



Int'l Day of Persons with Disabilities



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

The theme of the 2024 International Day of Persons with Disabilities (IDPD) is: "Amplifying the leadership of persons with disabilities for an inclusive and sustainable future."

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

Inside This Issue:

| | | | |
|--|--------|---|---------|
| Sunbeam's Holiday Message | Page 2 | Workshops..... | Page 10 |
| What's Happening at Sunbeam..... | Page 3 | Brightside ABA Services..... | Page 13 |
| Highlights on RDSP..... | Page 4 | Region of Waterloo Resources..... | Page 14 |
| Clinics..... | Page 5 | What's Happening in the Community (incl. Summer Camp Fairs)..... | Page 15 |
| Autism Social Skills and Other Groups..... | Page 6 | Recreation, Leisure, Financial Assistance and Registration..... | Page 29 |
| Resource Supports | Page 8 | | |
| Speaker Series..... | Page 9 | | |

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.

Happy Holidays! From Sunbeam Community & Developmental Services

2024 has been an eventful and successful year at the Sunbeam Community, guided by our strategic priorities: putting People First, fostering Inclusion, welcoming Innovation, and building Community.

Sunbeam expanded its Brightside ABA Services at our new location at The Family Centre in Kitchener. This expansion meets the needs of so many more children, youth, adults and their families while helping to reduce local wait times.

We continue to upgrade and modernize our inclusive living group homes by r kitchen and bathroom renovations, roof replacements, ceiling lift installations, heating/cooling systems, accessibility features and outdoor spaces. Our homes are well-maintained, safe, and accessible, providing comfortable, welcoming homes for the individuals we support.

Through our involvement with OASIS, OADD, the Specialized Clinical DS Network, the Provincial Network on Developmental Disabilities, Community Living Ontario and others, we are a system of leaders, working together to improve quality, services and awareness.

Everyone at Sunbeam shares the common value of a dedication to supporting others. Our core belief that people's needs are best met by people whose needs are met is nurtured by fostering the wellbeing our staff and volunteers, as well as the people we serve.

Looking ahead to a joyous Holiday Season, we send best wishes to you and your family for a very happy and healthy New Year from everyone at the Sunbeam Community.

Connie Smith,
President, Board of Directors

Brian Swainson,
Chief Executive Officer

WHAT'S HAPPENING AT SUNBEAM

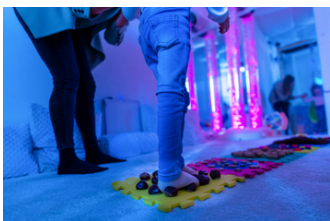


Community of Collaboration

Sunbeam Community & Developmental Services has just been accepted into membership of Community Living Ontario (CLO). As a sector leader in the Developmental Services field, Sunbeam actively participates with CLO and its member organizations at many provincial networks and working groups. Formalizing our collaboration through membership allows all of us to strengthen our collective focus on inclusion, advocacy and choice for persons living with developmental disabilities and their families.

To learn more about Community Living Ontario visit their website at www.communitylivingontario.ca/about

Snoezelen Room Transformation



Sunbeam's Holiday Appeal for 2024 is in support of transforming and modernizing our Snoezelen Room at Sunbeam's Kingsway Campus in Kitchener.

A Snoezelen Room is a multi-sensory environment that promotes comfort and relaxation, helping to reduce agitation and anxiety while also engaging and delighting users by stimulating visual, audio and tactile (sight, sound and feel) responses and encouraging verbal and non-verbal communication.

A Snoezelen multi-sensory space is beneficial and meaningful to children, youth, adults and older adults, and can be experienced alone, or more often as a shared experience with a family member, other caregivers, support staff or therapist. Through thoughtful, evidence-based design, the new space will nurture therapeutic and emotional needs while also ensuring accessibility, safety and comfort.

To learn more about this transformative initiative, please visit www.sunbeamcommunity.ca/sunbeam-holiday-appeal-2024

To show your support to this innovative, person-centred project please scan the QR code, visit us at: www.sunbeamcommunity.ca/donate or, Call 519-893-6200.

