



April 2 is the World Autism Awareness Day ...

According to the **2019 Canadian Health Survey on Children and Youth (CHSCY)** 1 in 50 (or 2.0%) Canadian children and youth aged 1 to 17 years have been diagnosed with autism spectrum disorder (ASD).

Autism spectrum disorder is a neurodevelopmental disorder that can include impairments in speech, non-verbal communication and social interactions combined with restricted and repetitive behaviours, interests or activities. Each person with ASD is unique, and the term "spectrum" refers to the wide variation in strengths and challenges reflected among those with the disorder. (Source: Autism spectrum disorder: Highlights from the 2019 Canadian health survey on children and youth, Public Health Agency of Canada).

Check **pages 15 - 16** of this newsletter for events, services, programs and resources related to autism and visit our website www.sdrc.ca to learn about our professional and support services available to individuals of all ages with a developmental disability and/or an autism spectrum disorder.

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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.

WHAT'S HAPPENING AT SUNBEAM

Sunbeam Expands Services To The Family Centre

Sunbeam Community and Developmental Services is excited to announce that its **Brightside ABA Services**, has expanded to a new site at **The Family Centre** effective March 1.

These services include ABA therapy and associated clinical services such as children's psychiatry, occupational therapy, speech-language pathology and more. The expansion is a strategic effort to consolidate aligned clinical services for developing skills to increase positive behaviours, providing an integrated hub offering comprehensive supports under one roof.

"Sunbeam's program of integrated ABA services at The Family Centre will be the first of its kind, offering individuals and families a comprehensive and collaborative one-stop-shop approach to clinical services in Waterloo region," says Brian Swainson, CEO of Sunbeam Community and Developmental Services.

"There is enormous demand for ABA services in the community and our organization is devoted to ensuring that children, individuals and families receive the highest quality of services and support close to home. This expansion will further our commitment to quality, innovation and service by simplifying access through consolidated programming and reduced local wait times for ABA services."

"Family and Children's Services of the Waterloo Region is thrilled that Sunbeam chose to move their Brightside ABA Services into the Family Centre. We have a long-standing partnership with Sunbeam, and we will continue to nurture our collaboration to provide children, youth, and families in Waterloo region with the services they need," says Executive Director, Sonia Dennis.

"Our role is to ensure the delivery of evidence-based therapies and interventions, tailored to the unique needs of the individuals we serve," says Erin Davis, BCBA. "I am thrilled to be a part of this innovative program to enable comprehensive behavioural plans that help our clients to thrive, and to better support their families."

Sunbeam serves more than 14,000 individuals and their families on an annual basis. Expanding services to The Family Centre will allow Sunbeam to serve more families in the community.

In addition to expanding its comprehensive **Brightside ABA Services** program, Sunbeam will leverage its new presence at The Family Centre to support its **Urgent Response Program** through the Ontario Autism Program.

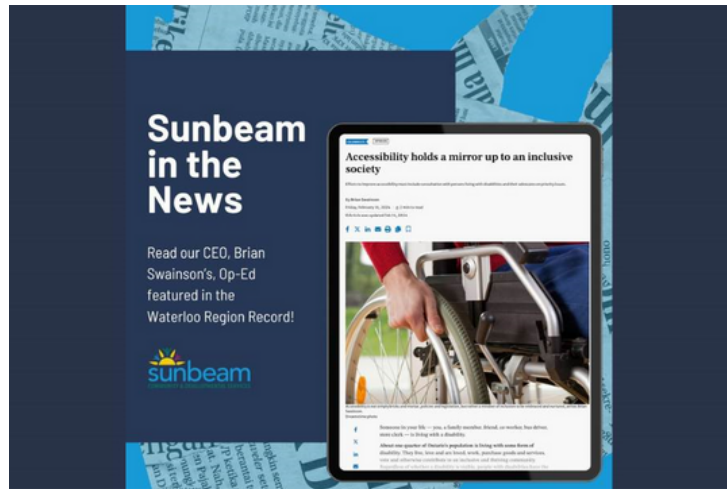
This expansion will see Sunbeam's two Board Certified Behavior Analysts (BCBA's) overseeing and supporting its programming, and playing a key role in developing and implementing individualized behavioral plans.

Sunbeam's expanded ABA Services has launched at The Family Centre on March 1st.

