



# World Autism Awareness Day

April 2, 2022 is World Autism Awareness Day and April is Autism Awareness Month. We promote this day and month by sharing our thoughts in our newsletter, and on our website and social media platforms. On pages 14 - 16 of this newsletter you will find resources and online links to many organizations also arranging events for this occasion.



Spring is in the air!

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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)

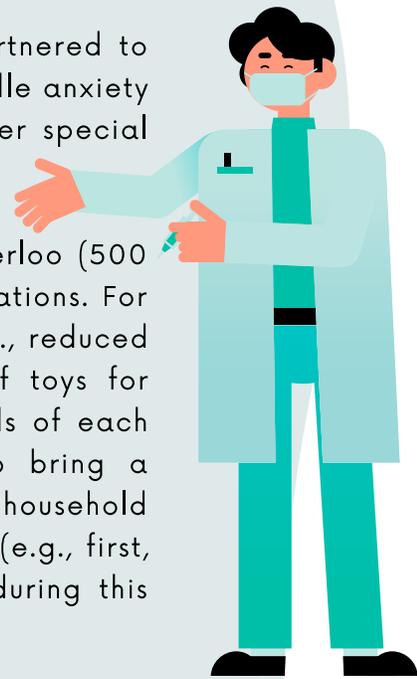
## Sensory Sensitive Vaccination for Your Child

KidsAbility and the Region of Waterloo Public Health team have partnered to offer unique COVID-19 vaccination clinics for children with severe needle anxiety or general anxiety as well as those with sensory, behavioural or other special needs. First and second doses will be available for children aged 5-17.

The vaccination clinics take place at the KidsAbility location in Waterloo (500 Hallmark Drive) and offer additional supports and special accommodations. For example, private immunization spaces in a sensory-friendly clinic (e.g., reduced noise and lighting) as well as longer appointment times, plenty of toys for distraction and caring therapists and volunteers to support the needs of each child and their family. Children attending these clinics may also bring a comforting toy or stuffy with them. Parents, caregivers, and other household family members who are eligible to receive their COVID-19 vaccines (e.g., first, second or booster doses) are welcome to book their vaccinations during this time as well.

Capacity at these special accommodation clinics is limited.

To register, use the Waterloo Region Registration Form to book an appointment. If you require additional support in completing the form, or changing an appointment, contact Public Health at 519-575-4400 or email [phcovidimms@regionofwaterloo.ca](mailto:phcovidimms@regionofwaterloo.ca).



### Additional Resources:

- COVID-19 Vaccines for Children
- COVID-19 Vaccines for Youth
  - The CARD System
- After Your Covid-19 Vaccine
  - A Guide For Parents

## Preparing Your Child For The COVID-19 Vaccine

Learn how to prepare your child for the COVID-19 vaccine, including what to tell your child beforehand, how you can help a child who is anxious about needles and how to comfort or distract a child during vaccination. Check these online resources:

<https://youtu.be/mGBp2PVAr8U>

<https://www.familycompasswr.ca/en/index.aspx>



## 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 Job Readiness

Topics to be included:

- Resume Writing
- Social Skills on the job
- Interview skills

Cost: \$710

(eligible Ontario Autism Program expense)

Who: Ages 15-18 years of age with a diagnosis of autism or intellectual disability

Where: Zoom

Date: Tuesdays May 17 to Aug 16, 2022

Time: 3:30 pm to 4:30 pm

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

**Deadline to register: April 29, 2022**



### Virtual Flexible Thinkers

Topics to be included:

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

Cost: \$710

(eligible Ontario Autism Program expense)

Who: Ages 8-10 years of age with a diagnosis of autism or intellectual disability

Where: Zoom

Date: Wednesdays May 18 to Aug 17, 2022

Time: 4:30 pm to 5:30 pm

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

**Deadline to register: April 29, 2022**

## Brightside ABA Services

Now Offering



### Virtual Transition to Highschool

*Date: July 12 - Aug 25, 2022*

*When: Tuesday and Thursday*

*Time: 2:00 pm-3:00 pm*

*Where: via Zoom*

*Who: Ages 13-15 years of age with a diagnosis of autism or intellectual disability*

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

**Deadline to Register:  
June 21, 2022**

Topics to be included:

- Time Management
- Working in group
- Organizational skills
- Bullying
- Hygiene
- Money handling

This program offers:

- Weekly group sessions with our ABA Consultants
- Assessment of your child's strengths and needs
- A summary report of your child's progress
- Two sessions per week (1 hour each) for 7 weeks

**Cost: \$710**

Eligible Ontario Autism Program  
expense

## 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 Next After High School - Virtual

Date: Monday, May 9, 2022

Time: 1:00 pm to 2:30 pm

Register by: May 5, 2022

Presenter: Denise Burke, Autism Behaviour Consultant and Catherine Legere, MSW, RSW  
Appropriate for: Parents and caregivers of teens (ages 16 -18) with ASD.

