



International Day Of Persons With Disabilities

December 3 was the International Day of Persons with Disabilities. This day is meant to remind all of us of our responsibility to better understand disabilities (visible & invisible) and promote the rights and well-being of persons with disabilities in our communities.

Inside and outside of Sunbeam's many walls, we encourage everyone to strive for gentleness and respect whether with yourself or with others who are living with a disability. For more resources related to International Day of Persons with Disabilities please follow this link at <https://www.canada.ca/en/department-national-defence/maple-leaf/defence/2022/11/december-3-international-day.html>.

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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



PLEXUS Referral Process for FASD Services in Waterloo Region

Plexus is a Network of FASD Supports and Services in our Community. The services of the Plexus team are available to children, youth and families living with (potential) FASD up until the age of 18 or 21 and still attending school. You must reside in Waterloo Region. A referral can be made by the individual or their legal guardian. Plexus will also accept referrals from extended family members, family physician, or any agency acting on the individual's/family's behalf if permission to do so has been provided by the individual or their guardian.

The consent of individuals 16 years of age or older who can understand the implications of assessment/treatment is required when facilitating a referral on their behalf.

If you have concerns or questions about our agency's policies regarding eligibility for children, under 18 years of age, please contact our FASD Coordinators.

Referrals can be made here: **Plexus Referral**

<https://sunbeam-centre.ontarionow.ca/self-referral/?aLanguage=>

The Network of Supports in Our Community

FASD Coordination

The Fetal Alcohol Spectrum Disorder (FASD) Coordinators will work with children, youth and families living with FASD up until the age of 18 or 21 and still attending school. You must reside in Waterloo Region.

In addition, resources can be provided to health and social service providers wanting more information about FASD.

FASD Clinic

This program offers FASD Diagnostic Services for children up to 17 years of age living in Waterloo Region. We provide complete multidisciplinary assessments, recommendations, and assistance with referrals to appropriate community programs. Assistance in gathering evidence of prenatal alcohol exposure is available.

FASD Classrooms

In partnership with the Waterloo Region District School Board, a day treatment program is provided. Adapted environments and academics are provided for elementary age children in Fort and for high school age youth in Temenos. Academic instruction, life skills training, social skills development, work readiness and family support are provided by the specialist teams that work in these programs to children, youth, and families, tailored to their individual.

WHAT'S HAPPENING AT SDRC

Reach For It!

Reach For It! is a collaborative community project. The Mission of REACH For It! is to provide recreational programming for children, youth and their families living with Fetal Alcohol Spectrum Disorder.

Support Groups

With support from the Waterloo Region FASD Action Group and funding provided by Health Nexus, virtual support groups are provided for adolescents and families that are affected by FASD.

Support groups provide a safe space for adolescents and parents/caregivers to provide support to one another, to share knowledge, and to build skills that are necessary for improving outcomes of those affected by FASD. All groups are developed and co-facilitated by individuals with lived experience.

For more information please visit Plexus at www.plexusfasd.ca

Email FASD Coordinators

Karen Huber and

Michelle Hughes at

plexusfasd@sunbeamcommunity.ca



FASD FUNDAMENTALS FOR CAREGIVERS

February 2, 9 and 16, 2023

5:00 pm to 7:00 pm

Via Zoom

Register with Michelle at

m.hughes@sunbeamcommunity.ca





We wish you all a very happy holiday and that you will be able to enjoy it with your family, friends and loved ones!

Our office will be closed on December 26 and 27, 2022 and January 2, 2023 during the holidays.

ABA Tips For The Holidays ***from the Brightside ABA Services Team***

- Bring a bag of your child's favourite games/activities or preferred items (e.g. food, drink, toy or activity) to the location you are travelling to.
- Provide a schedule of the day or a period of time that may be difficult for your child
- Use a time or first/then visuals for situations that your child may not like or want to do (e.g., first you need to wait for the timer to end then you can play with your toys).
- When your child follows through with the unwanted event/situation provide verbal praise and reinforce the behaviour they are doing appropriately.
 - Example: waiting
 - Provide a schedule so your child knows what to expect
 - Set a timer for a specific amount of time (e.g., 5 minutes)
 - When the timer beeps that 5 min is up and your child has waited appropriately you should tell them what they did a good job with and provide them with a preferred activity/item.



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



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
- 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 this fall 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. The contents page of this booklet will give you an idea what are inside. **website: www.sdrc.ca**

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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.