WHAT'S HAPPENING AT SUNBEAM

Sunbeam in the News

Our CEO, Brian Swainson, has recently been published in the Waterloo Region Record!



You can read the full article "Accessibility holds a mirror up to an inclusive society" here: <https://bit.ly/49i67Ho>.

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 introduces 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.

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

WHAT'S HAPPENING AT SDRC

FASD (Fetal Alcohol Spectrum Disorder) Team Shares FASD Services at SDRC

FASD (Fetal Alcohol Spectrum Disorders) is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special support to help them succeed in many different parts of their daily lives. About 4% of Canadians are believed to have FASD.

In Waterloo Region, PLEXUS offers support to children, youth and families living with FASD up until the age of 18 or 21 and still attending high school.

The word PLEXUS means an intricate network. Those with FASD, their caregivers, service providers and community members all make up this network of people who create space for individuals of all ages and their families. PLEXUS can help access FASD-informed services and support.

At the heart of our network are those with FASD.



At PLEXUS:

We understand FASD is a brain-based disability. We strive to provide accommodated services and support.

We recognize that where you were born, live, learn, work, and play affects your health, well-being and sense of belonging.

We know that FASD is different for everyone and we will build a plan that works for you. We highlight individual strengths and gifts.

Sunbeam Developmental Resource Centre hosts two FASD Coordinators who will help guide you through the network of FASD supports in our community. For more information, please email PLEXUS at plexusFASD@sunbeamcommunity.ca or visit our website at www.plexusfasd.ca

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.



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**. 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. LGBTQ2S+ 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.

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!



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!



Coming Soon Virtual Speaker Series

Mental Health and Crisis Services for Youth and Children in the Community

If you would like to learn more about the Mental Health supports for children and youth in our community and how to access the various services offered by different agencies, then we encourage you to register for this upcoming Speaker Series.

In this series, the speaker(s) will present information on the following services:

Child and Youth Mental Health Services
Front Door Mobile Crisis Services
Safe Haven Youth Services

Coming Soon Virtual Information Session on Financial Supports

Join us to learn more about the various financial supports, including eligibility criteria, which are available to families who have a child ages 0-18 diagnosed with autism and/or intellectual disability.

Date and Time: To Be Decided

Audience: Family or community members who want to learn more about financial supports

This workshop will not cover OAP Funding

Please visit our website

**<https://www.sdrc.ca/workshops-and-training>
to register online when available.**



Substitute Decision Making And Power of Attorney Virtual Speaker Series

**SPEAKER:
STEPHANIE DIXON
POORAN LAW**

Topics:

- Guardianship and Power of Attorney
 - Overview of Consent and Decision Making Laws
 - Capacity Assessments
 - Public Guardian and Trustee
 - Alternatives to Guardianship
 - Practical Realities
- Q & A period at the end of presentation

**APRIL 11, 2024
7 TO 8:30 PM**



REGISTER ONLINE:

www.sdrc.ca/workshops-and-training
email: r.khanam@sunbeamcommunity.ca
or call 519-741-1121



Ask A Behaviour Consultant Virtual Clinic Series

SDRC is offering these clinics for parents and caregivers of individuals with a developmental disability and/or autism spectrum disorder. All clinics will be 1 hour in length via Zoom, be limited to a maximum of 10 participants and will include an opportunity for questions and discussion. If you are eligible for SDRC services, and would like to attend any of these clinics, please call Rehana Khanam at 519 741 1121 ext. 2201 to register.

Picky Eating by Chloe Riddell

April 9, 2024 (6 to 7 pm)



This clinic is designed to provide information and support for parents/guardians of children who are struggling with picky eating. Participants will learn common reasons for picky eating and supportive strategies to ensure successful mealtime. There will be an opportunity for questions and answers.



Hygiene by Denise Burke

March 19, 2024 (10 to 11 am) and April 17, 2024 (5:30 to 6:30 pm)

This clinic will provide information and support for parents/caregivers of individuals who struggle to complete hygiene routines (i.e., showering, brushing teeth, washing hands, etc.). Participants will learn common barriers that prevent completion of these tasks as well as strategies to support the individual. There will be a question and answer period for participants.

School Refusal by Denise Burke

April 23, 2024 (6 to 7 pm)



This clinic will provide general tips and strategies around school refusal issues. Sharing ideas to make transitioning to school a little less stressful for children, youth, parents, and caregivers.



