



## International Day of Persons with Disabilities (IDPD)

December 3 is observed as the International Day of Persons with Disabilities (IDPD) around the globe. The Convention on the Rights of People with Disabilities is an international human rights treaty of the United Nations intended to protect the rights and dignity of people with disabilities.

The theme of the 2023 International Day of Persons with Disabilities (IDPD) is: "United in action to rescue and achieve the SDGs (Sustainable Development Goals) for, with and by persons with disabilities".

In celebrating this day, we further strengthen our vow of recognition for the persons with visible or invisible disabilities. We recharge our responsibility to promote their rights and wellbeing and value them by their 'Abilities' through all of our services and activities.

**Autism Direct Funding Applications** will be available soon! Please see **page 2** for details.

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## Who We Are

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

For the latest on Sunbeam's Covid 19 updates visit the website at:  
[www.sunbeamcommunity.ca/news](http://www.sunbeamcommunity.ca/news)

# WHAT'S HAPPENING AT SDRC

## Autism Direct Funding (ADF)

It will soon be that time of year again when interested families can apply for Autism Direct Funding (ADF).

Families residing in Waterloo Region who have a child under the age of 18 with an ASD diagnosis are eligible to apply for Autism Direct Funding to potentially receive up to \$500 (five hundred dollars). If received, this funding is to be used to help with the cost of summer camps and respite support, as well as recreation and leisure activities.

The online application form for ADF will be posted on SDRC's website on January 1, 2024 and will remain available until end of day on January 31, 2024, at which time the application process will be closed. Priority applicants will be those who are not yet receiving Special Services at Home funding.

This funding is to be used to pay for programs purchased between April 1, 2024 and March 31, 2025. All applicants will receive notification of the outcome of their application by the end of February 2024. This early application and approval process is to allow families to better plan for the upcoming summer months.

For more information and to apply online, please visit our website at [www.sdrc.ca](http://www.sdrc.ca) or call 519-741-1121 ex. 2288.



### Holiday Hours of SDRC

SDRC offices will be closed on December 25 and 26, 2023 and January 1, 2024 for Christmas, Boxing Day and New Year's Day. Our office will remain open on Dec 27, 28 and 29, 2023.

### iPad Loaner Program at SDRC

Clients and their families can borrow an iPad to use through a Library Loaner Program of SDRC. This will help them attend virtual appointments and to trial various programs such as communication apps online.

Please call 519-741-1121 for further details on how to borrow a device.



# WHAT'S HAPPENING AT SUNBEAM

## Join Sunbeam's Board of Directors

Sunbeam Community & Developmental Services is expanding the Board of Directors!

As the decision-making body at the highest level of organizational governance and leadership, the Sunbeam Board of Directors plays a critical role in creating an organization committed to the issues of anti-racism, equity, diversity, and inclusion.

We are deeply committed to building a membership that is representative of the population being served. Therefore, we encourage applications from people who identify as First Nations, Metis, and/or Inuit, other members of BIPOC communities, persons with disabilities, Women, members of the LGBTQ2S+ community, and other people with lived experience who may contribute to fostering innovative ideas and solutions through an equity lens.

To learn more about this opportunity, please visit

[www.sunbeamcommunity.ca/governance-and-leadership](http://www.sunbeamcommunity.ca/governance-and-leadership)

## Support Sunbeam's Children's Respite Program

### This Holiday Season

Sunbeam's overnight respite program for children provides much-needed caregiver relief to families while providing a safe and secure home-like environment with supports tailored to meet the complex needs of each child.

This year, your generous support of our holiday season appeal can make a difference in the lives of children and their families and caregivers.

To learn more about Sunbeam's Holiday Appeal in support of Children's Overnight Respite, or to make a donation please visit:

[www.sunbeamcommunity.ca/donate](http://www.sunbeamcommunity.ca/donate)



Peju with her daughter, Febi

## Recreation and Wellness Calendar of Events

Through the delivery of specialized programming and activities designed to promote physical, emotional, and social wellness, Sunbeam's Recreation and Wellness team strives to enhance the quality of life and sense of community and belonging in the people we support.