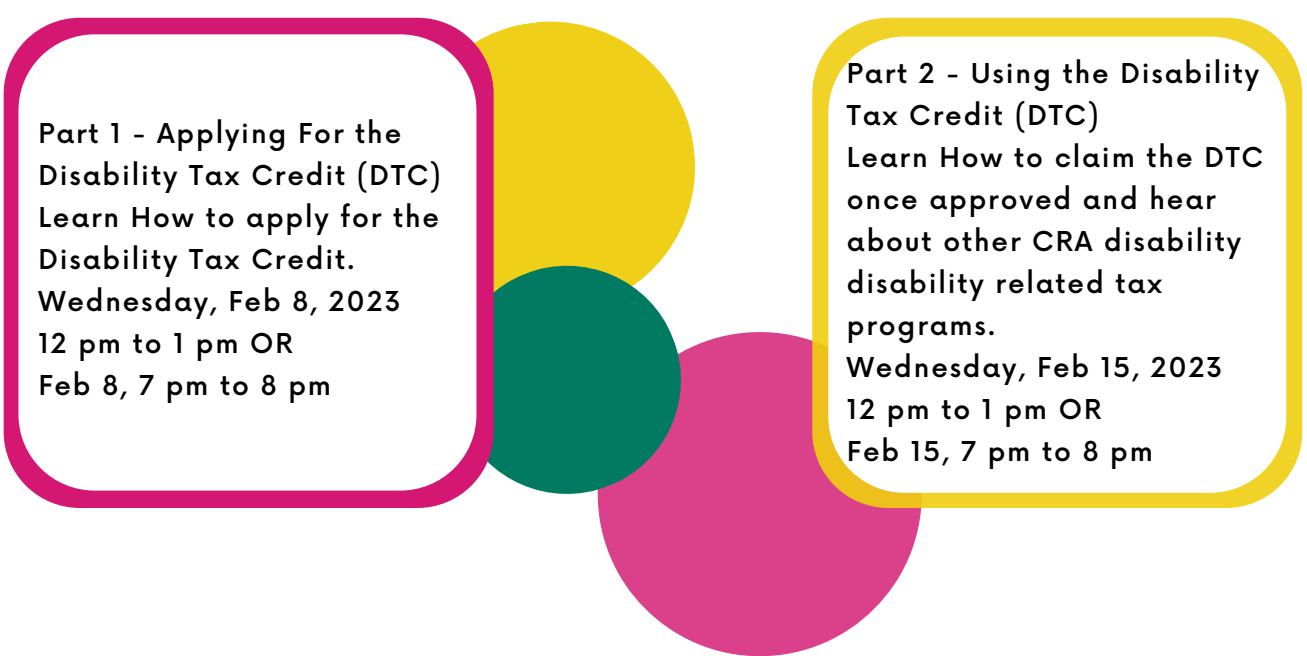
Resources and supports are organized in the following categories:

- | | |
|-------------------------------|---------------------------------|
| 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, | |



WHAT'S HAPPENING AT SDRC

SPEAKER SERIES Your Tax Questions Answered -Virtual



Part 1 - Applying For the Disability Tax Credit (DTC)
Learn How to apply for the Disability Tax Credit.
Wednesday, Feb 8, 2023
12 pm to 1 pm OR
Feb 8, 7 pm to 8 pm

Part 2 - Using the Disability Tax Credit (DTC)
Learn How to claim the DTC once approved and hear about other CRA disability disability related tax programs.
Wednesday, Feb 15, 2023
12 pm to 1 pm OR
Feb 15, 7 pm to 8 pm

CLINICAL WORKSHOPS

Tips for Guardians of Individuals with Autism - Virtual

Date: Tuesday, January 31, 2023
Time: 6:00 pm – 8:00 pm
Register by: January 27, 2023

Date: Monday, April 17, 2023
Time: 6:00 pm – 8:00 pm
Register by: April 13, 2023

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.

Discussing Puberty and Sexuality with Your Child - Virtual

Date: Tuesday, January 24, 2023

Time: 1:00 pm – 4:00 pm

Register by: January 20, 2023

Presenter: Louise Rodgers, RN, BScN and Denise Burke

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

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

Helping Individuals with Autism Navigate the Social World - Virtual

Date: Tuesday, May 9, (Part 1) and Tuesday, May 16, 2023 (Part 2)

Time: 1:00 pm – 3:00 pm

Register by: May 5, 2023

Presenter: Stuart Lamont, B.SD., 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. This is an important concept for parents and caregivers to understand. 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.