Transition by Stuart Lamont, B.SD.RSSW

March 21, 2024 (10 to 11 am) and April 25, 2024 (5 to 6 pm)

Transitions are a large part of anyday, as we move to different activities or locations. Studies have indicated that up to 25% of a school day may be spent engaged in transition, making it a critical skill for school aged children and youth. This workshop is designed to offer strategies to help support successful transitions across daily routines at home and in the community.

Autism/Developmental Disabilities and Social Communication Skills - Virtual

Date: Tuesday, April 16, 2024
Time: 6:00 pm to 7:30 pm
Register by: April 12, 2024

Presenter: Lorraine Otto, M.Sc., CCC, Speech Language Pathologist (Reg. CASLPO)
Appropriate for: Parents and caregivers of individuals with autism/developmental disabilities

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.

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.

Tips for Guardians of Individuals with Autism - Virtual

Date: Tuesday, May 21, 2024
Time: 6:00 pm – 8:00 pm
Register by: May 17, 2024

Presenter: Stuart Lamont, B.SD., RSSW
Appropriate For: Parents and Caregivers of Children/Youth/Adults

This workshop is designed to provide parenting strategies for parents/guardians of individuals 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, call 519-741-1121 ext. 2201 or register online on our website at: <https://www.sdrc.ca/workshops-and-training>.



INDIVIDUAL SERVICE PACKAGES

Now offering both in-centre
and home services to meet the
needs of families in our
community!

**Service is an eligible expense
for Access OAP**



SERVICE INFORMATION

- All services begin with an initial service consultation with our Clinical Intake (30 min in length and free of charge)
- Service delivery is supervised by our onsite Board Certified Behaviour Analyst (BCBA).
- Examples of goals:
 - Daily Living Skills
 - Independent Living Skills
 - Responding Appropriately to Situations
 - Engaging in new activities
 - Dating and relationships
 - Tolerating No
 - Job Readiness
 - Early conversation skills
 - Communication skills (e.g. augmentative communication)

To schedule an initial service planning meeting
please reach out to our Senior Therapist/Clinical
Intake at brightside@sunbeamcommunity.ca

OR

519-894-6156 ext. 2904

Currently taking referrals for summer daytime
services and fall evening services

Spring Calendar of Events

Spring is around the corner! There are many Spring Activities arranged in the community at different facilities. The Waterloo Public Library offers a variety of free drop-in and pre-register events for the whole family.

The Kitchener Public Library is also offering a variety of free events like youth hub, social drop-in, family gaming, and spring family movies.

The Idea Exchanges in Cambridge are offering events and different themed days at their locations, including Music and Dance with Eric Traplin, Art and Fun and Dino Dance Party.

There are several free public skating events throughout the month at local arenas.

Follow these links for additional event information:

Waterloo Public Library
Kitchener Public Library
Cambridge Idea Exchange
WRSPC Free Skate
Kitchener Free Skate

Acknowledging the Sibling Experience (ASE)

ASE are groups for siblings of individuals who are neurodiverse, a free program in KW.

There are two groups:

(Group 1: Grade 5 – 8. March 19 to April 30, 6 - 8 pm)

(Group 2: Grade 9 – 12. May 2 to June 13, 4:30 - 6:30 pm)

Siblings are invited to come and connect with other siblings and explore the ASE curriculum over food and drinks.

More information at this link:

www.oakbridge.ca/ase-program.html

WHAT'S HAPPENING IN THE COMMUNITY



Summer Camp Planning 2024

The following camp resources are now available on KidsAbility's website www.kidsability.ca under the Caregiver & Client Supports tab -

Thrive Together Tools:

- Summer Day Camps for Children in Waterloo Region & Guelph Wellington
 - Summer Day Camps for Teens and Adults.
- Summer Overnight Camps for Children, Teens and Adults.
 - Summer Camp Funding Options.
 - Camp fair recordings.



Camp Fair Videos are available at these links below:

Overnight Camps in Waterloo Region, Guelph-Wellington, and Beyond

2024 Camp Fair Video

Presentations from: Hidden Acres, Camp Kennebec, Camp Towhee, Extend-A-Family, and information on other camp options.

Day Camps for Children, Aged 4-12 (Guelph-Wellington)

2024 Camp Fair Video

Presentations from: Supporting Kids In Camp (SKIC), City of Guelph, Rainbow Day Camp, Kerry's Place, Creative Encounters, Childhood Apraxia & Speech, and information on other camp options.

