



**Wishing you a wonderful holiday season! May your days be filled with peace, hope and joy!**

## Our Holiday Hours

SDRC (Sunbeam Developmental Resource Centre) will remain closed on December 24, 27, and 31, 2021. We will remain open for regular business hours on December 28, 29 and 30, 2021.

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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](http://www.sdrc.ca).

For the latest on Sunbeam's Covid 19 updates visit the News section at [www.sunbeamcommunity.ca/news](http://www.sunbeamcommunity.ca/news)

# WHAT'S HAPPENING AT SDRC

## Atreo Cares, they really do!

Sunny Nakra from **Atreo Cares** started a campaign where they would match and contribute \$1 for every share of their social media post promoting Sunbeam's services. Over the course of 1 month, they were able to raise \$1030 to help support SDRC and Sunbeam's much-needed respite programs! This contribution was very much appreciated, and we hope to continue a relationship with Atreo Cares going forward. For more information on Atreo Media, please follow the link: <https://atreomedia.com/>

Sunbeam Developmental Services Resource Centre (SDRC) assists individuals with developmental disabilities and their caregivers in evaluating needs and connecting with community services and supports. We strive for effective and efficient service provision through the delivery of information, intake/referral, service coordination, clinical and resource supports. To date, Sunbeam has supported approximately 19,000 individuals and their families within Waterloo Region and has recently cel-



From left: Tracy Erb, Sunny Nakra and Brian Swainson

ebrated 65th anniversary. If you are looking to speak with someone to explore services and programs for your child, please visit our website at <https://www.sdrc.ca/applying-for-services-supports-for-children-and-youth/>

**Sunbeam relies on the generosity of its donors to keep its programs running. If you're also interested in showing how much you care, please visit <https://sunbeamcommunity.ca/donate/>**

## 2022 Autism Direct Funding

**\*Online Application will be available on January 1, 2022!\***

It will soon be that time of year again when families living in Waterloo Region who have a child (under the age of 18) diagnosed with an autism spectrum disorder are eligible to apply for Autism Direct Funding. Up to \$500 can be requested to help with costs related to summer camps, respite support, and recreation/leisure activities occurring between April 1, 2022 and March 31, 2023. The online application form will be available on SDRC's website throughout the month of January (January 1st to January 31st). This funding is limited and not all applicants will receive an approval. All will receive notification of the outcome of their application by the end of February 2022. This is to allow families to better plan for the summer. If you are unable to access the application online, paper copies will be available. For more information contact us at **519-741-1121**.

# WHAT'S HAPPENING AT SDRC

## Sunbeam Celebrates 65th Anniversary!

It's been an amazing 65-year journey since Pieter and Johanna Vos welcomed their first child with developmental disabilities into their home. Fast forward to today where through their efforts, Sunbeam now has helped more than 14,000 individuals and their families.

With the help of our dedicated staff, we were able to put together an amazing virtual event that showcased both staff and persons served through our Sunbeam community. Both Merrilee Fullerton (Minister of Children, Community and Social Services) as well as Bardish Chaggar (MP) were able to express their gratitude for Sunbeam's dedication to the people we serve in the community and for many more in the years to come.



Honorable Merrilee Fullerton  
Minister of Children, Community and  
Social Services

Both Sunbeam staff as well as other members of the public were invited to attend the celebration which showcased musical performances from our very own Kevin and Linda Creighton who did a duet of Elvis's Love Me Tender. The theme of the event was clear from both resident and staff testimonials. It was about caring, love and supporting those we serve.

Our passionate staff make a world of difference for those they work with on a daily basis, and we couldn't be more proud of them. Thank you for all your hard work. Thank you for all your hard work and making Sunbeam what it is today. Johanna and Pieter Vos would be proud!

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## 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.

# 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/video contact, email, or scheduled appointments. This support is available to any child who has been through our Intake process.

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

Resource Support is not able to:

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

**For Resource Support please call:  
519-741-1121**

## 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](http://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.



# Brightside ABA Services

Lauren Harris, ABA Consultant

Brightside ABA Services at Sunbeam Developmental Resource Centre (SDRC), provides evidenced-based behaviour intervention (both individually and group) to families and individuals with a variety of diagnoses. All services are clinically supervised by a Board Certified Behaviour Analyst (BCBA) and are eligible for purchase with the Ontario Autism Program (OAP) funding or privately.

