



September is Fetal Alcohol Syndrome Disorder (FASD) Awareness Month

FASD Awareness Day is September 9, 2023

FASD Related Services at SDRC

The FASD Coordinators at Sunbeam Developmental Resource Centre work with children, youth and families living with FASD or a potential FASD in Waterloo Region up until the age of 18, or 21 and still attending school. You can find more information on how to make a referral for these services and contact the FASD coordinators on page 2 - 5.

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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 sdrc.ca.

For the latest on Sunbeam's Covid 19 updates visit the website at:
sunbeamcommunity.ca/news

FASD SERVICES AND PROGRAMS

FASD Fundamentals for Caregivers Fall 2023 Workshop Series



FASD FUNDAMENTALS FOR CAREGIVERS

October 4th, 11th and 18th
6pm to 8pm
Via Zoom
Register with Michelle at
m.hughes@sunbeamcommunity.ca

We will focus on topics such as stigma, assessment, grief and loss and accommodations



Plexus Referral Process for FASD Services in Waterloo Region

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 the Waterloo Region.

A referral can be made by the individual or their legal guardian. **Plexus** will also accept referrals from extended family members, family physicians, 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.

Resources can be provided to caregivers and health and social service providers wanting more information about FASD. If you have concerns or questions about the policies regarding eligibility for children under 18 years of age, please contact the FASD Coordinators of SDRC at: **plexusfasd@sunbeamcommunity.ca**

They can also be found on Instagram and Twitter at - [@Plexus Fasd](#)
like, follow, share and connect!

Referrals can be made here: **Plexus Referral**
sunbeam-centre.ontarionow.ca/self-referral/?aLanguage=

FASD SERVICES AND PROGRAMS

The Network of Supports in Our Community

FASD Coordination

The 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 the 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

Day treatment programs are available in partnership with the Waterloo Region District School Board to provide adapted academic environments for elementary age children in Fort and high school age youth in Temenos. A team of specialists will facilitate academic instruction, life-skills training, social-skills development, work-readiness coaching and family support, tailored to individual needs and goals.

Reach For It!

Reach For It! is a collaborative community project whose mission 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, SDRC offers virtual support groups 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 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 website at: **plexusfasd.ca**

FASD Coordinators

Karen Huber and Michelle Hughes

plexusfasd@sunbeamcommunity.ca

Fall - Winter FASD Support Groups For Adolescents

- This 6-week group on Thursday evenings during October-November 2023 and February-March 2024, consisting of virtual meetings and in-person events, will serve adolescents (age 12-17 years old) that are affected by FASD.
- Each virtual session will be co-facilitated by an adolescent with lived experience and a Service Coordinator from the sector of children's mental health services.
- In-person events will provide adolescents and their parents/caregivers with the opportunity to establish social connections with one another so that they can continue to nurture these important relationships beyond the scope of the support group.

Please email Rob MacDonald at rmacdonald@lutherwood.ca or call 519 504 0695 to register.

Dufferin Wellington Guelph FASD

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

FASD One

The FASD Ontario Network of Expertise (FASD ONE) works to respond to emerging issues, changing environment, and available resources by focusing on priorities related to gaps or challenges associated with this complex disability. You can find more information on this page:

fasdontario.ca/about-us/who-we-are

FASD at Health Nexus

With funding provided by the Government of Ontario, Health Nexus offers various supports and resources to individuals, families, and service providers affected by FASD:

- Their "FASD One Stop" website fasdinfotsaf.ca is a source of accurate, up-to-date FASD information, news, and events
- Annual subsidies to new and existing FASD support groups
- FASD-informed training for service providers from multiple sectors

Please visit their website for more information: healthnexus.ca/fasd

FETAL ALCOHOL SPECTRUM DISORDER (FASD) BIRTH MOTHERS SUPPORT GROUP

Do you Care for your Child with FASD/Potential FASD?

Join the Ontario FASD Support Group for Birth Mothers. Gather with other mothers to discuss the unique challenges and opportunities to being a birth parent. Our goal is to decrease stigma and increase a sense of community. This is a peer led group with support from those experienced in FASD.

HELD VIRTUALLY

Monthly sessions that will explore life with FASD including stigma, grief and loss, family/self care and building strengths.



RESERVE YOUR SPOT!