This workshop will look at the transition from high school to young adulthood and what options are available for kids looking to go to college or university, into the work force, and what community supports are available to young adults.

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## 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 6, 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.

# WHAT'S HAPPENING AT SDRC

## Helping Individuals with Autism Navigate the Social World - Virtual

Date: Tuesday, May 17, 2022 (Part 1) and Tuesday, May 24, 2022 (Part2)

Time: 9:30 am – 12:30 pm

Register by: May 13, 2022

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.

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## Speaker Series - Virtual Employment Supports

Are you looking for information about the employment supports for yourself or young adult? Join us for our panel discussion about these supports!

**Date: May 10, 2022, Time: 11:00 am to 12:30 pm**

**Where: via Zoom**

**Deadline for registration: April 29, 2022**

**Hear from our speakers:**

**John Howard Society, KWhabilitation and March of Dimes**

To Register for any of these workshops and speaker series please email: [r.khanam@sunbeamcommunity.ca](mailto:r.khanam@sunbeamcommunity.ca), call 519-741-1121 ext. 2201, 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

## Our Resource Support

SDRC offers Resource Support to families of children under the age of 18 years, who have an intellectual disability and/or autism spectrum disorder. It provides quick access to short-term support for as long as the client is eligible for developmental services. Resource Support is mainly through telephone contact, email, or scheduled 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 call:  
519-741-1121**



## iPad Loaner Program

Clients and their families now can borrow an iPad to use through a Library Loaner Program of SDRC. This will help them 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.

## Transition to Adulthood - Booklet

**Transition to Adulthood Resource Booklet** developed by SDRC includes some key resources that can be used by youth transitioning into adulthood as well as young adults who have autism. This Booklet was developed specially to assist people who do not access specialized Developmental Services for adults in Waterloo Region through Developmental Services Ontario (DSO). You can have access to this booklet on our **website: [www.sdrc.ca](http://www.sdrc.ca)**

## 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 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: Bullying, Inclusion Support offered by the City of Kitchener, Autism Ontario services and the "Ask a Self Advocate" program."

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.**



## Best Practices When Supporting Someone Having COVID-19

Sunbeam has this graphic novel on their website highlighting best practices for when supporting someone who has COVID-19.

You can view and read this at this [link](#).

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## Overnight Respite

Sunbeam's newly renovated Children's respite program offers caregiver relief to families of children who are medically fragile/technologically dependent and/or those who may have developmental disabilities.

The home is fully staffed by a team of caring and skilled medical professionals.

To learn more about this on their website please click on this [link](#).

Call 519 893-6200 or  
Email [respitesunbeamcommunity.ca](mailto:respitesunbeamcommunity.ca)  
to register.



## Board of Directors Opportunity at Sunbeam

Sunbeam Community & Developmental Services volunteer Board of Directors team shapes the organizational strategies and makes key decisions that directly benefit the people we serve and their families. For the last 65 years, we've been proudly supporting Waterloo Region, Wellington County, Dufferin County, Halton Region, York Region, Simcoe County and Peel Region by providing a variety of services to children, youth and adults living with developmental disabilities.

Our volunteer Board of Directors team is looking for people from various professional backgrounds and/or lived experience who have a passion for supporting people with disabilities.

If you are interested in being a vital part of the decision-making process and developing the strategy that shapes the way for the work done in support of all the people that we serve, then we want to hear from you!

For more information about the role of the Board of Directors, to indicate an interest to apply, or to request the board member application package, please contact:

Katharine O'Brien, Executive Assistant  
E-mail: [k.obrien@sunbeamcommunity.ca](mailto:k.obrien@sunbeamcommunity.ca)  
or Telephone: 519-893-6200 ext. 249.

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# WHAT'S HAPPENING AT SUNBEAM

## Summer Camp for Children and Teens (MFTD)



Join in on the fun at the Summer Day Camp for Children and Teens (Medically Fragile Technologically Dependent) at Sunbeam Community & Developmental Services. This Summer Day Camp Program is an exciting theme-based program for children and teens aged 4 to 18 years old that includes crafts, swimming, Snoezelen room time, community outings, physical fitness, and games in the gym. All activities are geared towards having fun and making new friends.

