



Welcome Summer!

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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 website at:
www.sunbeamcommunity.ca/covid-19-information

Service Coordination at Sunbeam Developmental Resource Centre

Service Coordination is offered in Waterloo Region to children, youth and adults with a developmental disability and/or an autism spectrum disorder, and/or to their families. In general, SDRC Service Coordinators assist individuals and their families to strengthen their capacity to manage the challenges of caring for themselves/their children and enhancing their formal and informal networks of community resources.

Service Coordination Mission Statement:

Service Coordinators support people with kindness, compassion and understanding to navigate resources and supports within their community. We facilitate independence and connections based on needs and goals identified by the individual.

Our team responds by providing information, education, resources and exploring opportunities and aspirations. We use a person-centered approach based on an individuals' and/or families' choices, values, needs and desires.

Service Coordination Team shares some accessible park information for the families to enjoy this summer:

Fun accessible activities for families of all ages, Free or nearly free.

Waterloo Park

Brand new accessible playground is an opportunity for active fun for individuals of all ages and abilities. Featuring:

- accessible rubber surfacing and artificial turf hills
- accessible play structure features ramps and transfer stations
- sensory oriented play elements

For more information please read the news at this link:

www.kitchener.ctvnews.ca/waterloo-s-first-accessible-playground-now-open-1.6410266

Come explore other accessible playgrounds in our region:

Cambridge Churchill Park

Address: 200 Christopher Drive.
Cambridge, ON

Riverside Park

Address: 49 King St., West
Cambridge, ON (Preston)

Kate's Place, Gibson Park

www.therecord.com/news/waterloo-region/2019/05/31/kate-s-kause-aims-to-add-accessible-washroom-to-elmira-park.html

Address: 17 First Street West. Elmira, ON

Kiwanis Parks

www.kitchener.ca/en/pools-and-swimming/kiwanis-park-and-pool.aspx

Address: 1000 Kiwanis Park Drive, Kitchener

Brightside ABA Services



In-Person Individual Consultation

Each in-person individual consultation package includes an assessment package:

- 2-3 hours of goal setting
- Observation(s)
- Behaviour Support Plan Review

Intervention:

- 24 hours of intervention (1 session per week
 - 22 hours of intervention (1 session per week (2 hours))
 - 2 hour progress summary review

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

Services are eligible as an OAP Expense

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

**Connect today
to discuss our
service
packages**

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



"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. There are always new programs offered in every season. To see the list of these services, please visit the website: www.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** updates twice in a year. To get the most recent version it's always better to get it from 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**

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The Weekly Mothers' Support Group at SDRC

The Mothers' Support Group is a 6-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, community resources, 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 6 consecutive weeks. Two times are offered: Wednesday evenings from 7:00 pm– 8:30 pm or Thursday mornings from 10:00 am– 11:30 am.

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



WHAT'S HAPPENING IN THE COMMUNITY

EarlyON Waterloo region

EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old.

Along with seven (7) EarlyON locations across Waterloo Region there are five (5) mobile sites where Drop-in Playtime is offered:

- Stork Family YMCA - Tuesday mornings
- New Dundee Community Centre - Tuesday mornings
- Wilmot Family Resource Centre - Wednesday mornings
- Wellesley Community Centre - Monday mornings
- Victoria Hills Community Centre - Friday mornings

Drop in playtime: drop in anytime the centre is open. EarlyON at Linear Park mobile location offers pre-registered Music and Movement.

Families are required to set up a KeyON account through www.KeyON.ca before participating in programs. For up to date info please visit their locations page our website here: www.earlyyearsinfo.ca/find-a-drop-in

Webinars of Autism Ontario

Autism Ontario webinars are an interactive, easy-to-understand resource for autistic people, parents, professionals, and educators. To check and watch the webinars click on this link:

www.autismontario.com/programs-services/webinars

Housing Forum

On June 20, Developmental Services Ontario, Region of Waterloo, Waterloo Region Family Network, and Extend-A-Family Waterloo Region are hosting two housing presentations.

Location: DoubleTree by Hilton, 30 Fairway Rd. S., Kitchener.

Cost: Free. Register and get your ticket at the links:

Afternoon Session: June 20, 1pm

www.eventbrite.com/e/housing-forum-afternoon-session-tickets-638719225397

Evening Session: June 20, 6 pm

www.eventbrite.com/e/housing-forum-evening-session-tickets-638745173007

Canada Learning Bond

The Next Accelerator Project of YWCA aims to increase information and awareness about the Canada Learning Bond (CLB) with modest income, fixed income, single parent and newcomer families across Canada in order to improve access to education and financial knowledge among families. It will help them to:

- Learn more about the Canada Learning Bond (CLB) and who is eligible.
- Apply for this FREE funding
- Get support with obtaining identification or finding a tax clinic
- Receive a gift card for participating and sharing your feedback!

