

ELIGIBILITY REQUIREMENTS

If you have an intellectual disability and/or autism, and would like to receive **Individual Counselling**, you must have someone willing to support you in the sessions and/or consult with the Counsellor.

To be eligible for our **Parent Groups** you must be a parent or guardian of a child or adult with an intellectual disability and/or autism.

To be eligible for **individual counselling sessions for caregivers or siblings**, you must be a caregiver or sibling of an individual with an intellectual disability and/or autism. The counselling must be related to the individual's diagnosis or behaviour.

Please note that adults requesting services from SDRC must meet the eligibility criteria for adult developmental services as set out by the Ministry of Children, Community and Social Services through Developmental Services Ontario (DSO).

INQUIRIES

Please direct inquiries, referrals, and requests for services to:



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

Phone: 519-741-1121

Fax: 519-743-4730

Or email us at:

sdrc@sunbeamcommunity.ca

Website: www.sdrc.ca

Satellite Offices

Elmira:	118 Barnswallow Dr. Elmira, ON N3B 2Y9
Kingsway:	2749 Kingsway Dr. Kitchener, ON N2C 1A7
Cambridge:	757 King St. E. Cambridge, ON N3H 3N8



Funded by the Ministry of
Children, Community and Social Services



Counselling Services



WHO WE ARE

Sunbeam Developmental Resource Centre (SDRC) serves as the single point of access for clinical services, service coordination, children's residential services and children's respite.

These services are available to children, youth and adults in Waterloo Region who have a developmental disability and/or autism.

COUNSELLING SERVICES WE OFFER

Our counselling services are provided to help people cope with the struggles related to having a diagnosis of an intellectual disability and/or autism. All Counselling services are offered free of charge.

SDRC offers one-to-one counselling to young people and adults with an intellectual disability and/or autism as well as their caregivers and siblings with intellectual disabilities and/or autism. This can be in the form of groups, one-to-one sessions, or meetings with multiple family members.

Mothers' Weekly Group: For mothers who have a child with an intellectual disability and/or autism. This group runs once per week for eight weeks and is offered in morning or evening timeslots. It provides an opportunity to explore feelings around the diagnosis and to connect with other mothers who may be experiencing similar challenges.

Mothers' Monthly Group: Mothers who have completed the weekly group may choose to move on to the monthly group. This group meets September through June and is offered in morning and evening timeslots. It provides ongoing opportunities for connection and learning. Direct entrance to the monthly group is also possible.

Fathers' Group: For fathers who have a child with an intellectual disability and/or autism. This group meets once a month from September to June. Fathers meet to share their experiences, successes and challenges.

Sibling Group: For siblings, aged 11-14, of individuals with autism. This is a 6-week group that offers education and sharing using an interactive fun approach.

Counselling for Caregivers: Counselling for caregivers to deal with the challenges around the diagnosis or ongoing behaviours their child may be exhibiting.

Individual Counselling for individuals with an intellectual disability and/or autism: Counselling support to help cope with issues around the diagnosis. A caregiver (i.e., partner, parent, group home staff) will need to be available to meet with the Counsellor once sessions begin.

WHAT WE CANNOT DO

We do not provide counselling for issues that are trauma-based. In those situations, we will provide information about relevant community services.

Our counselling services are short term in nature; we are unable to provide long term counselling.