REGISTRATION DEADLINE: SEPTEMBER 29, 2023



NorWest Community
Health Centres
Centres de santé
communautaire NorWest



Parents Helping Parents FASD Ontario

Parents Helping Parents FASD Ontario (PHPO) is a parent support phone resource for caregivers of children, youth and adults affected by FASD living in Ontario. Their phone line is open Monday to Saturday from 10 am to 10 pm, and Sundays from 10 am to 4 pm. French service is available.

Phone number: 647 572 4519

parentshelpingparentsfasdontario.ca

Being On The Same Page: Co-Parenting a Child With a Developmental Disability

We often hear how important it is for parents to be on the same page, but what does that really mean?

- Facing challenges together
- Believing in and trusting each other
- Having the same or similar goals
- Having the same or similar understanding of the diagnosis and challenges your child is facing
- Using the same or complementary approaches, particularly when challenges arise

What does it **not** mean?

Being exactly the same!

The process of accepting and understanding your child's diagnosis and its impact is a journey, unique to each person.

Everyone brings different ideas, beliefs and approaches to parenting. A parent who worries a lot often brings deep thought and creative ideas. A laid-back parent can bring balance and optimism about the future. Both approaches contribute to your child's well-being and success, provided you work together and have similar goals.



Benefits of being on the same page:

For your child

- Consistency and predictability
- A sense of security
- Easier to make progress

For parents

- Feeling supported, that you're "in this together"
- Greater intimacy
- Easier to tell how well an approach works if you both commit to it

Pitfalls of not being on the same page:

For your child

- Confusion about what the "rules" are: Getting one response from one parent and a different one from the other is confusing
- Insecurity
- Lack of progress (The most reinforcing reward is a random one)
- Blaming themselves if their parents can't get along

For parents

- Resentment
- Feeling that your opinions and knowledge are not valued
- One parent might want to maintain "control", afraid that the other won't follow through/ do things correctly
- One parent feeling the emotional and mental load is all on them
- Conflict in the relationship
- Not giving new ideas a chance
- Reduced feelings of hopefulness

Being on the same page...

(cont'd from page 6)

How do you get on the same page?

Having a child with a diagnosis of autism and/or intellectual disability can bring couples closer together. However, the challenges are real and there is a risk of relationship breakdown. Even if you are no longer a couple, being on the same page is still important.

Some ideas to get on the same page:

Communicate

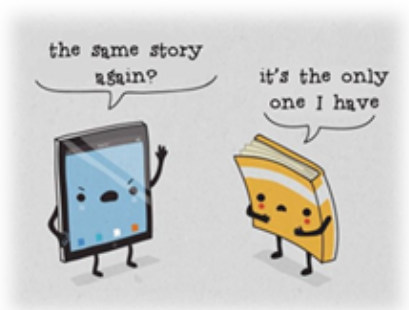
- Be open with each other, willing to listen even when you don't agree
- Question each other by seeking knowledge respectfully, not by challenging each other
- Pay attention both to what is said and what is unsaid

Clarify the values that guide your parenting approach and goals

- Understand how your own childhood has affected your approach to parenting
- Talk about your cultural, religious and other beliefs, including the roles of mothers, fathers and extended family

Having a child with a diagnosis of autism or intellectual disability means creating a new "Playbook". Because of your child's specific needs, your approach will be different from the way you were raised or even how you raise your other children. Your values and beliefs about parenting are still important, but you will probably need to be flexible in how you apply them. Here are some ideas:

- Share responsibilities based on the strengths and gifts of each parent. Try creating a list of all tasks that need to be done and reviewing it together. Each parent can select the tasks they are most comfortable with/ able to do
- Learn together. Both parents taking an active role in therapies, appointments and meetings, even when one is a "stay at home" parent provides many benefits. It contributes to the sense of "being in this together". It allows both parents to ask questions, seek clarification, and develop a plan along with professionals. It reduces the need for one parent to "tell" the other what to do, which can cause friction. It helps parents understand and support each other better, since meetings can be emotionally triggering. Use video to allow both parents to attend meetings and/or ask professionals to meet when you are both available.



Being on the same page...

(Cont'd from page 7)

- Ask for what you need. Ask your child's co-parent to take on tasks, even if they seem obvious to you, rather than waiting for them to volunteer. They may genuinely not see what needs to be done or feel that you will do it better. Be specific and try not to criticize when things aren't done exactly how you would do them.
- If one parent is taking the lead in an area/task, trust that they are doing the right thing based on what they have learned, heard, researched, and/or been told by professionals.
- Once you decide on a plan, fully commit to it, even if only for a specific period of time.
- Set goals – big and small.
- Bring optimism and humour to your parenting.
- Nurture and strengthen the relationship: Plan date nights, even if they are at home. Connect with each other about things other than the children.



