



FASD Awareness Month

September is FASD awareness month. Our FASD team will be actively sharing the collaborative work happening in Waterloo Region to support FASD on the FASD Waterloo Region social media platforms. The goal of this campaign is to raise awareness of the impact FASD has on entire communities. We encourage everyone to join us in posting their connection to FASD and use the hashtag #fasdmeanstome. We can be found on Instagram and Twitter - like, follow, share and connect with us!

Instagram @fasdwaterlooregion

Twitter @FASDwr

Learn more about other FASD related programs and services available in the community featured on the **nex page of this newsletter**.

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Who We Are

Sunbeam Developmental Resource Centre (SDRC) is a division of Sunbeam Community and Developmental Services (SCDS). We offer a wide range of services for people with disabilities including Clinical Services, Service Coordination, Ontario Autism Program (OAP), Fetal Alcohol Spectrum Disorder (FASD) Coordination, and Coordinated Service Planning. We act as a single point of access for children living in Waterloo Region with an intellectual disability and/or autism spectrum disorder for a wide range of services. For more information visit our website at www.sdrc.ca.

For the latest on Sunbeam's Covid 19 updates visit the News section at www.sunbeamcommunity.ca/news

WHAT'S HAPPENING AT SDRC

FASD related Services at SDRC

The FASD Workers at Sunbeam Developmental Resource Centre work with children, youth and families living with FASD in Waterloo Region up until the age of 18, or 21 and still attending school. In addition, resources can be provided to caregivers and health and social service providers wanting more information about FASD. A referral can be made directly to our FASD Coordinators,

Karen Huber at 519-741-1121 ext. 2246 or k.huber@sunbeamcommunity.ca and
Michelle Hughes, 519-741-1121, ext. 2333 or m.hughes@sunbeamcommunity.ca

The Waterloo Region FASD Action Group Presents

FASD Parent/Caregivers Support Group

Transition Points/ Advocacy/ Online Safety / Supporting Independence for Adolescents with FASD / Acceptance & Self care / Education/ Coping Skills

Upcoming Session Dates (7:00 pm to 8: 30 pm)

Sept 16, Oct. 21, Nov. 18, Dec 16, 2021 and Jan 20, Feb 01, Mar 17, 2022

Virtual Support Group for Adolescents with FASD

Coping Strategies/ Consent/ Overcoming Adversity / Social media & Online Gaming Relationships / Celebration

Upcoming Session Dates (6:30 pm to 7: 30 pm)

Oct 06, Oct 13, Oct 20, Oct 27, Nov 3, Nov 10, 2021

To register for any of the above groups contact:

**Rob MacDonald at 519 749 2932 ext. 3336 or
email: rmacdonald@lutherwood.ca**

Offered by: Lutherwood, Health Nexus and FASD Waterloo Region

Some Other Resources on FASD

Dufferin Wellington Guelph FASD has a variety of resources for individuals with FASD along with information for caregivers on their website at the links below:

Visit COVID-19 Resources now!

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

Health Nexus has created an FASD Awareness Month webpage

Here is the link: **www.sept9.fasdinfoltsaf.ca/**

WHAT'S HAPPENING AT SDRC

News From School Liaison at SDRC

The goal of the School Liaison Role at Sunbeam Developmental Resource Centre (SDRC) is to help families of children aged 4-7 years old who are looking for assistance to navigate interactions with their child's school. This can include the following:

- Guiding caregivers in seeking and understanding information about school procedures and policy
- Bridging connections between caregivers and school teams
- Supporting caregivers as their child transitions within the school system
- Assisting caregivers in effectively working through school-based needs/concerns/issues, including modelling negotiation skills and strategies
- Demonstrating and coaching the development of positive communication strategies between home and school
- Providing information about and mentoring an improvement in collaborative parent-school relationships

School Liaison at SDRC Julia Russel likes to share some tips provided by Yahnke Walker (2002) for talking to teachers with the parents:

Tips for Talking to Teachers

- Make an appointment. Don't just drop in.
- Document what your child has done, said, or read.
- Plan what you're going to say.
- Build a partnership and negotiate solutions. Work as a team.
- Be diplomatic, tactful, and respectful.
- Focus on what your child needs.
- Listen.
- Choose your words carefully. Try to start with something positive.
- Bring along your sense of humor.
- Summarize what you have discussed and a time line.
- Plan a follow-up meeting.



Taken from www.davidsongifted.org/search-database/entry/a10558

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 2022-2023 fiscal year. It 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 more information and to apply online please visit our website www.sdrc.ca or call 519-741-1121.