Day Camps for Children, Aged 4-12 (Waterloo Region)

2024 Camp Fair Video

Presentations from: City of Kitchener and Waterloo, City of Cambridge, Township of Woolwich, Engineering Science Quest (ESQ) Camp, Hidden Acres, Sunbeam Medically Fragile Technically Dependent (MFTD) Camp and information on other camp options.

Summer Camp Registration Links [More Information on Page 30 & 31]

Link for Cambridge

Registration for 2024 summer camps opens at 8:30 a.m. on February 1.

Link for Waterloo

Registration for 2024 summer camps opens at 8:30 a.m. on March 7.

Link for Kitchener

Registration for 2024 summer camps will open at 8:30 a.m. on March 19.



Autism Awareness Month

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:
www.autismontario.com/AccessOAP
www.accessoap.ca

Autism Ontario

Scholarship Opportunity

Autism Ontario will be accepting online-only applications for scholarships from April 1, 2024 - April 30, 2024. Successful candidates will be chosen after that date, and all applicants will be notified of the status of their application by June 7, 2024.

Each year, Autism Ontario awards scholarships to outstanding students entering their first year of a post-secondary program across Ontario. For more information visit their website at the link below, and click the highlighted link there to apply online for the scholarship that suits you.

www.autismontario.com/programs-services/scholarships

Calendar of Upcoming Events

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

Celebration of Autism Awareness Month

'Autism Speaks' and 'Autism Ontario' - both of these organizations have information and resources on their website around the celebration of World Autism Awareness Day and Month. This year marks the 16th annual World Autism Awareness Day. Please check their websites at the links below to know the details.



www.autismspeaks.org/world-autism-awareness-day



www.celebratethespectrum.com/get-involved

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

WHAT'S HAPPENING IN THE COMMUNITY

Resources on Autism and Developmental Disabilities

CAMH - Azrieli Adult Neurodevelopmental Centre

Their **All About Autism & Mental Health Webpage** has autism-related information, webinar recordings, and mindfulness resources. This page offers resources and videos related to mental health for the people who have autism, developed with and for people who have autism and their families.

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

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 address: www.autisminhighschool.ca

The Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE)

The Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE Canada) has many resources for people with autism and other disabilities. Find articles, videos, courses and more. Resources across the lifespan are searchable by topic, journey stage, and type. Visit their website for more information:

www.aidecanada.ca

Lending Library

Visit www.aidecanada.overdrive.com to browse their digital collection by logging in. Borrow free books, audiobooks, ebooks and more from the AIDE Canada Library. The library is open to everyone in Canada. You can read or listen online in your browser, or download the Libby app on your Android or iOS device. AIDE is funded by the Public Health Agency of Canada

Autism Research Institute (ARI)

Autism Research Institute (ARI) hosts free online webinars, education for individuals, parents and professionals. For information on other webinars please check at this link: autism.org/webinars.

How Games Can Help Teach Social Skills

Gray Atherton, PhD

Mar 20, 2024, 1 pm Eastern Time (U.S.)

Register here for this webinar.

WHAT'S HAPPENING IN THE COMMUNITY

Resources on Autism and Developmental Disabilities

Autism Career Connections

Autism Career Connections is a collaborative effort of Autism Ontario with Apex Academy, a leading educational platform providing equitable access to knowledge in the digital space.

Using a modular approach, employers and HR professionals will learn how to design inclusive working environments, adopt unbiased hiring practices, and foster success within the autistic community. Job seekers can look forward to employment preparedness programs. You will learn about your strengths, writing a resume, interview skills, and where to find work. Check at this link for more information:

www.autismontario.com/autism-career-connections

Specialisterne North America

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

Kerry's Place Autism Services

Kerry's Place Autism Services provides services to families with children, adolescents, and adults, with autism spectrum disorder. You can learn more about their services and supports on their website:

www.kerrysplace.org/support-and-services.

Did You KNow?

According to the 2019 Canadian Health Survey on Children and Youth:

- About 1 in 50 or 2.0% of Canadian children and youth aged 1 to 17 years have been diagnosed with ASD
- Males were diagnosed with ASD approximately four times more frequently than females; 1 in 32 males (3.1%) and 1 in 125 females (0.8%). This difference was statistically significant.
- Males had a statistically significantly higher prevalence of ASD than females overall and in all age groups, with the largest relative difference being among those aged 5 to 11 years.

