



September is FASD Awareness Month

In this issue you will find some featured information and programs focusing on FASD (Fetal Alcohol Spectrum Disorder) that have been initiated by FASD Waterloo Region. Many other organizations are also hosting some events and have highlighted this occasion on their website, social media and publications. We have put information and links to those on page 2 to 4 of this newsletter. We hope you will find these helpful.

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Who We Are

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

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

WHAT'S HAPPENING AT SDRC

FASD Related Services at SDRC

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

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

They can also be found on Instagram and Twitter - like, follow, share and connect!

Instagram @fasdwaterlooregion

Twitter @FASDwr

The Waterloo Region FASD Action Group

The Waterloo Region FASD Action Group is pleased to announce that the Parent/Caregiver FASD Support Group and the Virtual Support Group for Adolescents with FASD will both resume this fall with funding from Health Nexus and the support of Lutherwood.

Community-based support groups for individuals and families that are affected by FASD are intended to bring people together to share their knowledge and experience with one another. Groups are co-facilitated by individuals with lived experience and a service provider that is responsible for highlighting local supports/resources.

Much of the benefit of support groups comes from the sharing of personal stories with others who are going through similar circumstances, and who understand in ways that others simply can't. People benefit from realizing that they are not alone, and they can learn from the hope, strength, and strategies discussed through personal stories. A support group for many people experiencing FASD provides a safe place where they finally feel understood, and where taboo subjects and uncomfortable stories can be shared. Support groups have been very well received within the FASD community.

To register for a session listed on the next page, please contact Rob MacDonald at 519-749-2932 ext. 3336 or rmacdonald@lutherwood.ca

Health Nexus has created an FASD Awareness Month webpage
Here is the link: www.sept9.fasdinfectsaf.ca/

Lutherwood, Health Nexus and FASD Waterloo Region Present

Virtual FASD Parent/Caregivers Support Group

Therapeutic Supports/ Choosing Your Battles/Effective Advocacy/How to Help Your
Child Make Friends/Coping with Stressors/Implementing Structure & Consistency/
FASD Supports & Services

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

Sept 15, Oct. 20, Nov. 17, Dec 15, 2022 and Jan 19, Feb 16, Mar 16, 2023
Offered by: Lutherwood, Health Nexus and FASD Waterloo Region

Virtual Support Group for Adolescents with FASD

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

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

Oct 05, Oct 12, Oct 19, Oct 26, Nov 2, Nov 9, 2022
Feb 1, Feb 8, Feb 15, Feb 22, Mar 1 and Mar 8, 2023

To register for any of the above groups contact:
Rob MacDonald at 519 749 2932 ext. 3336 or
email: rmacdonald@lutherwood.ca

Some Other Resources on FASD

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

Visit COVID-19 Resources now!

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

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. For more
information please visit their website: <http://reachforit.ca/>



FETAL ALCOHOL SPECTRUM DISORDER ONLINE TRAINING FOR CAREGIVERS

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

October
13
20
27

9:30am to 12pm via Zoom

REGISTER WITH MICHELLE HUGHES,
FASD COORDINATOR AT
m.hughes@sunbeamcommunity.ca



FASD|WATERLOO REGION

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

No Cost-
Registration is
limited to increase
the ability for
interactive
discussion

WHAT'S HAPPENING AT SDRC

Supports and Ideas for Grandparents

By: Catherine Legere, Social Worker Consultant, MSW, RSW

A grandparent's role when a child is diagnosed with Autism, Intellectual Disability and/or Fetal Alcohol Spectrum Disorder can be complex. Grandparents may want to help out but don't always know how. Many grandparents have questions or concerns but aren't sure how to raise issues without upsetting the parents, who are busy figuring things out themselves. In other situations, grandparents have taken on guardianship of their grandchild.

Some people talk about grandparents experiencing "double" feelings of loss and sadness when their grandchild receives a diagnosis. There are concerns and fears about the difficulties the grandchild will face. At the same time, it is hard to see their own child struggle with the weight of the diagnosis and the demands of parenting a child with increased needs. Sometimes, as emotions are heightened, there are painful disagreements about what is best for the child.