WHAT'S HAPPENING AT SDRC

Resource Support at SDRC

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 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)**

Family Compass Waterloo Region Guiding you to services for children and youth

During the 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:

1. Basic Needs,
2. Mental & Emotional Health,
3. Safety,
4. Respite & Relief
5. Financial Supports,
6. People You Can Talk To,
7. Resources for Adults
8. Stuff for Kids & Teens,
9. Fun,
10. Learning,
11. Governmental Resources
12. Community Connectedness and
13. Get Moving.



WHAT'S HAPPENING AT SDRC

Speech Language Pathology Clinics at SDRC

The Speech-Language Clinic is an individualized 1 hour appointment for individuals 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, October 19; Monday, November 15; Monday, December 13, 2021 and Tuesday, January 18, 2022

Please call our office to make an appointment: 519-741-1121

iPad Loaner Program at SDRC

Since the beginning of the Covid-19 Pandemic, SDRC has been offering services and supports virtually. We have been fortunate to receive a one-time grant from the United Way to purchase items such as IPADS to help with this service delivery.

The technology purchased is available for clients and their families to use through a Library Loaner Program to help attend virtual appointments and to trial various programs such as communication apps online. Please call 519-741-1121 for further details on how to borrow a device.

We are very thankful to the United Way for this funding as it allows clients and their loved ones to access the services and supports virtually.



News From Sunbeam Community and Developmental Services (SCDS) Welcome Home, Sunbeam Kids Hub

Kids Country Club (Parents of Technologically Dependent Children of Ontario) has transferred the operation of its Cambridge home for children with developmental, medical and behavioural disabilities to **Sunbeam Community & Developmental Services (SCDS)** on May 31, 2021. The transfer of the home, which provides short-term respite to medically fragile technologically dependent children up to the age of 18 was completed this summer. For more information visit their website: www.sunbeamcommunity.ca

WHAT'S HAPPENING AT SDRC

The Weekly Mothers' Support Group at SDRC

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. Some of the topics discussed in the past year were: Identifying Mental Health Diagnoses, Bullying, the Ontario Autism Program and Yoga.

Please call 519-741-1121 for more information about how to join. Hope to see you soon!

WHAT'S HAPPENING AT SDRC

The Monthly Fathers' Support Group at SDRC

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 Mindfulness, Picky Eating, the Ontario Autism Program and Behavioural Challenges.

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.



Time for Brothers & Sisters

It is a 6 week group, for siblings of youth with autism.

This group is co-facilitated by a Behaviour Consultant and a Social Worker.

Youth, ages 11-14 will meet others who have similar experiences and challenges, in a supportive, fun environment that will encourage sharing.

This group is free but a referral and registration are required.

To make a referral please call: 519-741-1121.



WHAT'S HAPPENING AT SDRC

Brightside ABA Services

"Brightside ABA Services" operates with Sunbeam Developmental Resource Centre for those who are receiving money through the Ontario Autism Program to purchase ABA services. To see the list of these services, please visit the website: www.brightsideabaservices.com



Virtual Skill Building Groups

Virtual Service Packages Include:
14 hours of service with a qualified professional including:
2 hours of Goal Setting
11 hours of group consultation
1 hour review of Progress Summary

Possible Goals:
Social Skills
Dating/relationships
Friendships
Conversation Skills
Turn Taking
Transition to
Highschool/Adulthood
Interview Skills

Cost: \$710
Who: Ages 5-8
Where: Zoom

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

Free Parent Coaching Sessions - Virtual

As part of the Ontario Autism Program (OAP) Foundations Supports, Brightside ABA Services is offering the following workshops FREE.

Every Tuesday, Oct 5 to Nov 9, 2021

6:00 pm to 7:00 pm

October 5 - Intro to ABA

October 12 - Setting Events

October 19 - Motivation and
Reinforcement

October 26 - Behaviour Skills Training

November 2 - Managing Challenging
Behaviour

November 9 - Generalization &
Maintenance

To register:

Please contact:
r.khanam@sunbeamcommunity.ca
OR call 519-741-1121 ext. 2201

WHAT'S HAPPENING AT SDRC

Brightside ABA Services



Keeping Yourself Safe Online Virtual via Zoom

**Cost: \$295.00 *eligible
passport expense**

Who: Anyone 18 and over with an
intellectual Disability and or Autism

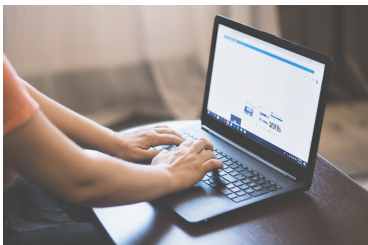
When: October 7, 2021 - October
28, 2021

