



Lessons from the Pandemic: How Covid-19 has Encouraged Refocusing and Adaptation

This month marks one year of the global pandemic that has affected us all in one way or another - the loss of many valuable and beloved lives, economic and personal hardships and adjusting our way of service delivery just to name a few. Sunbeam Developmental Resource Centre (SDRC) has continued to provide services during this unprecedented time. Our staff continue to stay in contact with clients and families either by phone or virtually. Our scheduled clinical workshops, information sessions, speaker series, and clinics continue to be offered via videoconferencing. In the interim, please contact us by telephone or email, or check our website www.sdrc.ca or facebook page <https://www.facebook.com/sunbeamcommunities> for up-to-date information on our services, workshops, information sessions, speaker series, and many groups.

We hope all of you are continuing to stay 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.

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)**

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WHAT'S HAPPENING AT SDRC

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, March 30, Monday, April 26, Tuesday, May 25 and Monday June 21, 2021

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

Your Feedback is Valuable to Us!

Our Newsletter **SDRC Connection** is in its 16th year! Through this newsletter we aim to provide information that is relevant and helpful to the individuals and families we serve as well as other professionals in the field of developmental disabilities. We continuously strive to improve the quality of this newsletter to ensure our readers benefit from it.

We value your input in this regard and have created a survey to ask for your feedback! Please fill out the online survey at the link below and click 'Submit'. Thank you for taking the time to help us out!

Newsletter survey link:

<https://forms.gle/3hFm32YSVL4hxcERA>

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 ten 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

Autism Direct Funding Application

Online Application will be available on January 4, 2022!

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 2021-2022 fiscal year. Applications for Autism Direct Funding will be available on our **website** from **January 4, 2022 until January 31, 2022**. 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, 2022. 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

SPRING 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:

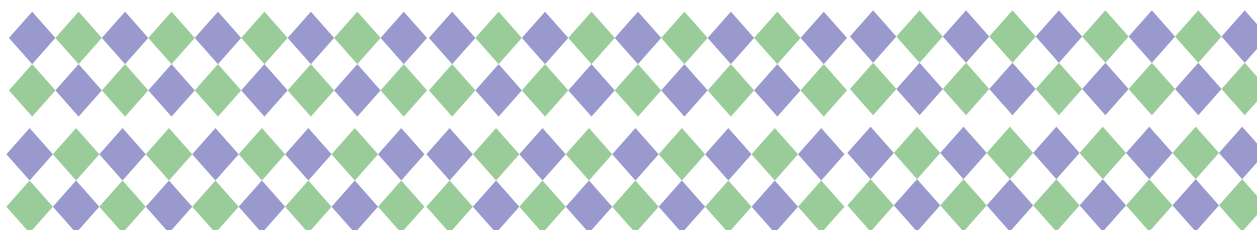
Daytime: The last Friday of every month, from 10:00 am to 11:30

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!



SPRING 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 pm – 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.**



SPEAKER'S SERIES AND TRAINING

Applying For and Understanding ODSP

Speaker Series - Online, Live

Learn about various aspects of Ontario Disability Support Program (ODSP) and how to apply for it



When: Tuesday, April 13, 2021

Morning Session: 10:00 am to 11:30 am

Evening Session: 6:30 pm to 8:00 pm

Speaker: Jacqueline Fagan, ODSP, Kitchener Office

Cost: Free

Audience: Family and community members who wants to learn more about ODSP

Register Online on our website, call 519-741-1121 ext. 2201 or email r.khanam@sunbeamcommunity.ca

Fetal Alcohol Spectrum Disorder (FASD)

Online Free Training for Caregivers



A Four-Part Online Training for Caregivers Supporting Individuals with FASD

May 5, May 12, May 19 and May 26, 2021

6:30 pm to 8:00 pm via Zoom

- Learn how FASD is a brain and whole body disorder,
- Learn how FASD impacts behaviour with a focus on executive and adaptive functioning,
- Identify what is needed to support individuals living with FASD,
- Learn about local resources and supports available to families.