**Weekly Camps run for 6 weeks from July 11 to August 19. Your camp facilitator for the 2022 season is Nicole Tailby. Cost \$205.00 per week.**

To enroll and for more information contact:

Nicole Tailby at [programbookings@sunbeamcommunity.ca](mailto:programbookings@sunbeamcommunity.ca) or 519-893-6200 Ext. 239

See the flyer at this link:

<https://sunbeamcommunity.ca/summer-programs/>

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## Summer Fun Days Program

Join in the fun at the Summer Fun Days program for adults (18 years old or more). This program is offered at Sunbeam Community and Developmental Services. The program includes crafts, swimming, Snoezelen room time, community outings, physical activities and games in the gym. All activities are geared towards having fun and making new friends.

**The Summer Fun Days program runs from July 25 – 29, 2022 (Cost \$480.00). August 2 – 5, 2022 (Cost \$385.00).**



Your camp facilitator for the 2022 season is Giselle Bauman. Contact Giselle at [programbookings@sunbeamcommunity.ca](mailto:programbookings@sunbeamcommunity.ca) or 519-893-6200 Ext. 239 to register and for more information.

See the flyer at this link:

<https://sunbeamcommunity.ca/summer-programs/>



## SDRC offers FETAL ALCOHOL SPECTRUM DISORDER (FASD) FUNDAMENTALS FOR CAREGIVERS

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

June 2, June 9 and June 16, 2022  
6:30 pm to 8 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

Registration is limited to increase the ability for interactive discussion

Register with Karen Huber  
[k.huber@sunbeamcommunity.ca](mailto:k.huber@sunbeamcommunity.ca)



## 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.

FamilyCompassWR.ca was created by members of the Children and Youth Planning Table (local service providers who work with children, youth and families in Waterloo Region). This is an online starting point for families and youth (and others!) to navigate the options and to find help when needed.



# World Autism Awareness Day

Saturday, April 2

Check your local community organizations for any event celebrating the day!

## Ontario Increasing Access to Services for Children with Autism

The Ontario government is making it easier for families to access services in the needs-based Ontario Autism Program (OAP) with the selection of the Independent Intake Organization (IIO), which will help families navigate the program from intake to funding. The province is also launching the Entry to School Program to support children on the autism spectrum entering kindergarten or Grade 1 for the first time and awarding grants to service providers to hire and train new clinical staff so they can support more families.

Read the News Release at this [link](#).

## Kerry's Place Autism Services

Kerry's Place Autism Services have designed many upcoming online and in-person 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/](http://www.kerrysplace.org/calendar/)

## Design Your Flag Contest

Autism Ontario has events and activities to celebrate the World Autism Day on April 2, 2022 - Celebrate the Spectrum. There is a **Design Your Flag Contest** where participants can submit their Spectrum Flag design to win a \$50 Amazon gift card. Last date of submission is March 28, 2022. More information is available at this [link](#).

[www.autismontario.ca](http://www.autismontario.ca)

## Autism Ontario's Upcoming Events

The Outreach team of Autism Ontario has planned for the coming months. Their outreach is part of their service navigation program, so all events are geared towards children/youth/families.

Some of their upcoming events are listed in the next page. You can also visit Autism Ontario's [Event Page](#) for child/youth activities, workshops, support groups and parent night activities: **Central West Events**.

## 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)

# WHAT'S HAPPENING IN THE COMMUNITY

## Autism Speaks

Autism Speaks Canada is committed to ensuring access to reliable information and services throughout the life span of an individual. Their Autism Response Team (ART) is an information line for the autism community. Their team members are specially trained to provide personalized information to people with autism, their families and caretakers.

<https://www.autismspeaks.ca/autism-response-team-art/>

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## Education Scholarships of Autism Ontario

Each year, Autism Ontario awards scholarships to outstanding students entering their first year of a post-secondary program throughout Ontario.

For more information visit this page on their website: **Education Scholarships of Autism Ontario.**

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## Education Webinars of Autism Research Institute (ARI)

USA based organization Autism Research Institute (ARI) has Autism Education for individuals, parents and professionals throughout the year. These free webinars are accessible at this link

<https://www.autism.org/webinars/>

Next upcoming Webinar:

**Emotional Regulation Strategies**

**March 16, 2022, 1pm (ET)**

**Register for this event.**

## Upcoming Events of Autism Ontario

### Provincial - Black Caregiver Check-in and Chat Register

Wednesday March 16, 2022 6:00pm – 7:30pm

A virtual check-in and chat guided by a Black mental health professional. These monthly sessions are an opportunity for Black Caregivers supporting an individual on the autism spectrum to share and discuss their unique experiences in a welcoming and compassionate environment.

