



World Autism Awareness Day - Sunday, April 2, 2023



Many organizations will arrange special events on World Autism Awareness Day. Services, programs and resources related to autism are available throughout the pages of this newsletter. Also visit our website www.sdrc.ca to learn about professional and support services available to individuals of all ages with a developmental disability and/or an autism spectrum disorder (ASD).

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Who We Are

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

For the latest on Sunbeam's Covid 19 updates visit the Covid-19 information page at:
www.sunbeamcommunity.ca/news

DID YOU KNOW?

Ontario Autism Program (OAP) Urgent Response Services (URS) at SDRC Celebrates 1 Year on April 1st!

The OAP Urgent Response Services program launched April 1, 2022. The Urgent Response Services program provides time-limited services and supports for up to 12 weeks. The program is intended to respond rapidly to a specific need for children and youth up to 18 years of age and registered in the Ontario Autism Program (OAP), with the purpose of preventing further escalation of risk of harm to self, others and/or property.

A referral can be made by contacting our URS Coordinators at 519-741-1121 or by email at c.bell@sunbeamcommunity.ca or j.russell@sunbeamcommunity.ca.

Families can self-refer or can be referred by other professionals. Upon referral, families will be screened to determine eligibility. Check this on our website:

www.sdrc.ca/urgent-response-services

For more details and information on eligibility, visit the Ontario Autism Program website: www.ontario.ca/page/ontario-autism-program-urgent-response-services

Sunbeam at 2023 Ottawa FASD Symposium- Time to Change

Michelle Hughes and Karen Huber from Sunbeam Developmental Resource Centre attended and presented at the 6th Annual FASD Symposium. FASD stands for Fetal Alcohol Spectrum Disorder. It is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. The virtual conference was well attended and had people join from as far as New Zealand.

Sunbeam was well represented with Michelle and Karen offering three separate workshops.

Michelle presented on REACH For IT! an adapted recreation program for children youth and families with FASD. This is a unique program involving many community partners and has been adopted by other communities across Ontario.

Karen partnered with Krista from the Sexual Assault Support Centre of Waterloo Region. Karen and Krista presented on the Intersections of FASD and Human Trafficking/ Sexual Exploitation.

And finally, Michelle and Karen presented on the gaps and potential solutions for the Transition to Adulthood for Individuals with FASD. All workshops were well received, and new connections were made.

<https://sunbeamcommunity.ca/2023/01/30/sunbeam-at-2023-ottawa-fasd-symposium-time-to-change/>

Coordinated Service Planning (CSP) Team at SDRC

Coordinated Service Planning (CSP) is a key part of Ontario's Special Needs Strategy that builds on our existing foundation of family-centred, coordinated and effective support and care, across organizations and schools. Coordinated Service Planning in Waterloo Region piloted the program from January 2018 to July 2018, with a small number of families. The program is now receiving referrals from partner organizations and the larger community.

Sunbeam Developmental Resource Centre is the Coordinating Agency for CSP in Waterloo Region and works with local organizations and schools in the community to meet family needs.

Coordinated Service Planning will:

- Improve the service experience for all families of children/youth with multiple and/or complex special needs
- Connect your child/youth to the services they require as early as possible
- Monitor your child's/youth's needs and progress through a Coordinated Service Plan
- Build on existing coordination and collaboration in Waterloo Region

For more information or to complete a referral, please contact Sunbeam Developmental Resource Centre at 519-741-1121.

Family Compass Waterloo Region Guiding you to services for children and youth

The Family Compass Website is hosting a centralized point to find all things related to resource and supports.

You can access this by going to www.familycompasswr.ca and clicking on the Covid-19 Response Pop-Up Link.

Resources and supports are organized in the following categories:

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



WHAT'S HAPPENING AT SDRC

INFORMATION SESSION on FINANCIAL SUPPORTS - Virtual



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

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

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

Presented by:
Audrey Macleod and
Julia Russell
Thursday, May 04, 2023
1:00 pm to 2:30 pm.
Register By: April 28, 2023

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



SPEAKER SERIES Transitioning Your Youth Into Adulthood -Virtual **April 25, 2023 (11am to 12:30pm)**

Join us to learn more about the role of various agencies as they support youth with autism, intellectual disabilities and/or mental health concerns as they transition into adulthood.

