be offered virtually via video until further notice.

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



FALL WORKSHOP SERIES AT SDRC

Due to Covid –19 all workshops are offered virtually. Registrants will receive instructions on how to join a few days prior to the workshop date.

Discussing Puberty and Sexuality with Your Child—Virtual

Date: Tuesday, November 3, 2020

Time: 1:00 p.m. – 2:30 p.m.

Register By: October 28, 2020

Presenter: Louise Rodgers, RN, BScN and Jessica Fortunato, M.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.

Autism and Social Communication Skills—Virtual

Date: Tuesday, October 20, 2020

Time: 6:30 p.m.– 7:30 p.m.

Register by: October 15, 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 social skills development for individuals with ASD and will cover social communication skills including theory of mind, hidden curriculum, read the room, comic strip conversations and using scripts to support social skills.

Tips for Parents of Individuals with Autism—Virtual

Dates: Thursday, November 5, 2020

Time: 6:30 p.m. – 8:00 p.m. (Last 30 minutes are for question and answer session)

Register By: Nov 2, 2020

Presenter: Stuart Lamont, B.S.D., RSSW

Appropriate For: Parents and Caregivers of Children/Youth/Adults

This workshop is designed to provide parenting strategies for parents/ guardians of 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.

FALL WORKSHOP SERIES AT SDRC

Apps for Communication and Learning – Virtual

Date: Monday, November 2, 2020
Time: 6:30 p.m. – 7:30 p.m.
Register By: October 28, 2020
Presenter: Lorraine Otto, M.Sc., CCC, Speech Language Pathologist (Reg. CASLPO)
Appropriate for: Parents and Caregivers

This workshop will provide suggestions for iPad apps for cause/effect, literacy, social skills, visuals supports, communication and language as well as suggestions for setting up an iPad and iPad settings.

Program Cancellation Policy

Please note that the workshop will be cancelled if there are not enough individuals registered for the session. Registrants will be contacted by phone or email.

Workshop Registration

Online:	Visit our website and click on “Workshops, Clinics and Training”
By Mail:	Send your completed registration form to: Information Resource Assistant, Sunbeam Developmental 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 Ext. 2201 or 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	Thursday, Nov. 5, 2020	n/a	n/a
Discussing Puberty and Sexuality With Your Child	Tuesday, Nov. 3, 2020	n/a	n/a
Autism and Social Communication Skills	Tuesday, Oct. 20, 2020	n/a	n/a
Apps for Communication and Learning	Monday, Nov. 2, 2020	n/a	n/a

Attendee's Name	
Address	
Phone Number	
E-mail	

COMMUNITY EVENTS AND RESOURCES

September is Fetal Alcohol Spectrum Disorder (FASD) Awareness Month

FASD is a diagnostic term that describes the effects on the brain and body of people exposed to alcohol in pregnancy. FASD is a lifelong disability. Individuals with FASD may experience challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, emotional regulation, and social skills. Each individual living with FASD is unique and has areas of both strengths and challenges.

The FASD Worker at Sunbeam Developmental Resource Centre works with children, youth and families living with FASD in Waterloo Region up until the age of 18, or 21 and still attending school. In addition, resources can be provided to caregivers and health and social service providers wanting more information about FASD. A referral can be made directly to our FASD Coordinator, Karen Huber at 519-741-1121 ext. 2246 or k.huber@sunbeamcommunity.ca

Did you know?

FASD Is the leading cause of developmental disability in Canada

Current studies suggest 4% of Canadians have FASD. Because you cannot see FASD and a lack of diagnostic services experts feel that the true rate is likely higher.