### Provincial - Punjabi Workshop - Coping with My Child's Diagnosis Register

Wednesday March 16, 2022 7:30pm – 9:00pm

The focus of this workshop is to explore how parents and caregivers have been coping with the mental health implications of having to care for someone with an autism diagnosis.

### Provincial- Arabic: Tips for parents and caregivers to Support Transitions through Using Visuals Strategies Register

Wednesday March 23, 2022 10:00am – 12:00pm

This workshop will talk about the challenges that can come with transitions, for children and youth with autism.

### Provincial - Arabic: Tips for Parents and Caregivers for Supporting a Child with Autism Register

Wednesday March 30, 2022 10:00am – 12:00pm

This workshop will teach parents and caregivers of children with autism some strategies to reduce challenging behaviour, and increase emotional regulation, communication, social and daily living skills.

### Provincial - Punjabi Workshop - Changing Relationships Register

Wednesday April 6, 2022 7:30PM-9:00PM

The focus of this workshop is to allow South Asian parents and caregivers of a child with autism to explore the impact of the diagnosis on family relationships.

# WHAT'S HAPPENING IN THE COMMUNITY

## Autism Career Connections

Autism Career Connections is a collaborative effort of Autism Ontario 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>

## The Shift Trauma and Burnout in Autism: An Online Conversation

The Geneva Centre is hosting a workshop to understand and address the issues of trauma and burnout in autistic individuals. The hosts will be discussing the relationship between autism, trauma, and autistic burnout. They will have a conversation and provide information, clinical examples, and strategies to promote wellness in autistic individuals who may be experiencing burnout and trauma. For more information and to register, [click here](#).

March 22, 12:00pm – 1:00pm

## Auticon Recruitment

Auticon is an organization where autistic individuals looking for work in the tech industry can find meaningful employment. They have opened their 2022 recruitment and are looking for individuals to fill the following roles.

- Quality Assurance & Testing
- Software Development
- Data Science
- Cybersecurity

For more information and to apply, [click here](#).

## SDRC and SCDS

Sunbeam Developmental Resource Centre (SDRC) offers a range of professional and support services to individuals of all ages with a developmental disability and/or an autism spectrum disorder (ASD). We assist individuals and their caregivers in accessing community services and supports. Visit our website to see all of our services and resources - [www.sdrc.ca](http://www.sdrc.ca).



Sunbeam Community & Developmental Services (SCDS) offers a wide range of services and supports to people in our community. You can read more about their services and activities on their website at [www.sunbeamcommunity.ca](http://www.sunbeamcommunity.ca) and [facebook page](#).



# WHAT'S HAPPENING IN THE COMMUNITY

## Listening Forums of WRDSB

The WRDSB (Waterloo Region District School Board) is offering a series of Listening Forums to engage parents and caregivers in conversation on issues impacting some of the most vulnerable students. We know that what is necessary for the most marginalized students, will help all students in our system.

### Who Can Attend

These WRDSB hosted **Listening Forums** are for parents and caregivers of children who attend a WRDSB school.

### Purpose

The purpose of the Listening Forums is to gain insight from the parent/caregiver community about experiences you or your children have had, to acknowledge the issues and barriers that students and families have faced, and to discuss potential solutions and how we can move forward together.

The WRDSB wishes to better understand through these forums, what further actions and considerations should be taken to create safer and more inclusive spaces for students and community members in the WRDSB now and in the future. For more information please visit their website: <https://www.wrdsb.ca/blog/2022/02/23/listening-forums/>

All sessions are virtual from 7 pm to 8:30 pm. Joining link will be sent to the registrants.

Click on the forum you wish to attend below each

### Racialized People/People of Colour and Racism

When: Tuesday, March 22, 2022

[Register](#)

### Muslims and Islamophobia

When: Wednesday, March 30, 2022

[Register](#)

### People with Disabilities and Ableism (e.g. physical, mental health, neuro-diversity)

When: Tuesday, April 12, 2022

[Register](#)

### Asian People and anti-Asian Racism

When: Monday, May 2, 2022

[Register](#)

### Jewish People and anti-Semitism

When: Wednesday, May 18, 2022

[Register](#)

### 2SLGBTQIA+ Community and Heterosexism/ Homophobia, Cissexism/Transphobia

When: Wednesday, June 8, 2022

[Register](#)

If you are not able to attend, or if there is not a forum that you identify with, but would like to share your thoughts and feedback, please use the **Parent and Caregiver Sharing form**.