WHAT'S HAPPENING AT SDRC

Autism and Social Communication Skills—Virtual

Date: Tuesday, April 18, 2023

Time: 6:30 pm to 8:00 pm

Register by: April 14, 2023

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

Appropriate for: Parents and caregivers of individuals with ASD

This workshop will provide an overview of practical strategies to support social skills development for individuals with ASD and will cover social communication skills including theory of mind, hidden curriculum, read the room, comic strip conversations and using scripts to support social skills.

Apps For Communication and Learning - Virtual

Date: Monday, May 1, 2023

Time: 6:30 pm to 8:00 pm

Register By: April 27, 2023

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.

To Register for any of the Speaker Series and Clinical 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

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 SUNBEAM

My Dental Clinic- Sunbeam Specialized Dental Services

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 to 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 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 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

Summer Camp Planning Workshops 2023 by KidsAbility

These workshops are designed to give caregivers and service providers the information they need to plan a successful summer camp experience for individuals with special needs. In this free workshop you will learn about:

- How to find inclusive and specialized camps in your area
- The different types of inclusion support available and how to access them
- Funding options for camps fees and specialized supports
- Sharing information about your child
- Preparing your child for camp

Cambridge: Thursday, January 12, 2023 (7pm to 8:30 pm)

<https://camp-planning-workshop-Cambridge.eventbrite.ca>

Kitchener/Waterloo: Thursday January 12, 2023 (7pm to 8:30 pm)
<https://Camp-planning-workshop-KW.eventbrite.ca>

For more information, Contact:
Meg Shirley at mshirley@kidsability.ca
or call 1888 886 8886 ext. 1302



Emergency Food Programs in Waterloo Region

There are many places where people can get food in an emergency. Below is the link to get the list of these places. Different criteria applies for different places. So please check by calling or on their website before making any visit.

<https://www.regionofwaterloo.ca/en/living-here/resources/Emergency-Food-Programs-in-Waterloo-Region.pdf>

Virtual Camp Fair 2023 Presented by KidsAbility, Waterloo Region Family Network and SKIC

In these virtual camp fairs you will learn about camp options and have your questions answered by the camp directors themselves.

Tuesday, January 10 (7pm to 8:30pm) - Overnight camp and getaway for all ages

Wednesday, January 11 (7pm to 9pm) Day Camps for children ages 4-12 Guelph/Wellington

Monday, January 16 (7pm to 9pm) Day camps for children ages 4-12 Waterloo Region

Monday, February 13 (7pm to 8:30 pm) - Day camps and programs for teens and adults Waterloo Region, and Guelph/Wellington
egistration links:

Overnight camp and getaway
Day Camps (4-12) Guelph/Wellington
Day Camps (4-12) Waterloo Region
Day Camps & Programs (Teens & Adults)

For more information:Contact:
Meg Shirley at mshirley@kidsability.ca
or call 1888 372 2259 ext. 1302

WHAT'S HAPPENING IN THE COMMUNITY

Canada Housing Benefit

Applications for the one-time top-up to the Canada Housing Benefit opened on December 12, 2022.

The one-time top-up to the Canada Housing Benefit aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify.

The Canada Revenue Agency (CRA) administers this one-time payment. To apply for this new federal one-time payment, you do not need to receive other housing benefits such as the Canada Housing Benefit, which is co-funded and delivered by the provinces and territories.

Applications are open until Friday, March 31, 2023.

<https://www.canada.ca/en/services/taxes/child-and-family-benefits/top-up-canada-housing-benefit.html>

Canada Dental Benefit

The interim Canada Dental Benefit is intended to help lower dental costs for eligible families earning less than \$90,000 per year. Parents and guardians can apply if the child receiving dental care is under 12 years old and does not have access to a private dental insurance plan.

Depending on your adjusted family net income, a tax-free payment of \$260, \$390, or \$650 is available for each eligible child. This interim dental benefit is only available for 2 periods. You can get a maximum of 2 payments for each eligible child. Benefit payments are administered by the Canada Revenue Agency (CRA).

The first benefit period is for children under 12 years old as of December 1, 2022 who receive dental care between October 1, 2022 and June 30, 2023.

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html>

Free Income Tax Clinic

To find information about free Income Tax Clinics in Waterloo Region please check these links:

The Working Centre

www.theworkingcentre.org/22318-updated-july-72020-free-income-tax-clinic-working-centre

Email: taxclinic@theworkingcentre.org

Social Development Centre Waterloo Region

www.waterlooregion.org/content/contact-us

Email: Lesley Crompton, Tax Clinic Coordinator, lesley@waterlooregion.org

You can also find information on more clinics at this link:

https://apps.cra-rc.gc.ca/ebci/oecv/external/prot/cli_srch_01_ld.action#srchtbl

WHAT'S HAPPENING IN THE COMMUNITY

Community Integration Through Co-operative Education: Upcoming Information Session

Wednesday, January 18, 2023
6:00pm

The Community Integration Through Co-operative Education (CICE) program is a two-year certificate program designed for adults with developmental disabilities, intellectual disabilities, acquired brain injuries, or other significant learning challenges who wish to further their education/vocational training in a community college setting.