If you are interested in learning more or would like support in applying for the CLB, contact s.hohenadel@ywcacambridge.ca.

David Conforti Award

David Conforti was a remarkable and caring young man who made a difference in his community and inspired others through his volunteer work in York Region. In order to recognize the importance that volunteering had on David's life and to encourage and recognize volunteerism in the autistic community, his family, together with Autism Ontario, have created The David Conforti – Reach for the Stars Award as a lasting tribute to David Conforti's life. The application deadline is Friday, June 30, 2023.

This award is open to applicants across Ontario. Apply for this award at this link: : www.autismontario.com/DavidConforti

Acknowledging the Sibling Experience (ASE)

Oak Bridge Academy, in partnership with Unity for Autism, City of Kitchener and WRFN hosts a program called Acknowledging the Sibling Experience (ASE). ASE was designed to bring siblings of individuals who are neurodiverse together to connect with each other over food and refreshments. Although there are no programs in the summer but interested persons who would like to be contacted about future opportunities, they can register here:

[https://docs.google.com/forms/d/Acknowledge the Sibling Experience](https://docs.google.com/forms/d/Acknowledge%20the%20Sibling%20Experience)

If you have any questions, please reach out to: Holly at holly.kane@oakbridge.ca.

Aging and Developmental Disabilities

Stay tuned! OADD (Ontario Association of Developmental Disabilities) is hosting a two day hybrid event on Aging and Developmental Disabilities.

Dates: November 8th and 9th, 2023

Location: Donald Gordon Centre, Kingston, ON (and virtual!)

The general population overall is aging. Adults with developmental disabilities may be facing physical, emotional and cognitive changes as part of the aging process; this two-day hybrid event will provide a series of presentations by people working in the field on issues related to Aging and Developmental Disabilities.

For more information on this event visit there website:

<https://oadd.org/>

Camps For People with Developmental Disabilities

Adults In Motion has 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

BE-Friends Program of Bridges to Belonging

BE-Friends is a volunteer matching program that connects people 17 years or older (Friend) with any disability (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.

Looking for a Buddy Community Volunteer - [Click Here](#)

Interested to be a Volunteer Buddy - [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.](#)

Beechwood Brainery

Beechwood Brainery is offering inclusive camps at both its Cambridge & Waterloo locations this summer! The Brainery is a low-ratio organization designed for children and youth with disabilities and/or mental health conditions. Their camps provide additional support in social and emotional skills and adapt all activities for everyone.

Please email info@bbrainery.ca for registration information & forms. Also you can register online:

<https://docs.google.com/forms/2023>

Summer camp registration

www.bbrainery.ca

Connecting, Interests and Activities

This group in Waterloo Region is 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

Fun Fearless Females

Fun Fearless females is a social group to empower women of all abilities to live happy and healthy lives. They have many regular and summer events scheduled.

Check at this link to see the events calendar.

www.funfearlessfemalesbookings.as.me/schedule.php

Spots are limited. Please email: lori@funfearlessfemales.ca to register.

Some of the scheduled events are:

- Stretch and Unwind
- Ladies Night (virtual and in person)
- Talk It Out
- Meet and Greet
- Day Trips to different fun location throughout the Summer

WHAT'S HAPPENING IN THE COMMUNITY

Groups at Extend-A-Family

This Community Group is to support members to participate in community while encouraging them to make connections to places and people. This is accomplished through:

- Group facilitation to develop group norms and safety in community
- Developing relationship in community
- Becoming more confident and independent
- Leadership development

18 years and older, eligible for passport funding, member does not need assistance with personal care and one-to-one support.

For more information contact:

Ben Sauder, 519 741 0190 ext. 290

ben.sauder@eafwr.on.ca

Open Space

Extend-A-Family in partnership with Kitchener Public Library hosts **Open Space** - a weekly gathering program that promotes inclusion within the community by getting people together for food, fun, and conversation.

- **Games and Drop-In**
Monday, 6:30 pm to 8:30 pm
Kitchener Public Library, 85 Queen St N
- **Virtual (Cambridge)**
Monday, 6:30 pm to 8:30 pm
Join by Zoom
- **JackBox and Virtual Game Nights (Virtual)**
Tuesday, 6:30 pm to 8 pm
Join by Zoom

For more information contact:

Ben Sauder, 519 741 0190 ext. 290

ben.sauder@eafwr.on.ca

Recreational Respite

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

Recreational Respite professionals work one to one with children, youth, adults and older adults who have a disability, mental health, or face social isolation. Those they support may face barriers to participation, struggle with social relationships, connectivity, that effect opportunities for participation. Targeted goals are for positive mental health, emotional wellness, social health and connectivity.