The team is excited to introduce the monthly Recreation and Wellness Calendar of Events, which contains information and details for all group activities at Sunbeam and can be found on the Sunbeam Community website here:

[www.sunbeamcommunity.ca/recreation-wellness-program](http://www.sunbeamcommunity.ca/recreation-wellness-program).

These programs qualify for the use of Passport Funds by eligible adults 18 years and older and are offered as a fee-for-service option for children 12 years and up.

For more information and registration, please contact the Recreation & Wellness department via phone: 519 893-6200 (ext. 1211) or email: [recreation@sunbeamcommunity.ca](mailto:recreation@sunbeamcommunity.ca)

## How to Help Your Child Engage in Holiday Activities

'Tis the season to be jolly!! While the holidays are a fun time to spend with family and engage in fun activities, they can also be stressful. The holidays might evoke feelings of worry and stress as you worry about how your child will engage when seeing family or engaging in holiday activities. This is definitely overwhelming but there are ways that a few simple strategies can make a difference for your family over the holidays.

**1. Prepare and organize!** Plan in advance as much as you can. Use a visual schedule or calendar to post all important events and information. List who will do certain tasks and when activities are taking place. For example: cookie decorating is on Monday at 3pm.

**2. Establish a routine** - This might be a hard time for your child as their whole routine has changed. Holidays can be spontaneous and unplanned, but you can establish a routine for your child by putting the day in writing. This can help mitigate unwanted events for your family. Providing a schedule will show your child what their day will look like and help reduce behaviors between transitions. During the day review the schedule frequently with your child and offer reinforcers/praise when they transition smoothly.



**3. Read social stories** - Try to read social stories about big events and activities that may be stressful for your child. The social stories can include how fun it might be to engage in the holiday activities even if it's for a few minutes. You can read the social stories together and even act out scenarios of what your child can do during these activities. For example: Create a social story for how to build a snowman.

**4. Create a plan to cope** - It's okay if things don't go as planned. Create a plan to identify triggers and warning signs that challenging behaviors will escalate. Identify some calming strategies of things to do when your child feels upset or overwhelmed.



**5. Model and practice** - During the activities model what your child should do. Show them how to build that snowman, make cookies or open presents. Once you model it, let your child have a try. Practice really goes a long way.

# TIPS FROM ABA TEAM

## Holiday Activities...

(cont'd from page 3)

**6. Reinforcement** - Reinforce your child for engaging in the activity even if it's for a few minutes. Provide verbal praise "good job joining us" and offer some time with a preferred activity. The more reinforcement the better!

**7. Do an activity your child prefers** - if your child has a special interest try incorporating that activity with the family.



**8. Offer choices** - provide your child with choices when doing activities. By providing choices it allows your child to have a sense of control. For example, let them pick between two holiday crafts or activities. Flexibility and patience will go a long way in creating a positive and calm environment.

Happy holidays from the Brightside family to yours!

**Here are some more resources that you may find helpful:**

[www.theautismhelper.com/holiday-social-stories-visual-questions](http://www.theautismhelper.com/holiday-social-stories-visual-questions)

[www.hiehelpcenter.org/2022/12/01/holiday-social-stories](http://www.hiehelpcenter.org/2022/12/01/holiday-social-stories)

[www.acuitybehaviorsolutions.com/holiday-tips-for-children-autism-spectrum-disorder](http://www.acuitybehaviorsolutions.com/holiday-tips-for-children-autism-spectrum-disorder)

[www.purewow.com/family/christmas-activities-for-kids](http://www.purewow.com/family/christmas-activities-for-kids)

[www.verywellhealth.com/holidays-with-an-autistic-child-4156462](http://www.verywellhealth.com/holidays-with-an-autistic-child-4156462)

[www.behaviorexchange.com/prepare-for-the-holidays-while-having-fun-learn-about-social-stories](http://www.behaviorexchange.com/prepare-for-the-holidays-while-having-fun-learn-about-social-stories)



## ABA Team Shares a Success Story!

We (The ABA Team of SDRC) are thrilled to share some fantastic news about one of our Brightside clients Andrew. We are excited to congratulate him on securing his first job at Canadian Tire. Andrew recently completed the Summer Job skills group and demonstrated exceptional learning in his final mock interview. It comes as no surprise that he secured a position soon after. This achievement not only reflects Andrew's hard work, but the consultation services provided at Sunbeam. We take great pride in the success of our clients and are confident he will continue to excel in his future professional endeavors.

