



Season's Greetings

2020 has certainly been a year like no other. I am pleased to say that all our persons-served and clients at Sunbeam continue to be well cared for and supported across all our program and service areas.

Our staff teams have proven themselves to be extremely resilient as they have adapted to the many changes in precautions that the COVID-19 pandemic has introduced, ensuring the health and wellness of the individuals and families we serve, while still (and just as importantly) caring for themselves and their families. *Self-care is just as important for the individuals we serve as it is for our staff.*

There is no doubt that we have all experienced the *stresses and uncertainties* of 2020 in varying degrees. Across our communities, individuals continue to be faced with challenges related to housing, income, basic nutrition, healthcare, and social isolation to name just a few. I am pleased to say that our dedicated teams of professionals at Sunbeam Developmental Resource Centre (SDRC) continue to work closely with our clients and our community partners to provide the supports and services that are more important than ever for the communities we serve. With the majority of our Resource Centre staff working from home since March, equipped with the technology and tools needed to keep connected, we have managed to meet and exceed our service targets across all program areas. Have there been some bumps along the road? Yes. But through much patience, innovation, creativity and problem solving we learn and improve along the way, and we build upon our successes. The COVID-19 pandemic is new and uncharted territory for everyone – but as we know better we do better.

I'd also like to take this opportunity to mention that there are many information resources available about the COVID-19 pandemic on the SDRC website at www.sdrc.ca and on the "COVID-19 Info" page of Sunbeam's website at www.sunbeamcommunity.ca. We constantly update these resources to help keep our community informed.

On behalf of the Sunbeam Community, we remain committed to earning the trust of the individuals and families we support every day through our programs and services. This year especially we thank you for your patience, flexibility and feedback in helping us to better meet your needs during these challenging times. May the holiday season bring you peace and happiness, as we all look forward with hope to the New Year ahead.

Brian Swainson

Chief Executive Officer

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](http://www.sdrc.ca) 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.sdrc.ca>
or call 519 741 1121

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WHAT'S HAPPENING AT SDRC

NEW ROLE AND NEW DIRECTOR AT SDRC

SDRC is pleased to announce Laura Thies has assumed the role of the Chief Operating Officer of Sunbeam Community and Developmental Services. Laura has been with Sunbeam for the past twenty years. She has served as the Director of Sunbeam Developmental Resource Centre (formerly known as Developmental Services Resource Centre) since 2010 and the Manager of Service Resolution and Service Coordination previously.

SDRC is pleased to announce that Tracy Erb is the new Director at SDRC. Tracy has been with Sunbeam for fourteen years, and has held a number of positions. Most recently Tracy was the of Manager of Service Solutions/Resolution and Coordinated Service Planning.

Please join the Sunbeam Community in welcoming Laura and Tracy to their new roles.

NEW WEBSITE OF SDRC

We are happy to announce that our new website is now fully operational. Our new website features Sunbeam's Vision, Mission and Value, Our History, Services and Applying for Services, Brochures, Referral Process and Package, Resources, Our newsletter, News, Frequently Asked Questions and the COVID-19 Updates.

Registering for all our Clinical Workshops, Information Sessions and Speaker's Series are available online. You are invited to visit our new website at www.sdrc.ca.



Family Advisory Committee at Sunbeam

Did you know that Sunbeam is soon starting up a **Family Advisor Committee**? It is intended as one more way that the families of our clients can engage with us, discuss information and feedback, and share in educational and learning opportunities relevant to the programs and services we provide. We welcome participation from all program areas, including families served by the Sunbeam Developmental Resource Centre. For more information, please check out the Family Advisory Committee page on our website at: <https://sunbeamcommunity.ca/family-council/> Or you can contact Laura Thies by emailing: l.thies@sunbeamcommunity.ca to let us know you are interested.

HOLIDAY OFFICE HOURS

Our office will remain closed on December 25 and 28, 2020 and January 1, 2021 for the holidays and will remain open on December 29, 30 and 31.