FASD costs Canadians 5.3 – 9.7 billion dollars each year in care and services

FASD is higher in vulnerable populations, including the child welfare and justice systems

\$150,000 on FASD prevention saves \$1.6 million in treatment – huge return on investment

To learn more about FASD and related local programs, supports and services please visit: www.fasdwaterlooregion.ca

FASD PARENT CAREGIVER SUPPORT GROUP Online Learning

Upcoming Session Dates:

Sept. 17, Oct 15, Nov. 19 and Dec 17, 2020, Jan 21, Feb. 18 and Mar 18, 2021

Time: 6:30 pm to 8:00 pm

To Register, please contact Rob MacDonald, 519 749 2932 Ext. 3336

rmacdonald@lutherwood.ca



FASD | WATERLOO REGION

Some Other Events and Resources

FASD Awareness Day events for September by Surrey Place

We are hosting a webinar series over 3 days- Sept 9, 16 and 23.

For more information and join please click on this link: www.surreyplace.ca/fasd-series/

Health Nexus has created an FASD Awareness Month webpage

Here is the link: www.sept9.fasdinfectsaf.ca/

COMMUNITY EVENTS AND RESOURCES

Family Compass Waterloo Region

Guiding you to services for children and youth

During the time of Covid-19 Pandemic, the **Family Compass Website** is hosting a centralized point to find all things related to resource and supports.

You can access this by going to www.familycompasswr.ca and clicking on the Covid-19 Response Pop-Up Link.

Resources and supports are organized in the following ways:

Basic Needs, Mental & Emotional Health, Safety , Respite & Relief

Financial Supports, People You Can Talk To, Resources for Adults

Stuff for Kids & Teens, Fun, Learning, Governmental Resources

Community Connectedness and Get Moving

School Issues Support Group

This peer-led group provides support, advice and a safe environment for parents who have questions or concerns about school issues affecting their children with special needs. This group is currently meeting virtually.

If you're interested in participating, please contact:

Sue Simpson at 519-886-9150 ext. 1 or

sue.simpson@wrfn.info

The next meeting will be held on September 30 at 7pm.



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

www.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.



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

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



Kerry's Place Autism Services have designed many online upcoming offerings. You can view their full calendar at the link below. For any inquiries for services and supports in the Waterloo region

Please call: 519-763-5812 ext. 61 or visit:
www.kerrysplace.org/calendar/

WRFN's Family Resource Coach

During this current COVID-19 health crisis, personal support has become paramount for many families. Sue Furey, the Family Resource Coach at Waterloo Region Family Network (WRFN), is available by phone or email to lend a helping hand and personal guidance to families and to connect you to updated information, resources, and virtual opportunities. You can contact Sue at:

519-886-9150 ext. 4 or email Sue.Furey@wrfn.info

Autism Ontario

Autism Ontario has many online resources that could be accessed by using this link here:

www.autismontario.com/connect-us-virtually

- Live and Pre-Recorded Webinars
- Events: online and take home kits (delivery and take home options available)
- Online Support Groups

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. Learn Social Skills, Discuss dating issues, Have fun, Play games.

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>



Virtual Programs by Our Place

Our Place Family Resource and Early Years Centre is offering groups and programs virtually for the children and parents via zoom or facebook.

Click here to learn more and register: www.ourplacekw.ca/programs
Email: Reception@ourplacekw.ca, Phone: 519 571 1626

Parenting in a Pandemic - Tuesdays & Thursdays

Parenting in a Pandemic with Our Place is a private peer support Facebook group where a Peer Health Worker and a Registered Early Childhood Educator facilitate conversations, host Facebook Lives and twice-weekly Zoom gatherings, and provide content and resources in conjunction with Our Place's Self Regulation team.

Virtual Parenting in a New Society

Wednesdays at 1:30 pm and Tuesdays at 10:00 am

Come together to connect over Zoom and Facebook with other parents from different countries wanting to build relationships during this challenging period of physical distancing, and wanting to learn about: life in Canada, how and where to find support, and how to feel at home when you are far away from your friends and relatives – and even physically isolated from the people around you.

Virtual Playdates With Our Place

Mondays, Wednesdays and Thursdays

Does your child miss being able to interact with their friends and educators? Would you like them to practice relationship-building and social skills over the summer before returning to school? Join us for a two-week session of Our Place's Virtual Playdates.