## Adult Resource Guide

(Previously known as Transition to Adulthood Booklet)

What was previously named the Transition to Adulthood Resource Booklet is now titled The Adult Resource Guide: Community Supports and Services. Originally the Guide was developed to provide key resources to youth on the autism spectrum who are transitioning to adulthood (turning 18) and who may not be eligible for adult services from Developmental Services Ontario. Recently it has come to our attention that this Guide is also being used by adults of all ages who have other diagnoses, so we have changed the title of the Guide to reflect this. The most up-to-date version can always be found on our **website: [www.sdrc.ca](http://www.sdrc.ca)**. Below are the contents featured in this guide:

1. Introduction
2. What Is Self Advocacy
3. Sunbeam Developmental Resource Centre (SDRC)
4. Help To Find Supports And Services
5. Income Assistance
6. Employment, Training and Volunteer Supports
7. Housing Supports
8. Transportation Supports
9. Adult Education Information
10. Legal Information And Supports
11. Mental Health And Crisis Supports
12. Fetal Alcohol Spectrum Disorder Information
13. Cultural Supports
14. LGBT2SQ+ Services
15. Vulnerable Persons Registry
16. Social/Recreational Activities & Cards
17. Support And Social Groups
18. Online Resources
19. Long Term Planning
20. Other

## 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**

## Autism Social Skills Groups

### Autism Social Skills Group

SDRC offers a 6-week Social Skills Group to children/youth with an autism spectrum disorder between the ages of 11 and 17 years. A referral is required as this is not a drop-in group. **The Six Week Group runs on Tuesday evenings from 5:00 pm-6:30 pm.**

### Autism Monthly Social Skills Group

SDRC offers a Monthly Social Skills Group for youth between the ages of 14 and 17 years with an autism spectrum disorder with no intellectual disability. Individuals must be able to be independent. The purpose of the group is to help individuals develop social skills. A referral is required as this is not a drop-in group.

The Monthly Social Skills Group is offered every **2nd Wednesday** of the month at **5:00 pm-6:30 pm** with every other month to include a community outing.

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

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## 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.



# WHAT'S HAPPENING AT SDRC - GROUPS

## 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!



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## 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!





## Sibling Support Group

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 next group will meet on Mondays, from 5:00 pm – 6:30 pm starting on April 2024.

Location: 2749 Kingsway Drive, Kitchener

If interested, please call: 519 741 1121 extension 2209 or email [c.legere@sunbeamcommunity.ca](mailto:c.legere@sunbeamcommunity.ca)



# WHAT'S HAPPENING AT SDRC

## **FASD Fundamentals For Caregivers A Full Day of Interactive Learning about FASD for Parents and Caregivers**

**Do you want to learn more about**

- 1. What does FASD look like in everyday life?**
- 2. How to build accommodations for support and success in home and community?**
- 3. How does FASD impact the brain and body?**

**Then please join us for this workshop on**

**Friday, February 9, 2024  
10:00 am to 3:00 pm  
#205 - 1120 Victoria St N., Kitchener**

**To register please email:  
Michelle Hughes  
[m.hughes@sunbeamcommunity.ca](mailto:m.hughes@sunbeamcommunity.ca)**

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## **Family Compass Waterloo Region**

As you may know, Family Compass was launched in February 2018 as a result of the collaborative efforts of Special Needs Strategy Planning Table, Lead Agency for Mental Health, and CYPT. It was designed to be a starting point for all services and supports available to young people in Waterloo Region. Over time, thousands of folks have made use of the site, and it offered us huge value during the Pandemic in guiding community to current support options for families. Now, almost 6 years in, Family Compass is in need of an evolution.

The Family Compass site will be taken off-line Friday December 15th. In the first half of 2024, we will work together to determine the next chapter of what Family Compass needs to be, and offer, at this point in time. Stay tuned for more details!