To register, email r.khanam@sunbeamcommunity.ca
or online at 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: www.brightsideabaservices.com



In-Person Individual Consultation

Individual In-Person Service Package Includes:

- 28 hours of service with a qualified professional including:
 - 2 hours of goal setting
 - 24 hours of intervention (1 session per week (2 hours))
 - 2 hour review of progress summary

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

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



WHAT'S HAPPENING AT SDRC

Brightside ABA Services

Now Offering



VIRTUAL PARENT COACHING WORKSHOP

As part of the Ontario Autism Program (OAP) Foundational Supports, Brightside ABA Services is offering the following workshop

Cost: \$504.12

Service is an eligible
OAP expense



**EVERY MONDAY
MAY 1, 2023 - JUNE 5,
2023
12:00-1:00PM**

Topics that will be discussed include:

- Intro to ABA
- Setting Events
- Motivation and Reinforcement
- Behaviour Skills Training
- Managing Challenging Behaviour
- Generalization & Maintenance

To register contact
brightside@sunbeamcommunity.ca

OR

519-894-6156 ext. 2904

Deadline to register is April 10, 2023

Our Resource Support

SDRC offers Resource Support to families of children under the age of 18 years, who have an intellectual disability and/or autism spectrum disorder. It provides quick access to short-term support for as long as the client is eligible for developmental services. Resource Support is mainly through telephone contact, email, or scheduled appointments.

Resource Support offers a variety of services to eligible clients and includes:

- Providing information on a variety of supports and services (developmental services, community services, funding options, leisure/recreation, etc.)
- Assisting with problem solving
- Facilitating referrals to other organizations/services
- Answering general questions regarding services and supports
- Helping assess strengths and needs
- Helping identify barriers to accessing services and supports
- Providing short-term emotional support
- Liaising with other service providers

The Resource Support Worker is not able to:

- Attend school meetings or medical appointments
- Assist with application forms
- Organize case conferences
- Develop service plans
- Provide ongoing, intensive support
- Act as a case manager
- Provide mediation/group facilitation

**For Resource Support please call:
519-741-1121**

Transition to Adulthood Resource Booklet

Our **Transition to Adulthood Resource Booklet** has been updated and is available now on our website: www.sdrc.ca. This Resource Booklet is developed by SDRC and includes some key resources that can be used by youth transitioning into adulthood as well as young adults who have autism. This was developed to assist people in Waterloo Region, who are not eligible for adult services through Developmental Services Ontario. The contents page of this booklet will give you an idea of what's inside.

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The Weekly Mothers' Support Group at SDRC

The Mothers' Support Group is a 6-week group, providing the opportunity for mothers to discuss a range of topics related to parenting a child with an intellectual disability and/or autism. Topics include understanding and sharing the diagnosis, grief and resilience, community resources, behavioural challenges and self-care. Guest speakers from the community and SDRC also contribute their expertise.

The group is a great way to connect with other mothers who understand your daily experience. It is a small group, for 6 – 10 members, and runs for 6 consecutive weeks. Day and evening times are offered.

Groups are offered 2 – 3 times per year. Please call 519-741-1121 for more information about how to join. Hope to see you soon!



The Monthly Mothers' Group

Did you know that SDRC also has Monthly Mothers' groups?

Monthly groups are offered at two different times:

**Daytime: The last Friday of every month
from 10:00 am to 11:30 am**

**Evening: The last Tuesday of every month
from 7:00 pm to 8:30 pm**

Please note that this group will be offered virtually via video until further notice.



The purpose of the group is to connect with other mothers, share ideas, learn more about community resources and get support. Speakers are often invited to share information on topics of interest to group members. Some of the topics discussed in the past year were: Social Skills, Executive Functioning, Physical Literacy and Local Private Schools.

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

The Monthly Fathers' Support Group

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

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

Some of the topics discussed in the past year were Planning for the Future, Communication, Physical Literacy and Safety.

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

Please note that this group will be offered virtually via video until further notice. Please call 519-741-1121 for more information about how to join.



iPad Loaner Program at SDRC

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

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



Tips for Guardians of Individuals with Autism - Virtual

Date: Monday, April 17, 2023

Time: 6:00 pm – 8:00 pm

Register by: April 13, 2023

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

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

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

Autism and Social Communication Skills—Virtual

Date: Tuesday, April 18, 2023

Time: 6:30 pm to 8:00 pm

Register by: April 14, 2023

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

Appropriate for: Parents and caregivers of individuals with ASD

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

Apps For Communication and Learning - Virtual

Date: Monday, May 1, 2023

Time: 6:30 pm to 8:00 pm

Register By: April 27, 2023

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

Appropriate for: Parents and caregivers of individuals with ASD

This workshop will provide suggestions for iPad apps for cause/effect, literacy, social skills, visual supports, communication and language as well as suggestions for setting up an iPad and iPad settings.