We believe in building capacity among those we support and their families. Services include:

- Current assessment of your child's strengths and needs
- Assisting families with goal development
- Teaching skills to individuals and caregivers to foster independence

Skills developed through the use of behaviour intervention with Brightside ABA Services can include the following:

- Social skill development
- Decreasing problem behaviour
- Communication skill development
- Daily Living skill development (e.g., personal hygiene)
- Vocational skill development (e.g., job readiness)
- Self-regulation
- Problem solving, Organization and Planning



The team at Brightside ABA Services shares the following tips when determining reinforcement (motivators) for your child:

- Be a "detective" and observe your child: what activities, items or people do they spend their time with?
- Ask your child for suggestions or if your child has limited communication, provide them with a few options and let them make a choice.
- Ask others who interact with your child (teachers, caregivers, extended family).

Remember: Just because your child likes something, doesn't mean it will motivate them to learn a new skill. Don't get discouraged, continue to observe your child to find something that works, as they can change over time!



# Tips For Re-establishing Routine After the Holiday Break

by Julia Russell, BA, BSW, RSW

When holiday break comes to a close, it's important to re-establish a routine to help with a smoother transition back to school in January. Don't expect a hiccup free transition, but there are a few things you can try in the last few days before the return to school to help alleviate some of the stress and anxiety children can feel during transition times.

- **Keep a consistent sleep routine**

Try to go to sleep and wake up at the same times despite being at home for the holidays. Following the same morning routine of waking up, getting dressed and having breakfast around the same time can help ease into the school routine again.

- **Prepare your child for the change in routine**

In the days leading up to the return to school, start to talk about the transition in a positive way. Lots of small conversations can go a long way to prepare your child for this natural transition that occurs every year.



- **Use visuals**

The use of a visual schedule to show how many more sleeps until school starts again may be helpful. Also, use of social stories or other visuals (for example pictures of the school, teachers) when discussing the return to school can also help in preparing children for the return to school.

- **It's okay to feel nervous!**

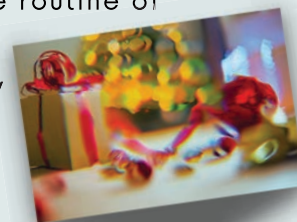
It's okay for us to feel nervous around transition times, in fact it's natural for all of us! Let children know it's okay to feel this way and have a conversation about what it is they might feel nervous or stressed about and discuss different techniques they can try to help.

- **Highlight holiday memories**

It may help near the end of the break to talk about a favourite activity or memory from over the holiday break. You can make a craft, drawing or write a story about your favourite holiday memory.

- **Healthy eating**

It can be hard over the holiday break to stick to routines, especially those around eating. As the end of holiday break nears, try to get back into the routine of consistent mealtimes you would typically follow as part of your child's school routine. As well, get back into the routine of healthy eating such as following the guidelines in Canada's Food Guide.



Last of all, don't forget to have fun! Happy Holidays!

# WHAT'S HAPPENING 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 am**

**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

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

This 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

## Information Session on Financial Supports Online 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

**February 8, 2022  
11:00 am to 12:30 pm**

**Presenter: Audrey Macleod and Lindsay Hickey**

**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](http://www.sdrc.ca), call 519-741-1121 ext. 2201 or email [r.khanam@sunbeamcommunity.ca](mailto:r.khanam@sunbeamcommunity.ca)

## Speaker Series Your Tax Questions Answered Online via Zoom



Register for one session only

**Evening Session**

**Wednesday**

**February 2, 2022**

**7:00 pm to 8:30 pm**

**Lunchtime Session**

**Thursday**

**February 3, 2022**

**11:30 am to 1:00 pm**

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

**Speaker:** Canada Revenue Agency Representative

Register **Online** on our **website** [www.sdrc.ca](http://www.sdrc.ca)  
call 519-741-1121 ext. 2201 or email [r.khanam@sunbeamcommunity.ca](mailto:r.khanam@sunbeamcommunity.ca)

# WHAT'S HAPPENING AT SDRC

## Discussing Puberty And Sexuality With Your Child - Virtual

Date: Tuesday, February 22, 2022

Time: 6:00 pm – 7:30 pm

Register by: February 18, 2022

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

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.