- Look out for each other and take over when the other person is overwhelmed. Noted author and Social Worker Brené Brown talks about how relationships are rarely 50/50, and suggests checking in daily to see how much, out of 100, each person can bring.
- Accept help from others, whether from family, friends, professionals or other parents.
- Set up regular check-in meetings, for a "big picture" review of how your goals are progressing and how you are working together. Just like a business meeting, a simple structure for your check-ins can lead to better outcomes.
- Present a united approach so you don't undermine the other parent. Avoid complaining about the other parent with your child or disagreeing in front of your child.

We would love to hear from you! What is your experience of being on the same page? Any helpful tips? Feel free to reach out to: c.legere@sunbeamcommunity.ca and/ or j.frede@sunbeamcommunity.ca with your ideas or comments.

WHAT'S HAPPENING AT SDRC

Trauma-Informed Care at SDRC

SDRC is proud to provide Trauma-Informed Care throughout all of our programs and services. Trauma-Informed Care shifts the focus from “What’s wrong with you?” to “What happened to you?”

A Trauma-Informed approach acknowledges the widespread impact of trauma and actively works to avoid causing further harm or re-traumatization. Increasing our organization’s knowledge of trauma, our understanding of paths to recovery and ensuring we recognize the signs and symptoms of trauma allows us to ensure we are not causing further harm to our clients. We strive to be a leader in the Developmental Sector for providing Trauma-Informed care. This approach is engrained in all SDRC policies, procedures, and practices. You may be wondering, **what is Trauma?**

Anyone can have a traumatic experience and can suffer from the long-lasting effects of experiencing trauma. Exposure to trauma, especially in early life, can have significant effects on the developing brain.

“Trauma is an emotional wound resulting from a shocking event or multiple and repeated life threatening and/or extremely frightening experiences that may cause lasting negative effects on a person, disrupting the path of a healthy physical, emotional, spiritual and intellectual development.”

Some examples of trauma include: physical or sexual abuse; neglect; death, or loss of a loved one; bullying; witnessing domestic violence; painful medical procedures; witnessing community violence. Some signs of trauma include: trouble sleeping; startling easily; feeling numb; unable to show emotion; bouts of anger; out of proportion reactions to minor stressors; fight, flight, freeze responses.

Here is a link to a video clip on how the childhood brain can be impacted by trauma. It is 12 minutes in length but very informative if anyone is interested in further information.

[youtube.com/watch?v=jFdn9479U3s](https://www.youtube.com/watch?v=jFdn9479U3s)

If you or a loved one have experienced trauma there is help available. To access trauma treatment please contact:

- **Camino Wellbeing + Mental Health: Offers trauma counselling**
carizon.ca/counselling/childrens-counselling
carizon.ca/counselling/trauma-counselling
- **Here 24/7: Here 24/7 offers connections to mental health services:**
here247.ca/types-programs-services/mental-health-services
- **Front Door: When a child or youth is experiencing mental health, emotional or behavioural challenges, Front Door is the first place to go for information, assistance, and access to services.**
lutherwood.ca/mentalhealth/program-directory/community-services/front-door

WHAT'S HAPPENING AT SDRC

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 **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.



School Quiz

Conversation starters to help parents talk about school with their children
By: Stuart Alexander Lamont B.S.D., RSSW, Behaviour Consultant

The behaviour consultants at SDRC often meet parents with questions on how they engage in conversation with their child or ways to know about their time in school. Stuart has gathered some ideas on this for you.

1. What do the ceiling lights look like in your school?
2. What does the floor look like in your school?
3. Are there any good smells in your school?
4. Are there any good sounds in your school?
5. When you walk up stairs, are there any rules?
6. When you walk down the hall, are there any rules?
7. Does your school have a gym?
8. Does your classroom have a cubbyhole or a hook to keep your backpack?
9. Does your classroom have a cubbyhole or a hook to keep your backpack?
10. Does your cubbyhole or hook, have your name on it?
11. If you do, what do you keep on or in your desk?
12. Who has the biggest desk in the classroom?
13. Do you know what to do, if you are in your classroom and the fire alarm goes off?
14. Do you know what to do, if you are walking down the hall and you need to sneeze?
15. If I am standing in the doorway of your classroom and I want to go to the office, do I go right or left?
16. When you eat your lunch, how many people can you usually see?
17. Is the flagpole, at your school, next to the office?