As part of the registration process, prospective students must attend one of the CICE's information sessions.

Applications received by February 1, 2023, will be given first consideration. Applications will continue to be accepted after this date until the program is full.

For more information on the CICE program, [click here](#).

To register for the information session, [click here](#).

Supporting Newcomers with Disabilities

The Guide to the Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP) for Newcomers with Disabilities was designed to help frontline workers in settlement agencies and advocates introduce newcomers with disabilities to the Disability Tax Credit and Registered Disability Savings Plan. The guide will help settlement workers share information about DTC and RDSP with their clients, explain how it can benefit them and how eligible clients can apply for DTC and RDSP.

To learn more and download the guide [click here](#):

<https://aaisa.ca/toolkit/guide-dtc-rdsp-for-newcomers-with-disabilities/>



Ontario Electricity Support Program (OESP)

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 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.

Ready to start your application?

Click the "New Application" button below.

NEW APPLICATION

Do you have a previous application with OESP?

Click the "Renew Application" button below.

RENEW APPLICATION

WHAT'S HAPPENING IN THE COMMUNITY

Virtual Mindfulness for Adults with Autism: A Randomized Controlled Trial

A research study to understand the impact of being in a mindfulness group on levels of distress, mindfulness and connectedness in adults with autism compared to being on a waitlist.

Your participation may be up to 30 weeks. Interested persons should complete the online form

https://edc.camhx.ca/redcap/surveys/index.php?s=FKEX3C3F34FETWFP&mc_cid=91552c76b6&mc_eid=580d57b8d7

Email: hcardd@camh.ca

Phone: 437-328-6761

Mental Health Literacy Guide for Autism

York University and Centre for Addiction and Mental Health have published Mental Health Literacy Guide for Autism. It is available at this link:

<https://www.yorku.ca/Mental-Health-Literacy-Guide-for-Autism.pdf>

The A Team

The A-Team is run by neurodiverse individuals for neurodiverse individuals, with some assistance from Bridges to Belonging. Their goal is to create a safe and welcoming environment to meet fellow neurodiverse adults, discuss topics of interest, share experiences, and embrace our neurological diversity.

This group is intended for adults, aged 18+, who self identify as neurodiverse, and who are seeking support. This group welcomes individuals who are able to function at a vocational level, whether this is through volunteer work, employment or academic endeavors. Participants should be able to comprehend the discussion topics with some sense of self-awareness and personal insight.

INTERESTED IN ATTENDING A MEETING OR WANT MORE INFORMATION?

Please use their **Contact Form** or send an e-mail to ateam.waterlooregion@gmail.com

International Day of Persons with Disabilities

Did You know?

- Of the one billion population of persons with disabilities, 80% live in developing countries.
- An estimated 46% of older people aged 60 years and over are people with disabilities.
- One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.
- Persons with disabilities in the world are among the hardest hit by COVID-19.

Source: <https://www.un.org/en/observances/day-of-persons-with-disabilities>

WHAT'S HAPPENING IN THE COMMUNITY

Passportfunding.ca

This website will help you find information on Funding for your community participation services and supports. Passport funding is the reimbursement program that helps adults with developmental disabilities in Ontario access services and supports. Resources can be found on their website at this link:

<https://passportfunding.ca/>

Strong Moms, Safe Kids

A Group for Mothers and Children Healing from Domestic Violence offered by KW Counselling. Their Winter session is full now but taking calls for Spring session.

Wednesdays, 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 abuse 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. 252

email: jdegazon@kwcounselling.com

AccessOAP

AccessOAP is the 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/>



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

Virtual Mindfulness Programs

Starting in January 2023, join one of three 6-week Canada-wide free of cost virtual mindfulness programs, led by Sue Hutton, a mindfulness teacher with 30 years of experience.

Mindfulness for Family Caregivers:

Every Friday from Jan 20 - Feb 24, 2pm - 3:30 pm.