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## Tips for Guardians of Individuals with Autism - Virtual

Date: Tuesday, March 1, 2022

Time: 6:30 pm – 8:00 pm

Register by: February 28, 2022

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.

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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](http://www.sdrc.ca/workshops-clinics-training)

# WHAT'S HAPPENING AT SDRC

## Apps For Communication and Learning - Virtual

Date: Monday April 25, 2022

Time: 6:30 pm to 8:00 pm

Register By: April 22, 2022

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.

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## Autism and Social Communication Skills—Virtual

Date: Tuesday, May 10, 2022

Time: 6:30 pm to 8:00 pm

Register by: May 9, 2022

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.

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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](http://www.sdrc.ca/workshops-clinics-training)



## Brightside ABA Services

**Brightside ABA Services** operates with Sunbeam Developmental Resource Centre as a fee for service program to purchase Applied Behaviour Analyses. Those who are receiving money through the Ontario Autism Program can use their funds to pay for this service. There are always new programs offered in every season. To see the list of these services, please visit the website: [www.brightsideabaservices.com](http://www.brightsideabaservices.com)



### Virtual Flurries and Friends

Topics to be included:

- Conversation Skills
- Making and keeping friends
- Communicative Skills
- and many more...

Cost: \$710

(eligible Ontario Autism Program expense)

Who: Ages 7-9 years of age with a diagnosis of autism or intellectual disability

Where: Zoom

Date: Tuesdays Feb 1 to April 26, 2022

Time: 5:00 pm to 6:00 pm

To register contact at  
519-894-6156 ext. 2904 or by email  
[brightside@sunbeamcommunity.ca](mailto:brightside@sunbeamcommunity.ca)



### Virtual Flexible Thinkers

Topics to be included:

- Flexibility
- Self Regulation
- Perspective taking
- and many more...

Cost: \$710

(eligible Ontario Autism Program expense)

Who: Ages 10-13 years of age with a diagnosis of autism or intellectual disability

Where: Zoom

Date: Wednesdays Feb 2 to Apr 27, 2022

Time: 5:00 pm to 6:00 pm

To register contact at  
519-894-6156 ext. 2904 or by email  
[brightside@sunbeamcommunity.ca](mailto:brightside@sunbeamcommunity.ca)



## Brightside ABA Services

Now Offering

### Virtual Parent Consultation Packages

Do you have questions regarding a specific part of your child's routine, what strategies to use to facilitate sibling play or how to decrease task refusal?

Brightside ABA Services is now offering

1:1 parent consultation sessions! Consultations will be held via phone or video consult with caregivers and a highly qualified ABA Consultant.

These sessions include:

- 1 Pre-consultation session
- 4 Strategy-based sessions with tip sheets provided
- 1 Summary report
- 1 Follow up session one month following the final summary session

Possible Topics May Include:

- Daily living skills
  - Summer routine
  - Sibling play
- Increasing independence
- Decreasing screen time
- Function-based activities

Cost: \$336

### 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



To register call Lauren Harris at  
519-894-6156 ext. 2904 or email [brightside@sunbeamcommunity.ca](mailto:brightside@sunbeamcommunity.ca)



# WHAT'S HAPPENING IN THE COMMUNITY



FETAL ALCOHOL SPECTRUM DISORDER  
(FASD)

## FUNDAMENTALS FOR CAREGIVERS

A 4-Part Online Training for  
Caregivers Supporting Individuals  
with FASD

Jan 13, 14, 27 and Feb 3, 2022  
10 am to 12 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 Michelle Hughes  
[m.hughes@sunbeamcommunity.ca](mailto:m.hughes@sunbeamcommunity.ca)



## FASD Symposium

FASD Coordinators of SDRC Karen Huber and Michelle Hughes will be presenting at the FASD Symposium hosted by ABLE2.

The symposium is scheduled on January 22, 2022 with a theme of 'A new look at addressing mental health including stigma faced by people with FASD.'

Follow this link for more information and to register:

<https://www.able2.org/fasd-symposium-speaker-line-up/>



## Building a Case for Child and Youth Belonging

Children and Youth Planning Table of Waterloo Region has published the "Building a Case for Child and Youth Belonging".- click [here](#) to download a copy.