Source: www.canada.ca/-canadian-health-survey-children-youth-2019.html

WHAT'S HAPPENING IN THE COMMUNITY

Free Income Tax Clinics

Through the Community Volunteer Income Tax Program, community organizations host free tax clinics where volunteers file tax for returns eligible people with low income.

For support with your tax return, walk in during business hours, complete a few forms, and drop off your documents. A volunteer will prepare and e-file your tax return. Then, you pick up your documents. You will have to show proof of your identity when you drop-off and pick-up your documents.

For more information visit:

www.regionofwaterloo.ca/Region_of_Waterloo_Volunteer_Income_Tax_Clinic_Information_Sheet_2024.PDF

**March 4, 2024 to April 30, 2024
8:30 am to 4:30 pm (Monday to Friday)**

**Cambridge Welcome Space
150 Main Street, Cambridge**

**Kitchener Welcome Space
235 King St E, 1st floor, Kitchener**

**Waterloo Welcome Space
99 Regina St S, 1st floor, Waterloo**

Please click on the link below to check for more clinics in your area:

www.apps.cra-arc.gc.ca/ebci/oecv/external/prot/cli_src_h_01_ld.action

You can also contact at
taxclinic@theworkingcentre.org,
tax-clinic@waterlooregion.org, or
call 519-579-3800 ext. 3

Benefits Wayfinder

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

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

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

www.benefitswayfinder.org

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

Savvy Siblings: Strengthening the Financial Security of Your Sibling with a Disability. This course is for adults who want to play a role in improving the financial security of their siblings with disabilities - whether today or in the future.

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

Links to Income Tax Forms You May Need

- **RC4064 Medical and Disability-Related Information**
- **RC4460 Registered Disability Savings Plan (RDSP)**

Forms:

- **GST518 GST/HST Specially Equipped Motor Vehicle Rebate Application**
- **T2201 Disability Tax Credit Certificate**
- **T929 Disability Supports Deduction**
- **XE8 Application for Refund of Federal Excise Tax on Gasoline**

WHAT'S HAPPENING IN THE COMMUNITY

Building Community: Advancing Anti-Ableism in Education Symposium

The Waterloo Region District School Board (WRDSB) has announced the the 2024 **Building Community: Advancing Anti-Ableism in Education Symposium**. This one-day event will take place during National AccessAbility Week.

This inaugural event invites educators, community members, parents and caregivers, students, and local leaders to come together and learn more about ableism and how to dismantle it in education systems and throughout the community.

Date: Thursday, May 30, 2024

Time: 9:00 am to 4:00 pm

Location: Wilfrid Laurier University
Waterloo Campus – Bricker Building,
75 University Ave W, Waterloo, ON N2L 3C5
Registration details will be shared closer to the date for those interested in attending. This event is organized in partnership with City of Waterloo, KidsAbility, Waterloo Region Family Network, Bridges to Belonging (WR) and Camino.

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

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/

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 of Waterloo Region Family Network (WRFN) 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.

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: www.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 in the mornings:

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

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

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

www.earlyyearsinfo.ca

Online Application for ACSD and SSAH

ACSD (Assistance for Children with Severe Disabilities) 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

SSAH:

www.ontario.ca/page/special-services-home

WHAT'S HAPPENING IN THE COMMUNITY

9-8-8 Help Line

9-8-8 is a new national helpline in Canada that gives people access to suicide prevention services via call or text now. It's 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.

The Ontario Caregiver Organization

The 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

A single point of access for 24/7 caregiver information, supports, and services in both English and French. Live chat is also available Mon-Fri, 7am-9pm at ontariocaregiver.ca

- **The SCALE Program (Supporting Caregiver Awareness, Learning and Empowerment): Caregiver Needs and Well-Being**
- **Online Support Groups**
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**

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. You can also visit their website for more information: www.apsgo.ca.

Camino Wellbeing + Mental Health offers Groups and Workshops

Camino wellbeing + Mental Health is 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

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

Region-wide Tutoring

Camino Wellbeing+ Mental Health provides tutoring and homework spaces that are accessible and free of cost to families and students. For more information, visit www.caminowellbeing.ca/tutoring.

WHAT'S HAPPENING IN THE COMMUNITY

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

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

Free Online Learning Modules for Job Seekers with ASD and Employers

Autism Career Connections, a collaboration between Autism Ontario and Apex Academy Online, provides online learning modules for job seekers with autism and employers at no cost. This is to help job seekers on the autism spectrum prepare for work.