In some cases, grandparents may want to seek out information and support related to a grandchild's diagnosis and needs on their own. In other situations, it makes more sense for parents and grandparents to seek out information together, by attending the same therapy appointments, doctor's appointments and workshops.

Keeping in mind that every situation is unique, we would like to highlight some resources in the community that provide support and information that grandparents can access.

1. Sunbeam Developmental Resource Centre's (SDRC) Workshops, Speaker Series events and Support Groups.

Workshops and Speaker Series events are open to family members as well as anyone in the community. Topics for workshops regularly offered include:

- Helping Individuals with Autism Navigate the Social World
- Discussing Puberty and Sexuality with your Child
- Apps for Communication and Learning

You can register for upcoming workshops through the following link:

<https://www.sdrc.ca/workshops-and-training/>

Grandparents who are the primary caregivers of their grandchildren are welcome to join the Moms' or Dads' groups offered through SDRC. More information on these groups can be found here:

<https://www.sdrc.ca/counselling/>

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2. Ontario Autism Program Foundational Supports

A great way to learn more about Autism is by accessing the many free online workshops and webinars offered by agencies all over Ontario under the Ontario Autism Program. For example, Surrey Place in Toronto recently offered a workshop called "Introduction to Autism Spectrum Disorder." The Ontario Autism Program (OAP) registration number may be needed to access these supports.

A list of agencies that offer Foundational Supports and a description of what they provide can be found here:

<https://www.ontario.ca/page/ontario-autism-program-foundational-family-services>

3. Adopt 4 Life

If a grandparent has taken on the role of primary caregiver, whether through a kinship, adoption or customary care arrangement, support is available through Adopt 4 Life. This organization offers information and support, including support groups specifically created for older caregivers.

Participants must first register with Adopt4Life at:

www.adopt4life.com/join-our-community.

More information can be found at:

<https://www.adopt4life.com/support-groups>

4. Waterloo Region Family Network

An organization started by and for families, the Waterloo Region Family Network (WRFN) offers support to families where children have a wide range of needs. Supports include help finding resources, parent mentorship, sharing of lived experience and the "A New Chapter" support group, which focusses on planning for the future needs of youth/adult family members. More information about services offered through WRFN can be found at:

<https://wrfn.info/>

5. Article

Finally, please take a moment to read a short article by educator and mom Jennifer Krumins, offering wisdom and thoughtful suggestions to grandparents about ways to offer support. While the article is geared to grandparents of children with autism, many suggestions apply to other diagnoses as well.

https://www.ocali.org/up_doc/10-Ways-to-Make-a-Difference-in-your-Grandchilds-life.pdf



Brightside ABA Services

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



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

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

POSSIBLE GOALS:

- Daily Living Skills
- Developing routines
- Sibling Play
- Increasing Independence
- Decreasing Screen Time
- Supporting Transitions

Cost: \$ 1744

Eligible OAP Expense

BRIGHTSIDE ABA SERVICES
1120 Victoria St N.
Kitchener, ON
N2B 3T2
(519) 741-1121
brightsideabaservices.com



WHAT'S HAPPENING AT SDRC

Brightside ABA Services

Now Offering



In-Person Individual Consultation

Individual In-Person Service Package Includes:

- 28 hours of service with a qualified professional including:
 - 2 hours of goal setting
 - 24 hours of intervention (1 session per week (2 hours))
 - 2 hour review of progress summary

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

Subject to Public Health Restrictions

POSSIBLE GOALS:

- Daily Living Skills (e.g. dressing)
- Independent Living Skills
- Responding Appropriately to situations
- Engaging in new activities
- Dating/Relationships
- Tolerating No
- Successful Transitions
- Job readiness
- Managing Challenging Behaviour

Cost: \$3487

Eligible OAP Expense

BRIGHTSIDE ABA SERVICES
1120 Victoria St N.
Kitchener, ON
N2B 3T2
(519) 741-1121
brightsideabaservices.com



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**

Transition to Adulthood Resource Booklet

Our **Transition to Adulthood Resource Booklet** has been updated and is available now on our **website: www.sdrc.ca**. This Resource Booklet is developed by SDRC and includes some key resources that can be used by youth transitioning into adulthood as well as young adults who have autism. This was developed to assist people in Waterloo Region, who are not eligible for adult services through Developmental Services Ontario. This booklet is accessible to view on our **website: www.sdrc.ca**

iPad Loaner Program at SDRC

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.