What: An online group to learn more
about staying safe online

4 weeks (1 hour per week), Weekly
handouts on topics

What you need: Device to access
zoom, a support person to attend in
order to assist with topics outside of
group is recommended

To register for any of the Brightside
ABA Services programs contact us at
519-894-6156 ext. 2904 or by email
brightside@sunbeamcommunity.ca



Virtual Individual Consultation

Virtual Service Packages
Include:

14 hours of service with a
qualified professional
including:

2 hours of goal setting
11 hours of 1:1 consultation
1 hour review of progress
summary

Possible Goals:
Daily Living Skills
Developing Routines
Sibling Play
Increasing Independence
Decreasing Screen Time
Supporting Transitions

Cost: \$1465



WHAT'S HAPPENING AT SDRC

Information Session on Financial Supports Online, Live via Zoom



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

**Tuesday, October 5, 2021
1:00 pm to 2:30 pm**

Presenter: Robin Roberts and Elizabeth Robinson

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

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

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



Speaker Series on Lifetime Financial Planning Online, Live via Zoom

**Tuesday, October 19, 2021
10:00 am to 12:00 pm**

Speakers:

From Edward Jones and Mackenzie Investments

Topics Include: Establishing and Maintaining an RDSP

Requirements to be a Plan Holder or Beneficiary

Grants and Bonds

The Rules Surrounding Withdrawals

Taxation - What You Need to Know

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

Autism and Social Communication Skills—Virtual

Date: Monday, November 1, 2021

Time: 6:30 pm to 8:00 pm

Register by: October 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: Tuesday, October 26, 2021

Time: 6:30 pm to 8:00 pm

Register By: October 25, 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: Wednesday, November 24, 2021

Time: 1:00 pm – 2:30 pm

Register by: November 23, 2021

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

Appropriate for: Parents and caregivers of children with developmental disabilities/ASD

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.

WHAT'S HAPPENING AT SDRC

Tips for Guardians of Individuals with Autism Virtual

Date: Tuesday, September 28, 2021

Time: 1:00 pm – 3:00 pm

Register by: September 27, 2021

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

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

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

Helping Individuals with Autism Navigate the Social World - Virtual

Date: Tuesday, November 23 (part 1) and Tuesday, November 30, 2021 (part 2)

Time: 1:00 pm – 3:00 pm

Register by: November 22, 2021

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

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

Individuals with autism typically do not learn many social skills by simply observing others in a social context. Parents and caregivers need to understand this. This workshop provides strategies, resources and educational materials to help parents and caregivers understand the difficulties in teaching someone with autism social skills. Topics covered include:

- Developing an Action Plan
- Identifying Core Skills
- Developing a Social Skills Profile
- Generating Useful Strategies
- Exploring Ways to Observe Behaviour & Identify Alternative Behaviour
- Understanding Behaviour within the Context of Social Skills

A model of Skill Learning will be presented. This is a 2-part course. You must take Part One to understand Part Two.

To Register for any of these workshops please email: r.khanam@sunbeamcommunity.ca or register online on our website at: www.sdrc.ca/workshops-clinics-training

WHAT'S HAPPENING AT SDRC

Apps for Speech/Language/Social Skills

by: Lorraine Otto, M.Sc., CCC, Speech Language Pathologist (Reg. CASLPO)
Speech Language Pathologist, SDRC

There are numerous apps available to help with development of communication skills. Here are a few suggestions:

Articulation Station: by Little Bee Speech. \$5.49+/App Store
Articulation app to help children learn to pronounce different speech sounds. Practice the sounds at the word, sentence and story level. Practice activities include flashcards and matching games or create your own flashcards.



Choiceworks: by Bee Visual - \$20.99/App Store

Schedule Board: for completing daily routines. Includes 180 images or add your own photos. Check off steps as completed leading to a reward.

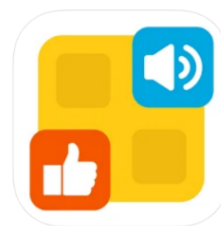
Add a timer to items on the schedule. **Waiting board:** to teach understanding of length of time required to wait. Select a picture to indicate why the child is waiting and set the timer for how long.