Happy Holiday!

SDRC wishes a very Happy Holiday to all our families, individuals and community partners. We wish you a safe, peaceful and joyous time in this holiday season!

Please check Sunbeam's Facebook page for up-to-date information on our workshops, information sessions, speaker's series and many other exciting events and programs happening at Sunbeam.

www.facebook.com/sunbeamcommunities

facebook

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)**

Passport Information

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.

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:

Tuesday, January 12, Monday February 1 and Tuesday March 2, 2021

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** the website:

www.brightsideabaservices.com

WINTER 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:

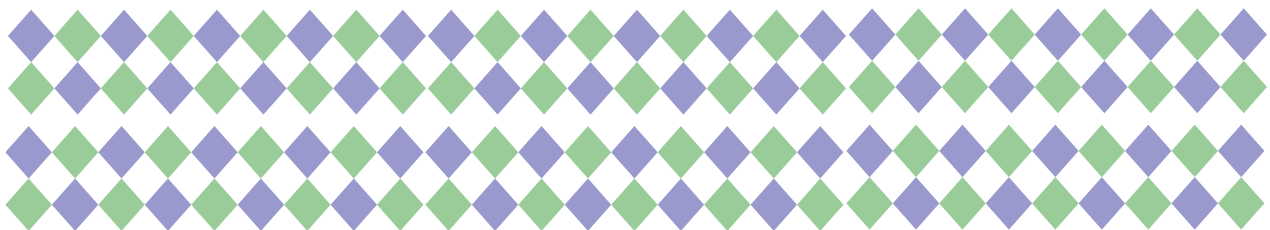
Daytime: The last Friday of every month, from 10:00 am to 11:30

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!



WINTER 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.**



INFORMATION SESSION AND SPEAKER'S SERIES

Virtual Information Session on Financial Planning

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

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

When: Tuesday, March 09, 2021 - ONLINE and LIVE (6.15 pm – 7.45 pm)

Cost: Free

Audience: Family or community members who want to learn more about financial supports

To register please email: r.khanam@sunbeamcommunity.ca

Or call: 519-741-1121 Ext. 2201

Stay Tuned for the Virtual Speaker's Panel on Your Tax Questions Answered

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

Tentative Date of the Evening Session

February 2, 2021 (6:30 pm to 8:00 pm)

Tentative Date of the Morning Session

February 4, 2021 (11:30 am to 1:00 pm)

Virtual, Online and Live

Cost: Free

Please check for our email with the flyer when the dates are final

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
- Ongoing review of programming, with changes made as needed to show progress
- A Final Report, reviewed within 2 months of the final session, with recommendations for generalization and maintenance.

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 Lauren Harris at 519-894-6156
extension 2904 or email
brightside@sunbeamcommunity.ca**

Now Offering!

FREE Virtual Parent Coaching Workshops

As part of the Ontario Autism Program's Foundational Supports, Brightside ABA Services is offering the following virtual Parent Coaching Workshops:

Introduction to ABA and Assessment	February 2
Antecedent Strategies	February 9
Motivation and Reinforcement	February 16
Prompting Procedures	February 23
Managing Challenging Behaviour	March 2

All sessions are presented by a highly qualified ABA Consultant and are offered from 10:00 am to 11:00 am on the date specified.

All sessions are free of charge.

**To register call 519 741 1121 ext. 2201 or email
r.khanam@sunbeamcommunity.ca**

Now Offering!

1:1 VIRTUAL SERVICE PACKAGE

Do you want to learn ways to teach skills, increase motivation, increase independence with daily routines?

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 1-hour information gathering and goal setting session.
- 10 hours of strategy-based sessions provided within 10 weeks.
- One 1-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 transition
- Many others to choose from

\$1050 Virtual Package

** Group overseen by a Board Certified Behaviour Analyst

To register call Lauren Harris at 519-894-6156
extension 2904 or email
brightside@sunbeamcommunity.ca

Now Offering!