## EarlyON Child and Family Centres in the Regional Municipality of Waterloo

EarlyON Waterloo Region currently offers programs online and in-person. EarlyON Child and Family Centres offer free, safe, and engaging high-quality drop-in spaces throughout Waterloo Region for children up to six years old and their parents, and caring adults.

Interested in participating in EarlyON Waterloo Region programs? Start your registration today at [KEyON.ca](https://www.earlyon.ca).

# WHAT'S HAPPENING IN THE COMMUNITY

## Summer Camp Information Sessions



Waterloo Region Family Network (WRFN) in partnership with KidsAbility, is again offering the Summer Camp Information Sessions in 2022, virtually.

These camps/programs are either specialized for campers with exceptionalities, or they are welcoming/inclusive/supportive.

There will be 3 evenings, on zoom, each with a different focus:

- **Monday January 10th 2022**  
**7pm – Overnight camps**
- **Monday January 24, 2022**  
**7pm – Day camps for children**
- **Monday February 28, 2022**  
**7pm – Day camps, day programs, and getaways for teens and adults**

For more information and to join in these sessions please email:  
[sue.furey@wrfn.info](mailto:sue.furey@wrfn.info)



## Special Accommodation (Sensory Safe) Clinic program in Waterloo Region

If your child has severe needle anxiety, general anxiety, behavioural or other special needs, and/or sensory needs, Region of Waterloo Public Health has partnered with KidsAbility to deliver a vaccination clinic that can provide your child with additional supports and special accommodations with locations in Waterloo and Cambridge. This includes providing larger private immunization spaces in a sensory-friendly clinic with reduced noise and reduced bright lights, as well as longer appointment times to better meet the needs of our clients.

To request an appointment at a Special Accommodation and Sensory-Safe Clinic, complete the **referral form** at the link below including as much detail as to your child's needs during vaccination as possible. You will receive confirmation of your appointment date and time within 1-3 days of submission.

If you need additional support in completing the form or changing your appointment you can contact Public Health at **519-575-4400** or via email at:  
[PHECOVIDIMMS@regionofwaterloo.ca](mailto:PHECOVIDIMMS@regionofwaterloo.ca).

Link to referral form:

<https://survey123.arcgis.com/share/9c7e92f2753e41319272ebdd502cbbcf>

\*Please note the Special Accommodation and Sensory-Safe Clinics offer adult Pfizer (12+) or pediatric Pfizer (5-11) only.

# WHAT'S HAPPENING IN THE COMMUNITY

## Emergency Low Cost Food Program in Waterloo Region

There are many sources in the Region of Waterloo who provide emergency food hamper and meal programs. Please call the hamper or meal program first as the information, including hours of operation and services offered, is subject to change. Most churches also provide food hampers for their geographical area only.

Please contact the Food Bank of Waterloo Region at 519-743-5576, ([www.thefoodbank.ca](http://www.thefoodbank.ca)) or the Cambridge Self Help Food Bank, 519-622-6550 for more information about specific programs in your neighbourhood. Check at this link for detailed information:

### Low Cost Emergency Food Services

**Christmas Hamper Program:** If you have missed the deadline to register and are in urgent need you can call the Christmas Bureau at 519 742 5860. For more information visit the website:

<https://christmashampers.ca/register/>

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## 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](http://www.apsgo.ca).

Group Contact Person  
Neil Williamson, 519-763-6186

[www.211ontario.ca](http://www.211ontario.ca)

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](http://www.211ontario.ca)

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## 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](http://www.wrcls.ca)

Phone: 519-743-0254

# WHAT'S HAPPENING IN THE COMMUNITY

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

**Family Education Series:  
Effective Communication**  
Dec 15, 11 am to 12 pm

Join us to learn about different strategies for communication, what tends to work well, and what doesn't. These strategies can be applied to everyday conversations, as well as escalating situations when tensions are running high.

Register by **clicking here**.

Registered attendees will also receive the recorded webinar emailed to them afterwards. This ensures those working on shift have the ability to review the helpful information when they have time.

**Living Life to the Full 8 Week Course**  
Feb 8 to Mar 29, 2022, 7 pm to 8:30 pm

The group-oriented course is based on the principles of cognitive behaviour therapy (CBT) which focuses on understanding how thoughts, feelings, and behaviours work together to impact well-being. Each 90-minute session focuses on a different topic, such as understanding unhelpful thoughts, engaging in enjoyable activities, coping with anger and solving daunting problems. Cost is \$40 for the entire eight week course, including the online workbooks.