WHAT'S HAPPENING AT SDRC

The Weekly Mothers' Support Group at SDRC

The Mothers' Support Group at SDRC is an 8-week group, providing the opportunity for mothers to discuss a range of topics related to parenting a child with an intellectual disability and /or autism.

Topics include understanding and sharing the diagnosis, grief and resilience, interacting with schools, behavioural challenges and self-care. Guest speakers from the community and SDRC also contribute their expertise.

The group is a great way to connect with other mothers who understand your daily experience.

The Mothers' Support Group is a small group, for 6 – 10 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: Social Skills, Executive Functioning, Physical Literacy and Local Private Schools.

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 Planning for the Future, Communication, Physical Literacy and Safety.

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.



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

The Family Compass Website is hosting a centralized point to find all things related to resource and supports.

You can access this by going to www.familycompasswr.ca and clicking on the Covid-19 Response Pop-Up Link.

Resources and supports are organized in the following categories:

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



Helping Individuals with Autism Navigate the Social World - Virtual

Date: Thursday, October 13, (part 1) and Tuesday, October 20, 2022 (part 2)

Time: 1:00 pm – 3:00 pm

Register by: October 11, 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.

Apps For Communication and Learning - Virtual

Date: Tuesday, November 8, 2022

Time: 6:30 pm to 8:00 pm

Register By: November 4, 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.

Autism and Social Communication Skills—Virtual

Date: Monday, October 17, 2022

Time: 6:30 pm to 8:00 pm

Register by: October 14, 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.

Tips for Guardians of Individuals with Autism - Virtual

Date: Tuesday, December 13, 2022

Time: 6:00 pm – 8:00 pm

Register by: December 9, 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.

To Register for any of these workshops please email: r.khanam@sunbeamcommunity.ca, call 519-741-1121 ext. 2201 or register online on our website at: www.sdrc.ca/workshops-clinics-training

WHAT'S HAPPENING AT SUNBEAM

My Dental Clinic- Sunbeam Specialized Dental Services

My Dental Clinic – Sunbeam Specialized Dental Services is now open to the public!

Canadians with developmental disabilities often suffer from poor oral health and are faced with many barriers limiting their timely access to oral health care. Sunbeam Community and Developmental Services has created a solution for individuals in the Kitchener-Waterloo area to receive this all important oral care.

Using a person-centered approach, the care and compassion demonstrated by their staff will ensure that those they serve are treated with the dignity they deserve when accessing any or all their specialized and fully accessible services.

Individuals with developmental disabilities who are eligible to receive service at Sunbeam Specialized Dental Services are:

- Children, up to the age of 17 years old, who are registered with Healthy Smiles Ontario,
- Adults, between the ages of 18-64 years old, who have ODSP benefits,
- Seniors, over the age of 65 years old, who have private insurance/private pay for services received.

To book an appointment with the clinic, please contact Kingsway Reception at 519-893-6200 first receive a Patient Registration Form.

Appointments can be confirmed once the Form is completed and returned.



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:
<https://sunbeamcommunity.ca/COVID-19-Symptom-Support-Graphic-Novel.pdf>



Overnight Respite at Sunbeam Kids Hub

Sunbeam's newly renovated children's respite program offers caregiver relief to families of children who are medically fragile/technologically dependent (MFTD) and/or those who may have developmental disabilities. This is offered at the Sunbeam Kids Hub in Cambridge, the newest respite home for children who are MFTD.

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
to register.

WHAT'S HAPPENING IN THE COMMUNITY

The Ontario Caregiver Organization

Ontario Caregiver Organization is full of resources for the caregivers. Click on each title to go to the specific webpage.