Virtual Stork Secrets

New groups starting in September & October

This virtual peer support program is geared to pregnant and postpartum mothers of infants under age 2, who are adjusting to the changes and challenges of parenthood while coping with the additional stress of postpartum life during a global pandemic. This pre-registered program will take place within a private Facebook group, and via a Zoom meeting.

Beechwood Brainery

Beechwood Brainery has expanded their services to become a registered private school in Ontario. They have programs designed for varying ages.

Grade 1-3 Full Academic program with small class size.

Grades 4 -6 Extra curricular courses 2 hours weekly sessions, French, Visual Arts & Wood working

Grades 7+ Tutoring, Time Management, Socializing

For information contact: Janet Greener, info@bbrainery.ca



COMMUNITY EVENTS AND RESOURCES

HCAARD (Health Care Access Research and Developmental Disabilities)

HCAARD has updated their webpage with resources from around the world and information to support people with developmental disabilities and their families during this time of pandemic. Please click on this link:

www.hcarddcovid.com/info

Survey: Impact of the COVID-19 Pandemic on Autistic Adults

Research group EXPLORA (Ghent University) has set up an online survey to investigate the effects of the current COVID-19 pandemic on the mental health and daily lives of adults on the autism spectrum. To know more about this survey please click on this link:

www.ugent.be/en/news-events/

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:**

- October 1, 2020, 1:00 pm to 2:00 pm
Sensory Smart Strategies During the Pandemic,

Presenter: Lindsey Biel [REGISTER](#)

Watch Now – Recorded Webinars
<https://www.autism.org/>



Better Nights, Better Days for Children with Neurodevelopmental Disorders National Research Study

Better Nights, Better Days for Children with Neurodevelopmental Disorders (BNBD-NDD) is an evidence-based eHealth program to support parents of children ages 4-12 years old with neurodevelopmental disorders (NDD) who experience sleeping problems including difficulties falling asleep, staying asleep and waking too early.

The national team of investigators are currently evaluating the BNBD-NDD program using a randomized controlled trial. The research team is recruiting Canadian parents of children ages 4-12 years with ADHD, ASD, CP, and FASD to participate in the study and receive access to the program.

Interested families can visit www.ndd.betternightsbetterdays.ca for more information and sign up to participate.

KPOPELAW Q&A Webinar Registration

Back by popular demand, Kenneth Pope and his team are having another Q&A session where they answer some questions people have about:

- Wills, Henson Trusts & estate planning
- Dying without a will or Henson Trust
- ODSP benefits, increases & updates
- Legal guardianship & powers of attorney
 - Disability & caregiver tax credits
 - RDSPs

Thursday, September 17, 12:00 pm

Please click on this link to join: [webinar register](#)

COMMUNITY EVENTS AND RESOURCES

Activities and Workouts: Various Online Resources

Virtual Workout

PE with Joe: This YouTube teacher has shows for virtual kids workout from Britain called **PE with Joe**. Please click on this link:

www.youtube.com/watch?v=H5Gmlq4Zdns

Cosmic Kids Yoga: Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world. Please click here:

www.youtube.com/user/CosmicKidsYoga

YMCA, Online fitness classes for all ages: You can take group exercise classes for all ages right in your own home at no charge for a limited time! There are also sports classes and more for our young people. Please click here:

www.ymca360.org

Other Activities

Common Sense Media is a great resource with a list of free [online](#) events and activities for children and youth. It includes: virtual Storytime, virtual drawing lessons, music classes, educational activities, virtual tours etc. Please note these were made available in the beginning of pandemic. Some links may not be valid in present time. Please click here:

www.common sense media.org

Ontario Science Centre

Toronto is starting to reopen its doors but it's going to take a little longer for the Ontario Science Centre due to their interactive, high-touch exhibits. They have many online resources which could be found **here**:

<https://www.ontariosciencecentre.ca/LearningResources/>

Multilingual Video Resources for Children and Parents about the Corona Virus

These are some video resources that were made in the beginning of the pandemic to help parents and the children. We are putting these here as they could still be useful for some families. Please **click on the titles** of each videos to watch them.