1:1 VIRTUAL SERVICE PACKAGE LONG CONSULTATION

Do you want to learn ways to teach skills, increase motivation, increase independence with daily routines?

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 transition
- Many others to choose from

\$2100 Virtual Package

** Group overseen by a Board Certified Behaviour Analyst

To register call Lauren Harris at 519-894-6156
extension 2904 or email
brightside@sunbeamcommunity.ca

WINTER - SPRING CLINICAL WORKSHOPS 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.

Autism and Social Communication Skills—Virtual

Date: Monday, March 8, 2021
Time: 10:00 a.m.– 11:30 a.m.
Register by: March 5, 2021

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.

Apps for Communication and Learning – Virtual

Date: Monday, March 29, 2021
Time: 10:00 a.m. – 11:30 a.m.
Register By: March 25, 2021

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.

Registration (Clinical Workshops, Information Sessions and Speaker's Series)

[Please choose any of the following ways to register]

Online:	Visit our website and click on "Workshops, Clinics and Training"
By Mail:	Send your completed registration form to: Information Resource Contact, 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 Contact
By Email:	Include all the information requested on the Registration Form and forward to: r.khanam@sunbeamcommunity.ca
By Phone:	(519) 741-1121 Ext. 2201 or ask for the Information Resource Contact

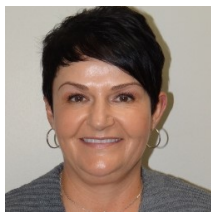
Attendee's Name			
Address			
Phone Number		E-mail:	
Workshop Name	1.	2.	
	3.	4.	

COMMUNITY EVENTS AND RESOURCES

Fetal Alcohol Spectrum Disorder (FASD) Symposium

Eastern Ontario FASD Symposium hosted by Able2 (formerly known as Citizen Advocacy) is scheduled on January 26, 2021.

FASD Coordinators at SDRC Karen Huber and Michelle Hughes have been accepted in the Speaker Line-up in the symposium. To see the full line-up and to register please check at this link: www.able2.org/fasd-symposium-speaker-line-up/



Karen Huber



Michelle Hughes

A Parent's/Caregiver's Guide to Executive Functioning

The Psychological Services Team of WRDSB has created this resource that could be helpful for anyone looking for support around executive functioning. It contains guides on Stopping, Starting, Managing Emotions, Self Monitoring, Sustaining Effort, Planning and Flexibility. It is available at this link:

<https://schools.wrdsb.ca/athome/files/2020/06/Executive-Functioning-Skills-Guide-for-Families-WRDSB.pdf>

Future Planning by P4P

Partnered For Planning (P4P) - a Toronto based organization empowers people with disabilities and their families with FREE resources to create meaningful lives and secure futures, firmly rooted in community.

The Fundamental of Future Planning is a 6-part enhanced webcasts focusing on the fundamentals of future planning with your loved one. Guest speakers will share their expertise on a variety of topics and highlight the steps families can take to plan for a secure future with their loved one.

Nurturing Supportive Relationships:

The foundation to a secure future

Webcast: Tuesday, January 5th, 7pm

Zoom Discussion Group: Tuesday, January 12, 7pm

Creative Options for Home: Exploring individualized housing models

Webcast: Tuesday, January 19th, 7pm

Zoom Discussion Group: Tuesday, January 26, 7pm

To learn more and register, click here:

Website: <https://www.planningnetwork.ca>



MCCSS Engagement on Developmental Services Reform

The Ministry of Children, Community and Social Services (MCCSS) is inviting your ideas, comments and feedback to help them improve supports for people with developmental disabilities across Ontario. They have put a survey form on their [website](#), the survey takes about 45 minutes to complete and will close on **December 31, 2020**.