WHAT'S HAPPENING AT SDRC

INFORMATION SESSION on FINANCIAL SUPPORTS - Virtual



Join us to learn more about the various financial supports, including eligibility criteria, which are available to families who have a child ages 0 - 17 diagnosed with autism and/or intellectual disability.

Appropriate For: Family or community members who want to learn more about financial supports for children with ASD, FASD or intellectual disability.

****This workshop will not cover OAP funding****

Presented by:
Audrey Macleod and
Julia Russell
Thursday, November 16,
2023
10:00 am to 11:30 am.
Register By: Nov 10, 2023

To register, email:
r.khanam@sunbeamcommunity.ca
or call 519 741 1121 ext. 2201
or online at sdrc.ca

SPEAKER SERIES - Virtual College Accommodation/CICE (Community Integration Through Cooperative Education)

Stay tuned for more information and date. You will be able to register online once scheduled
sdrc.ca/workshops-and-training

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: brightsideabaservices.com



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



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** is updated twice in a year. The most up-to-date version can always be found on our **website: 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.

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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. It 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



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: anxiety, school issues and grief.

Please call 519-741-1121 for more information about how to join. Hope to see you soon!

WHAT'S HAPPENING AT SDRC

The Monthly Fathers' Support Group

The Fathers' Support Group is open to fathers in Waterloo Region who have a child (of any age) with an intellectual disability and/or autism. The group meets monthly.

It is a great opportunity for dads to discuss a wide range of topics related to parenting a child with an intellectual disability and/or autism. Fathers learn from guest speakers as well as from each other, sharing wisdom, understanding and a chance to talk to other dads who "get it".

Some of the topics discussed in the past year were: mindfulness, sharing the diagnosis and advocating for your child.

The Fathers Support Group meets on the
3rd Tuesday of the month from 6:30 – 8:00 pm.

Please call 519-741-1121 for more information about how to join.



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.



Autism and Social Communication Skills - Virtual

Date: Tuesday, October 17, 2023

Time: 6:30 pm to 8:00 pm

Register by: October 13, 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.

Tips for Guardians of Individuals with Autism - Virtual

Date: Tuesday, October 24, 2023

Time: 6:00 pm – 8:00 pm

Register by: October 20, 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.

Apps For Communication and Learning - Virtual

Date: Monday, November 6, 2023

Time: 6:30 pm to 8:00 pm

Register By: November 3, 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.

WHAT'S HAPPENING AT SDRC

Helping Individuals with Autism Navigate the Social World - Virtual

Date: Tuesday, November 21 (Part 1) and Tuesday, November 28, 2023 (Part 2)

Time: 1:00 pm – 3:30 pm

Register by: November 17, 2023

Presenter: Stuart Lamont, B.S.D., RSSW

Appropriate For: Parents and Caregivers of Children/Youth/Adults

Individuals with autism typically do not learn many social skills by simply observing others in a social context. Parents and caregivers need to understand this. This workshop provides strategies, resources and educational materials to help parents and caregivers understand the difficulties in teaching someone with autism social skills.

Topics covered include:

- Developing an Action Plan
- Identifying Core Skills
- Developing a Social Skills Profile
- Generating Useful Strategies
- Exploring Ways to Observe Behaviour & Identify Alternative Behaviour
- Understanding Behaviour within the Context of Social Skills

A model of Skill Learning will be presented. This is a 2-part course. You must take Part One to understand Part Two.

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

Changes to Passport Guidelines by MCCSS

Passport funding is the reimbursement program that helps adults with developmental disabilities in Ontario access services and supports.

There are some changes to the Passport Program guidelines that came into effect on April 1, 2023. These changes include addressing the temporary list of eligible expenses that were added to the Passport Guidelines in April 2020 to support recipients in response to the COVID-19 pandemic. The temporary expansion of eligible expenses are no longer in effect as of April 1, 2023. Some of the temporary eligible expenses will be permanently integrated into the Passport guidelines, and some expenses will no longer be eligible. The complete Passport Guideline is available at this link: ontario.ca/page/passport-program-guidelines. As well, find additional resources, including tip sheets and videos, on the Passport website at: passportfunding.ca.