"My Hero is You, How kids can fight COVID-19!"

It is a storybook mainly for children aged 6-11 years old. It explains how kids can protect themselves, their families and friends from coronavirus and how to manage difficult emotions when confronted with a new and rapidly changing reality. Made by the [Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Setting](#), the World Health Organization and 50 other organizations, it is available in [العربية \(Arabic\)](#), [中文 \(Chinese\)](#), [Español \(Spanish\)](#), [Français \(French\)](#), [Italiano \(Italian\)](#), [Português \(Portuguese\)](#), [русский \(Russian\)](#) and **other 12 languages**

"My Hero is You, How kids can fight COVID-19!"

Text adaptation and voice-overs performed and recorded by Daniel James. Original text and illustrations by Helen Patuck.

"Explaining Coronavirus to Kids"

If you're a parent wondering how to talk to your kids about the coronavirus, here's a video that'll help start the conversation.

Sibling Support Group

Their [online groups](#) allow members to get helpful support and information at all hours of the day. And members may find that they have more in common with a sibling in a different time zone than they would have with someone in their own community.

[SibNet](#)--for adult brothers and sisters

[Sib20](#)--for young adult sibs, 18 to early thirties

[SibTeen](#)--for teen brothers and sisters

Please click on this link: [Meeting Other Sibs Online](#)

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

COMMUNITY EVENTS AND RESOURCES



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

For more information please contact their office by phone or by using their [online contact form](#) located under the Contact Us section of their website if you require legal assistance during this time.

Website: www.wrcls.ca, Phone: 519 743 0254

APSGO

Association for Parent Support Groups in Ontario (KW Chapter)

APSGO is an organization of parents of disruptive youth joined together to provide support and empower parents to deal with their situation. They are continuing their supports/groups online via videoconference. Please call at 1-800-488-5666 for the details of the group or visit: www.apsgo.ca

Group Contact Person, Neil Williamson, 519-763-6186

Autism Ontario Adult Newsletter

Check on this link to read:

[autism-ontario-adult-e-newsletter](#)

Virtual Living with Loss Support Group

Bereaved Families of Ontario – Midwestern Region provides peer grief and bereavement support to families and individuals in Waterloo Region and Wellington County.

Call 519 603 0196 and leave a message or email, support@bfomidwest.org For more information please check their website: <https://bfomidwest.org/>

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/)

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 asjpg attachment to the registration form. The registry must be updated every year here:

www.vulnerablepersonsregistry.ca

Support for Mental Health

Mental Health Commission of Canada's website is updated with credible information and resources about maintaining mental health during this time of crisis, and supporting people managing a mental illness in this new context. Please click on this link to check their website:

www.mentalhealthcommission.ca

Webinars Replay

ADDitude has some parenting webinars that we think will be helpful at this time:

Free Webinar Replay: Ready, Set, Pivot: How to Prepare Your Kids (and Yourself) for an Unfamiliar School Year

Free Webinar Replay: Living in Uncertain Times: Coping Strategies for Adults on the Autism Spectrum

RECREATION AND LEISURE

Open Space

Open Space is a weekly gathering organized by Extend-A-Family Waterloo Region. Their two Open Space groups continue to meet weekly online through **Zoom at 6:30 pm - 8:30pm**. Great conversation, online games and spending time with others is the name of the game. Open to ANYONE 16 years or older who is interested in community.

Email kim.sproul@eafwr.on.ca for log-in details.

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

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

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. They have some virtual program useful for families during the pandemic. [Learn more about the programs](#)

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

www.woolwichcounselling.org



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

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

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

Lighthouse Programs, Email: lighthousekw@rogers.com

3.21 Magazine Back to School Edition

The Canadian Down Syndrome Society (CDSS) is a national non-profit organization providing information, advocacy, and education about Down syndrome. CDSS supports self-advocates, parents, and families through all stages of life. Their Fall issue of Newsletter 3.21 Magazine Back to School Edition features several articles related with back to school in pandemic time and an interview with Shelley Moore. Shelley Moore is a highly sought-after teacher, researcher, consultant and storyteller and she has worked with school districts and community organizations throughout both Canada and the United States.