Contact: **education@cmhaww.ca** with any questions or concerns.

## 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](http://www.mentalhealthcommission.ca)**

**Please see below for some resources for emergency mental health services in the event you need to connect with someone.**

**Here247**  
1-844-4373247 or  
TTY: 1-877-688-5501  
**<https://here247.ca/>**

**Carizon**  
519-743-6333  
**<https://www.carizon.ca/>**

**Grand River Hospital**  
519-742-3611  
**<http://www.grhosp.on.ca/>**

If you or someone you are providing support to is in crisis and needs emergency mental health services, go directly to Grand River Hospital ER where Crisis Services is located. Primary health care providers can make referrals to Adult Outpatient Services Mental Health Services

**Cambridge Memorial Hospital**  
519-621-2330  
**<https://www.cmh.org/>**

# WHAT'S HAPPENING IN THE COMMUNITY

## Recruitment Opportunity

Laurier University is looking for research participants with FASD. Eligibility: if you have FASD, 18 years old or older, and live in supportive/supported housing.

1 - 1.5 hour audio-recorded video/phone call with Siann

Answer questions about your housing and mental health

You will receive a \$50 visa e-card in appreciation of your time.

Contact: Siann Gault

MA Community Psychology Student

Email: [gaul4440@mylaurier.ca](mailto:gaul4440@mylaurier.ca)

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## REACH FOR IT!

The Mission of REACH For It! is to provide recreational programming for children, youth and their families living with Fetal Alcohol Spectrum Disorder. It is an adapted program, providing a high level of supervision, safety and learning for the participants. This program is inclusive and provides a positive environment for children where they can assist to mitigate the secondary disabilities of FASD. For more information please visit their website:

<http://reachforit.ca/>

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## 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](http://www.additudemag.com/adhd-expert-webinars-index)



Access to Child and Youth  
Mental Health Services

Front Door works with parents/caregivers, children and youth (up to their 18th birthday) who are struggling with life's challenges such as emotions, behaviours, relationships and mental health. We listen, offer support and can help you identify next steps including access to other services. To see how we can help you, click on one of the options below or just walk in during our walk-in times (currently not available, please call 519-749-2932 press '1' to book an appointment).

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



# 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](https://padlet.com/eyoung106/Carizon_Community_Services_Programs).

To register call 519-743-6333 X 2383 or email: [crpgroups@carizon.ca](mailto:crpgroups@carizon.ca), or [promise@carizon.ca](mailto:promise@carizon.ca)

### **Busy Babies.. Nobody's Perfect**

Parenting Group is an 8-week, parent support group for Parents with children 0-6 years old

Thursdays, 9:45 am to 10:45 am

Starts January 13, 2022

Contact: 519-743-6333x2383

[capc@carizon.ca](mailto:capc@carizon.ca)

to register for any of these workshops

### **Let's Play!**

For parents with children ages 0-6 years

Thursdays, 1:30-2:30pm

January 13, 2022

The Let's Play! parenting group is an 8-week, parent support group. Join us for an 8-week adventure into fun, imaginative play. Learn how to play with your child and how to teach your child to play on their own.

### **Super Dads, Super Kids**

Online Dads group for dads with children 0-6 years or going to be dad

This program will help you to:

- Relate better to and connect with your child
- Commit more quality time with your child
- Teach your children about important topics like emotions, health, and communication

Thursdays, 7:30-8:30pm or

Saturdays, 9:30-10:30am

Starts January 13, 2022 or

January 15, 2022

### **Growing Healthy Two-gether**

Canadian Prenatal Nutrition Program

Join our Program Coordinator, Registered Dietitian, other pregnant individuals, and their support people, to talk about your healthy pregnancy!