- **Ontario Caregiver Helpline:**
 - **1-833-416-2273**Single point of access to information, support and service in English and French 24/7. Live chat is available. 7am-9pm (Mon – Fri) at ontariocaregiver.ca.
- **Scale Program: Caregiver Needs and Well-Being**
- **Online Support Groups**
1:1 Peer Support Program that connects caregivers with trained peer mentors for 1:1 phone or virtual support.
For caregivers seeking to become a peer mentor
For caregivers who need the support of a peer mentor
- **Educational Webinars**
- **Toolkits and Resources for Caregivers**
- **Time to Talk Podcast**

Programs for Parents, Children and Youth by Woolwich Counselling Centre

Woolwich Counselling Centre provides various counselling programs and services to support the needs of the people of our community. Please note there are fees associated with some programs. They have some virtual programs useful for families during the pandemic. Learn more about these on their website:

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

Mindfulness for Family Caregivers of People with a Neurodevelopmental Disability

This program will run for 6 weeks, every Friday from Sept, 23rd to October 28th, 2022, 1:00 pm to 2:30 pm.

In this virtual program offered by CAMH caregivers of adults with a neurodevelopmental disability from across Canada can join to learn about and practice mindfulness.

Register at this link:
<https://edc.camhx.ca/>

Better Nights, Better Days

Better Nights, Better Days for Children with Neurodevelopmental Disorders is a free online program based on behavioural principles that support parents of children aged 4-12 years old with a neurodevelopmental disorder who experience difficulties falling and staying asleep.

This online program encourages positive behaviours that will help children achieve a better quality and quantity of sleep throughout the night. To see if the program is a good fit for you and your child visit the website:

www.ndd.betternightsbetterdays.ca

WHAT'S HAPPENING IN THE COMMUNITY

New AccessOAP

AccessOAP is the new Independent Intake Organization to connect you with autism programs and services available to your family. They started supporting families in April 2022 with the launch of their website and family portal. Accerta Services Inc. operates AccessOAP together with Autism Ontario, HealthCare 365 Inc., McMaster University (Centre for Health Economics and Policy Analysis (CHEPA) and the Offord Centre for Child Studies).

Families registered with the OAP are being asked to set up their AccessOAP accounts based on the order they initially registered with the program. When it's their turn, families will receive an email or letter from the Government of Ontario with a transition code that will allow the government to link their information to their AccessOAP account.

If you have questions about New AccessOAP, how to create an account or Ontario Autism Program visit these websites:

<https://www.autismontario.com/AccessOAP>

<https://accessoap.ca/>

Strong Moms, Safe Kids

A Group for Mothers and Children Healing from Domestic Violence offered by KW Counselling.

Wednesdays, Sept. 28 - Nov 30.

5:30 pm to 8:00 pm

This program is for:

- Mothers who have experienced abuse in intimate relationships
- Their children, ages 5 to 18, who have witnessed in their homes
- Mothers living apart from the person who abused them

Multicultural facilitations are there to meet the needs of those from diverse ethno cultural groups, interpreters are available for women and children who do not speak English.

For more information contact:

Janet DeGazon, Tel: 519 884 0000

ext. 251

email: jdegazon@kwcounselling.com

Launch Program and STEAM

Launch (an afterschool program) is new to the Region and offering free STEAM (Science, Technology, Engineering, Art and Math) programs for children and youth of different age groups. They are offering virtual and in-person options (run at a location on Erb St in Waterloo). Scroll down to look for the Fall Dates to be published soon in their calendar and click on the dates to register.

<https://www.launchwaterloo.ca/launch-programs>

The Canadian Minor STEAM Association is a national network making science, technology, engineering, art and math a new sport for kids! Waterloo Registrations under Launch are open now at this link:

<https://www.launchwaterloo.ca/cmsa>

WHAT'S HAPPENING IN THE COMMUNITY

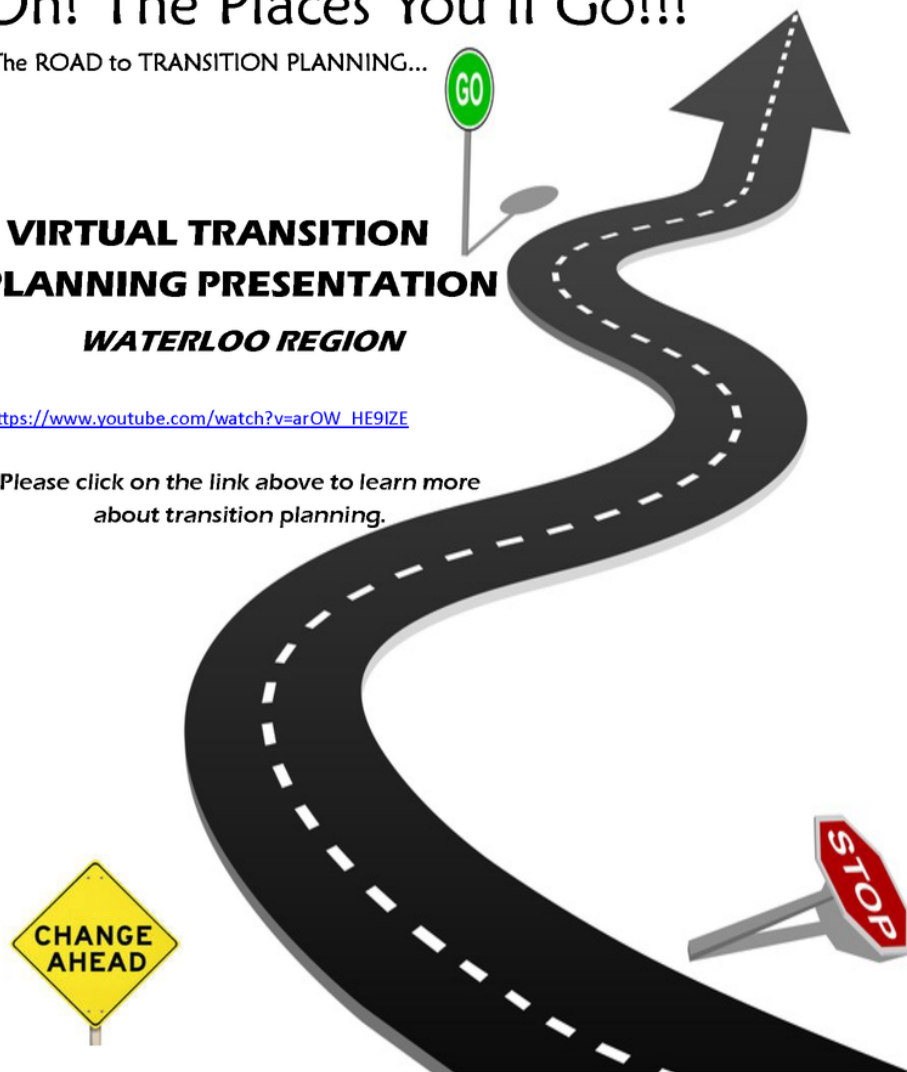
Oh! The Places You'll Go!!!

The ROAD to TRANSITION PLANNING...

VIRTUAL TRANSITION PLANNING PRESENTATION ***WATERLOO REGION***

https://www.youtube.com/watch?v=arOW_HE9IZE

Please click on the link above to learn more
about transition planning.



Oh! The Places You'll Go!!! The Road to TRANSITION Planning...is hosted by:



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. The WRFN School Issues Support Group meets on the last Wednesday of each month during the school year. The next meeting will take place September 28.

For more information please contact Sue Simpson at Sue.simpson@wrfn.info.

WHAT'S HAPPENING IN THE COMMUNITY

Research Update from Autism Ontario

Autism Ontario has published a research highlight on **Wandering and Elopement in the Autism Community** in their August Newsletter. Read it at the link below:

Wandering and Elopement in the Autism Community

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/>

Cooking Program of Autism Ontario

Adults with ASD across Ontario are invited to join our 8-week cooking program led by Chef Anthony Go, a graduate of George Brown Chef School and an autistic adult.

For safety reasons, caregivers are required to always be present participants during the sessions.

PLEASE NOTE: participants are responsible for purchasing their own ingredients BEFORE the Thursday weekly cooking session.

Registration Fee: \$5.00

Online: Through Zoom, link will be sent after registration.