This is the link to read their Fall issue of Newsletter 3.21 Magazine
www.dsrf.org/media/321-Fall2020.pdf

Visit their website to know about their services and resources:
www.cdss.ca/about-cdss/

RECREATION AND LEISURE

Accessible Art Virtual Workshop

Via Zoom
For Kids, Adults Living with Disabilities

Easy to follow Lessons. Supplies Pre-shipped
\$75 For a 4-Workshop Package.

Email at manager@artshine.ca or visit
www.artshine.ca

Fanfare Music Enrichment Services

Online entertainment and a positive musical experience
for Developmentally Disabled Adults
Please visit: www.fanfareservices.ca
Or call 416 534 1918

Recreational Respite Team

The Recreational Respite Team has been busy working toward how to ensure their services are accessible and supportive to their customers and their families, during this challenging time and ongoing. These are some changes and new services that they like to share.

- 1:1 (in home/community) offers an opportunity for our recreation therapists to work with children, youth and adults with a disability toward short or long term goals (in their home or community). The hourly rate has been reduced to \$29.50/hour (plus applicable taxes).
- *NEW SERVICE* Build It: These workshops aim to provide independent skill mastery for children, youth (ages 12-18) and adults (18+) who want to acquire new skills with productive outcomes. These person centred workshops will cultivate life skills and promote self-care through related topics.
- Virtual Groups offers a safe virtual space to explore new interests and experiences in small groups, while working on short or long term goals.

For more information: Recreational Respite Inc. National

1-877-855-7070

www.recrespite.com

Adults In Motion

Adults in Motion Cambridge has expanded their services to include a weekly **LIFESKILLS RESPITE PROGRAM** on

Tuesdays and Thursdays from 3:30pm - 7:30pm.

Take a break and enroll for evenings of one to one learning in the kitchen, practicing life skills and relaxing while safely socializing with friends.

\$67/session. Dinner cost included.

For **more information about this program** and to learn about our **robust** COVID safety measures please call or visit

www.AdultsinMotion.org

Southern Ontario Disability Programs and Services.

465 Avenue Road, Cambridge, ON, Adults in Motion, Cambridge

M2S Disability Fitness Program

Disability Fitness Program by New Persona

Helping All Individuals Live Healthier Lives

One on One Strength Programs Available

For more information and register click on this link:

www.disabilityfitnessprograms.com

The Equine Connection

- **The Equine Connection's** Therapeutic riding offers physiological, emotional, and mental benefits to clients with a variety of special needs.
For more information, visit their [Therapeutic Riding page](#).
- Therapeutic Horsemanship sessions offer therapeutic benefits to clients wanting to work on issues such as confidence building and self-esteem while learning to work with horses from the ground and in the saddle.
For more information, click on this link: [Therapeutic Horsemanship](#)
- Equine Assisted Learning sessions offer the opportunity for clients to work through personal life challenges and goals.
For more information, click on this link: [Equine Assisted Learning](#)
- We also offer Equine First Aid and Farm Safety courses! For more information on how you can be best prepared for an equine health emergency or farm disaster, visit their [Education page](#) at this link.



RECREATION AND LEISURE

What is Open and Closed in the Region of Waterloo During the Pandemic

Due to the COVID-19 pandemic many places and events either fully closed, running partially for limited time, or providing services online only. The links below will provide you with the latest updates and may help you plan your daily activities.