Intake and Resource Team at SDRC highlights on RDSP

One of the many roles of the Intake and Resource Team at SDRC is to increase care providers awareness of the important financial supports available to individuals with disabilities. Our team members share information about valuable programs through Intake meetings, resource calls and emails, as well as monthly Financial Clinics. One of those important programs we routinely highlight is the Registered Disability Saving Plan (RDSP).

The RDSP was recently featured in a Toronto Star news article entitled, **The little-used RDSP is a financial game changer for disabled Canadians -**

here's what you need to know. Below is an excerpt from the article which was posted November 24, 2024:

The number of Canadians with at least one disability has doubled in the past 10 years, according to Statistics Canada, and with it, the number of investment and tax tools to help disabled Canadians plan for the future has grown.

One such generous tool is the registered disability savings plan (RDSP), an account that remains largely untapped.

Established in 2008, the RDSP helps Canadians approved to receive the disability tax credit (DTC) plan for their long-term financial security through bonds, grants and government-matched contributions.

Despite being around for years, experts say the account remains underused. StatsCan found that just under 32 per cent of eligible Canadians (up to age 59) had an RDSP in 2020.

"One problem", says Caval Olson-Lepage, a certified financial planner at Innovation Wealth in Saskatoon, Sask., "is that there's just not enough awareness. We hear a lot about our RRSPs, TFSAs and RESPs, but RDSPs aren't advertised as much."

Canada's major financial institutions, including BMO, TD, CIBC, RBC and Scotiabank, all offer RDSPs.

The federal government offers two types of incentives for RDSPs: The Canada Disability Savings Grant (CDSG) encourages RDSP contributions through grants as a percentage of contributions; the Canada Disability Savings Bond (CDSB) is based on family net income.

The CDSG is a matching grant, so for every dollar contributed or every gift deposited into an RDSP, up to a maximum of \$3,500 a year, the amount is matched equally up to three times in government grants, says Selena Gusikoski, director of registered plans at Concentra Trust, an Equitable Bank company.

The matching amount for a CDSG varies based on your family's net income. The maximum lifetime contribution limit is \$70,000.

"With tax-deferred growth, along with government grants and bonds up to \$90,000," says Gusikoski, "an RDSP is extremely advantageous and has the potential to change your life or that of someone you love."

To read the full article, click this link: **Little-used RDSP is a life changer for disabled Canadians.**



WHAT'S HAPPENING AT SDRC - CLINICS

Clinics at SDRC

Sunbeam Developmental Resource Centre (SDRC) hosts a variety of clinics. All clinics are 1 hour in length via Zoom, limited to a maximum of 10 participants (except the SLP clinic which is one-on-one) and include an opportunity for questions and discussion. Different eligibility criterias apply. For specific information on each clinic and dates please visit: www.sdrc.ca/clinics or scan the QR code. Call Rehana Khanam at 519-741-1121, ext. 2201 to register.

Intake Financial Clinic Virtual

Intake Financial Clinics provide information on the various financial supports available to families who have children with higher support needs. These clinics are offered virtually on a monthly basis and are small group in nature. If your child has been confirmed eligible for SDRC services, you are welcome to attend.



Ask A Speech Language Pathologist Clinic - Virtual

As part of our foundational family services supports, SDRC provides "Ask a Speech-Language Pathologist" consultation. This support is available to parents/caregivers of children with autism up to 6 years who are enrolled in the Ontario Autism Program (OAP). Each session will have a short presentation and then will be open to your questions about how to help your child's speech and language skills.



Speech-Language Pathology Clinic

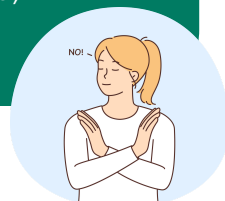
We offer free individual family-focused consultation for SDRC clients over the age of 6 years with a intellectual disability and/or autism spectrum disorder, living in Waterloo Region. At the clinic you will be expected to identify one or two concerns/goals and consultation/resources will be provided to address the goal.