You can get more information about and complete the survey at this link below:

www.mcscs.gov.on.ca/wp/en/programs/developmental-services/making-ds-better-in-ontario/

Ontario Support for Learners

You can get financial support to help with additional costs during the 2020-2021 school year due to COVID-19.

Eligible parents or guardians will receive a one-time payment of:

- \$200 for each child up to age 12
- \$250 for each child or youth up to age 21 with special needs

The deadline to apply is January 15, 2021.

Remember to check the box about special education for your child. You may have to do more than one form if you have more than one child in school.

For details please check at this link on their website: www.ontario.ca/page/get-support-learners

MyHealth Passport

Welcome to MyHealth Passport, a project of the SickKids **Good 2 Go Transition Program**. MyHealth Passport is a customized, wallet-size card that gives you instant access to your medical information. It can be used when you go to a new doctor, visit an emergency room or are writing your first novel and want the names of your medications for your hero.

MyHealth Passport could be created by filling out the information at this link:

www.sickkids.ca/myhealthpassport

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. Support group runs on the second Tuesday of each month from 10 - 11:30 am and on the last Wednesday of each month from 7 - 8:30 pm. 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 daytime meeting will be held on Jan 12 at 10am
and evening meeting on January 27 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.

The Parenting Alliance of Waterloo Region (PAWR)

Parenting Alliance of Waterloo Region (formerly known as the Positive Parenting Community) now has a new name, updated website including mission, vision and value statements. PAWR is always looking for members from community organizations.

The Parenting Alliance of Waterloo Region (PAWR) believes in a positive parenting approach to parenting that focuses on the importance of the parent-child/teen relationship and helps parents develop the skills to guide and support their child's developmental needs. For more information please visit their website:

parentingalliance.ca

The ASD ConnectABILITY.ca

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

ConnectABILITY



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

www.parentingnow.ca

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.

**Adult ADHD and ASD Video Support & Skills Group
(Pandemic Edition)**
Every OTHER Thursday (check link for schedule)

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

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

Registration is ongoing

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.

BE-Connected

BE-Connected was created to be a virtual hangout and is open to anyone over the age of 18 feelings isolated and who wants to meet new people and make new friends. There is no eligibility or registration required. Check in the facebook page of Bridges To Belonging at the link below for the zoom link and more information.

www.facebook.com/BtoBelonging

BE-Connected Virtual Hangout

A place to just hangout, meet new people and talk about what's happening in your world and have a few laughs.

Wednesdays from 7:00 pm to 8:00 pm

COMMUNITY EVENTS AND RESOURCES

Winter Group and Workshops at Carizon

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

Finding Hope Through The Darkness

Virtual Workshop Series

Resilience

Join us for a session that will focus on the three vital components required in creating and maintaining resiliency. Participants will learn how to build hope and confidence during stressful times as well as specific strategies to incorporate self-care into their daily lives.

December 16, 3:00 pm to 4:00 pm

Happiness

During difficult times, the idea of happiness sometimes feels beyond our reach. However, there are scientifically proven ways for improving happiness. In this workshop, we will explore positive psychology the study of happiness and experiment with new and simple ways of boosting our happiness levels.

January 13, 7:00 pm to 8:00 pm

Mindfulness

How can being more aware of my thoughts and emotions help me to cope better in my life? Join this experiential workshop and take away key mindfulness skills and teachings to help navigate your everyday challenges.

January 20, 3:00 pm to 4:00 pm

Hope

Remaining hopeful in times of uncertainty can be challenging. This workshop will review the science of hope and provide attendees with practical knowledge to encourage and sustain hope in their own lives, especially during times of uncertainty.

January 27, 12:00 pm to 1:00 pm

For information or registration, call 519 743 6333

or email workshops@carizon.ca or

visit www.carizon.ca

Winter Groups 2021

Understanding Me

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

Tuesdays 9:30 am to 11:30 am, Jan 12 - March 16, Cost: Free

Building Better Boundaries

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

Wednesdays 6:30 pm - 8:30 pm, Jan 20 - Mar 10, Cost: Free

Your Mindfulness Break

Learn to meditate and calm your mind. You will be given some instructions, provided time to practice and a few minutes to debrief and ask questions at the end.