The Sibling Support Group Is Back!!

The Sibling Support Group is a 6-week group
for siblings of children with autism.

Youth, ages 11-15 will meet others who have similar experiences and challenges,
in a supportive, fun environment that encourages sharing.

This group is co-facilitated by a Service Coordinator and a Social Worker.

This group is free, but registration is required.



The group will meet on Mondays, from 5 – 6:30 pm
starting on October 16th at
2749 Kingsway Drive in Kitchener (near Fairview Mall)

If interested, please call: 519 741 1121 extension 2209 or email
c.legere@sunbeamcommunity.ca



WHAT'S HAPPENING AT SUNBEAM

Minister Tour at Sunbeam Community and Developmental Services

Minister Parsa and MPP Dixon had the opportunity to meet the clients and staff, members of the leadership and governance team, and others at the Sunbeam Community. It was a wonderful day for a tour. Sunbeam's Chief Executive Officer, Brian Swainson, showcased Sunbeam's newly upgraded, state-of-the-art specialized dental clinic and new seating and mobility clinic spaces. They also stopped by a Recreation and Wellness Program activity where some of the clients were gathered to participate in a 'Pimp My Ride' event where they were able to decorate their wheelchairs and other mobility aids ahead of Sunbeam's Kid's Day on Saturday, August 26th. Next, they finally headed to the gymnasium, where Sunbeam clients were participating in a Barbie-themed dance party after stopping by Sunbeam's therapy pool.



Recreation and Wellness Program

Sunbeam's new Recreation & Wellness Program enhances the quality of life of program participants. With a focus on recreation, socialization, inclusion and community, including both physical and emotional wellness, the Recreation & Wellness team provides fun and engaging programming at various community locations.

- The Recreation & Wellness program is offered as a fee-for-service option to individuals living with a developmental disability.
- Program participation is an eligible activity for the use of Passport Funds, which are intended to address the community participation services and support needs of individuals.
- For all activities and events, participants must be accompanied by their own support person or a family member.

For more information about this program, its calendar of upcoming events, and how to register please click to visit: sunbeamcommunity.ca/recreation-wellness-program

WHAT'S HAPPENING IN THE COMMUNITY

Parent Mentor Program of WRFN

Through the Parent Mentor Program, Waterloo Region Family Network (WRFN) provides a means for parents to connect with each other, as well as guide, support and help empower each other to work through the highs and lows that make up their journeys.

Parent Mentors provide information and emotional support; share ideas and strategies; and connect their mentees with community resources.

If you would like to be connected to another parent who has been through a similar experience, please call Sue Simpson at 519-886-9150, ext. 1 or email sue.simpson@wrfn.info to learn more.

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.

Family Resource Coach of WRFN

The Family Resource Coaches are available to meet in person, by phone, email, or virtual call to lend a helping hand and personal guidance to families and to connect you to updated information, resources, and opportunities available within our community.

Call Erin Sutherland at 226-808-5460 or email Erin.Sutherland@wrfn.info.

Call Leah Bowman at 226-898-9301 or email Leah.Bowman@wrfn.info.

Call Marla Pender at 226-338-7274 or email Marla.Pender@wrfn.info.

Flu shots and flu clinics in Waterloo Region

With flu season approaching you may like to keep you and your family updated with flu shots. Flu shot clinics are available seasonally to help prevent the spread of influenza.

You should get a flu shot as soon as possible. It's the best way to protect yourself and your family from the flu. For more information please visit:

ontario.ca/page/flu-facts

At the links below you will find information on where to get your flu shot in Waterloo Region:

- **Pharmacies**
- **Region of Waterloo Public Health Services**
- **Walk in Clinics in Waterloo Region**
- **Community Health Centres in Waterloo Region**

WHAT'S HAPPENING IN THE COMMUNITY

AccessOAP

AccessOAP is the Independent Intake Organization to connect you with autism programs and services available to your family through the Ontario Autism program. If you have questions about New AccessOAP, how to create an account or Ontario Autism Program visit these websites:

autismontario.com/AccessOAP
accessoap.ca

March of Dimes Hi, Tech!

March of Dimes Hi, Tech! program empowers adults with disabilities to build their digital skillset and bridge online connections with their communities.