Register with Karen Huber, FASD Coordinator at k.huber@sunbeamcommunity.ca

FASD | WATERLOO REGION

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 GROUPS FOR ADULTS

Brightside ABA Services is now offering a weekly social group for adults looking for opportunities to meet new people, play games, learn in the moment, and have fun doing it!

These sessions include:

- Weekly 1 hour sessions
- Groups run for 8 weeks
- Days and times of sessions to be determined

This group will provide opportunities to:

Practice social skills
Meet new friends
Share interests
Play games
Support others
Be a part of a team

*This is not a therapy service

\$595

FOR ALL 8 WEEKS! ***

Brightside ABA Services
1120 Victoria St N.
Kitchener, ON, N2B 3T2
(519) 741-1121

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

website: 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.

Groups will be created based on similar age groups and interests. Times and dates of the group to be determined based on availability.

Possible Group 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!

To register call Lauren Harris at
519-894-6156 ext. 2904 or by email
brightside@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 are offering 1:1 virtual consultation sessions! Consultations will be held via phone or video consult with caregivers and a highly qualified ABA Consultant. This package is 12 hours in length (1 hour per week) and additional hours can be added if needed at an hourly rate.

These sessions include:

- 1 information gathering and goal setting session
- 10 strategy-based sessions with tip sheets provided
- 1 final session to review the summary report within two months of their final strategy-based session

Possible Topics May Include:

- Daily living skills
- Developing routines
- Sibling play
- Increasing independence
- Decreasing screen time
- Supporting transitions
- Many more...

\$1050 Virtual Package

**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	April 22
Antecedent Strategies	April 29
Motivation and Reinforcement	May 6
Prompting Procedures	May 13
Managing Challenging Behaviour	May 20

All sessions are presented by a highly qualified ABA Consultant and are offered from 6:00 pm to 7:00 pm 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!

ONLINE CREATIVE SOCIAL HOUR JULY TOPIC: GEOMETRIC CANVAS PAINTING

When: Month of July (1 hour per week)

Who: 18 years and older

Where: Your home

What you need to participate:

- Laptop, computer or tablet to attend via video
- Craft Supplies
*supplied via curbside drop off by Brightside staff member
- Person to support with the call if needed

Join virtually to meet some new friends and share some laughs:

4 Weeks for \$255

includes material and delivery!

Registration Deadline

May 21, 2021

****Day of week and time of day will be determined based on availability and interest.**



Now Offering!

SUMMER ONLINE CREATIVE SOCIAL HOUR AUGUST TOPIC: LANDSCAPE PAINTING

When: Month of August (1 hour per week)

Who: 18 years and older

Where: Your home

What you need to participate:

- Laptop, computer or tablet to attend via video
- Craft Supplies
*supplied via curbside drop off by Brightside staff member
- Person to support with the call if needed

Join virtually to meet some new friends and share some laughs:

4 Weeks for \$255

includes material and delivery!

Registration Deadline

May 21, 2021

****Day of week and time of day will be determined based on availability and interest**



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

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, May 31, 2021
Time: 6:30 pm to 8:00 pm
Register by: May 28, 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 am to 11:30 am
Register By: March 26, 2021

Date: Monday, June 7, 2021
Time: 6:30 pm to 8:00 pm
Register By: June 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 suggestions for iPad apps for cause/effect, literacy, social skills, visual supports, communication and language as well as suggestions for setting up an iPad and iPad settings.

Discussing Puberty and Sexuality with Your Child—Virtual

Date: Tuesday, May 18, 2021
Time: 6:00 pm – 7:30 pm
Register by: May 14, 2021

Presenter: Louise Rodgers, RN, BScN and Jessica Fortunato, B.A., BCaBA

Appropriate for: Parents and caregivers of children with developmental disabilities

This workshop will address body and behavioural changes that occur during puberty. We will give you resources and strategies to help you guide your child through this next step in their development and give them the knowledge and skills to keep them safe.