## School Refusal - Virtual

Date: Tuesday, March 26, 2024

Time: 12:00 pm – 1:00 pm

Register by: March 22, 2024

Presenters: Denise Burke, Jeannie Chaves, Lisa Hardeo and Wendy King

Appropriate For: Parents and Caregivers of Children/Youth.

This workshop is designed to provide a general overview of strategies for parents of children and youth displaying school refusal issues. This workshop will review causes, typical behaviours associated with, and tips and strategies around possible causes behind these school refusal behaviours. Additionally, the instructors will provide an example of what a transition to school plan could look like. This workshop will be providing a generalized view of school refusal issues and will not target child specific examples.

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

Date: Tuesday, March 12 (Part 1) and Tuesday, March 19, 2024 (Part 2)

Time: 1:00 pm – 3:30 pm

Register by: March 8, 2024

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.

## Tips for Guardians of Individuals with Autism - Virtual

Date: Thursday, February 22, 2024

Time: 6:00 pm – 8:00 pm

Register by: February 16, 2024

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

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

This workshop is designed to provide parenting strategies for parents/guardians of children with autism. This workshop will review parenting styles, discuss challenging behaviours and the possible causes behind these behaviours. Additionally, the instructor will provide strategies to address these challenging behaviours.

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

**Please stay tuned...**

**for the upcoming virtual speaker series hosted by SDRC  
Your Tax Questions Answered  
Part 1: Understanding Disability Tax Credit (DTC)  
Part 2: Using the Disability Tax Credit & Other Information  
Presented by: Speakers from Canada Revenue Agency**

**There will be daytime and evening sessions. Please check our website  
([www.sdrc.ca](http://www.sdrc.ca)) for more information and the flyer and register online  
at this link when posted:**

**[www.sdrc.ca/workshops-and-training](http://www.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](http://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](mailto: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](http://brightsideabaservices.com)



# WHAT'S HAPPENING IN THE COMMUNITY

## 2024 Virtual Camp Fairs Waterloo Region and Guelph-Wellington

Learn more about summer camp opportunities for children, youth, and adults with special needs in Waterloo Region, Guelph Wellington, and beyond. In partnership with Waterloo Region Family Network (WRFN) and Supporting Kids in Camp (SKIC), KidsAbility is hosting a series of Summer Camp Fairs to showcase camps who provide programming and/or supports for campers with special needs.

Join them to learn about camp options, supports, and have your questions answered by the camps themselves! There is no cost to attend the camp fairs. Link to the information on the KidsAbility Website:

**[www.kidsability.ca/camp-info](http://www.kidsability.ca/camp-info)**

Webinar link for Summer Camp Fair #1 – Overnight Camps in Waterloo Region, Guelph-Wellington, and Beyond - January 9, 2024 from 7 – 9 pm

**[www.events.teams.microsoft.com/summercamp#1](http://www.events.teams.microsoft.com/summercamp#1)**

Webinar link for Summer Camp Fair #2 – Day Camps for Children, Aged 4-12 (Guelph-Wellington) – January 10, 2024 from 7 – 9 pm

**[www.events.teams.microsoft.com/summercampfair#2](http://www.events.teams.microsoft.com/summercampfair#2)**

Webinar link for Summer Camp Fair #3 – Day Camps for Children, Aged 4-12 (Waterloo Region) – January 10, 2024 from 7 – 9 pm

**[www.events.teams.microsoft.com/summercampfair#3](http://www.events.teams.microsoft.com/summercampfair#3)**

Webinar link for Summer Camp Fair #4 – Teens and Young Adults (Waterloo Region and Guelph-Wellington) – February 5, 2024 from 7 – 9 pm

**[www.events.teams.microsoft.com/summercampfair#4](http://www.events.teams.microsoft.com/summercampfair#4)**

To learn more please email: [rectherapy@kidsability.ca](mailto:rectherapy@kidsability.ca)  
or 1-888-372-2259



## 9-8-8 Help Line

**9-8-8** is a new national helpline in Canada which gives people access to suicide prevention services via call or text now available in all provinces and territories, 24/7 and free of charge. Its goal is to prevent suicide. Calls and texts will be directed to a network of partners in communities across the country. People can call or text 9-8-8 toll-free, anytime for support in English and French.