WHAT'S HAPPENING AT SDRC

Helping Individuals with Autism Navigate the Social World - Virtual

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

Time: 1:00 pm – 3:00 pm

Register by: May 5, 2023

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

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

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

Topics covered include:

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

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

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

Changes to Passport Guidelines by MCCSS

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

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

WHAT'S HAPPENING AT SUNBEAM

Summer Camp For Children and Teens (MFTD)

Sunbeam Community and Developmental Services (SCDS) will run the Summer Day Camp for Children and Teens (Medically Fragile Technologically Dependent - MFTD) again this summer!

Who: Ages 4-18yrs who are medically fragile or technologically dependent (MFTD)

Format: Specialized day camp

Support: Low ratio programming provided by experienced staff

Registration: Opens March 1, 2023 and deadline is June 1

A completed registration form is required to secure the spot. The form is available at www.mycommunityhub.ca

For more information please contact:

Nicole Tailby

2749 Kingsway Drive. Kitchener

Email: programbookings@sunbeamcommunity.ca

Phone: 519 893 6200 ext. 1234

Website: www.sunbeamcommunity.ca



Summer Day Camps will run from the weeks of July 10 to August 14, 2023.

Best Practices When Supporting Someone Having COVID-19

Sunbeam has this graphic novel on their website highlighting best practices for when supporting someone who has COVID-19.

You can view and read this at this link:
<https://sunbeamcommunity.ca/COVID-19-Symptom-Support-Graphic-Novel.pdf>



Overnight Respite at Sunbeam Kids Hub

Sunbeam's newly renovated children's respite program offers caregiver relief to families of children who are medically fragile/technologically dependent (MFTD) and/or those who may have developmental disabilities. This is offered at the Sunbeam Kids Hub in Cambridge, the newest respite home for children who are MFTD.

The home is fully staffed by a team of caring and skilled medical professionals.

To learn more about this on their website please click on this link.

Call 519 893-6200 or

Email respite@sunbeamcommunity.ca to register.

WHAT'S HAPPENING IN THE COMMUNITY

Free Income Tax Clinics in Waterloo Region

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

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/CSD_Tax_Clinics_InfoSheet.pdf

March 1, 2023 to April 28, 2023

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_srch_01_ld.action

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

One Time Top-up of Housing Benefit for Low Income Renters

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

The Canada Revenue Agency (CRA) administers this one-time payment.

Applications are open until Friday, March 31, 2023. For more information please visit the website:

www.canada.ca/top-up-canada-housing-benefit

Canada Dental Benefit

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

Depending on your adjusted family net income, a tax-free payment of \$260, \$390, or \$650 is available for each eligible child. This interim dental benefit is only available for 2 periods.

The first benefit period is for children under 12 years old as of December 1, 2022 who receive dental care between October 1, 2022 and June 30, 2023. For more detailed information please visit the website:

www.canada.ca/revenue-agency/dental-benefit



WHAT'S HAPPENING IN THE COMMUNITY

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
-

Home Accessibility Tax Credit (HATC)

The HATC is a non-refundable tax credit for eligible home renovation or alteration expenses that allow a qualifying individual to gain access to, or to be mobile or functional within the eligible dwelling or reduce the risk of harm to the qualifying individual within the dwelling or in gaining access to the dwelling.

For the 2022 and subsequent taxation years, the Budget proposes to increase the annual expense limit of the HATC from \$10,000 to \$20,000. This may allow a taxpayer to claim a tax credit of up to \$3,000. All other rules regarding the credit and the increased limit would remain the same.

For more information please click on this link:

www.canada.ca/en/revenue-agency/services/tax/home-accessibility-expenses

Prosper Canada's Benefits Wayfinder

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

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

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

www.benefitswayfinder.org

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

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

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

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

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. Learn more and apply on their website:

www.ontarioelectricitysupport.ca

WHAT'S HAPPENING IN THE COMMUNITY

Acknowledging the Sibling Experience (ASE)

Oak Bridge Academy, in partnership with Unity for Autism, City of Kitchener and WRFN, is hosting a new program called Acknowledging the Sibling Experience (ASE). ASE was designed to bring siblings of individuals who are neurodiverse together to connect with each other over food and refreshments.