SPRING CLINICAL WORKSHOPS AT SDRC

Tips For Guardians of Individuals With Autism – Virtual

Dates: Thursday, April 29, 2021
Time: 6:30 p.m. – 8:00 p.m. (Last 30 minutes are for question and answer session)
Register By: April 27, 2021

Presenter: Stuart Lamont, B.S.D., RSSW
Appropriate For: Parents and Caregivers of Individuals with Autism

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

Program Cancellation Policy

Please note that 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.
	5.
	6.

WHAT'S HAPPENING AT SUNBEAM CENTRE

Board of Directors Opportunity

The Opportunity

As part of our annual board recruitment cycle, Sunbeam Community & Developmental Services has several upcoming openings for individuals to join our highly talented, dedicated and diverse volunteer Board of Directors. The ideal candidates will possess professional and/or lived experience in various sectors and disciplines, interest / experience in board governance and the policy governance model and have a passion for supporting people with disabilities. We also ask that each board member participate in at least one of the committees of the board. Preference will be given to candidates having experience with developmental service, health, community and/or social services sectors. Financial management experience is also considered an asset.

Our Commitment to Diversity, Inclusion and Equity

As the decision-making body at the highest level of organizational governance and leadership, the Board of Directors of Sunbeam Community & Developmental Services plays a critical role in creating an organization committed to the issues of anti-racism, equity, diversity and inclusion. We recognize the value that comes from diverse perspectives and the lived experiences of our stakeholders, who bring fresh, new ideas to our organization. Diversity plays a key role in our ability to deliver on our *mission of providing innovative opportunities that enable the people we support to reach their goals and achieve recognition of their value in the community.*

We are deeply committed to diversity and inclusion and encourages applications from Black, Indigenous, People of Colour, Persons with Disabilities, Women, Members of the LGBTQ2S Community, and others who may contribute to fostering innovative ideas and solutions.

To Learn More

The full board opportunity description is available for review by visiting www.sunbeamcommunity.ca, click on [News](#), [Sunbeam News](#), and open the posting labelled "[Board of Directors Opportunity](#)". Or to receive an information and application package, please send an email to:

Mary Flynn-Carey, Executive Assistant, Email: m.flynn-carey@sunbeamcommunity.ca

Sunbeam Community & Developmental Services is an innovative charitable not-for-profit service provider delivering programs, services and supports to children, youth, adults and older adults living with developmental disabilities. Based in Waterloo Region, Sunbeam supports individuals and families across Waterloo Region, Wellington County, Dufferin County, Halton Region and Peel Region. Sunbeam is primarily funded by the Ministry of Children, Community & Social Services as the trusted regional center for developmental services across the Central-West Region of Ontario.



WHAT'S HAPPENING AT DSO-CWR



New Website of DSO-CWR

At Developmental Services Ontario Central West Region we are excited to announce the launch of our new website. Visit us at www.dsocwr.ca. This new website is faster, easier to navigate and more user-friendly. You can find everything you need to know about completing the application process, determining the services and supports you need as well as accessing support provided by the Ministry of Children's Community and Social Services.

COMMUNITY EVENTS AND RESOURCES



**Join us in celebrating
Autism Awareness Day on
April 2, 2021.**

World Autism Awareness Day is a day that is dedicated to speaking about Autism Spectrum Disorder which affects 1 in 66 children.

**Wear blue on April 2, 2021 to show
your support**



Kerry's Place Autism Services have designed many online upcoming groups and workshops 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/

Autism in High School - web-based guide

This resource guide is 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. Below is their website address:

autisminhighschool.ca

Autism Ontario

Raise the Flag and World Autism Day During COVID-19

Autism Ontario excitedly plans and prepares for World Autism Day and Raise the Flag 2021, they are committed to promoting the safety of our community above all else. It is highly unlikely that everyone will be able to gather in large groups for the usual flag-raising ceremonies, so they encourage everyone to recognize the day creatively – in your living room, backyard, on a Zoom call – any way you'd like!