More information available at this link:

www.autismontario.com/programs-services/autism-career-connections/job-seekers

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
Email: info@woolwichcounselling.org

Effective Problem Solving With Our Children (Virtual parenting workshop)

Wednesday, Mar. 20, 7:00 - 8:00 pm

This workshop will cover the value of effective problem-solving to promote healthy and nurturing relationships with our children.

Practical strategies to minimize parent-child conflict will be shared.

Self-Compassion 101: What Is it and How To Practice It - Virtual adult workshop

Wednesday, Apr. 3 2024, 7:00 - 8:00 pm

Fee: No cost

Self-compassion benefits our mental health and well-being. Learning about this concept can help you to become more resilient, which enables you to better cope with difficult emotions.

Join our workshop to discover more about the skill of self-compassion and how you can apply it to your own life and experiences.

Caregiver Support Group

In-person sessions for adults

Thursdays, Apr. 4, May 2, Jun. 6, 2024

1:00 - 2:00 pm

WHAT'S HAPPENING IN THE COMMUNITY

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

ACT Workshop for Adult Siblings by Siblings Canada

Acceptance and Commitment Training (ACT) for Adult Siblings of Individuals with a Disability presented by Siblings Canada
**Wednesdays, March 20, 27, April 3, 10, 17
and May 1, 7:00 pm - 9:00 pm**

ACT helps adult siblings of a person with disabilities. Facilitated by siblings, for siblings, ACT helps us struggle less with the difficult feelings and events in our lives, and mindfully connect with what is most important in a way that is loving and respectful.

For more information email:
info@siblingscanada.ca
Register at this [link](#)

Housing Toolkit by DSO

Learn how the DSO housing toolkit can help you create a housing vision for adults with a developmental disabilities.

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 out this link for more information:
www.dsontario.ca/resources/housing

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



Strong Minds Through Active Bodies

Strong Minds Through Active Bodies is a free online course for physical activity for 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

Connecting, Interests and Activities

This group in Waterloo Region is for adults (18+) diagnosed with asperger's / autism spectrum disorder Level 1.

- The purpose of the group is to create a safe and supportive space for people to have fun, meet and connect with others, and take part in activities. You can help make this group what you want. Join if you're looking for a positive place of belonging!
- Held on the second Thursday of the month, from 5 - 7 pm at the Downtown Community Centre, 35 B Weber Street West, Kitchener
- Drop-in group, so folks are welcome to join anytime between 5:00 and 7:00 pm.
- Questions? Please reach out to Kelly Groh at 519-731-3923 or email: grohtechexplornet.com

Support for Mental Health

The 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

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

Camino Wellbeing+Mental Health

519-743-6333

www.caminowellbeing.ca

Grand River Hospital

519-742-3611

www.grhosp.on.ca

Cambridge Memorial Hospital

519-621-2330

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 Mental Health Services.**

WHAT'S HAPPENING IN THE COMMUNITY

Extend-A-Family WR Community Groups

This Community Group is to support members to participate in their community by 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 years 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.

Monday - 6:30 pm to 8:00 pm
Kitchener Public Library, 85 Queen St N

Wednesday - 12:00 pm to 2:00 pm
Cambridge Mall Food Court
355 Hespeler Rd, Cambridge

Friday: 10:00 am to 12:00 pm
Conestoga Mall Food Court.
550 King St N. Waterloo

For more information contact:
Trena Barnes, 519 741 0190 ext. 216
trena.barnes@eafwr.on.ca

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

Planning Network's Action Guide

Imagine being denied access to money in your own bank account; not being permitted to get your own cell phone; not being consulted about an important health decision; or being turned away when trying to open an RDSP because you have an intellectual disability. These are some of the scenarios families regularly face.

The Planning Network's Action Guide and the webcast at the link below are excellent resources families can use to help outline what their options are in these and other situations.

www.planningnetwork.ca/resources/legal-capacity

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

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

Name Change and Gender Marker Change

Consumer Protection

Sexual Harassment in Workplace

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

Phone: 519-743-0254



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

Renew Application

ontarioelectricitysupport.ca/Renew

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) 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.christmasupport.ca

New Inclusion Programs

Please find below program details about three new inclusion programs being offered by the City of Kitchener this spring. For more details please contact Marina Dotzert at Marina.Dotzert@kitchener.ca or by calling 519-741-2200 ext. 7228. Inclusion Membership required.