ASE is a seven-week program with concepts and techniques to help children and youth better understand their siblings. There will be two groups - the first will be for siblings in grades 9 - 12, while the other is for siblings in grades 5 - 8.

ASE will meet on Wednesdays this spring at the Downtown Community Centre (35 Weber St W., Kitchener). Group 1 will meet from March 22 - May 3 from 4:30 - 6:30 pm, while Group 2 will meet from May 10 - June 21 from 6 - 8 pm. There is no cost to participate! If you have any questions, please reach out to:

Holly at holly.kane@oakbridge.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.

Grand River Hospital Regional Covid, Cold & Flu Care Clinic

Grand River Hospital has recently opened the Grand River Hospital Regional Covid, Cold and Flu Care Clinic in support of the health and well-being of students, staff and the community. This convenient, all-inclusive clinic provides diagnosis of cold & flu-like symptoms as well as assessment for Covid-related concerns.

The Grand River Hospital Regional Covid, Cold & Flu Care Clinic offers appointments for community members who are over 3 months old and:

- Are experiencing Covid-19 Symptoms
- Are experiencing Cold and Flu-like symptoms
- Need Covid-19 PCR Testing

If eligible for PCR testing, no appointment is required.

Translation services are available at the clinic through phone-based interpreters.

Please note: patients with severe symptoms should continue to seek care at their nearest emergency department, or by calling 911.

How to Book an Appointment

To book an appointment, call 226-806-5690.

Location: 50 Sportsworld Crossing Road Unit #2B, Kitchener, ON, N2P 0A4

Hours of Operation

8:00 a.m. to 3:45 p.m.

Seven (7) days a week

Learn more about the Grand River Hospital Regional Covid, Cold & Flu Care Clinic at this link: **Website: www.grhcareclinic.ca**

WHAT'S HAPPENING IN THE COMMUNITY

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 autistic job seekers and employers at no cost. This is to help job seekers on the autism spectrum prepare for work and assist employers in creating neurodiverse workplaces.

More information available at this link:

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

Scholarship Opportunity from Autism Ontario

Each year, Autism Ontario awards scholarships to outstanding students entering their first year of a post-secondary program throughout Ontario. They look forward to offering this opportunity again when they open up online applications in April 2023.

www.autismontario.com/programs-services/scholarships

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

Connecting, Interests and Activities

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

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

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

Calendar of Upcoming Events of Autism Ontario

[www.autismontario.com/events?
custom_325=Central+West&event_type_id
=All&custom_356=All](http://www.autismontario.com/events?custom_325=Central+West&event_type_id=All&custom_356=All)

The Autism and/or Intellectual Disability Knowledge Exchange Network

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

www.aidecanada.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

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

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.

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



Youth Group of SOAHAC

First Nations, Inuit, and Metis youth between 12 - 18 years are welcome to join in this group for a meal, traditional/cultural activities, socialize, and more.

Biweekly Thursdays:

March 9, 23, April 6 and 20 (4:30 pm to 7 pm)

Communitech Building (SWIRL Lab)
151 Charles St., W., Kitchener

For more information please contact Bret by email: bholowchuk@soahac.on.ca or call/text: 519 502 9187

The Anonymous Bullying Reporting Tool of WRDSB

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

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

The Anonymous Bullying Reporting Tool is not meant to replace school supports available, but rather to provide an option for students. Students are encouraged to continue to reach out to their teachers, principal or other school staff when in need of assistance.

More information is available at this link **The Anonymous Bullying Reporting Tool.**

The logo consists of a blue rectangle with the words "ANONYMOUS BULLYING" in white and "REPORTING TOOL" in yellow below it.