Cost: \$36.50 - \$38.50/hour

Summer 2023: Offering one-to-one respite support at summer camps and community recreation programs.

www.recrespite.com/respite-support

Virtual group programs have been developed in partnership with our participants to address a variety of interests, skill practice, goals and outcomes that promote inclusion, encourage community participation and nurture social connectivity. For more information call at : 1-877-855-7070 or visit their website www.recrespite.com/ontario

The A-Team of Waterloo Region

The A-Team of Waterloo Region is primarily run by individuals with Asperger's Syndrome, for adults with Asperger's Syndrome (ASD – level 1), with some assistance from Bridges to Belonging.

Please go to:

www.ateamwaterlooregion.wordpress.com/about/ for more information on how to register and attend the upcoming virtual meetings!

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/>

Camino Wellbeing+Mental Health

519-743-6333

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

Grand River Hospital

519-742-3611

<http://www.grhosp.on.ca/>

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

Cambridge Memorial Hospital

519-621-2330

<https://www.cmh.org/>

Camino Wellbeing + Mental Health

As of April 1st, Carizon, KW Counselling Services, and Monica Place have become one organization with new name - Camino Wellbeing + Mental Health. Their commitment is to supporting your journey towards improved wellbeing and mental health by bringing together the expertise of Carizon, KW Counselling Services, and Monica Place. For more detail information on their services and programs please check this website:

www.caminowellbeing.ca

Check this link for all groups and programs for families:

www.carizon.ca/group-programs

Community Resource Program: Carizon is now offering several online and in-person child/youth, caregiver, and family groups. These groups are FREE and open to families of the Waterloo Region. To register call 519-743-6333 X 2383 or email:

groups@carizon.ca

Virtual Support Group for Adolescents with FASD

The return of the Virtual Support Group for Teens with FASD. This group meets every Wednesday night at 7 – 8:30 pm.

Contact Rob for more information
rmacdonald@lutherwood.ca.



ACSD Application

ACSD (Assistance for Children with Severe Disability) and SSAH (Special Services at Home) applications 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 in the coming school year and wondering which school your child would attend - here are some links that may help you:

For Waterloo Region District School Board
www.wrdsb.ca/our-schools/schools

For Waterloo Catholic District School Board
www.wcdsb.ca/our-schools/school-finder-transportation-eligibility

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

[bpweb.stswr.ca/Eligibility.aspx?](http://bpweb.stswr.ca/Eligibility.aspx?Page=School)

[Page=School](http://bpweb.stswr.ca/Eligibility.aspx?Page=School)

For child care

- www.regionofwaterloo.onehsn.com
- www.risingoaks.ca/registration-before-and-after-wcdsb#
- www.snrcwaterlooregion.ca

Student Links

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

For more information visit their website www.studentlinksontario.ca

Or contact Natalie Bianco

Student Links Coordinator

Kitchener/Waterloo 416-859-8581

nbianco@communitylivingontario.ca

Prosper Canada's Benefits Wayfinder

Prosper Canada's new Benefits Wayfinder tool can help you and your sibling with disability navigate federal and provincial benefits to improve your sibling's financial security.

The Benefits wayfinder was created by Prosper Canada, a national charity that works with partners in all sectors to develop and promote financial policies, programs and resources.

You can access their services from their website at this link:

www.benefitswayfinder.org

You can learn more about how to use this tool and financial security by enrolling into this free online course:

Savvy Siblings: Strengthening the Financial Security of Your Sibling with a Disability.

This course is for adults who want to play a role in improving the financial security of their siblings with disabilities - whether today or in the future.

www.learning.siblingscanada.ca/courses/savvy-siblings

Online Sensory Workout Project

On behalf of Aptus Treatment Centre, the Sensory Workout Project is pleased to share the following series of training videos for staff, families and people supported. Learn about adding sensory to fitness to help it be more engaging and beneficial. Each series comes with activity videos for each topic, including how-to dancing, stretching, etc.

Check out the Sensory Workout YouTube Channel which includes all of the training videos. More activity videos will be added soon.