All-Access Hangout

All-Access hangout is for young adults 14 to 21 years of age, who have special needs and/or a disability and who do not require one-to-one support. Participants will participate in a variety of activities including sports, crafts, and cooperative games in a supportive environment that meets the sensory, emotional and physical needs of the participants. Activities are designed with the interests and abilities of participants and will encourage building friendships, social skills and life skills. If the program is full, we encourage you to sign up for the waitlist.

Date: Sundays from April 14 to June 16
(no program on May 5)

Time: 1:15 pm to 2:45 pm

Location: Country Hills Community Centre

Age: 14 to 21 years

Cost: \$92.70

Course Code: 143148

Inclusive Indoor Skatepark

The Inclusive Indoor Skatepark at Queensmount Arena is an opportunity for you to try skateboarding/scootering or continue developing your skills with your family and friends.

Participants can bring your own skateboard/scooter/rollerblades. The arena will be equipped with ramps and rails. One changeroom will be a dedicated quiet space, number of people will be kept low and lights will be dimmed.

Helmets are mandatory when using the skatepark. Loaner skateboards, scooters and helmets are available. All skatepark users must be 8 years old or older. Maximum of 3 additional guests to join the person who has registered.

If the program is full please register for the waitlist.

Date: Saturdays from April 6 to May 25
(no program April 27)

Time: 10:30 am to noon.

Location: Queensmount Arena

Age: 8 years and up

Cost: FREE Course Code: 143159

MoveMEANT For All

MoveMEANT For All is an inclusive fitness program for individuals 14 years and up with disabilities. The program will use creative and fun ways to get you working on your cardio and strength with the use of various equipment (like boxing gloves!).

If the program is full, we encourage you to sign up for the waitlist.

When: Mondays from April 8 to June 10 (no program May 5)

Time: 5:00 pm to 6:00 pm

Where: Country Hills Community Centre

Age: 14 and up. Cost: \$99. Code: 141327

A Few More 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

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 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:

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

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 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. 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:

www.ymcahome.ca

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

www.feeassist.ca

Soccer

Visit www.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

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

Module 3: Intro to Sensory Processing & Physical Activity

www.youtube.com/playlist?module 3

Module 4: The Sensory Environment

www.youtube.com/playlist?module 4

Adaptive Sport Fundamentals

The City of Cambridge has introduced this comprehensive and hands-on program. Participants will have the opportunity to learn the fundamental movement skills.

Classes will be modified for all abilities. Participants will be asked to fill out an information form.

Monday April 8 - June 10

Ages 6-12 (5-5:45 pm)

Ages 13-21 (6-6:45 pm)

Please contact Jennifer Blanchard at 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

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

www.researchcentres.wlu.ca/sun-life-financial-centre-for-physically-active-communities

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:

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

Special Olympics

Visit the Special Olympics events calendar to get additional information, resources and registration links for events coming up in Kitchener-Waterloo.

www.specialolympicsontario.com/events/calendar

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! They offer 1:1 support for people with disabilities wanting to participate in any in-person City programs. Support may be provided by program staff, training volunteers, or support workers. All inclusion support is free of charge. Inclusion Services also provides up to two weeks of summer camp inclusion support in any City of Kitchener or City of Waterloo camp programs. Visit www.kitchener.ca/leisuresupport for more information on how to request support and to complete an inclusion membership form.

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

Helpful Links To Workshops and Newsletters

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

www.eafwr.on.ca/events

wrfn.info/blog/tag/wrfn-newsletter

wrfn.info/category/event

www.caminowellbeing.ca

autism-ontario-adult-e-newsletter

www.autismontario.com/newsletter

www.camh/hcardd-newsletter-feb2024

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 (Personal Assistance for Leisure Activities) 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 the 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
City of Kitchener Children-and-youth Kitchener
City of Cambridge Children's recreation

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 who live with permanent disability and 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

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

Kitchener: www.kitchener.ca/community-centres

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

Cambridge: www.facilities.cambridge.ca

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

65 Hanson Avenue

Kitchener, ON N2C 2E2

Phone: 519-741-1121

Fax: 519-743-4730

2749 Kingsway Drive

Kitchener, N2C 1A7

Phone: 519-893-6200

Fax: 519-893-9034

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