<https://raisetheflagforautism.com/>

Autism Speaks

Join Autism Speaks for **World Autism Awareness Month** to help them spread kindness and autism awareness! Autism Speaks Canada Walk, Powered by Love. **Autism-friendly events** and educational activities take place all month, aiming to increase understanding and acceptance of people with autism, foster worldwide support and inspire a kinder, more inclusive world.

Autism Speaks Walk

While the walk looks different this year, what you love most will remain the same.

One Virtual Walk Day across Canada, Sunday, June 13, 2021

<https://autismspeakscanadawalk2021>

NEW IN 2021

They have introduced Five Walk Clubs with five virtual and in person walk options to choose from. You can find all information at this link on their website:

<https://autismspeakscanadawalk2021>

COMMUNITY EVENTS AND RESOURCES

Oh! The Places You'll Go!!

The Road to Transition Planning...

Virtual Transition Planning Presentation

The whole presentation has been made available online on Youtube. Please click on the link to watch the Transition Planning Presentation!

<https://www.youtube.com/watch?v=TIWskJBKwmg>

Call Shiona at 519 894 1153 ext. 2907 or email s.niven@sunbeamcommunity.ca

Exploring the transition from school life to adulthood, Learn what a transition plan is, How to create a transition plan, How to build a calendar of a full life, What services and programs are available after high school, Discuss how to get connected in the community and make friends, Explore ways you can lead a fulfilling and happy life



Workshop on Internet Safety Hosted by WRFN

Paul Davis, a world-renowned expert on internet safety, will be talking about topics such as Snapchat, Tiktok, Instagram, Facebook, Smartphone and digital trails. He will also speak about cyberbullying, texting, image sharing, online gaming and online security. Please mark your calendars. Interested participants must pre-register and space is limited.

[Register in advance for this meeting, by clicking here.](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

If you have any questions, please reach out to Sue Simpson at sue.simpson@wrfn.info

WRFN-Workshop: Internet Safety

Price:Free

Date:Tuesday March 23, 2021 8:00 PM to 9:00 PM

Facing Fears Together

This spring, the Centre for Mental Health Research and Treatment (CMHRT) is pleased to offer **Facing Fears Together**. It is a new and exciting group cognitive-behavioural treatment (CBT) program designed to help **adolescents age 15 to 18 years** to understand and reduce their anxiety with the support of their peers facing similar challenges.

This 6-week group will run virtually on

Thursdays from 4:30 to 6:00 pm from

Thursday April 22 to May 27, 2021.

There will be one booster session held on June 17, 2021.

The group will be led by senior doctoral students in clinical psychology at the University of Waterloo and be supervised by Dr. Elizabeth Stevens. This group still has space in it.

How to Refer: Please contact Maureen Stafford at the UW CMHRT at cmhrtintake@uwaterloo.ca and indicate that you are interested in Facing Fears Together for your teen.

For more information, please see the CMHRT website <https://uwaterloo.ca/mental-health-research-treatment/>

Persons with Exceptionalities Conference

Join Skills Ontario for their
Persons with Exceptionalities Conference on
March 30, 2021 from 6:30 pm to 8:30 pm
Attendance is free.

This event is for youth in grades 7-10, parents, guardians, support staff and educators. ASL interpretation will be provided.

Hear inspirational success stories from mentors.

Learn about available resources and support services.

Get a chance to receive a hands-on activity kit.

Discover exciting and rewarding career options in skilled trades and technologies.

Contact Candice Coghlan

Email: ccoghlan@skillsontario.com

This is the link for registration as well: <https://www.eventbrite.ca/e/persons-with-exceptionalities-conference-tickets-137833996193>

COMMUNITY EVENTS AND RESOURCES

Fund Related to Covid-19 at OFCP

Some additional funds related to COVID-19 at the Ontario Federation for Cerebral Palsy (OFCP) is available to the member families. More information could be found at this link on their website <https://ofcp.ca/programs/funding/>

The Ontario Federation for Cerebral Palsy (OFCP) is a non profit charitable organization dedicated to supporting people with cerebral palsy (CP) in Ontario.