Online Application for ACSD and SSAH

ACSD (Assistance for Children with Severe Disability) and SSAH (Special Services at Home) applications now can be completed online. Below are the links for these two applications:

ACSD:

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

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

Kaleidoscope Kids

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

For more information please contact: info@wrfn.info

Thursdays from 3 pm to 5 pm

KidsAbility, Waterloo

500 Hallmark Drive, Waterloo

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

Caregiver Support Group

Free In-person Sessions

Thursday, Apr 6, May 4, June 1, 2023

(1 pm to 2 pm)

Glad To Be Me (ages 4 to 7) Fee- \$15

Thursday, Mar 30, 2023

This fun-filled children's workshop promote self-esteem and self worth

Coping with Loneliness -

Free Virtual Adult Workshop

Monday, Mar 20, 2023 (7 pm to 8 pm)

This workshop will provide you with tools to identify and respond to loneliness and build resiliency.

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

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

For more information contact:

Ben Sauder, 519 741 0190 ext. 290
ben.sauder@eafwr.on.ca

Open Space

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

Monday Evening - Games and Drop-In

6:30 pm to 8:30 pm

Kitchener Public Library, 85 Queen St N

Friday Morning - Coffee and Chats

10 am to 12 pm

Conestoga Mall Food Court.

550 King St N.

Coming Soon, Meet-Up Groups

Friday Afternoons

For more information contact:

Ben Sauder, 519 741 0190 ext. 290
ben.sauder@eafwr.on.ca

WRFN Drop-Ins at EarlyON

Family Resource Coach of WRFN Erin hosts in-person drop-in meetings to answer your questions about community resources and child development. They take place at various EarlyON locations. Meetings do not require an appointment but 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 eight (8) mobile sites where Drop-in Playtime is offered:

- Stork Family YMCA - Tues/Thur mornings
- Preston Heights Community Centre - Wednesday mornings
- New Dundee Community Centre - Tuesday mornings
- Wilmot Family Resource Centre - Wednesday mornings
- Wellesley Community Centre - Monday mornings
- Centreville Chicopee Community Centre - Thursday mornings
- Victoria Hills CC - Friday mornings
- Downtown Community Centre - specialized programming

Drop in playtime: drop in anytime the centre is open.

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

www.earlyyearsinfo.ca

WHAT'S HAPPENING IN THE COMMUNITY

In Her Shoes

YWCA Programs for Women

Employment and Entrepreneurship Empowerment Program of YW is recruiting now for their upcoming session.

This program provides:

- Experiential training in the skills employers are seeking
- Exploring and developing skills for small business management
- Developing career management skills
- Well-being skills

In Her Shoes: Newcomer Women: Visible minority pre-citizen newcomers age 16-65 years

In Her Shoes: Youth: Ages of 15-30 who are experiencing barriers to securing employment

In Her shoes:

Uplift - Specialized Technology

Job seekers ready to be employed ages 16-65 years

Learn more and register at www.inhershoesyw.com

Carizon Community Services Groups and Workshops

Community Resource Program: Carizon is now offering several online and in-person child/youth, caregiver, and family groups. These groups are FREE and open to families of the Waterloo Region.

Check their website for all groups and workshops: www.carizon.ca/group-programs/

To register call 519-743-6333 X 2383 or email: crpgroups@carizon.ca, or promise@carizon.ca

Strong Moms, Safe Kids

A Group for Mothers and Children Healing from Domestic Violence offered by KW Counselling.

This program is for:

- Mothers who have experienced abuse in intimate relationships
- Their children, ages 5 to 18, who have witnessed abuse in their homes
- Mothers living apart from the person who abused them

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

The Spring session begins Wednesday, April 19 and runs for 10 weeks, concluding on June 21. Please contact Janet De Gazon for more information and to book an intake appointment at:

degazon@kwcounselling.com or
519 884 0000 ext. 252.

Rainbow Drop In

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

Upcoming dates:

Saturday March 25, April 29, May 27, June 24, 2023 (9 am -11 am)

www.ourspectrum.com/rainbow-family-drop-in

WHAT'S HAPPENING IN THE COMMUNITY

The Ontario Caregiver Organization

Ontario Caregiver Organization is full of resources for the caregivers. Click on each title to go to the specific webpage.

- **Ontario Caregiver Helpline:**
 - **1-833-416-2273**Single point of access to information, support and service in English and French 24/7. Live chat is available. 7am-9pm (Mon – Fri) at ontariocaregiver.ca.
- **Scale Program: Caregiver Needs and Well-Being**
- **Online Support Groups**

1:1 Peer Support Program that connects caregivers with trained peer mentors for 1:1 phone or virtual support.