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.

New dates are available now on our website. The topics covered are: Executive Functioning, Picky Eating, Hygiene, Transition and School Refusal.



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 Group

SDRC offers a **Monthly Social 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 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.



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 the month
from 10:00 am to 11:30 am**

**Evening: The last Tuesday of the 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!

Adult Resource Guide: Community Supports and Services

This Guide, developed by SDRC and updated twice yearly, includes key resources for youth on the autism spectrum transitioning into adulthood who may not be eligible for adult services from Developmental Services Ontario (DSO). It could also be helpful for adults of any age who have been diagnosed with autism and/or an intellectual disability.

You can access the most recent version of the Guide (under "Resources") through 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**

Additional Support Services Page of SDRC's Website

The Additional Support Services Page of our website has been re-named and reorganized under the following categories:

- Autism Services,
- Children's Treatment Services,
- Developmental Services,
- Mental Health and Parent and Care Provider Resources and Supports.

This page provides information and links to additional organizations and agencies in the region/province that support families through Developmental Services, Mental Health Services, and caregivers resources.

www.sdrc.ca/additional-support-services

Please note that Sunbeam does not necessarily endorse or recommend third-party websites, products, or services, and is only interested in providing the community with relevant information and available resources.

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.



Our Holiday Hours

Sunbeam Developmental Resource Centre will be closed on the following dates:

Wednesday, December 25, 2024

Thursday, December 26, 2024 and

Wednesday, January 1, 2025

**Happy
Holidays**

WHAT'S HAPPENING AT SDRC - SPEAKER SERIES

Virtual Speaker Series on YOUR DISABILITY TAX QUESTIONS ANSWERED

Suitable for:
Individuals, parents,
caregivers and
professionals



Tuesday, February 25,
11:30 am to 1:00 pm
Thursday, February 27
6:30 pm to 8 pm
Register by:
February 21

- Learn how to apply for the DTC
- Learn how to claim the DTC once approved
- Learn about other CRA disability related tax programs, including the Registered Disability Savings Program (RDSP)

Speakers:

Representatives from Canada Revenue Agency

Virtual Speaker Series on INTERNET SAFETY AND ONLINE BULLYING

This workshop will give tips and strategies for parents to keep their children safe on the internet and what parents can do when their child is bullied.

Appropriate For: Parents and caregivers and Professionals

Date: Wednesday
February 12, 2025
12 pm to 1:30 pm



Presented by:
Mahsa Sadeghi
from Starling
Community Services

Register online on our website: www.sdrc.ca/workshops-and-training
Call 519-741-1121 ext. 2201
or email: r.khanamesunbeamcommunity.ca

Emotional Regulation - Virtual

Date: January 21, 2025, Time: 6 pm to 7 pm
Register By: January 14, 2025
Date: February 11, 2025 Time: 10 am to 11am
Register By: February 7, 2025
Date: March 18, 2025 Time: 6 pm to 7pm
Register By: March 14, 2025

Presenter: Jennifer Jacobs
Appropriate For: Parents and caregivers of individuals with developmental disabilities.

This workshop will look at myths about emotions, explaining strategies to promote emotional regulation. This workshop would be suitable for caregivers who are struggling to help those that they care for cope with emotions. The idea that 'all behaviour is communication' will be explored along with ways to interpret the behaviour of nonverbal individuals.

School Refusal - Virtual

Date: Monday, January 27, 2025
Time: 1:00 pm to 2:00 pm
Register by: January 24, 2025

Presenters: Denise Burke with 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 instructor 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.

An Introduction to Autism Spectrum Disorder (ASD) Virtual

Date: Tuesday, March 18, 2025
Time: 6:00 pm – 7:00 pm
Register By: March 14, 2025

Presenter: Chloe Riddell
Appropriate for: Individuals, families and professionals.

This workshop offers an introduction to the diverse spectrum of autism spectrum disorder (ASD). We will discuss the unique strengths and challenges individuals with ASD navigate daily, while exploring strategies to create supportive environments.