Feelings Board: provides a way to help understand and express emotions. Comes with companion book with examples of how the individual might recognize an emotion.



Commboards: AAC Speech Assistant by Dana Fridman - \$27.99 App Store/ \$25.99 Google Play

Basic communication app. Tap on the picture and the word is read out loud. This encourages speech and helps the child express thoughts and feelings. Add limitless categories and pictures. Use your own photos, record your voice.



SimuGator by W&R Holdings - \$0.99/ App Store



Practice interviewing for a job with this app. Three realistic interview simulations and 50 questions similar to an interview. This app helps practice social skills with tips on how to answer questions. Record yourself and then review your video to examine your answers and body language. Great for older teens and adults to practice job interview skills.



For more information about apps, register for the workshop "Apps for Communication and Learning" presented by Lorraine Otto, Speech-Language Pathologist on Tuesday October 26, 6:30 pm to 8 pm via Zoom. See page 11

WHAT'S HAPPENING AT SDRC

Encouraging Speech: Do's and Don'ts

DO 	DON'T 
<p>Model: Modeling language shows your child how to communicate. Model short two to three-word sentences.</p> <p>Imitate: Imitating what your child is saying encourages the child to try to say the sound or words again.</p> <p>Extend: Add 1-2 word more words to what your child says to encourage more language.</p> <p>Wait: Waiting gives your child an opportunity to talk.</p> <p>Repeat: Repeating confirms you heard your child and validates their communication.</p> <p>Respond: Responding to your child will support future conversations. Give the child what they requested. React and look excited about what the child is interested in.</p>	<p>Don't Ask for Labels: Don't ask "what is this" repeatedly. This stops the interaction.</p> <p>Don't Say "Say": Model what you want your child to say. Saying "say" stops spontaneous communication.</p> <p>Don't Question: Make comments rather than asking questions. Questions put pressure on the child, and they may not know how to answer. Comments provide an example of what the child could say.</p> <p>Don't Repeat: Slow down and wait. After you have spoken allow your child time to respond (wait 10-30 seconds) before talking or repeating what you said.</p>

For more information about how to encourage your child's speech and language skills, contact Sunbeam Developmental Resource Centre's Speech-Language Pathologist, Lorraine Otto at 519-741-1121 ext 2224 or l.otto@sunbeamcommunity.ca

WHAT'S HAPPENING IN THE COMMUNITY

Carizon Community Services - Upcoming Free Programs

Community Resource Program: Carizon is now offering several online and in-person child/youth, caregiver, and family groups. These groups are FREE and open to families of the Waterloo Region.

The Children and Parents Connecting program (also known as CAP-C) provides services to families in the Waterloo Region with children between the ages of 0-6.

The Canadian Prenatal Nutrition (also known as CPNP) provides services to pregnant women and their support persons in the Waterloo Region.

The Newcomer Mental Health Program - A Promise of Partnership (also known as POP) provides services to newcomer refugee persons in the Waterloo Region with GAR, PSR or Protected Persons status. More details are available in their padlet at this link:

https://padlet.com/eyoung106/Carizon_Community_Services_Programs.

To register call 519-743-6333 X 2383 or email: crpgroups@carizon.ca, or promise@carizon.ca

Just Breathe - Online

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. Thursday's, October 14 to December 2, 4:30 to 5:30pm

Healthy Living & Healthy Relationships - Online

Family Focused Group for 5-7-year-olds and their Parent(s)/Caregiver + Siblings In this 8-week session families will participate in discussion and activities to promote a healthy lifestyle and family well-being.

Wednesday's, October 13 to December 1, 5:00 to 6:00 pm

*Grocery cards and shopping lists will be provided for food items.

#YouthConnected - In person

Female-identified Youth aged 14-17

This group will include a variety of activities and discussions to help youth build connection with peers, reduce anxiety, and increase self-esteem.

Carizon, 645 Westmount Road East, Kitchener in the Downstairs Community Room

Monday's, October 18 to December 6, 6:30 to 8:30pm

Youth in Diverse Cultures - In person

Male youth, 15-20 years-old

Looking for a space to connect with other youth and explore issues that are affecting you? Join our male youth group where we will discuss topics important to you and participate in games and activities that promote both physical and mental well-being. Topics will be covered by guest speakers, group conversations, presentations, and engaging activities.