Time: Tuesdays from 5:30 - 6:30 pm

Dates: Sept 20, 27, Oct 4, 11, 18, 25 and Nov 1, 8, 2022

Phone: 416-246-9592 ext. 391

Email: julie@autismontario.com

Youth Group

Presented by Southwest Ontario Aboriginal Health Access Centre

Youth between 12 - 18 years who identify as Indigenous are welcome to join us for a meal, traditions/culture, activity, meet new people and more.

Biweekly Tuesdays until Sept 20, 2022

4:30 pm to 6:30 pm

Communtech Building (SWIRL Lab)

151 Charles Street W., Kitchener

(enter at back gate on Joseph St)

For information call or text

Melissa at 519-239-7430

CADDAC's 14th Annual ADHD Conference

CADDAC's (Centre for ADHD Awareness Canada) 14th Annual ADHD Conference
October 22 and 23, 2022. 11 am

CADDAC's ADHD Conference provides information for adults with ADHD, parents/caregivers of children with ADHD, and their families. CADDAC also welcomes public registration to listen and learn from health professionals and panelists.

The content provided during every webinar is for informational purposes only and is not intended to be professional medical advice, diagnosis, treatment or care. By accessing or attending this workshop, you accept to be bound by the terms and conditions of CADDAC's user agreement as stated in full. To register and learn more please visit their website:

<https://caddac.ca/programs-events/caddac-2022-annual-adhd-conference/>

WHAT'S HAPPENING IN THE COMMUNITY

Connecting, Interests and Activities

New group in Waterloo Region for adults (18+) diagnosed with Asperger's / Autism Spectrum Disorder Level 1.

- The purpose of the group is to create a safe and supportive space for people to have fun, meet and connect with others, and take part in activities. You can help make this group what you want. Join if you're looking for a positive place of belonging!
- Held on the second Thursday of the month, from 5 - 7 pm at the Downtown Community Centre, 35 B Weber Street West.
- Drop-in group, so folks are welcome to join anytime between 5 and 7 pm.
- Questions? Please reach out to Kelly Groh at 519-731-3923 or email: grohtech@explornet.com

Adapted Recreation Equipment at KidsAbility

KidsAbility has an all-terrain wheelchair as well as some large jogging strollers available for loan to support summer outings, camping trips, and more. If you are looking for other adapted equipment to support recreation participation, reach out to let KidsAbility know your needs.

For Cambridge and Guelph site families please reach out to Sheryl Dedman at sdedman@kidsability.ca or 519-886-8886 x3260.

For Kitchener and Waterloo site families, reach out to Meg Shirley at mshirley@kidsability.ca or 519-886-8886 x1302.

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.

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, or promise@carizon.ca

As always, please check out their Padlet for all of the latest group flyers, program information, and referral forms: https://padlet.com/eyoung106/Carizon_Community_Services_Programs.

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

Contact information:

Kitchener: 519-577-3723

kitchener@adultsinmotion.org

Cambridge: 519-277-3723

cambridge@adultsinmotion.org

WHAT'S HAPPENING IN THE COMMUNITY

In Her Shoes: Employment and Entrepreneurship Program of YWCA

YW is offering various training programs for women. Some of them are listed below:

In Her Shoes: New Comer Women

Visible minority pre-citizen newcomers between the ages of 16-65. 8 weeks, 15-25 hrs/week, Monday - Friday.

In Her Shoes: Youth & Youth Express!

Ages of 15 - 30 who are experiencing barriers to securing employment. 11-18 weeks, 30-40 hrs/week, Monday to Friday.

In Her Shoes: Uplift - Reskilling in Specialized Technology

Job seekers who are ready to upgrade their technology skills to secure immediate employment in roles which require specialized technological expertise between the ages of 16-65. Comprehension of computer software, statistics and excel is required. 2-3 semesters, 15-30 hrs/week dependent on individual needs.

To learn more and register, visit: inhershoesyw.com and click on the 'Training Programs'.

Learning Path to Employment

The Family Support Network for Employment FSNE is proud to announce the launch of the "**Learning Path to Employment**," an online course designed for families of individuals with a developmental disability.