Tuesdays 12:00 pm - 12:40 pm, Jan 10 - Mar 30, Cost: Free

From Fear to Freedom: Overcoming Anxiety

A skill-based interactive group for adults for whom anxiety causes problems in daily living. Participants will learn how to become more mindful of their emotions and how to better tolerate and accept 'negative' emotions, allowing them to move past anxiety and towards the things that matter in their lives. Homework completions between sessions is an expectation of this group.

Thursdays 6:30 pm - 8:00 pm, Jan 21 - Mar 11, Cost: Free

Beating the Winter Blues

Winter can be hard! It's cold, dark, isolating, and many people can experience low moods, low energy and even feelings of depression, anxiety, and loss of interest in things they usually enjoy. But there is hope and things you can do to improve your mood and energy. Each week will focus on a different self-care strategy with concrete, hand-on learning for you to practice.

Wednesdays 6:30 pm to 8:00 pm, Jan 13 - Mar 3, Cost: Free

Taming Our Anger

A learning opportunity for men who have difficulty expressing and/or managing angry and aggressive feelings.

Mondays 7:00 pm to 8:30 pm, Jan 11 - Mar 8, Cost: Free

For registration. Call 519 743 6333 or

email workshops@carizon.ca

For more information visit www.carizon.ca

COMMUNITY EVENTS AND RESOURCES

Online Resources on Anxiety

Anxiety Canada™ is a leader in developing free online, self-help, and evidence-based resources on anxiety.

They are the developers of the award-winning free [MindShift™ CBT](#) app for iOS and Android devices, which helps Canadians manage anxiety using scientifically proven strategies.

They also serve Canadians by developing services and programs they can trust, including our online directory (Finding Help), and our online courses (My Anxiety Plans).

They have many volunteers from coast to coast who bring expertise to Anxiety Canada, including a Scientific Advisory Committee, a Youth Committee, and a Board of Directors.

For more information please visit their website:

www.anxietycanada.com

Research Paper on Mental Health of Siblings and the Impact of COVID-19

Researchers from CAMH's Azrieli Adult Neurodevelopmental Centre and the Sibling Collaborative published a paper on the mental health of siblings and the impact of the COVID-19 pandemic. The paper could be read here "[Exploring the experiences of siblings of adults with intellectual/developmental disabilities during the COVID-19 pandemic](#)" in the Journal of Intellectual Disability Research.

Research Study of U of Guelph

University of Guelph is inviting to participate in a research study titled, "[Mental Health and Parent-Child Relationships Among Parents of a Transitional Age Youth with Autism](#)." This research is being conducted on the experiences of parents or caregivers of youth (16-24) with autism. They want to hear about their experiences with the mental health and wellbeing, parent-child relationship, co-parenting relationship and how Covid-19 has impacted them. Details of the research can be found at this link: www.uoguelph.eu.qualtrics.com/jfe/form/

For more information and to ask questions email: Samantha O'Leary, Doctoral candidate, Family Relations and Applied Nutrition (FRAN), University of Guelph, Email: solear01@uoguelph.ca

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:**

- **January 6, 2021, 1:00 pm**
Children, Anxiety, and ASD in the Pandemic Era—Live Q&A

Presenter: Lauren Moskowitz [REGISTER](#)

- **January 13, 2021, 10 am**
Depression In ASD: Insights From A Network Analysis

Presenter: Farhad Montazeri [REGISTER](#)

Watch Now – Recorded Webinars
www.autism.org

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.studentlinksontario.ca

Or contact Natalie Bianco

Student Links Coordinator, Kitchener/Waterloo

416-859 8581

nbianco@communitylivingontario.ca

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

COMMUNITY EVENTS AND RESOURCES

Extend-A-Family Waterloo Region Youth and Teen Groups

The purpose of the Youth and Teen Groups are twofold. To provide respite for caregivers, and to provide meaningful recreational activities for participants as well as opportunities to learn new skills.