Tuesday's, Oct 5 to Nov 30, 3:30-5:30pm
Downtown Kitchener Community Centre, 35 Weber St W, Kitchener

WHAT'S HAPPENING IN THE COMMUNITY

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:

www.schools.wrdsb.ca/athome/files/2020/06/Executive-Functioning-Skills-Guide-for-Families-WRDSB.pdf

Resources for Families on Return to School

Resources for Families on Return to School are available at Waterloo Catholic District School Board's website:

www.wcdsb.ca/return-to-school

Connectability

www.connectability.ca/covid-19

For information on Covid-19 and vaccinations for people with an intellectual or developmental disability, check out the Covid-19 Resource Page at Connectability.ca

I Got the Vaccination What I Can Do and Can't

Guide to The Public Health Agency of Canada (PHAC) has published guidelines for what Canadians with one or two doses of the COVID-19 vaccine can and cannot do both outdoors and indoors. H-CARDD has adapted PHAC's recommendations into an easy to read guide available at this link:

www.PHAC_Guidelines_Infographic_J30_updates.pdf

Our Place (KW) Programs

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

www.ourplacekw.ca/programs

Email: Reception@ourplacekw.ca

Phone: 519-571-1626

Parenting in a Pandemic - Check here for date and time.

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

Tuesdays at 10:00 am

This pre-registered program for parents and children will take place outdoors. Participants must pre-register weekly.

Virtual Be "Tween" Years

Wednesdays, 7 pm, Nov 3 - Dec 15

This parenting program is for parents/caregivers of children 8 to 12 years old.

WHAT'S HAPPENING IN THE COMMUNITY

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. This is the website address: autisminhighschool.ca

Centre for ADHD Awareness Canada Parenting Group: Supporting Your Child's Executive Functioning

Date: Sept 20th, Sept 27th, Oct 4th, Oct 18th, Oct 25th, Nov 1st, Nov 8th, Nov 15th, Nov 22, TBD (10 sessions)
Time: 6:30pm – 8pm EST

Fee: \$100 for 1 parent
\$150 for two parents + HST

www.caddac.ca/events/parenting-group-supporting-your-childs-executive-functioning

Student Links

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

For more information visit their website www.studentlinksonario.ca

Or contact Natalie Bianco
Student Links Coordinator
Kitchener/Waterloo 416-859 8581
nbianco@communitylivingontario.ca

Autism Ontario Webinar A Great Start: Early Planning Priorities for Parents with a Young Child with a Disability

September 21st, 2021 7:00 PM
through 8:00 PM

Contact

Phone: 416-246-9592 ext. 301

Email: ola@autismontario.com

More details on their website:
www.autismontario.com

Other 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
 - Online Support Groups
 - OAP Funding Info Session
 - Service Navigation Registration
-

Kerry's Place Autism Services

Kerry's Place Autism Services has designed many online upcoming offerings. You can view their full calendar at the link below. For any inquires for services and supports in the Waterloo region, please call: 519-763-5812 ext. 61 or visit:

www.kerrysplace.org/calendar

WHAT'S HAPPENING IN THE COMMUNITY

Passport Funding Information

- What is Passport Funding?
- What do I do with my PassportONE Approval Package?
- What can I spend my Passport Funding on?
- How does invoicing work?
- Who do I contact when I have questions about my Passport Funding?

Join the Passport Community Development Team from the Central West Region for a Virtual Presentation!

Date: Wednesday September 29, 2021

Time: 6:00pm – 7:30pm

Location: ZOOM Link sent upon confirmation of registration

Fee: Free

To Register Contact Kate Matos
Passport Community Developer
905-208-8485
kmatos@cwsds.ca



Safety For Independent Living

A personal safety course where people can learn lifeskills that empower them to make safe choices and caring and respectful decisions in their everyday lives both online and offline.

Basic First Aid, Fire Safety & Emergency vs. Non-Emergency/
Being Assertive & Bullying/ People Safety, Getting Help, Tricky People & Safe Strangers/ Online Safety & More

Session 1

September 21 - 24, 2021

6:00 pm to 8:00 pm (Via Zoom)

Session 2

October 18 - 22, 2021

1:00 pm to 3:00 pm (Via Zoom)

Cost: \$55 Passport Funding Admissible

Contact to Register:
Amanda Paradis
aparadis@cwsds.ca



Learning Disabilities Association of Wellington County

The Learning Disabilities Association of Wellington County is a charitable, non-profit organization dedicated to improving the lives of children, youth and adults with learning disabilities so that they can reach their full potential.