For caregivers seeking to become a peer mentor - [click here](#)
For caregivers who need the support of a peer mentor - [click here](#)
- **Educational Webinars**
- **Toolkits and Resources for Caregivers**
- **Time to Talk Podcast**

Student Links

Funded by the Ministry of Children, Community and Social Services, Student Links is an opportunity for students (ages 14 to 21) who have an intellectual disability to explore ideas for their future after high school. The goal is to enhance their capacity to make informed decisions about their future prior to leaving school.

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

BE-Friends Program of Bridges to Belonging

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

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

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

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

Better Nights, Better Days

Better Nights, Better Days for Children with Neurodevelopmental Disorders is a free online program based on behavioural principles that support parents of children aged 4-12 years old with a neurodevelopmental disorder who experience difficulties falling and staying asleep.

This online program encourages positive behaviours that will help children achieve a better quality and quantity of sleep throughout the night. To see if the program is a good fit for you and your child visit the website:

www.ndd.betternightsbetterdays.ca

Take5

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

Pathways to Home Ownership

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

Learning Path to Employment

The Family Support Network for Employment (FSNE) is proud to announce the launch of the “**Learning Path to Employment**,” an online course designed for families of individuals with a developmental disability.

The goal of the course is to provide individuals and their families with the knowledge and tools they need to advocate for, and secure, meaningful paid employment. Current and developing employment systems are complex - this course helps participants who face higher barriers to employment learn how to develop a vision, understand best practices, and navigate the system to achieve improved life and work outcomes.

The course can be found here:
www.fsne.ca/courses/learning-path-to-employment.

The course can be accessed 24/7, is free, and there is no time limit in which you must complete it.



Employment Training and Job Connections

Employment training and job connections for people with developmental disabilities in Ontario

LCOworks (LifeCourseOnline) is a free online program that supports positive employment outcomes for individuals with developmental disabilities, a traditionally underrepresented and at-risk population in the labour market. Any Ontario resident with a developmental disability is eligible to participate in LCOworks. Email to apply or learn more at support@lifecourseonline.com.

Summer Camps and Summer Programs in Waterloo Region for Individuals with Special Needs

Planning for Summer?

Learn how to plan and information about summer programs offered this year!

If you missed the Planning for Summer online meetings held recently, you can view recordings of these meetings at www.kidsability.ca/camp-info

The Summer Camp Directory is available online at www.kidsability.ca/camp-directory-summer

This Directory lists:

- Overnight Summer Camps
- Day Summer Camps
- Teen & Young Adult Summer Camps

You can also get more information about 2023 Summer Camps viewing the Virtual Camp Fair recordings, also found on the same page: www.kidsability.ca/camp-info.

City of Kitchener and City of Waterloo Summer Camps

It is never too early to think about summer! The cities of Kitchener and Waterloo offer fantastic summer camps featuring weekly themes, crafts, active games, and entertainment at municipal community centers and pools.

Kitchener camp registration opens **Tuesday, March 21 at 8:30 a.m.** Register online at kitchener.ca/camps or in person at your local community centre, pool or city hall.

Waterloo camp registration opens **Wednesday March 8th at 8:30 a.m.** Register online at waterloo.ca/camp or in person at Waterloo Memorial Recreation Complex.

Inclusion Support

Inclusion support is available for children and youth who require one-to-one assistance to enjoy a successful camp experience. The City of Kitchener also offers specialized camps for youth with disabilities ages 9 – 17. For more information about services for people with disabilities or an Inclusion Membership, visit www.kitchener.ca/inclusion.

Summer Programs and Summer Vacation of Extend-A-Family

Extend-A-Family Waterloo Region Summer Program offers themed weeks for individuals with disabilities ages 13+. Activities accommodate a wide range of abilities, ensuring that all participants have the opportunity to contribute. Summer Programs Weeks: July 3 to July 31. Summer Vacation Weeks: Aug 14 and 21. Online registration starts on March 1, 2023 at: www.mycommunityhub.ca 519-741-0190 www.eafwr.on.ca

YMCA of Three Rivers:

www.ymcacambridgekw.ca/en/camp-outdoor-centre/summer-day-camps.asp



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

DARE - The Dance Adventure Rhythm Experience program provides active and social engagement for across developmental and physical abilities. For more information visit www.danceadventure.ca or email dare@danceadventure.ca.