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## Flu shots and flu clinics in Waterloo Region

With the height of flu season approaching, getting your flu shot is the best way to protect yourself and your family against catching and/or spreading the influenza virus. Seasonal flu shot clinics are available every year across the region, free of charge.

For more information please visit:  
[www.ontario.ca/page/flu-facts](http://www.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**
- **Community Health Centres**



## Ontario Electricity Board (OESP) Helps Low-Income Families

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

### **New Application**

[ontarioelectricitysupport.ca/SelfAssessment](http://ontarioelectricitysupport.ca/SelfAssessment)

### **Renew Application**

[ontarioelectricitysupport.ca/Renew](http://ontarioelectricitysupport.ca/Renew)

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## Emergency Low Cost Food Program

There are many sources in the Region of Waterloo who provide emergency food hamper and meal programs. Please call the hamper or meal program first as the information, including hours of operation and services offered, is subject to change. Most churches also provide food hampers for their geographical area only.

Please contact the Food Bank of Waterloo Region at 519-743-5576,

[www.thefoodbank.ca](http://www.thefoodbank.ca)) or the Cambridge Self Help Food Bank, 519-622-6550 for more information about specific programs in your neighbourhood.

Check at their website for detailed information: [www.christmashampers.ca](http://www.christmashampers.ca)

# WHAT'S HAPPENING IN THE COMMUNITY

## The Canada Community Inclusion Project: Micro-Grant Program

Autism Speaks Canada is looking for youth ages 15-30 who want to make an impact for autistic individuals across Canada.

Autism Speaks Canada will grant 25 youth between 15-30 years old funds of up to \$5,000 to create and deliver youth-led projects that focus on one or more of the following categories:

- Autism understanding and acceptance
- Supports and Services for autistic and their families
- Advocacy
- Community Engagement
- Research
- Intersectionality
- Inclusion, Diversity, Equity, Access
- Delivery in both official languages

Deadline to submit a project proposal is February 15. Check on their website for more information and apply:

[www.autismspeaks.ca/ccip-micro-grant-program](http://www.autismspeaks.ca/ccip-micro-grant-program)

## 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](mailto: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](mailto:Erin.Sutherland@wrfn.info).

Call Leah Bowman at 226-898-9301 or email [Leah.Bowman@wrfn.info](mailto:Leah.Bowman@wrfn.info).

Call Marla Pender at 226-338-7274 or email [Marla.Pender@wrfn.info](mailto:Marla.Pender@wrfn.info).

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## Free Webinars by ARI

Autism Education for Individuals, Parents and Professionals - free online webinars by Autism Research Institute (ARI)

### Sensory Considerations for Social Communication

Learn how a sensory-friendly environment and neurodiversity-affirming treatments support confidence and social communication skills.

Vanessa Rentschler, Au.D., CCC-A, C.A.S.  
Audball Paradigm, LLC

Wednesday, Jan 17, 2024  
1 pm Eastern Time (U.S.)

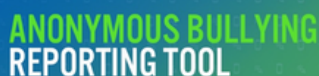
**Register** here for this webinar.  
For information on other webinars please check at this link: [autism.org/webinars](http://autism.org/webinars)



# 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.



ANONYMOUS BULLYING  
REPORTING TOOL

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 and search "The Anonymous Bullying Reporting Tool."  
[www.wrdsb.ca/](http://www.wrdsb.ca/)

## 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:  
[www.yorku.ca/Mental-Health-Literacy-Guide-for-Autism.pdf](http://www.yorku.ca/Mental-Health-Literacy-Guide-for-Autism.pdf)



## Travel Assistance for Neurodiverse Persons

Toronto Pearson has partnered with Autism Ontario and Magnusmode to provide these resources to assist autistic and neurodiverse people and their caregivers.