If you have a disability and are 18 years or older, you are eligible to be matched with a tech support coach. Your coach will answer your technology questions and get you set up. To learn more visit:

marchofdimes.ca/en-ca/programs/atech/hitech

Calendar of Upcoming Events of Autism Ontario

Autism Ontario helps all individuals with autism and their families in their communities have access to meaningful supports, information, and connections so they are equitably and seamlessly supported across their life course.

autismontario.com/events

Online Application for ACSD and SSAH

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: ontario.ca/page/assistance-children-severe-disabilities-program

SSAH: ontario.ca/page/special-services-home

Autism in High School Web-based Guide

This resource guide is to help students with autism and their families navigate the transitions and challenges of high school. The guide is divided into common transition periods. In each section, you will find descriptions of common challenges, suggested questions to help you plan for supports, and external resources for further investigation. This is the website: **autisminhighschool.ca**

Specialisterne North America

Centre for ADHD Awareness Canada (CADDAC)'s virtual support Specialisterne North America works with businesses in Canada and the US to hire neurodivergent employees. They connect qualified neurodivergent candidates to employment opportunities in numerous industries and sectors. For more information please visit their website:

specialisterne.applytojob.com

WHAT'S HAPPENING IN THE COMMUNITY

P4P's Housing Action Plan

Developing Your Individualized Housing Action Plan – 10-week virtual program Online, Fall 2023

Join Partners for Planning (P4P) for a unique program that will help you:

- Plan and create your housing vision for the future
- Explore various individualized housing & support models
- Learn about ways you can maximize financial resources
- Discover strategies to reduce support costs
- Identify goals and tasks to begin implementing your plan

Cost for the series is \$1600 (HST included) and is an eligible expense for Passport Funding. Learn more at this link:

planningnetwork.ca/resources/person-directed-planning-crafting-your-individualized-housing-plan

Passport Claim Support Virtual Drop-In

Have a question regarding passport claims?
Join us for a virtual lunch hour Drop-In.

Oct. 4, 2023
12:00 pm to 1:00 pm

No registration, no presentation.
Paper claim, eCLAIM, MyDirectPlan

us06web.zoom.us/j/81963584657#success

Contact Mercedes: mweeks@cwsds.ca

Autism Speaks Canada

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

autismspeaks.ca/autism-response-team-art



Connecting, Interests and Activities

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

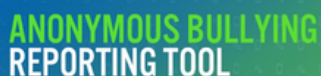
- The purpose of the group is to create a safe and supportive space for people to have fun, meet and connect with others, and take part in activities. You can help make this group what you want. Join if you're looking for a positive place of belonging!
- Held on the second Thursday of the month, from 5 - 7 pm at the Downtown Community Centre, 35 B Weber Street West, Kitchener
- 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

WHAT'S HAPPENING IN THE COMMUNITY

The Anonymous Bullying Reporting Tool of WRDSB

We hear from some parents about bullying concerns at school. Here is some information about an additional support that the public school board has set up to help students at the WRDSB schools get help and feel safe.

The Anonymous Bullying Reporting Tool is available to WRDSB students to report safety concerns related to bullying for themselves, or on behalf of another student.



The Anonymous Bullying Reporting Tool is not meant to replace school supports available, but rather to provide an option for students. Students are encouraged to continue to reach out to their teachers, principal or other school staff when in need of assistance. For more information go to the website wrdsb.ca and search "The Anonymous Bullying Reporting Tool."

Mental Health Literacy Guide for Autism

The Mental Health Literacy Guide for Autism published by York University and Centre for Addiction and Mental Health is available at this link:

yorku.ca/Mental-Health-Literacy-Guide-for-Autism.pdf



Kaleidoscope Kids

Kaleidoscope Kids is a free drop-in program to play, connect, support and be supported. There is no age limit, no registration is required. You can bring your children with special needs, siblings or come by yourself.

Thursdays from 3 pm to 5 pm

KidsAbility, Waterloo

500 Hallmark Drive, Waterloo

For more information please contact:
info@wrfn.info

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. Learn more about these on their website:

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

Email: info@woolwichcounselling.org

It Takes A Village: Parenting As A Model For Inclusive Communities

In-person parenting workshops

Tuesdays, Oct. 10, 17, 24 2023,

6:30-7:30 pm

Fee: No cost

Speakers: Jessie Quinn and Abby Cooper

Caregiver Support Group

In-person sessions for adults

Thursdays, Oct. 5, Nov. 2, Dec. 7 2023, Jan. 4, Feb. 1, Mar. 7, Apr. 4, May 2, Jun. 6 2024
1-2 pm

Fee: No cost

WHAT'S HAPPENING IN THE COMMUNITY

Extend-A-Family WR Community Groups

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 relationships in community
- Becoming more confident and independent
- Leadership development

Eligible participants are 18 year and older, eligible for passport funding, and do not require one-to-one support or assistance with personal care.