Re-opening Plan

City of Kitchener: <https://www.kitchener.ca/en/city-services/our-recovery-plan.aspx>
City of Waterloo: <https://www.waterloo.ca/en/living/covid-19-response.aspx>
City of Cambridge: <https://www.cambridge.ca/en/your-city/2019-novel-coronavirus.aspx#>

What is Open and What is Cancelled

For information on parks, trails, golf, market, Saturday Farmers' Market, pools, splash pads, and the facilities check here

Kitchener: <https://www.kitchener.ca/en/city-services/closures-and-cancellations.aspx>

Waterloo: <https://www.waterloo.ca/en/living/covid-19-response.aspx>

Cambridge: <https://www.cambridge.ca/en/your-city/2019-novel-coronavirus.aspx#Closures>

For more information on how to protect yourself, as well as updates, visit the region's public [COVID-19 webpage](#).

Community Engagement of Waterloo Regional Police Service

In order to provide our Region with the highest level of safety and service, and in preparation to set their goals for the next three years, the Waterloo Regional Police Service needs to hear from the community members. Across September, there will be focus groups in order to discuss policing and safety concerns, evolving community priorities, and potential innovation and collaboration opportunities. Each session is focused on one of the populations that expressed a lower level of satisfaction with police in the 2018 Community Index of Wellbeing. The dialogue sessions will be held virtually using Zoom (list and schedule appended). If you cannot attend one in time you can use this survey to give your feedback: <http://survey.constantcontact.com/survey/a07eh91ifuikdrom585/start>. If you have any question contact, Amanda Franceschini, Strategic Planner, amanda.franceschini@wrps.on.ca, 519-570-9777 ext. 8430

Tuesday, Sept. 15 1-2

Mental Healthcare, [https://us02web.zoom.us/j/81334268453?](https://us02web.zoom.us/j/81334268453?pwd=cStoUDIXSm1qOU5LRmpSYW44YTRNdz09)

[pwd=cStoUDIXSm1qOU5LRmpSYW44YTRNdz09](https://us02web.zoom.us/j/81334268453?pwd=cStoUDIXSm1qOU5LRmpSYW44YTRNdz09)

Meeting ID: 813 3426 8453, Passcode: 417968

Tuesday, Sept. 15 7-8, Korean,

[https://us02web.zoom.us/j/86581381913?pwd=Yi9SYs82eG1EK1ZyTX](https://us02web.zoom.us/j/86581381913?pwd=Yi9SYs82eG1EK1ZyTXVTdmNOZ2RtQT09)

[VTdmNOZ2RtQT09](https://us02web.zoom.us/j/86581381913?pwd=Yi9SYs82eG1EK1ZyTXVTdmNOZ2RtQT09)

Meeting ID: 865 8138 1913, Passcode: 417968

Wednesday, Sept. 16 2-3, Businesses,

<https://us02web.zoom.us/j/89639567524?pwd=QmU0SDg2SkVIM2po>

[bHVETEzXTHJFZz09](https://us02web.zoom.us/j/89639567524?pwd=QmU0SDg2SkVIM2po)

Meeting ID: 896 3956 7524, Passcode: 417968

Wednesday, Sept. 16 7:15-8:15, Persian,

[https://us02web.zoom.us/j/85854122127?pwd=dTdzdZNEU1NsYnNfbz](https://us02web.zoom.us/j/85854122127?pwd=dTdzdZNEU1NsYnNfbzdiNlFTT3hrUT09)

[diNlFTT3hrUT09](https://us02web.zoom.us/j/85854122127?pwd=dTdzdZNEU1NsYnNfbzdiNlFTT3hrUT09)

Meeting ID: 858 5412 2127, Passcode: 417968

Thursday, Sept. 17 1-2, Social Services, session 1,

<https://us02web.zoom.us/j/82915336758?pwd=RWJSTGEvek1BWmxr>

[OXIVSWpZUzZvQT09](https://us02web.zoom.us/j/82915336758?pwd=RWJSTGEvek1BWmxr)

Meeting ID: 829 1533 6758, Passcode: 417968

Thursday, Sept. 17 7-8, Social Services, session 2,

<https://us02web.zoom.us/j/81272379011?pwd=K0hSWng0clY1eDMza>

[1dJQzFxN2FNUT09](https://us02web.zoom.us/j/81272379011?pwd=K0hSWng0clY1eDMza)