The goal of the course is to provide individuals and their families with the knowledge and tools they need to advocate for, and secure, meaningful paid employment. Current and developing employment systems are complex - this course helps participants who face higher barriers to employment learn how to develop a vision, understand best practices, and navigate the system to achieve improved life and work outcomes. The course can be found here:

<https://fsne.ca/courses/learning-path-to-employment/>.

The course can be accessed 24/7, is free, and there is no time limit in which you must complete it.

Employment Training and Job Connections

Employment training and job connections for people with developmental disabilities in Ontario

LCOworks is a free online program that supports positive employment outcomes for individuals with developmental disabilities, a traditionally underrepresented and at-risk population in the labour market. Any Ontario resident with a developmental disability is eligible to participate in LCOworks. Email to apply or learn more at support@lifecourseonline.com.

WHAT'S HAPPENING IN THE COMMUNITY

Online Application for ACSD and SSAH

ACSD (Assistance for Children with Severe Disability) and SSAH (Special Services at Home) applications now can be completed online. Below are the links for these two applications:

ACSD:

<https://www.ontario.ca/page/assistance-children-severe-disabilities-program>

SSAH:

<https://www.ontario.ca/page/special-services-home>

Back To School

If you are locating to a new place this school year and wondering which school your child would attend here are some links that may help you:

For Waterloo Region District School Board

<https://www.wrdsb.ca/our-schools/schools/>

For Waterloo Catholic District School Board

<https://www.wcdsb.ca/our-schools/school-finder-transportation-eligibility/>

To find the transport eligibility and other information about school bus:

<https://bpweb.stswr.ca/Eligibility.aspx?Page=School>

For child care

- <https://regionofwaterloo.onehsn.com/>
- <https://risingoaks.ca/registration-before-and-after-wcdsb#>

<https://snrcwaterlooregion.ca/>

Student Links

Funded by the Ministry of Children, Community and Social Services, Student Links is an opportunity for students (ages 14 to 21) who have an intellectual disability to explore ideas for their future after high school. The goal is to enhance their capacity to make informed decisions about their future prior to leaving school and to support the natural development of relationships and connections to their community.

If you want to learn more about Student Links contact: Dana LaBrash at dlabrash@communitylivingontario.ca or Meghan Davis at mdavis@communitylivingontario.ca

Support for Mental Health

Mental Health Commission of Canada's website is updated with credible information and resources about maintaining mental health during the time of crisis, and supporting people managing a mental illness in challenging context. Please click on this link to check their website:

www.mentalhealthcommission.ca

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/>

RECREATION & LEISURE

Some Fall Programs in the community for individuals with special needs:

City of Kitchener and City of Waterloo Adapted Aquatics – Registration opens on August 30th. Additional information about this program is available on **Kitchener's ActiveNet**.

To register visit **Waterloo's Active Net** page on their website.

DARE - The Dance Adventure Rhythm Experience program provides active and social engagement for across developmental and physical abilities. For more information visit www.danceadventure.ca or email dare@danceadventure.ca.

Dance for EveryBODY - (Carousel Dance Centre) classes run on Fridays for ages 14+ from 6:45 – 7:45, and the CTC (Carousel Theatre Company) program runs on Tuesdays and/or Thursdays from 12:30 – 3:30 for ages 18+, beginning the week of September 10th. For more information visit www.carouselcentre.ca.

Feel the Beat - A dance class for young adults with developmental disabilities run through Athletics at WLU. Registration will open on August 29th. Class will run at 6pm on Wednesdays. For more information visit:

<https://recreation.laurierathletics.com/sports/2021/7/27/dance-class-descriptions.aspx>

Arts for All – Arts Abound – this class is designed for children living with disabilities and includes a variety of art experiences (including dance, music, and visual art) that are adapted to the unique needs of each student to provide them an opportunity to express themselves. www.artsabound.ca

Soccer – Waterloo's Ability United will likely run a fall indoor soccer program. Visit <https://www.waterloounited.com/abilities-united/> for updates.

Sports for Special Athletes is planning to run 10 different sports. Fall registration details coming soon. <https://www.sportsforspecialathletes.org/page/show/7355723-news-updates>.