[www.torontopearson.com/en/accessibility/travel-tools-for-autism-and-other-diverse-needs](http://www.torontopearson.com/en/accessibility/travel-tools-for-autism-and-other-diverse-needs)

## 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:

[www.wchc.on.ca/community-programs/all-programs-and-services](http://www.wchc.on.ca/community-programs/all-programs-and-services)  
Email: [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)

### Helping Teens Manage Anxiety

Virtual adult workshop  
Wednesday, Jan 17, 2024  
7:00-8:00 pm  
Fee: No cost

### Caregiver Support Group

In-person sessions for adults  
Thursdays, 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

## 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 Access-OAP, how to create an account or Ontario Autism Program visit these websites:

[www.autismontario.com/AccessOAP](http://www.autismontario.com/AccessOAP)  
[www.accessoap.ca](http://www.accessoap.ca)

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## 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:

[www.marchofdimes.ca/en-ca/programs/atech/hitech](http://www.marchofdimes.ca/en-ca/programs/atech/hitech)

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## Calendar of Upcoming Events of Autism Ontario

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

[www.autismontario.com/events](http://www.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: [www.ontario.ca/page/assistance-children-severe-disabilities-program](http://www.ontario.ca/page/assistance-children-severe-disabilities-program)

SSAH: [www.ontario.ca/page/special-services-home](http://www.ontario.ca/page/special-services-home)

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## 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 their website: [www.autisminhighschool.ca](http://www.autisminhighschool.ca)

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## 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:

[www.specialisterne.applytojob.com](http://www.specialisterne.applytojob.com)

# WHAT'S HAPPENING IN THE COMMUNITY

## Strong Minds Through Active Bodies

Strong Minds Through Active Bodies is a free online course for physical activity students, professionals, and people supporting autistic youth and adults to access physical activity programs and spaces. Participants who access this free course will learn about autism, neurodiversity, ableism, and autistic mental health. They will have access to crowd-sourced creative ideas to improve accessibility to community programs and physical activity for autistic youth and adults, and will have opportunities to contribute to a community of practice through discussion board posts and a written assignment.

[www.apexacademyonline.instructure.com/enroll](http://www.apexacademyonline.instructure.com/enroll)

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## 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: [grohtechexplornet.com](mailto:grohtechexplornet.com)

## 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.

[www.autismspeaks.ca/autism-response-team-art](http://www.autismspeaks.ca/autism-response-team-art)



## Waterloo Region Community Legal Services

Waterloo Region Community Legal Services provide legal advice and help for low income people residing in Waterloo Region with the following type of problems:

Housing Law (tenants)  
Income Maintenance Law (ODSP, OW and CPP-D)  
Employment Insurance  
Criminal Injuries Compensation  
Consumer and Debt Law  
Small Claims Court

For more information please contact their office by phone or by using their online contact form located under the Contact Us section of their website if you require legal assistance during this time.

Website: [www.wrcls.ca](http://www.wrcls.ca)

Phone: 519-743-0254

# 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](http://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**

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## 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](mailto:dlabrash@communitylivingontario.ca) or Meghan Davis at [mdavis@communitylivingontario.ca](mailto:mdavis@communitylivingontario.ca)

## Passport Program of Ontario

The Passport program, funded by the Ministry of Children, Community and Social Services (MCCSS), helps adults with a developmental disability be involved in their communities and live as independently as possible by providing funding for community participation services and supports, activities of daily living and person-directed planning. The program also provides funding for caregiver respite services and supports for primary caregivers of an adult with a developmental disability.

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

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## Canadian Dental Care Plan

Canadian residents with an adjusted family net income below \$90,000, who do not have dental insurance can apply for the Canadian Dental Care Plan (CDCP).

To check the eligibility criteria and application dates please check the website:

[www.canada.ca/en/services/benefits/dental/dental-care-plan.html](http://www.canada.ca/en/services/benefits/dental/dental-care-plan.html)

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## 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.

If you are interested please email APSGO-KW at: [apsgo.kw@gmail.com](mailto:apsgo.kw@gmail.com). You can also visit their website for more information:

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

# 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.

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## 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 4:00 pm  
Kitchener Public Library, 85 Queen St N

For more information contact:

**Ben Sauder, 519 741 0190 ext. 290**  
**[ben.sauder@eafwr.on.ca](mailto: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 offered on a first come first serve basis.

Visit: [www.wrfn.info/events](http://www.wrfn.info/events) for drop-in dates and locations.