Meeting ID: 812 7237 9011, Passcode: 417968

Friday, Sept. 18 1-2, Downtown residents,

<https://us02web.zoom.us/j/86107345377?pwd=d3Z0N3JFVDB0aU2N>

UpTT0dQa1Imdz09

Meeting ID: 861 0734 5377, Passcode: 417968

Friday, Sept. 18 7-8, LGBTQ2S+,

<https://us02web.zoom.us/j/84027210168?pwd=SDhaVkdjK1dlM1h2a>

[HpXN052UzRpdz09](https://us02web.zoom.us/j/84027210168?pwd=SDhaVkdjK1dlM1h2a)

Meeting ID: 840 2721 0168, Passcode: 417968

Monday, Sept. 21 7:15-8:15, Youth/Young Adults,

<https://us02web.zoom.us/j/89570894779?pwd=cTcwM2dTS1BNMk1J>

[a3BFSkdFdU9RZz09](https://us02web.zoom.us/j/89570894779?pwd=cTcwM2dTS1BNMk1J)

Meeting ID: 895 7089 4779, Passcode: 417968

Tuesday, Sept. 22 7-8, African,

<https://us02web.zoom.us/j/83731743525?pwd=RExkZUVKNGZnZ05YR>

[kpTTzY2NFdPdZ09](https://us02web.zoom.us/j/83731743525?pwd=RExkZUVKNGZnZ05YR)

Meeting ID: 837 3174 3525, Passcode: 417968

Wednesday, Sept. 23 7:15-8:15, Families,

<https://us02web.zoom.us/j/88321177001?pwd=a3hTMXM3eW8wemg>

[ySVFZUng2ckNIQT09](https://us02web.zoom.us/j/88321177001?pwd=a3hTMXM3eW8wemg)

Meeting ID: 883 2117 7001, Passcode: 417968

Thursday, Sept. 24 7-8, First Nations,

<https://us02web.zoom.us/j/81075709415?pwd=b053aFdkSEQazNEc>

[WdNcDZUTzFzZ09](https://us02web.zoom.us/j/81075709415?pwd=b053aFdkSEQazNEc)

Meeting ID: 810 7570 9415, Passcode: 417968

Friday, Sept. 25 7-8, Arabic,

<https://us02web.zoom.us/j/84887418280?pwd=YWxudmxnSXdlIT1oyO>

[TVaMkR6eXVhZz09](https://us02web.zoom.us/j/84887418280?pwd=YWxudmxnSXdlIT1oyO)

Meeting ID: 848 8741 8280, Passcode: 285412

RECREATION AND LEISURE

Recreation Programs Available in the Region

Due to Covid-19 many programs are not running in full.

The websites/links of respective programs have the latest status of the programs.

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

- Butterfly Conservatory
- Fashion History Museum

Kitchener

- Bingemans
- Chicopee Tube Park

Waterloo

- THEMUSEUM
- Center in the Square
- The Registry Theater
- Third Age Learning
- Waterloo Region Museum

www.access2 Card

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

Kitchener: www.kitchener.ca/community-centres

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: www.waterloo.ca/community-and-rec-centres

Rim Park Manulife Sportsplex

Waterloo Memorial Recreation Complex (WMRC)

Albert McCormick Community Centre

Moses Springer Community Centre

Cambridge: www.facilities.cambridge.ca/

Allen Reuter Centre

David Durward Centre

John Dolson 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/>

<https://www.carizonforthecommunity.ca/>

WEBSITES

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

Some of these sites have subscription fees.

www.starfall.com

www.ABCmouse.com

www.superstarphonics.com

www.kids.nationalgeographic.com

www.highlightskids.com

www.pbskids.org





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

Sunbeam Developmental Resource Centre (SDRC) 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.

SDRC 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 SDRC, 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.

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

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

We apologize for any errors or omissions that occur.