# WHAT'S HAPPENING IN THE COMMUNITY

## Ontario Electricity Board helping low income families for tax rebate

If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill. **Click here** to learn more about it. The OESP (Ontario Electricity Support Program) will reduce the cost of your household electricity by applying a monthly credit directly to your bill. The credit amount will depend on how many people live in your home and your combined household income.

You can apply using this  
"New Application" button below.

**NEW APPLICATION**

You can renew using this "Renew Application" button below.

**RENEW APPLICATION**

## RDSP Webcasts of Partners for Planning (P4P)

Are you interested in learning about the Registered Disability Savings Plan (RDSP), a made-in-Canada, long-term savings vehicle designed specifically for individuals with disabilities? Then register for one of P4P's upcoming Intro to the RDSP webcasts.

Thursday, April 21 at 2pm - **Register**

Wednesday, May 18 at 12pm - **Register**

Monday, June 13 at 3pm - **Register**

For more information about the RDSP be sure to check out the **RDSP resources** on the Planning Network.

<https://www.planningnetwork.ca/en-ca/events>

## Free Income Tax Clinics

Social Developmental Centre Waterloo Region offers free in-person and virtual income tax preparation for low income individuals. This program is through a CRA Community Volunteer Income Tax Program.

Tax return preparation will be done via phone interview or drop off. By appointment only.

To book an appointment, please call: 519-579-3800 and leave name and number on the tax clinic extension or email: [tax-clinic@waterlooregion.org](mailto:tax-clinic@waterlooregion.org).

<http://www.waterlooregion.org/tax-clinic-2021>



## Advanced Care Planning, Guardianship & Substitute Decision Maker

Session 4, May 12, 2022. 6:30 pm 8:30 pm

Presenters:

Paul Arsenault, Dr. Sandy Shamon,  
and David G Amy

For more information and to register email:  
[info@bridgestobelonging.ca](mailto:info@bridgestobelonging.ca)

# WHAT'S HAPPENING IN THE COMMUNITY

## Hidden Acres Single Mom's Camp

Registration is open for **Hidden Acres Single Mom's Overnight Summer Camp**.

2 weeks of overnight camp:  
July 11 to 16  
August 1 - 5

Each week begins at 2:00 pm Monday and ends at 2:00pm Friday.

This is for low income single mothers (that is those who are caring for their children with no partner or support residing in their household) and their children ages 5-12. Fee: \$30 for mom, \$30 for the first child and \$15 for any additional child coming to camp.

For more information please visit their **website: [www.hiddenacres.ca](http://www.hiddenacres.ca)**  
email: [info@hiddenacres.ca](mailto:info@hiddenacres.ca)  
or call: 519-625-8602

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## Camps For People with Developmental Disabilities

**Adults In Motion** have different types of in-person and virtual camps for individuals 16+ years - PD Day Camp, March Break Camp, Camp Weeks etc. Registration and Attendance days are now open.

Please visit their website:  
**[www.adultsinmotion.org](http://www.adultsinmotion.org)**

Contact information:  
Kitchener: 519-577-3723  
**[kitchener@adultsinmotion.org](mailto:kitchener@adultsinmotion.org)**  
Cambridge: 519-277-3723  
**[cambridge@adultsinmotion.org](mailto:cambridge@adultsinmotion.org)**

## Virtually Together: You. Me. We by Abilities Centre

Abilities Centre is helping people of all abilities participate fully in their community's recreational, social and economic life.

Their Virtually Together: You. Me. We program sessions are designed for children of all ages to be physically active, socially interact with their peers, and have fun in a inclusive and supportive online environment. Registration is free and no diagnosis is required - siblings and friends are welcome to join!

Participants will receive a weekly email with a link to the sessions, and the email will indicate if any additional materials are needed for any of the calls.

For the Spring schedule, more information and registration form please email:

Bronwyn Corrigan at  
[bcorrigan@abilitiescentre.org](mailto:bcorrigan@abilitiescentre.org)  
or call: 905-665-8500

**[www.abilitiescentre.org](http://www.abilitiescentre.org)**

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## Connect 4 Life Accessible Voice in Broadcasting Program

Connect 4 Life  
Accessible Broadcasting Program

Class starts on April 02, 2022  
**<http://connect4life.ca/services/>**

## 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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## 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](http://KEyON.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

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

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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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## 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.