The Youth and Teen Groups will run for 8 weeks this winter. The Youth Group will be held on Fridays from 4:30 pm to 6:30 pm. The Teen Groups will be held on Saturdays from 1 pm to 3 pm. The groups will commence during the week of January 15, 2021 and will wrap up during the week of March 5, 2021.

To ensure everyone's safety:

There will be no more than ten people (including staff) in the building.

Each participant will be asked assessment questions (including temperature checks) prior to entry.

Hand sanitizers and masks will be provided to the participants for each session.

Staff will practice precautions by disinfecting every area after use.

Are there any requirements?

Youth Groups will include children from the ages of 8-12 years

Teen Groups will include children from the ages of 13-17 years

Participant does not need assistance in the area of personal care (with the exception of reminders) and one-to-one support

When and Where do groups meet

Groups meet at 14 Braun Avenue, Kitchener, ON

Youth Groups will meet on Fridays and Teen Groups will meet on Saturdays.

How many participants?

7 participants will be supported by 3 staff.

What is the cost of joining a group?

\$80 for the eight-week session.

How can you register the cost of the group?

Families can register through MyCommunityHub and pay online through credit card or using the code SSAHrespite Extend-A-Family Waterloo Region administers your SSAH funding and you wish to pay using that source.

For more information please contact: Alexis Pite, Support Coordinator, 519-741-0190 ext. 290 or alexis.pite@eafwr.on.ca

Virtual Family Education by Canadian Mental Health Association Waterloo Wellington (CMHA WW)

Coping with Loneliness and Isolation during COVID-19, Dec 17, 1 pm to 2 pm

Loneliness is something that can affect anyone. Whether it is due to isolation, or feeling like we don't fit in, feeling disconnected from others can influence our sense of well-being. Sometimes our thoughts, feelings and fears can keep us stuck in a negative pattern that can impact our mood and ability to engage with ourselves and others.

In this webinar we will look at some quick and easy strategies to help us cope with some of those feelings and behaviours to help us feel more connected.

**Family Education Series: The Power of Mindfulness and Gratitude
Dec 21, 10 am to 11 am**

Many of us had a plan for what 2020 would look like, and COVID-19 likely wasn't included in that plan. Day to day life feels out of our control right now, but we can control our own emotional responses to this "new normal". Practicing mindfulness and gratitude can transform the brain and help us feel more peaceful and less reactive. We can't be anywhere else but where we are right now. Working toward accepting this new reality can put us on the path toward new strategies to deal with it.

**Living Life to the Full 8 Week Course
Jan 12 to Mar 2, 2021, 7 pm to 8:30 pm**

Living Life to the Full is a fun and engaging eight-week online course that provides people from all walks of life with effective tools to maximize their ability to manage life's challenges. The group-oriented course is based on the principles of cognitive behaviour therapy (CBT) which focuses on understanding how thoughts, feelings, and behaviours work together to impact well-being. Each 90-minute session focuses on a different topic, such as understanding unhelpful thoughts, engaging in enjoyable activities, coping with anger and solving daunting problems. Cost is \$50 for the entire eight week course, including the online workbooks.

If you have any questions, please email:

workshops@cmhaww.ca.