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 Evening - 6:30 pm to 8:30 pm
Kitchener Public Library, 85 Queen St N

Coffee and Chats

Friday Morning - 10 am to 12 pm
Conestoga Mall Food Court.

550 King St N. Waterloo

Wednesday Afternoon - 12 pm to 2 pm
Cambridge Centre Food Court

355 Hespeler Rd, Cambridge

Computers & Connection

Wed. Afternoon - 2:30 pm to 4:30 pm
Kitchener Public Library, 85 Queen St N
For more information contact:

Ben Sauder, 519 741 0190 ext. 290

ben.sauder@eafwr.on.ca

WRFN Drop-Ins at EarlyON

Family Resource Coach of WRFN Erin hosts in-person drop-in meetings to answer your questions about community resources and child development. They take place at various EarlyON locations. Meetings do not require an appointment but are offered on a first come first serve basis.

Visit: **wrfn.info/events** for drop-in dates and locations.

Or call: 226 808 5460

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 CC - Friday mornings

Drop-in Playtime: drop in any time the centre is open.

Families are required to set up a KeyON account through **KeyON.ca** before participating in programs.

earlyyearsinfo.ca



WHAT'S HAPPENING IN THE COMMUNITY

ODSP Payments Increase

In July, 2023, Ontario raised ODSP payments by 6.5%.

ODSP rates are now tied to inflation. In any year that payments go up, you will receive the higher payment at the end of July of each year. The increase applies to:

- basic needs and shelter maximum amounts for singles and families
- board and lodge amounts for singles and families
- the amount provided for a couple where both have disabilities
- amounts for services provided by a Long-Term Care Home or a Specialized Care Residence

This latest increase is in addition to the 5% increase applied in September 2022, bringing the total to almost 12% over the last 12 months.

Camino Wellbeing + Mental Health offers Groups and Workshops

Camino wellbeing + Mental Health 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: carizon.ca/group-programs

To register call 519-743-6333 X 3250 or email: groups@caminowellbeing.ca

Strong Moms, Safe Kids

A group for mothers and children healing from domestic violence offered by Camino Wellbeing + Mental Health.

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 facilitators and interpreters are there to meet the needs of those from diverse ethno cultural groups and who do not speak English.

Weekly on Wednesdays from 5:30-8:00pm
Running for 10 weeks, October 4 – December 6, 2023

Registration for Fall 2023 session is now open. Please contact intake at: 519-884-0000 ext. 222 to enroll or email jdegazon@caminowellbeing.ca

Parenting Now

Parenting Now is a resource for the parents and caring adults of Waterloo Region. It is both an online and community-based resource that provides opportunities for people to connect with other parents, learn new parenting tips and strategies and find support through local agencies and services. Visit their website: parentingnow.ca

WHAT'S HAPPENING IN THE COMMUNITY

The Ontario Caregiver Organization

Ontario Caregiver Organization is full of resources for 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. 7 am-9 pm (Mon – Fri) at ontariocaregiver.ca.

- **The SCALE Program (Supporting Caregiver Awareness, Learning and Empowerment): 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 - [click here](#)
For caregivers who need the support of a peer mentor - [click here](#)
- **Educational Webinars**
- **Toolkits and Resources for Caregivers**
- **Time to Talk Podcast**

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.

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

BE-Friends Program of Bridges to Belonging

BE-Friends is a volunteer matching program that connects people with any disability 17 years or older ("Friend") with a community volunteer 19 years or older ("Buddy"). The pair get together as often as they want, enjoy fun activities they choose and become part of each other's world. Find more information on their website:

bridgestobelonging.ca/be-friends-volunteer-matching-program

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 the community: please [Apply Here](#).

APSGO

The Association of Parent Support Groups in Ontario (APSGO) is for parents struggling with the behavior of a child, youth or young adult.

APSGO support groups help parents/guardians develop effective strategies, set limits and boundaries, and build better relationships with their children. Although the group has been meeting via Zoom, they are assessing the interest to meet in person/hybrid on Wednesdays at 7:15pm. If you are interested please email APSGO-KW at: apsgo.kw@gmail.com. You can also visit their website for more information: apsgo.ca.