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## Recreational Respite Team

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

For more information call at :

1-877-855-7070 or visit their website <https://www.recrespite.com/ontario/>

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# WHAT'S HAPPENING IN THE COMMUNITY

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

### Family Education Series:

#### Stress Management

March 22, 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 here.**

#### Building Resilience

April 6, 2022, 7 pm to 8:00 pm

Resilience is our ability to adapt and bounce back when things don't go as planned and life knocks us down. Join us for this one hour webinar to look at tips and strategies to build your bounce back factor.

**Register here.**

#### Personal Boundaries

April 12, 2022, 2 pm to 3:00 pm

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. Please join us for a step by step guide to setting healthy boundaries.

Contact: [education@cmhaww.ca](mailto:education@cmhaww.ca) with any questions or concerns.

**Register here.**

## 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/>

## Carizon Community Services Groups and Workshops

**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.

Check their website for all groups and workshops:

<https://www.carizon.ca/group-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)

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## 211

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.

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

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



## 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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**Front Door**

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, check our website 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/>

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## Leisure Support

The cities of Kitchener and Waterloo provide inclusion support to individuals with disabilities to participate in municipal programs.

All individuals seeking inclusion support in our recreation programs require an inclusion membership. To get your inclusion membership, fill out our online information form which must be completed before you register for support.

### Follow these three easy steps:

1. Obtain an inclusion membership – fill out the online form at [www.kitchener.ca/leisuresupport](http://www.kitchener.ca/leisuresupport)
2. Register for the inclusion support program on ACTIVE Waterloo - [waterloo.ca/activewaterloo](http://waterloo.ca/activewaterloo)
3. Register for the program you are requesting support for.

For more information visit [www.kitchener.ca/leisuresupport](http://www.kitchener.ca/leisuresupport) or call 519-741-2200 x7229, TTY 1-866-969-9994



## EVERYKIDCOUNTS

## Send a kid to camp and help Every Kid Count!

Each year, thousands of kids take part in our summer camps. For children with a disability, participation is made possible through support from the Every Kid Counts program.

Every Kid Counts is a program that provides additional support to children and youth with a disability, enabling them to attend City of Kitchener or City of Waterloo camps.

Community donations of any amount are appreciated. A donation of \$450 ensures one child gets to attend camp for one week.

Visit [kitchener.ca/everykidcounts](http://kitchener.ca/everykidcounts) to learn more, or call us at 519-741-2200 ext. 7229, TTY 1-866-969-9994 and make a donation today!



## Inclusion Youth Programs All About YOUTH Camp!

Summer camp for youth with special needs aged 13– 17. Youth enjoy games, sports, and special guests in an accessible camp environment.

## YOUTH Sense

Gain friendships, confidence, and life skills in a safe and supportive environment! Best suited for youth aged 11-14 with special needs.

For more information call 519-741-2200 ext. 7229, TTY 1-866-969-9994

## PA-LCARD

## Personal Attendant for Leisure Card (PAL CARD)

The PAL Card is a service designed to facilitate the involvement of people with a disability in municipal programs and services. With an approved PAL Card, your personal attendant is admitted at no charge and is present for the sole purpose of assisting you to participate.

The PAL Card is accepted at municipal programs in the cities of Kitchener, Waterloo, Cambridge, Guelph and the township of Woolwich.

For various other community businesses not operated by the municipalities, please call ahead to confirm details regarding the use of PAL.

For more information please contact City of Kitchener at 519-741-2200 x7225, TTY 1-866-969-9994 or City of Waterloo at 519-747-8512, TTY 1-866-786-3941.



## 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**

## Helpful Links To Workshops and Newsletters

<http://www.kidsability.ca/program/activityguides>

<http://www.eafwr.on.ca/events/>

<https://wrfn.info/category/event/>

<https://www.carizonforthecommunity.ca/>

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

## 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**

## Online 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 & 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)

**Waterloo:** [www.waterloo.ca/community-and-rec-centres](http://www.waterloo.ca/community-and-rec-centres)

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

### Recreation and Social Programs offered through KidsAbility

Please check this [link](#) for various programs offered throughout the year.



### 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**

**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

### MAIN OFFICE

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

Phone: 519-741-1121

Fax: 519-743-4730

E-mail:

[sdrc@sunbeamcommunity.ca](mailto:sdrc@sunbeamcommunity.ca)

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

#### 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](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)