For more information and to register please click on this link:

<https://cmhaww.ca/events/>

COMMUNITY EVENTS AND RESOURCES

Emergency and Low Cost Food Program in the Region

There are several places in Waterloo Region where people in immediate need of food can get help. The link below is for the guide for where to get emergency food. For more information about specific programs in your neighbourhood please contact:

the Food Bank of Waterloo Region at:

519-573-5576 or

the Cambridge Self Help Food Bank at

519-622-6550

For a full list of the sources

please [click](#) on the link below and choose the right option:

<https://www.regionofwaterloo.ca/en/living-here/resources/Emergency-Food-Programs-in-Waterloo-Region.pdf>

This guide does not list every program available in Waterloo Region. Please note that hours of operation and services may change. You may want to call the program to confirm hours and services offered. For more information about specific food programs in your neighbourhood.

211 Ontario

211 connects you to programs and services in your community.

Confused about where to turn for help?

Dial 2-1-1 or connect with us online

We'll point you in the right direction

It's free, confidential and available 24/7 in 150 languages

www.211ontario.ca



KidsAbility Virtual Workshops

Intro to ABA Jan 5, 7:00 pm

Please join us for a free virtual workshop exploring the ABC's of behaviour and supporting challenging behaviours.

In this workshop we cover the basic principles of applied behaviour analysis (ABA) to help you understand how behaviour is affected by the environment. This includes learning behaviour, the behaviour of completing daily activities, the behaviour of interacting with others, and challenging behaviour!

[Register for intro-to-aba-applied-behaviour-analysis-virtual-workshop](#)

**Understanding Challenging Behaviours
January 7, 7:00 pm**

Please join us for a free virtual workshop exploring the basic principles of ABA, presented by KidsAbility's Foundational Family Supports. In this workshop we cover information that will help you to understand and manage your child's challenging behaviours using the principles of applied behaviour analysis (ABA).

[Register for understanding-challenging-behaviours-virtual-workshop](#)

Autism Ontario Presents Virtual Caregiver's Support Program

The SAAAC (South Asian Autism Awareness Centre) CARES Caregiver Support Program is an innovative group-based intervention targeting the social, emotional, and psychological challenges that can arise among caregivers of children with autism. The CARES program provides a safe space for caregivers to share their experiences and develop a sense of shared identity as caregivers.

January 27th, 2021 7:00 pm to 8:00 pm

Phone: 1800-472-7789 ext. 317

Phone: 1800-472-7789 ext. 346

Email: jamie@autismontario.com

Email: michelle@autismontario.com

For more information and to **register please click on this link:** www.autismontario.com/civcrm/

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/>

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](http://www.disabilityfitnessprograms.com)

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

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

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

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. 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 on ADHD

ADDitude has many free online resources, including videos, podcasts live and recorded webinars focusing ADHD. Their live webinars are usually available to watch later after one day of the scheduled time. You can find all the upcoming live ADDitude webinars with experts on all aspects of attention deficit hyperactivity disorder (ADHD or ADD) and related conditions, plus their complete archive of free webinar recordings and slide presentations in this link:

www.additudemag.com/adhd-expert-webinars-index/

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

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](#)

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

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

www.woolwichcounselling.org

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.recrepite.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

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

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

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

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](#)

WEBSITES

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

www.starfall.com

reading.ecb.org

www.ABCmouse.com

funbrain.com

www.highlightskids.com

seussville.com

www.pbkids.org

storylineonline.net

abcya.com

wonderopolis.org

mathplayground.com

gonoodle.com

mathies.ca

online.kidsdiscover.com

mysteryscience.com

raisingwonder.com/

mysterydoug.com

scholastic.com/learnathome

blog.learningresources.com/category/learning-at-home

squigglepark.com/dreamscape

timeforkids.com

www.kids.nationalgeographic.com

kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/

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/>



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

Phone: 519-741-1121
Fax: 519-743-4730
E-mail:

sdrc@sunbeamcommunity.ca
Website: www.sdrc.ca

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 sdrc@sunbeamcommunity.ca 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.sdrc.ca>

Satellite Offices

Cambridge

757 King St. E
Cambridge, ON N3H 3N8
Phone: 519-650-9718
Fax: 519-650-5729

Kitchener/Waterloo

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.