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

www.secure.laurierathletics.com/ecommerce/index.php?CatID=226

Arts for All – Arts Abound – this class is designed for children living with disabilities and includes a variety of art experiences (including dance, music, and visual art) that are adapted to the unique needs of each student to provide them an opportunity to express themselves. www.artsabound.ca

Soccer –

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.

Kitchener Kicks Dragon Hearts program for Martial Arts continues to practice on Saturday mornings at 9am for individuals with special needs. Both virtual and in-person options are available. New participants are welcome to try the program for free before signing up. Visit <https://kitchenerkicks.ca/WP-Website/classes/dragon-hearts/> for more information.

Adaptive Gymnastics program at KW Gymnastics will offer in-person 1:1 coaching for individuals with special needs. <https://www.kwgymnastics.ca/adaptive-program>.

Contact Asifa at adaptive@kwgymnastics.ca for more information.

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

YMCA has launched their new unified website for all in one Stratford, Cambridge and KW. It is now available at: www.ymcathreerivers.ca

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

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

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.



Move by Goodlife Kids

MOVE is designed exclusively to get youth with special needs active, and is offered FREE to families. Registered participants get access to three live online small-group sessions each week led by one of MOVE's passionate coaches.

Learn more at: goodlifekids.com/MOVE/

Fitness Class

Movin' & Groovin' fitness class is designed for children ages 4-12 with special needs. It will be offered in person this fall on Tuesday and Thursday evenings at the Sunlife Centre for Physically Active Communities (WLU Campus). Each participant receives 1:1 support from a Kinesiology student.

For more information contact Nicole Luymes at nluymes@wlu.ca or visit <https://researchcentres.wlu.ca/sun-life-financial-centre-for-physically-active-communities/index.html>

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

Inclusion Services

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

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

Helpful Links To Workshops and Newsletters

<http://www.kidsability.ca/program/activityguides>

<http://www.eafwr.on.ca/events/>
<https://wrfn.info/blog/tag/wrfn-newsletter>

<https://wrfn.info/category/event/>
<https://www.carizonforthecommunity.ca>
<https://autism-ontario-adult-e-newsletter>
<https://www.autismontario.com/newsletter>

Fee Assistance for Leisure and Recreational Activities

Fee Assistance for Leisure and Recreational Activities is available from different sources in the Region of Waterloo. More information on eligibility criteria and how to apply, online application form can be found at these links:

The City of Waterloo:

Fee-assistance-application Waterloo

The City of Kitchener:

Fee-assistance Kitchener

The City of Cambridge:

Activities for Less Fee Assistance application Cambridge

YMCA 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. These are some of them listed below:

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

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

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

City of Waterloo Camps-and-pre-school
Waterloo

City of Kitchener **Children-and-youth Kitchener**

City of Cambridge **Children's recreation**
Cambridge

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

Waterloo Public Library Events Calendar

Kitchener Public Library Events Calendar

Cambridge Idea Exchange Events Calendar

Access 2 Card

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

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

www.access2 Card

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

Kitchener: www.kitchener.ca/community-centres

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

Cambridge: www.facilities.cambridge.ca

Recreation and Social Programs in the region

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



Workshops and Activity Guides City of Waterloo Program and Activities Guide

City of Kitchener Active Kitchener
City of Cambridge: 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 Theater

Waterloo: Third Age Learning, Waterloo Region Museum

ABOUT US

MAIN OFFICE

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

Phone: 519-741-1121

Fax: 519-743-4730

E-mail:

sdrc@sunbeamcommunity.ca

Website: www.sdrc.ca

Hours:

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

Monday to Friday



SDRC Connection publishes four times a year. If you would like to receive notification when new issues are available on our website, please contact us at sdrc@sunbeamcommunity.ca providing your name and email address. If you have a family member currently receiving services from SDRC, please provide his/her name as well.

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

Satellite Offices

Cambridge

757 King St. E
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Fax: 519-650-5729

Kitchener/Waterloo

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

Elmira

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

Disclaimer

We want to provide an informative resource that will be a useful guide for you. **Sunbeam Developmental Resource Centre does not necessarily endorse the information contained in this newsletter.** The purpose is to provide information to the community. It is up to the reader to decide what is useful for them. We make every effort to ensure that our information is accurate and relevant. We apologize for any errors or omissions that occur.

Code of Conduct

Sunbeam's "Code of Conduct For Persons Served and Family Members" can be found at www.sunbeamcommunity.ca/news

Privacy, Consent, Collection & Disclosure

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