Or call: 226 808 5460

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## 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 [www.KeyON.ca](http://www.KeyON.ca) before participating in programs.

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



# WHAT'S HAPPENING IN THE COMMUNITY

## Friendly Connections

Friendly Connections is an interactive social service for individuals of all ages with intellectual and/or developmental disabilities run by ConnectABILITY.

Focused on helping their community overcome isolation, Friendly Connections aims to help improve the well-being of individuals through socializing and providing entertaining resources.

Friendly Connections wants to connect with individuals across Canada through phone calls, video calls, emailing, messenger chats, and good old fashioned mail. We mail letters, postcards, colouring sheets, activity sheets, stickers, and other fun goodies!

[www.connectability.ca/friendly-connections](http://www.connectability.ca/friendly-connections)

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## 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: [www.carizon.ca/group-programs](http://www.carizon.ca/group-programs)

To register call 519-743-6333 X 3250 or email: [groups@caminowellbeing.ca](mailto:groups@caminowellbeing.ca)

## Future Planning Webinar Series

Bridges To Belonging presents webinars on Future Planning for people with disabilities.

**Thursday, January 25, 2024**

**6:30-8:30 P. M.**

FREE online event about insurance and tax planning with Paul Arsenault from Kindred Credit Union as he discusses this topic as it pertains to those with disabilities.

Information will include:

- Disability Tax credit
- Disability support deduction,
- The taxation of trusts,
- Insurance planning and funding estate trusts (including Henson Trust),
- Overview of the RDSP

Learn more and register for this FREE event here! [www.docs.google.com/forms](http://www.docs.google.com/forms)

**Thursday, March 21, 2024**

**6:30-8:30 P. M.**

Another FREE online event will feature David Amy from GGFI Law discussing:

- Wills and Estates
- Trusts and Henson Trusts
- Powers of Attorney

To register check at this link:

[www.docs.google.com/forms/viewform](http://www.docs.google.com/forms/viewform)

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## 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:

[www.parentingnow.ca](http://www.parentingnow.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: [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

Please see below for some more 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  
[www.here247.ca](http://www.here247.ca)

**Camino Wellbeing+Mental Health**  
519-743-6333  
[www.caminowellbeing.ca](http://www.caminowellbeing.ca)

**Grand River Hospital**  
519-742-3611  
[www.grhosp.on.ca](http://www.grhosp.on.ca)

**Cambridge Memorial Hospital**  
519-621-2330  
[www.cmh.org](http://www.cmh.org)

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

## Housing Toolkit by DSO

Learn how the DSO housing toolkit can help you create your housing vision.

This toolkit is a library of housing resources put together by DSO staff, with input from people in similar situations, to help you create a housing plan. If you choose to use the **My housing and support plan** form, Step 1 will provide you with tools to complete it. Additional steps within the toolkit will help you to fill in any gaps in your housing plan. For example, Step 2 "Reviewing housing options and locations" will help if you are not sure where you want to live, and Step 3 "Financing the Plan" will help you explore funding opportunities.

The toolkit has been organized into 6 Steps to make it easier for you to work through the information. Click on each step to access information, resources, tools and expert advice from our staff, families, partner agencies and organizations.

Check at this link for more information:  
[www.dsontario.ca/resources/housing](http://www.dsontario.ca/resources/housing)

To connect connect with DSOCWR Housing Navigator, call or email at: 1888-941-1121 or [c.hall@sunbeamcommunity.ca](mailto:c.hall@sunbeamcommunity.ca)



## 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:

**[www.ca.apm.activecommunities.com/activewaterloo](http://www.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:

**[www.danceadventure.ca](http://www.danceadventure.ca)** or email **[dare@danceadventure.ca](mailto: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:

**[www.secure.laurierathletics.com/ecommerce](http://www.secure.laurierathletics.com/ecommerce)**

**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](http://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

**[www.kitchenerkicks.ca/WP](http://www.kitchenerkicks.ca/WP)** for more information.

**Adaptive Gymnastics** program at KW Gymnastics will offer in-person 1:1 coaching for individuals with special needs. **[www.kwgymnastics.ca/adaptive-program](http://www.kwgymnastics.ca/adaptive-program)**. Contact Asifa at **[adaptive@kwgymnastics.ca](mailto: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:

**[www.ymcahome.ca](http://www.ymcahome.ca)**

The YMCA has revamped their membership. Fee assistance is available for eligible families. Please visit at this link:

**[www.feeassist.ca](http://www.feeassist.ca)**

### Soccer

Visit **[www.linktr.ee/waterloounited](http://www.linktr.ee/waterloounited)** for all of the latest program info, key dates & club news! Contact at **[wmsc@waterloounited.com](mailto: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

[www.youtube.com/playlist?module 1](http://www.youtube.com/playlist?module 1)

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

[www.youtube.com/playlist?module 2](http://www.youtube.com/playlist?module 2)

**Module 3:** Intro to Sensory Processing & Physical Activity

[www.youtube.com/playlist?module 3](http://www.youtube.com/playlist?module 3)

**Module 4:** The Sensory Environment

[www.youtube.com/playlist?module 4](http://www.youtube.com/playlist?module 4)

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## 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:

[www.kidsability.ca/tr-bike-clinic](http://www.kidsability.ca/tr-bike-clinic).

**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](mailto:blanchardj@cambridge.ca).

## 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](http://goodlifekids.com/MOVE)

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## 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](mailto:SunlifeCPA@wlu.ca) 519.884.0710 x3209

[www.researchcentres.wlu.ca/sun-life-financial-centre-for-physically-active-communities](http://www.researchcentres.wlu.ca/sun-life-financial-centre-for-physically-active-communities)

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## 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](mailto:icepirates@kitchenerminorhockey.com) or visit:

[www.kitchenerminorhockey.com/Pages/41953/Ice\\_Pirates\\_-\\_Special\\_Hockey](http://www.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: [www.cambridgeicehounds.ca](http://www.cambridgeicehounds.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 [www.kitchener.ca/leisuresupport](http://www.kitchener.ca/leisuresupport) for more information on how to request support and to complete an inclusion membership form.

For any other accommodation needs or requests, please contact the **Inclusion Services Coordinator at 519-741-2200 ext. 7229**

## Helpful Links To Workshops and Newsletters

[www.kidsability.ca/program/activityguides](http://www.kidsability.ca/program/activityguides)

[www.eafwr.on.ca/events](http://www.eafwr.on.ca/events)

[wrfn.info/blog/tag/wrfn-newsletter](http://wrfn.info/blog/tag/wrfn-newsletter)

[wrfn.info/category/event](http://wrfn.info/category/event)

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

[autism-ontario-adult-e-newsletter](http://autism-ontario-adult-e-newsletter)

[www.autismontario.com/newsletter](http://www.autismontario.com/newsletter)

## Fee Assistance for Leisure and Recreational Activities

Fee Assistance for Leisure and Recreational Activities is available from different sources in the Region of Waterloo. More information on eligibility criteria and how to apply, 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.

[www.access2Card.ca](http://www.access2Card.ca)

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

**Kitchener:** [www.kitchener.ca/community-centres](http://www.kitchener.ca/community-centres)

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

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

### Recreation and Social Programs in the region

KidsAbility's website ([www.kidsability.ca](http://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](mailto:sdrc@sunbeamcommunity.ca)

Website: [www.sdrc.ca](http://www.sdrc.ca)

Hours:

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

Monday to Friday



SDRC Connection publishes 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](mailto: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](http://www.sdrc.ca)

### Satellite Offices

#### Cambridge

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

#### Kitchener/Waterloo

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

#### Elmira

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

### Disclaimer

We want to provide an informative resource that will be a useful guide for you. **Sunbeam Developmental Resource Centre does not necessarily endorse the information contained in this newsletter.** The purpose is to provide information to the community. It is up to the reader to decide what is useful for 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](http://www.sunbeamcommunity.ca/news)

### Privacy, Consent, Collection & Disclosure

Sunbeam's "Privacy, Consent, Collection & Disclosure of Personal/Health Information 2021 Policy Bulletin" can be found at [www.sunbeamcommunity.ca/privacy-policy](http://www.sunbeamcommunity.ca/privacy-policy)