They are committed to supporting independence, inclusion, choice and full integration of all persons with cerebral palsy. The OFCP does this by providing and initiating a wide range of services, resources and programs for people with CP and their families as well as professional organizations. These services can range from education and recreation to housing and life planning. For more information on OFCP's programs and services, click here. <https://ofcp.ca/>

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

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

The Collaborative

The Counselling Collaborative of Waterloo Region is a community-based partnership between six community counselling service providers within Waterloo-Wellington Region to ensure that you have access to the counselling services you need.

<https://www.preenrollment.info/form/counsellingwr>
<https://counsellingwr.ca/>

You can receive counselling service through the Counselling Collaborative Program. Simply call the **Central Intake at 519-804-1097** or any of the **Counselling Collaborative Agencies** listed on their website to speak with an Intake Worker to determine the right program or service for you. Whenever possible, counselling appointments are offered at flexible times.

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-Funtioning-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.

Wills and Estate Planning, March 23, 2021

Creating Financial Security April 06, 2021

My Life, My Choice, My Community, April 20, 2021

Register online or to learn more visit their website:

<https://www.planningnetwork.ca>

COMMUNITY EVENTS AND RESOURCES

Autism Ontario

Virtual Supports and Resources

Autism Ontario has many online resources and live workshops and groups. All could be found at this link:

<https://www.autismontario.com/connect-us-virtually>

- Live and Pre-Recorded Webinars
- Events: Virtual and Home Based
- Online Support Groups
- OAP Funding Info Sessions
- Connect to Service Navigation
- CommunityConnect service listing

Digital Media and Screen Time Young children (birth through 5 years)

The Canadian Paediatric Society has many resources for the families about digital media and screen time.

A clinician's guide to counselling parents of young children

Poster: Is she getting enough face time with you?

Parent information: Screen time and young children

Webinar: Screen Time and Young Children: Promoting Health and Development in a Digital World (Child and Parent Research Institute)

Presentation (video) by Dr. Michelle Ponti on screen time recommendations (part of The Child & Youth Network's Healthy Kids Community Challenge forum in London, ON (November 2017). School-aged children and adolescents

A clinician's guide to counselling parents of school-aged children and adolescents

Poster: Don't leave kids to their own devices

Parent information: Screen time and digital media: Advice for parents of school-aged children and teens

School-aged children and adolescents

A clinician's guide to counselling parents of school-aged children and adolescents

Poster: Don't leave kids to their own devices

Parent information: Screen time and digital media: Advice for parents of school-aged children and teens

The above links can be found on their website at:

<https://www.cps.ca/en/tools-outils/digital-media-and-screen-time>



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.

Young Parenting in a Pandemic

Thursdays at 8:30 pm

This virtual peer support program for parents age 24 and under focuses on the emerging needs and challenges around parenting, self-care, and self-regulation during the pandemic. The program will offer connection, support, and resources through a weekly Zoom group session, a closed Facebook group, and Facebook Live events.

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.

KidsAbility Virtual Workshops

Understanding Challenging Behaviours

April 15, 1:00 pm and June 3, 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](#)

COMMUNITY EVENTS AND RESOURCES

Online Resources on Mental Health and Addiction Supports

Here are some public resources on mental health and addictions support available in Ontario free of charge:

- **ConnexOntario** (1-866-531-2600), provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area. They are funded by the Government of Ontario.
<https://www.connexontario.ca/en-ca/>
- Visit **Togetherall** a 24/7 anonymous online education and discussion platform for mental health support. The online mental health support service, Big White Wall, announced that it will be providing its 24/7 clinically managed platform under the new name of **Togetherall**.
<https://togetherall.com/en-ca/?from=bwwca%2F>
- Visit **bouncebackontario.ca** to access their guided self-help program using workbooks, with phone coaching support, or ask your primary care provider for a referral.
<https://bouncebackontario.ca/>
- Children and youth under 18 can locate mental health services through the **Ontario.ca** and **Kids Help Phone** websites, or contact the Kids Help Phone (1- 800-668-6868) or **Good2Talk** helpline for 24/7 support, if they need someone to talk to.
<https://good2talk.ca/>
- **mindyourmind** is a mental health website with interactive tools and resources to build capacity and resilience for youth and young adults. <https://mindyourmind.ca/>
- Visit **Ontario.ca** for the latest information and advice on COVID-19, including a selfassessment tool for COVID-19.
<https://www.ontario.ca/page/government-ontario>
- **Anxiety Canada™** has many online resources on anxiety. For more information please visit their website: www.anxietycanada.com

Students Links

Student Links an initiative of Community Living Ontario is in the 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

Facing Your Fears Group Therapy Program Holland Bloorview Kids Rehabilitation Hospital

The Autism Research Centre at Holland Bloorview Kids Rehabilitation Hospital is researching a group virtual anxiety intervention for children and teens with autism.

What is this study about?

They are currently studying whether a group therapy program called Facing Your Fears (FYF), will help to reduce anxiety in children and youth with autism spectrum disorder (ASD). FYF is a modified cognitive behavioural therapy (CBT) program for children and youth with ASD experiencing significant anxiety symptoms. They will provide everything virtually (through a platform called "Zoom for Healthcare") so that anyone can participate in this study from home!

- Children and teens between **8 and 13 years** old
- Diagnosed with an autism spectrum disorder (ASD)
- Have a heightened level of anxiety symptoms (i.e., worries or fears)
- Must be verbal/ conversational at a Grade 2 level or above
- Must be able to read at a Grade 2 level or above.

For more information, contact Kristina Lee at
416-425-6220 ex. 3297 or klee@hollandbloorview.ca

Principal Investigator:

Dr. Evdokia Anagnostou,
Holland Bloorview Kids Rehabilitation Hospital

COMMUNITY EVENTS AND RESOURCES

The A - Team of Waterloo Region A Peer Support Group for Adults with Aspergers Syndrome

The A-Team of Waterloo Region is primarily run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome, with some assistance from Bridges to Belonging. Their goal is to create a safe and welcoming environment to meet fellow adults (age 18+) with Asperger's Syndrome (ASD – level 1), discuss topics of interest, share experiences, and embrace their neurological diversity. For more information and to know their upcoming meeting dates please click on this link:

<https://ateamwaterlooregion.wordpress.com/about/>

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 (8 -12) and Teen Groups (13 - 17) will run for 8 weeks in March-April and May-June, Youth groups on Fridays from 4:30 pm to 6:30 pm and the Teen groups on Saturdays from 1 pm to 3 pm.

Groups meet at 14 Braun Avenue, Kitchener, ON

Cost: \$80 for the eight-week session.

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

2nd Annual FASD Conference Dufferin-Wellington

Wednesday, May 19, 2021 - Virtual

Keynote Speaker: Dr. Kristen Mcleod, MA, PhD

Becoming Trauma-Informed:

How Understanding Leads to Efficacy and Hope

For information and registration link please visit their website:

<https://www.dufferinwellingtonfasd.com/>

Living Life to the Full Free Online Program

Living Life to the Full 8 Week Course

Tuesdays, April 6 to May 25, 2021, 1:00 00 pm to 2:30 pm

Living Life to the Full (LLTF) is a national flagship program of the Canadian Mental Health Association (CMHA). This program is open to adults with Autism Spectrum Disorder (ASD), ages 18 and over. The program is a fun, group-based, mental health promotion course which encourages people to learn to thrive in life. It's Free.