Register here

Mindfulness for Frontline Professionals in Health, Home Care and Disability Support Services:

Every Wednesday, Jan 11 to Feb 15, 6:30pm to 7:30pm

Register here

Mindfulness for Leaders and Management Professionals in Developmental Services:

Every Tuesday from Jan 17 - Feb 21, 1pm to 2:30pm

Register here

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

Rainbow Drop In

Join other 2SLGBTQIA+ children (aged 0-6), caring adults, and families in play and exploration together. EarlyON facilitators are available to provide support and information around early learning topics, community resources, programs, and referrals in a play-based environment. Rainbow drop-in takes place at EarlyON | Roger Street (YMCA Early Years) 161 Roger St, Waterloo.

Upcoming dates:

- Saturday January 28, 2023 9 -11am
- Saturday February 25, 2023 9 -11am
- Saturday March 25, 2023 9 -11am
- Saturday April 29, 2023 9 -11am
- Saturday May 27, 2023 9 -11am
- Saturday June 24, 2023 9 -11am

<https://www.ourspectrum.com/2022/10/12/rainbow-family-drop-in/>

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.

For more information and next meeting date please contact Sue Simpson at Sue.simpson@wrfn.info.

BE-Friends Program of Bridges to Belonging

BE-Friends: BE-Friends is a volunteer matching program that connects people with any disability 17 years or older (Friend) with a community volunteer "Buddy" (19 years or older). The pair get together as often as they want, enjoy fun activities they choose and become part of each other's world. BE-Friends is a bridge to meaningful reciprocal relationships and lifelong friendships.

People are being matched and friendships are blooming. We invite you to become part of this friendship adventure!

If you are 17 years old or older, living with a disability, and want someone to spend time and build a lasting friendship with, we invite you to [Click Here](#) and fill out an application to be matched with a Buddy Community Volunteer.

If you are 19 years old or older and want to create an authentic friendship as a Volunteer Buddy to a person with a disability and be part of their journey to living their best life, we invite you to [Click Here](#).

We are also matching seniors together for fun and connection. If you are 65+ and are interested in making a new friend to connect with in community, please [apply here](#).

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@xplornet.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.

The Autism and/or Intellectual Disability Knowledge Exchange Network

AIDE Canada is The Autism and/or Intellectual Disability Knowledge Exchange Network and has many resources for people with autism and other disabilities.

<https://aidecanada.ca/>



WHAT'S HAPPENING IN THE COMMUNITY

Take5

Take5 is an online space for children and youth in foster care, in group homes, or living away from their parents in Ontario. On Take5 you can find information for your age on things like: coping with stress, stuff about your identity and culture, relationships, and who to ask for help. You can also find activities, podcasts, videos and online events. Take5 is for children 6 to 12 and youth 13 and above.

Visit the **Take5 website**.

Pathways to Home Ownership

The Pathways to Homeownership project demonstrated inclusive models of homeownership and created resources to help people with disabilities (and their families) purchase their own homes. Inclusion Canada is currently working on new resources to support Pathways. Learn more here: <https://bit.ly/3B4n0E2>.

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>

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/>

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 dlabrashe@communitylivingontario.ca or Meghan Davis at mdavis@communitylivingontario.ca

Parents for Children's Mental Health (PCMH)

If you are a parent/caregiver worried about your child, or a young person looking for help yourself – please reach out. PCMH network of child and youth mental health centres has 4000 professionals ready to help children, youth and families with free counselling and treatment. We provide care in person, on the phone and virtually. No problem is too big or small. Waterloo PCMH regular support group meetings will take place Dec. 27. The ADHD support group will be Dec. 21. Find your closest child and youth mental health centre here: <https://www.family.cmho.org/>.

RECREATION & LEISURE

Programs in the Community for Individuals with Special Needs:

City of Kitchener and City of Waterloo Adapted Aquatics – Registration opens on December 7 and 14. 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.

Feel the Beat - A dance class for young adults with developmental disabilities run through Athletics at WLU. Registration is open now for class starting on Jan 16, 2023. Class will run at 6pm on Mondays. For more information visit:

<https://secure.laurierathletics.com/ecommerce/index.php?CatID=226>

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 run a Winter indoor soccer program. This program is for children and youth who may move, communicate, behave, and/or learn differently and who would benefit from a specialized environment with additional supports to be successful. Starting on January 8, 2023 for 10 weeks, 3 pm to 4 pm at RIM Park.

Visit <https://www.waterloounited.com/abilities-united/> for the full schedule.

Sports for Special Athletes is planning to run 10 different sports. Registration is now open at this link:

<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 Region 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

MAIN OFFICE

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

Phone: 519-741-1121

Fax: 519-743-4730

E-mail:

sdrc@sunbeamcommunity.ca

Website: www.sdrc.ca

Hours:

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

Monday to Friday



SDRC Connection publishes 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

Satellite Offices

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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 them. 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