Discussing Puberty and Sexuality with Your Child Virtual

Date: Tuesday, March 25, 2025
Time: 1:00 pm – 2:30 pm
Register By: March 21, 2025

Presenters: Denise Burke and Chloe Riddell
Appropriate for: Parents and caregivers of children with developmental disabilities.

This workshop will address body and behavioural changes that occur during puberty. We will give you resources and strategies to help you guide your child through this next step in their development and give them the knowledge and skills to keep them safe.

Collaborating With Schools Virtual

Date: Thursday, May 1, 2025
Time: 12:00 pm – 1:00 pm
Register By: April 25, 2025

Presenters: Lori Hoelscher, Wendy King, Jeannie Chaves, Jessica Costa and Robin Lane
Appropriate for: Parents and caregivers of children with developmental disabilities.

This workshop is designed to provide a general overview of school to help guide you on your child's school journey.

Social Communication Skills for people with Autism &/or Developmental Disabilities

Date: Tuesday, April 8, 2025
Time: 6:00 pm – 7:30 pm
Register By: April 4, 2025

Presenter: Lorraine Otto, M.Sc., CCC, Speech Language Pathologist (Reg. CASLPO)
Appropriate for: Individuals, families and professionals

This workshop will provide an overview of practical strategies to support communication development for individuals with autism spectrum disorder 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.

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: www.sdrc.ca/workshops-and-training.



INDIVIDUAL AND GROUP SERVICE PACKAGES

Offering both in-centre and home services (individual) 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 Registered Behaviour Analyst (ONT.).
- 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)
 - Social Skills

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

OR

519-741-1121 ext. 2904

Region of Waterloo's Resources on Children with Exceptional or Special Needs

Some children are born with exceptional needs or an exceptional need is identified later as the child grows. Region of Waterloo's website is a great resource for parents and caregivers of Children with Exceptional or Special Needs. You can find information on the following programs/services on the 'Children with Exceptional or Special Needs' page on their website at the link below:

www.regionofwaterloo.ca/en/health-and-wellness/children-with-special-needs

Infant and Child Development

Infant and Child Development offers services, assistance, and support to families of young children who may be experiencing developmental concerns, delays or disabilities.

A range of services are available to children up to age five who are not attending licensed child care or kindergarten.

Finding Licensed Services for Children with Special Needs

The Special Needs Access Point (SNAP) is a single access point for children up to 12 years who are currently attending or seeking to enroll in a licensed child care program in Waterloo Region. SNAP accepts referrals from child care programs, parents, and community agencies.

Please visit the **Special Needs Resourcing Collaborative** website where you can find more information about referrals, what supports are available, and resources for both parents and early learning child care centres.

Community Supports

**Extend-A-Family Waterloo Region
KidsAbility
Waterloo Region Family Network**

Financial Assistance: Help Paying for Child Care

Assistance for Children with Severe Disabilities: If you are a parent or guardian who is caring for a child with a severe disability you may be able to get financial support through the **Assistance for Children with Severe Disabilities (ACSD) Program**. This program provides financial support for low-income and moderate-income families to cover some of the extra costs of caring for a child who has a severe disability.

Special Services at Home: Families who are caring for a child with a developmental and/or physical disability can apply to the **Special Services at Home (SSAH) program** to get funding.

Online Application for ACSD and SSAH

ACSD and SSAH 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

Summer 2025 Camp Fairs - Virtual Discover summer camp opportunities for children and youth with special needs

This series of fairs will feature camps from Waterloo Region, Guelph-Wellington and beyond providing programming and support for campers with special needs. Various camp options and information will be available from the camp representatives.