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

<https://www.kerrysplace.org/event/living-life-to-the-full-adult-group-2/>

BE-Connected

BE-Connected was created to be a virtual hangout and is open to anyone over the age of 18 feeling isolated and who wants to meet new people and make new friends. There is no eligibility or registration required. Check into 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.

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 at:**

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

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

www.woolwichcounselling.org

COMMUNITY EVENTS AND RESOURCES

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

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**

Special Need Resourcing Collaboration

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**

www.snrcwaterlooregion.ca

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 to register click on this link:

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

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

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

Free Income Tax Clinics in Waterloo Region

Volunteers of Canada Revenue Agency offer their free services in the community through Income Tax Clinics. Here are some of those clinics in Waterloo Region: Contact details could be found on their [website](https://apps.cra-arc.gc.ca/) at: <https://apps.cra-arc.gc.ca/>

Find a Free Tax Clinic in your Area

Abco Custom Manufacturing 90 BAFFIN PL WATERLOO, ON	Virtual - Canadian House Consulting Immigration Services KITCHENER, ON
Social Development Centre Waterloo Region WATERLOO, ON	iHelp Tax Clinic 208-32 WEBER ST W KITCHENER, ON
Virtual - University of Waterloo Tax Clinic WATERLOO, ON	Su Presencia Church 6-607 KING ST W KITCHENER, ON
Baljeet's Tax Clinic KITCHENER, ON	<u>Tax Clinic 2020 - Office of MP Bryan May</u> CAMBRIDGE, ON

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 Resource Program of Carizon - Spring Groups

Carizon offers various workshops and groups for adults, youth and children. Space is limited. To register please email crpgroups@carizon.ca or call **519 743 6333, Ext. 2383**. For more information click on https://padlet.com/eyoung106/Carizon_Community_Services_Programs

Optimistic Thinking – Family

Family Focused Group for 5–7-year-olds and their Parent(s)/Caregiver.
Family Focused 8-week group, Thursday's, April 22 to June 10, 5:30 to 6:30pm

Connecting Through Play

Family Focused Group for 5–7-year-olds and their Parent(s)/Caregiver
Children learn through play. Join us for an 8-week group that will focus on arts & crafts, active games & activities with kits provided to allow the family to explore and experience new ways to play and engaged with each other.

8-week group from Wednesday, April 21 to June 9, 5:30 to 6:30pm

Optimistic Thinking – Youth

Older Youth aged 9-11

Participants will have an opportunity to learn through hands on, virtual activities and discussions to positively engage, reframe their

thoughts and attitudes about themselves, others, and the world.

Older Youth 8-week group, Tuesday's, April 20 to June 8, 4:30 to 5:30pm

Just Breathe

Caregivers and their children aged 7-9

Join us to increase understanding of anxiety and learn strategies to help manage the challenging thoughts and feelings often associated with anxiety.

8-week group from Tuesday, April 20 to June 8, 5:30 to 6:30pm

Super Me

Youth aged 7-9

"Super Me" is a group that will focus on building self-esteem in children. "You are someone. You mean something"-Batman

8-week group from Thursday, April 22 to June 10, 4:30 to 5:30pm

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/>

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
(519) 830 - 1423

www.adhdinterrupted.com

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. 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/

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

Cooking For Community by Community Living Ontario Foundation

Wednesday, March 24, 2021, 6:00 pm to 7:00 pm

Craving a night out and entertainment for a good cause? Join us virtually as CBC host and comedian (and past chef!) **Ali Hassan** teaches us how to whip up one of his favourite recipes! Good food, cocktails, company, sharing impactful stories and raffle prizes are all on the menu! You will receive an email with an ingredients list to help you prep for a fun and flavour-filled night as you cook along with Ali!

To register and for more information please click on this link:
[Cooking for Community by Community Living Ontario](#)

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 would 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 offer 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

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 include:

- 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

<https://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

• THEMUSEUM

- Center in the Square
- The Registry Theater

Waterloo

- 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.