Kitchener Kicks Dragon Hearts program for Martial Arts continues to practice on Saturday mornings at 9am for individuals with special needs. Both virtual and in-person options are available. New participants are welcome to try the program for free before signing up. Visit <https://kitchenerkicks.ca/WP-Website/classes/dragon-hearts/> for more information.

Adaptive Gymnastics program at KW Gymnastics will offer in-person 1:1 coaching for individuals with special needs. <https://www.kwgymnastics.ca/adaptive-program>. Contact Asifa at adaptive@kwgymnastics.ca for more information.

Online Sensory Workout Project

On behalf of Aptus Treatment Centre, the Sensory Workout Project is pleased to share the following series of training videos. Here are topic-specific video playlists:

Module 1: Intro to Sensory Workout, Fitness Goals, Outcomes & Safety

<https://www.youtube.com/playlist?module1>

Module 2: Intro to Sensory Processing 1 Training video & 3 dance-focused activity videos for people supported:

<https://www.youtube.com/playlist?module2>

Module 3: Intro to Sensory Processing & Physical Activity

<https://www.youtube.com/playlist?module3>

Module 4: The Sensory Environment

<https://www.youtube.com/playlist?module4>

Adaptive Skating

KW Skating Club is excited to launch it's first Adaptive CanSkate program!

Visit: <http://www.kwsc.org/programs/adaptive/>

Special Hockey Team

Kitchener Ice Pirates is a Hockey League for hockey players with special needs or disabilities. Please contact Kirsten Carr at icepirates@kitchenerminorhockey.com or visit https://kitchenerminorhockey.com/Pages/41953/Ice_Pirates_-_Special_Hockey/

Move by Goodlife Kids

You're invited to take a look at MOVE by GoodLife Kids!

MOVE is designed exclusively to get youth with special needs active, and is offered FREE to families. Registered participants get access to three live online small-group sessions each week led by one of MOVE's passionate coaches.

Learn more at: goodlifekids.com/MOVE/

Fitness Class

Movin' & Groovin' fitness class is designed for children ages 4-12 with special needs. It will be offered in person this fall on Tuesday and Thursday evenings at the Sunlife Centre for Physically Active Communities (WLU Campus). Each participant receives 1:1 support from a Kinesiology student.

For more information contact Nicole Luymes at nluymes@wlu.ca or visit <https://researchcentres.wlu.ca/sun-life-financial-centre-for-physically-active-communities/index.html>

Bike Riding Training at KidsAbility

KidsAbility's Therapeutic Recreation (TR) Bike Clinic is an opportunity to support your child in riding a "regular" bicycle or to explore options for enjoying biking together as a family. For more information about this clinic, and to view additional resources to help you select the most appropriate bike and accessories for your rider, visit: <https://kidsability.ca/tr-bike-clinic>.

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 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/blog/tag/wrfn-newsletter>

<https://wrfn.info/category/event/>
<https://www.carizonforthecommunity.ca/>

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

<https://www.autismontario.com/newsletter>

Fee Assistance for Leisure and Recreational Activities

Fee Assistance for Leisure and Recreational Activities is 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

A Few More Resources on Recreation Programs

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

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

Kitchener: www.kitchener.ca/community-centres

Waterloo: www.waterloo.ca/community-and-rec-centres

Cambridge: 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 will not publish until further notice. But you can browse their programs at this [link](#)

These are some of 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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Website: www.sdrc.ca

Hours:

9:00 a.m. - 4:30 p.m.

Monday to Friday



SDRC Connection publishes four times a year. If you would like to receive notification when new issues are available on our website, please contact us at sdrc@sunbeamcommunity.ca providing your name and email address. If you have a family member currently receiving services from SDRC, please provide his/her name as well.

You can also sign up for newsletter notification online at our website: www.sdrc.ca

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118 Barnswallow Dr.
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Ext. 222
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Disclaimer

We want to provide an informative resource that will be a useful guide for you. **Sunbeam Developmental Resource Centre does not necessarily endorse the information contained in this newsletter.** The purpose is to provide information to the community. It is up to the reader to decide what is useful for him/her. We make every effort to ensure that our information is accurate and relevant. We apologize for any errors or omissions that occur.

Code of Conduct

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

Privacy, Consent, Collection & Disclosure

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