WHAT'S HAPPENING IN THE COMMUNITY

Support for Mental Health

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

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

here247.ca

Camino Wellbeing+Mental Health

519-743-6333

caminowellbeing.ca

Grand River Hospital

519-742-3611

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

cmh.org

Autism and Mental Health Services/Focus Group Participants Needed

The Counselling Collaborative of Waterloo Region (CCWR) is a collective of the five non-profit counselling agencies aiming together to improve the quality and integration of mental health services of autistic youth and their families.

The aim of the focus group is to hear about your experiences accessing and navigating supports as caregivers, autistic youth and health professionals.

If interested in participating and would like more information, please email:
kelly.reitzel@woolwichcounselling.org

DSOCWR Housing Navigation

Are you interested in learning about housing and support services beyond traditional Ministry funded options?

You may wish to connect with your local DSO Housing Navigators:
Call or email DSO CWR Housing Navigator
at: 1888-941-1121 or
c.hallsunbeamcommunity.ca

Learn how the DSO housing toolkit can help you create your housing vision:
dsontario.ca/resources/housing



Some Recreational Programs in the Community for Individuals with Special Needs

City of Kitchener and City of Waterloo Adapted Aquatics – To register visit **Waterloo's Active Net** page on their website:
ca.apm.activecommunities.com/activewaterloo

DARE - The Dance Adventure Rhythm Experience program provides active and social engagement adapted for all developmental and physical abilities. For more information visit:
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:
secure.laurierathletics.com/ecommerce/index.php?CatID=226

Arts for All – This class offered through Arts Abound 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

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 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. kwgymnastics.ca/adaptive-program. Contact Asifa at adaptive@kwgymnastics.ca for more information.

Programs at YMCA

Membership is not required to access the free online workout programs of YMCA. At this link you will have free access to many different kinds of workouts from your home. YMCA programming online: ymcahome.ca

Soccer

Visit linktr.ee/waterloounited for all of the latest program info, key dates & club news! Contact at wmsc@waterloounited.com, or 519-578-9680.

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

youtube.com/playlist?module 1

Module 2: Intro to Sensory Processing

1 Training video & 3 dance-focused activity videos for people supported:

youtube.com/playlist?module 2

Module 3: Intro to Sensory Processing & Physical Activity

youtube.com/playlist?module 3

Module 4: The Sensory Environment

youtube.com/playlist?module 4

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: kidsability.ca/tr-bike-clinic

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. For registration and other information please visit their website or email the program coordinator: Nicole Vandermade SunlifeCPA@wlu.ca

519.884.0710 x3209

researchcentres.wlu.ca/

sun-life-financial-centre-for-physically-active-communities/index.html

Supportive Hockey Programs

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:

kitchenerminorhockey.com/Pages/41953/Ice_Pirates_-_Special_Hockey

Cambridge Ice Hounds is a hockey program developed for players with special needs. You can find more information at this link: cambridgeicehounds.ca

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.

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 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

[kidsability.ca/program
activityguides](https://kidsability.ca/program/activityguides)

eafwr.on.ca/events/

wrfn.info/blog/tag/wrfn-newsletter

wrfn.info/category/event

www.caminowellbeing.ca

autism-ontario-adult-e-newsletter

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, 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 of Three Rivers:

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. Some of these are 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 offer a variety of programs and events which can be found on their websites:

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.

Website: **access2 Card**

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

Kitchener: kitchener.ca/community-centres

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

Cambridge: 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: Inclusive activities for children can be found 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 Theatre

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 their name as well.

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

Satellite Offices

Cambridge

757 King St. E
Cambridge, ON
N3H 3N8
Phone: 519-650-9718
Fax: 519-650-5729

Kitchener/Waterloo

2749 Kingsway Dr
Kitchener, ON N2C 1A7
Phone: 519-894-6156
Fax: 519-896-0978

Elmira

118 Barnswallow Dr.
Elmira, ON N3B 2Y9
Phone: 519-669-3205
Ext. 222
Fax: 519-669-3444

Disclaimer

We want to provide an informative resource that will be a useful guide for you. **Sunbeam Developmental Resource Centre does not necessarily endorse the information contained in this newsletter.** The purpose is to provide information to the community. It is up to the reader to decide what is useful for 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-policy