Tuesdays, 10:30 am to 11:30 am

Starts January 11, 2022

# WHAT'S HAPPENING IN THE COMMUNITY

## 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. If you're interested in participating, please contact:

Sue Simpson at 519-886-9150 ext. 1 or email: [sue.simpson@wrfn.info](mailto:sue.simpson@wrfn.info)

[www.wrfn.info/events](http://www.wrfn.info/events)

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## 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.studentlinksontario.ca](http://www.studentlinksontario.ca)

Or contact Natalie Bianco

Student Links Coordinator

Kitchener/Waterloo 416-859 8581

[nbianco@communitylivingontario.ca](mailto:nbianco@communitylivingontario.ca)

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## 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 inquiries for services and supports in the Waterloo region, please call:

519-763-5812 ext. 61 or visit:

[www.kerrysplace.org/calendar](http://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. This is the website address: [autisminhighschool.ca](http://autisminhighschool.ca)

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## 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](http://www.ourplacekw.ca/programs)

Email: [Reception@ourplacekw.ca](mailto:Reception@ourplacekw.ca)

Phone: 519-571-1626

### Parenting in a Pandemic - Check their website 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 Be "Tween" Years

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

**Check their website for date and time in the new year.**

[www.ourplacekw.ca/programs](http://www.ourplacekw.ca/programs)

# WHAT'S HAPPENING IN THE COMMUNITY

## Managing the New Normal Action Guide by Partners for Planning

Partners for Planning have put together a few resources under their Managing the New Normal Action Guide. They have been publishing one guide every two weeks.

Here are two of the published guides: **Managing the New Normal: Moving Beyond the Pandemic** and **Managing the New Normal: Reconnecting with Friends and Family**.



Partners for Planning - Managing the New Normal - Moving Beyond the Pandemic  
[www.partnersforplanning.ca](http://www.partnersforplanning.ca)



Partners for Planning - Managing the New Normal - Reconnecting with Friends and...  
[www.partnersforplanning.ca](http://www.partnersforplanning.ca)

## 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>

## Adapted Fitness for Youth!

MOVE is a physical activity and fitness program for Canadian youth with intellectual disabilities or autism, available on Zoom and YouTube.

MOVE by GoodLife Kids has been designed exclusively to get youth with disabilities active, and is offered free to families. Once registered, participants get access to 3 live online small group sessions each week led by one of our passionate coaches.

MOVE is for youth ages 12 – 21 years with intellectual disabilities or autism.

**NOW accepting participant applications for MOVE!** Scroll down to see which program session works for you.

<https://www.goodlifekids.com/move/>

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## Autism Career Connections

Autism Career Connections is a collaborative effort with Apex Academy, a leading educational platform providing equitable access to knowledge in the digital space.

Using a modular approach, employers and HR professionals will learn how to design inclusive working environments, adopt unbiased hiring practices, and foster success within the autistic community. Job seekers can look forward to employment preparedness programs. You will learn about your strengths, writing a resume, interview skills, and where to find work. Check at this link for more information:

<https://www.autismontario.com/autism-career-connections>

# RECREATION AND LEISURE

## Inclusion Services

If you or someone you know has a disability and needs support to join any City of Kitchener or City of Waterloo programs, Inclusion Services is here to help! We offer 1:1 support for people with disabilities wanting to participate in any in-person City programs. Support may be provided by program staff, training volunteers, or support workers. All inclusion support is free of charge. Inclusion Services also provides up to two weeks of summer camp inclusion support in any City of Kitchener or City of Waterloo camp programs. Visit [www.kitchener.ca/leisuresupport](http://www.kitchener.ca/leisuresupport) for more information on how to request support and to complete an inclusion membership form.

For any other accommodation needs or requests, please contact the **Inclusion Services Coordinator at 519-741-2200 ext. 7229**

## Recreational Respite Team

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

Currently available:

**1:1 (in home/community) service or Virtual Build It Workshops**

For more information call at : 1-877-855-7070 or visit their website <https://www.recrespite.com/ontario/>

## 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 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**

# RECREATION AND LEISURE

## Recreation Programs Available in the Region

Click on the links below for further information on each program

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](http://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](http://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](http://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](http://www.facilities.cambridge.ca)**

Allen Reuter Centre

David Durward Centre

John Dolson Centre

W.G. Johnson Centre

**These are the places who accept an 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



## ABOUT US

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Kitchener, ON N2B 3T2

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Fax: 519-743-4730

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Website: [www.sdrc.ca](http://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](mailto: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](http://www.sdrc.ca)

### Satellite Offices

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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](http://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](http://www.sunbeamcommunity.ca/Privacy-Consent)