Their online resources and information on groups/workshops are available on their website: www.ldawc.ca

Virtual Annual Family Conference on October 16

Keynote Speaker: renowned author, parenting expert and consultant Rick Lavoie

Free and open to families

Register at this link:

www.ldawc.ca/annual-family-conference.html

WHAT'S HAPPENING IN THE COMMUNITY

Planning for a Life of Connection & Belonging

An Interactive Workshop Experience of Learning, discovery and creating LINKS for social connection and resources, for youth 14-24 experiencing social isolation and barriers to inclusion.

In Person LINKS Two Weekend Workshop
Sat, September 25 and, Sat., October 24,
10:am to 4 pm

Online LINKS Five Week Workshop
Tuesday Nights September 28 - October 24,
6 pm to 8 pm

Cost: Free

Use the link below to complete the registration form

www.forms.gle/MFCT6UPTLeQDqTct7

Sessions are limited to six participants, plus one Planning Partner you are in a trusted relationship with (parent/guardian, relative or close friend)

Please email info@bridgestobelonging.ca for more information.

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

Project Read

What is Project READ?

Project READ Literacy Network is the umbrella organization of literacy and essential skills in Waterloo-Wellington. Their mission is to provide any adult or family in Waterloo-Wellington with access to literacy training. We achieve this through knowledge building, knowledge exchange and assessment and development of knowledge. More information available on their website:

www.projectread.ca

Waterloo Region Community Legal Services

Waterloo Region Community Legal Services provide legal advice and help for low income people residing in Waterloo Region with the following type of problems:

Housing Law (tenants)
Income Maintenance Law (ODSP, OW
and CPP-D)
Employment Insurance
Criminal Injuries Compensation
Consumer and Debt Law
Small Claims Court

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

WHAT'S HAPPENING IN THE COMMUNITY

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. Form is available on their website at this link:

www.preenrollment.info/form/counsellingwr

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.

Bereaved Families of Ontario

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: www.bfomidwest.org

Located at: The Family Centre, 65 Hanson Avenue, Kitchener, ON, N2C 2H6
Phone: 519-603-0196

School Issue Parent Support Group by WRFN

This peer-led group provides support, advice and a safe environment for parents who have questions or concerns about school issues affecting their children with special needs. This group is currently meeting virtually. **The next meeting will be held on September 29 at 7pm.** If you're interested in participating, please contact:

Sue Simpson at 519-886-9150 ext. 1 or email: sue.simpson@wrfn.info

www.wrfn.info/events

Extend-A-Family Youth and Teen Groups

The Youth and Teen Groups of EAF will run for 8 weeks this fall. The Youth Group will be held on Fridays from 4:30 pm to 6:30 pm. Two Teen Groups held on Saturdays, one from 10:00 am to 12:00 pm and one from 1 pm to 3 pm. The groups will commence during the week of October 1, 2021.

For more information contact:

Alexis Pite, at alexis.pite@eafwr.on.ca or 519-741-0190 ext. 264

www.eafwr.on.ca/programs

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. 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

WHAT'S HAPPENING IN THE COMMUNITY

211 Information

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

Recreational Respite Team

The Recreational Respite Team offers respite services in person and virtual.

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).

Build It Workshops - Virtual: 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.

For more information call at :
1-877-855-7070 or visit their website
www.recrespite.com/respite-support/
www.recrespite.com/contact

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 programs useful for families during the pandemic. Learn more about these on their website:

www.wchc.on.ca/community-programs/all-programs-and-services

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.

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 the time of crisis, and supporting people managing a mental illness in challenging context. Please click on this link to check their website:

www.mentalhealthcommission.ca

RECREATION AND LEISURE

Recreation Programs Available in the Region

Click on the links below for further information on each 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.

www.access2 Card

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

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

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

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

Fun & Educational Websites

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

www.starfall.com

www.ABCmouse.com

www.highlightskids.com

www.pbskids.org

abcya.com

mathplayground.com

mathies.ca

mysteryscience.com

mysterydoug.com

reading.ecb.org

funbrain.com

seussville.com

storylineonline.net

wonderopolis.org

gonoodle.com

online.kidsdiscover.com

raisingwonder.com

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/>

<https://autism-ontario-adult-e-newsletter>

ABOUT US

MAIN OFFICE
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



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: 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.

Code of Conduct

Sunbeam's "Code of Conduct For Persons Served and Family Members" can be found at www.sunbeamcommunity.ca/news

Privacy, Consent, Collection & Disclosure

Sunbeam's "Privacy, Consent, Collection & Disclosure of Personal/Health Information 2021 Policy Bulletin" can be found at www.sunbeamcommunity.ca/Privacy-Consent