Here are topic-specific video playlists:

Module 1: Intro to Sensory Workout, Fitness Goals, Outcomes & Safety
[https://www.youtube.com/playlist?module 1](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?module 2](https://www.youtube.com/playlist?module2)

Module 3: Intro to Sensory Processing & Physical Activity
[https://www.youtube.com/playlist?module 3](https://www.youtube.com/playlist?module3)

Module 4: The Sensory Environment
[https://www.youtube.com/playlist?module 4](https://www.youtube.com/playlist?module4)

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/

Virtually Together: You. Me. We by Abilities Centre

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

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

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

For the Fall schedule, more information and registration form please email:
sportandrec@abilitiescentre.org
or call: 905-665-8500
www.abilitiescentre.org

Special Needs Camps

Parents and their children benefit from special needs camps, where kids facing unique challenges can participate in summer camp and get the special attention they require. This link lists many such camps in the Region and beyond:

www.camps.ca/special_needs_camps.php

Kidsability Teen & Young Adult Summer Camps

KidsAbility has many summer camps specially designed for different age groups:

Please check at his link:

The following information is provided to assist families with identifying day camps that are specialized for teens and young adults with disabilities, or inclusive camps that are welcoming to all abilities and may provide additional supports to youth with special needs.

Families are encouraged to contact the camp directly to discuss your campers unique interests and support needs to determine if the program will be a good fit.

www.kidsability.ca/camp-directory-summer-teen

Kidsability Day Camps for Children with Disabilities

www.kidsability.ca/camp-directory-summer-day

Families are encouraged to contact the camp directly to discuss your child's unique interests and support needs to determine if the program will be a good fit for your child.

Sibshop by Autism Ontario (14-18 yrs)

Thursday, June 15, 4:00-5:00pm

Sibshops are lively, pedal-to-the-metal celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with autism is, for some, a good thing; for others, a not-so-good thing; and for many, somewhere in between.

It will occur over Zoom, and registrants will receive their link before the event.

Once registered, you will receive an email asking you to complete a short survey to provide us with the information to best plan the classes.

Register

Yoga Programs of City of Cambridge

The City of Cambridge has two new yoga programs for youth: Adaptive Yoga for teens with disabilities (13-21 years) on Wednesdays 6 - 6:50 pm and Girls Only Yoga (10-14 years) on Wednesdays 7-7:50 pm. For the Adaptive Yoga classes, participants can bring a program assistant when using a PAL card and there will also be a Leisure Buddy to support the class. For more info, connect with Jenn at blanchardj@cambridge.ca.



Swimming

The City of Kitchener is running a **Fit Swim for Teens and Adults with Special Needs** who are independent swimmers who can be coached from the deck, as well as **Adapted Aquatics Family Swims** for a more sensory friendly swim environment. For more information search "Adapted Aquatics" on Kitchener's ActiveNet platform:

<https://anc.ca.apm.activecommunities.com/activekitchener/home>

Learning how to swim can prepare you for a lifetime of fun, fitness and water safety. Register for swimming lessons at one of their pools. Mark your calendars with these future registration dates:

- **summer swimming lessons:** June 6 at 8:30 a.m.
- **fall swimming lessons:** August 15 at 8:30 a.m.
- **winter swimming lessons:** December 5 at 8:30 a.m.

Swimmers looking for 1:1 support in the water can continue to request Inclusion Support for municipal swimming lessons.

- For City of Kitchener and City of Waterloo swim lessons you can review the process here: <https://www.kitchener.ca/en/recreation-and-sports/how-to-request-inclusion-support.aspx>. You can complete an Inclusion membership here: <https://www.kitchener.ca/en/recreation-and-sports/inclusion-support.aspx>
- For City of Cambridge swim lessons swimmers can request a Leisure Buddy. For more information about this program visit <https://www.cambridge.ca/en/learn-about/support-and-accommodations.aspx>.

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. We also have several adapted life jackets (LJ-A, LJ-V, PFD-A, and WetVests) available for loan as well. 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.

Bike Riding at KidsAbility

Due to the popularity of KidsAbility's TR (Therapeutic Recreation) Bike Clinic. 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>. (If you are interested in using a balance bike to help your rider progress towards two wheel riding, a new Balance Bike Basics handout will be available soon!)

Baseball

Kitchener Minor Baseball:

Kitchener Minor Baseball has introduced a Challenger division in the spring for the first time!!! Although the pilot program will be beginning on June 5th for players ages 8-12.

The program hopes to expand to more age groups in the future. For more information visit www.kitchenerminorbaseball.ca/challenger

Challenger baseball is an adaptive baseball program specifically designed to empower youth living with physical and or cognitive disabilities.

Buddy League Canada (Cambridge)

Buddy League is an adaptive and inclusive baseball program in Waterloo Region that provides children and adults with the opportunity to play baseball in a safe, supportive, and friendly environment. Buddy League offers a Jays Care Challenger Baseball division for those players who are new to the sport.

Buddy League Junior and Senior Divisions will play on Wednesday and Thursday evenings, beginning May 25 from 6-7 p.m., or 7-8 p.m., while their Buddy League Challenger program will begin on 10 a.m., June 24. Each of these programs return to the A. Wayne Taylor diamond behind Saginaw Public School in Cambridge. You can access the registration link here, or visit their website (www.buddyleaguecanada.com).

Summer ActiveWaterloo Guide

Summer ActiveWaterloo Guide is now available online digitally or in print. It features both new and returning programs.

- Preschool and child dance
- Cookie workshops for ages 7-12
- 7 NEW! fitness classes for adults
- RETURNING: CAN-BIKE safety courses
- RETURNING: 55+ arts, culture, games and cards drop-in at WMRC
- RETURNING: home alone and babysitting courses
- NEW! Badminton and Table Tennis at WMRC
- Swim lessons at the Swimplex & Moses Springer outdoor pool (opening June 18)
- City of Waterloo Museum events & tours

Cool Things To Borrow from Your Library

Public Libraries of Kitchener Waterloo are a great place to look for resources. From educational to leisure, from vinyl records to digital/online, you name it. You can also borrow some cool things from different branches of the libraries like Basketballs, Bike Locks, Bocceballs, Boardgames, Croquet Meters, Energy Meters, Hockey Skates, Musical Instruments, Jenga Giants, Pickle Balls, Ring Toss Games, Tennis Raquets, Puzzles, Park Passes, Museum Passes, Hotspots, Pedometers and more. Please visit their website at the following links:

www.wpl.ca/cool-things
www.kpl.org/cool-things

Splash Pads open in Waterloo Region

Summer is almost here and so is the heat. Fortunately the splash pads are open for to cool you off and have fun. Here is the list of splash pad locations around you:

Now open in Kitchener:

Breithaupt Park, 806 Union Street, 519-741-2502
Centreville Chicopee, 141 Morgan Avenue, 519-741-2490
Chandler Mowat, 222 Chandler Drive, 519-741-2733
Doon Pioneer Park, 150 Pioneer Drive, 519-741-2641
Kingsdale, 78 Wilson Avenue, 519-741-2540
McLennan Park, 901 Ottawa Street South
Victoria Park, Courtland Avenue West, 519-741-2345
RBJ Schlegel Park, 1664 Huron Road
Each location is open daily from 9 a.m. to 9 p.m.



The city reminded residents all splash pad users must wear swim clothes, be respectful of other guests, take turns, and always supervise children under age 9.

Meanwhile the City of Cambridge says its 11 splash pads will be open from June 10.

Waterloo's two splash pads are now open. They are open from 10 a.m. to 6 p.m.

- Waterloo Park's splash pad is located off Father David Bauer Drive, next to the skate park. Free parking is available on the street or in lots surrounding the park.
- Albert McCormick Community Centre, 500 Parkside Drive, Waterloo, 519-885-1700.

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

<https://www.kidsability.ca/community-recreation-programs>

<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>

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

Recreation Programs Available in the Region

Click on the links below for further information on each program

City programming in Kitchener– Waterloo offers recreation programs in various ways. These are some of them listed below:

Before and After School Programs
Extended day programs through school board
(ages 4-12 years)

Waterloo Regional District School Board -WRDSB
Waterloo Catholic District School Board - WCDSB
YMCA/YWCA

Kindergarten Extended Day Care (4-5 years)
School Age Youth Development (6-12 years)

City of Waterloo Camps-and-pre-school
Waterloo

City of Kitchener Children-and-youth Kitchener
City of Cambridge Children's recreation
Cambridge

Regional Libraries also offers various programming. You can find them on their website:

Waterloo Public Library Events Calendar
Kitchener Public Library Events Calendar
Cambridge Idea Exchange Events Calendar

Access 2 Card

The Access 2 Card program helps to ensure that entertainment, cultural and recreational opportunities are more available and accessible to all. The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at participating entertainment, cultural and recreational venues across Canada.

A support person is an adult who accompanies a person with a permanent disability to assist with services that are not provided by the employees at the participating venue, such as assistance with eating, administering medication, communication and use of the facilities.

www.access2 Card

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 in the region

KidsAbility's website (www.kidsability.ca) has a **full listing** of programs offered by various organizations in our region.



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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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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Fax: 519-896-0978

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118 Barnswallow Dr.
Elmira, ON N3B 2Y9
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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