DAY CAMPS FOR CHILDREN FAIR

(Aged 4 - 12)

Waterloo Region

Tues., January 8, 2025

7 pm to 9 pm

DAY CAMPS FOR CHILDREN FAIR

(Aged 4 - 12)

Guelph-Wellington

Wed., January 8, 2025

7 pm to 9 pm

DAY CAMPS FOR TEENS AND YOUNG ADULTS

Waterloo Region and

Guelph-Wellington

Wed., February 5, 2025

7 pm to 9 pm

HOW AND WHEN TO PLAN FOR SUMMER CAMP WEBINARS OFFERED BY KIDSABILITY

Webinars are offered Dec - March 2025 at 12 pm or 7pm

Topics include:

- Steps need to successfully plan for summer camp
- Where to find camp and funding information
- How to access inclusion support (1:1)
- Camp support offered by KidsAbility
- Plus more

To learn more and the dates of webinar contact:

rectherapy@kidsability.ca

or 1-888-372-2259

REGISTER WITH KIDSABILITY

Visit: kidsability.ca/events

To learn more contact:

rectherapy@kidsability.ca

or 1-888-372-2259

Registration opens

City of Kitchener

Winter 2025 programs: Tuesday, December 10

Spring 2025 programs: Tuesday, March 11

Summer camp 2025: Tuesday, March 18

City of Waterloo

Winter program: Thursday, December 5 (active living)
and Thursday, December 19 (swim)

City of Cambridge

Summer camp: Wednesday, February 5, 2025

Spring: Wednesday, March 19, 2025



WHAT'S HAPPENING IN THE COMMUNITY

Autism and Mental Health Project: Final Report

The Counselling Collaborative of Waterloo Region (CCWR) is a partnership between 5 non-profit community mental health agencies across the Waterloo Region. CCWR is the successful applicant of the 2022 Innovation Stream of the Workforce Capacity Grant of the Government of Ontario. The CCWR applied to the Workforce Capacity Grant as a partnership to build the capacity of mental health services for the autism community across the Waterloo Region as well as explore opportunities to integrate mental health services into existing autism programming offered in the region. Autism and Mental Health Project: Final Report has been published recently.

You can read the full report at this link www.counsellingwr.ca/wp-content/uploads/2024/07/Autism-Mental-Health-Project-Report-2024-1.pdf

Virtual Urgent Care (VUC) UrgentCareOntario.ca

VUC is a program that provides virtual, same day/next day appointments for children and adults across Ontario with a Nurse Practitioner (NP). These are applicable for non-emergent care that is applicable for a virtual visit.

Patients can book an appointment through www.urgentcareontario.ca

Or call 1-844-CARE-844 (1-844-227-3844) and an appointment can be made for you.

Dual Diagnosis Alternate Level of Care (ALC) project

Supporting Alternate Level of Care (ALC) Patients with a Dual Diagnosis to Transition from Hospital to Home: Innovative Practices Across Ontario - This report is available now in the latest issue of EENet News and on social media via @EENet_News and @HCARDD. For additional resources, click on this link: [H-CARDD ALC Project webpage](#).

Kerry's Place Brave Space

Brave Space is a collection of resources, services and supports from 2SLGBTQ+ Youth and their families. It's a step to honour, empower, and support everyone who lives at the intersection of autism and the 2SLGBTQ+ spectrums with information and evidence-informed resources and services. Kerry's Place aims to support those in our community who are navigating, or supporting a loved one who is navigating, their journey of discovering their identity within the spectrums of gender and sexuality. They are collaborating with subject matter experts to help ensure that the supports developed are evidence-informed and in line with current best practices for the 2SLGBTQ+ community.

www.kerrysplace.org/brave-space-at-kerrys-place

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

Call Lisa Cook at 226-338-7274 or by email at lisa.cook@wrfn.info.

The Anonymous Bullying Reporting Tool of WRDSB

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

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

www.wrdsb.ca



Family Support Network for Employment

Family Support Network for employment (FSNE) is a family-led coalition advocating for employment opportunities and jobs in the open labour market for individuals with developmental disabilities who face higher employment barriers.

Click here to find out their mission and explore resources.

EarlyON Team

Early Learning, Child Care Navigators and Partners

Early Learning and Child Care (ELCC) Navigators seek opportunities to assist families in accessing Child Care, EarlyON programming, and other services that support the healthy development of children aged 0 – 6. They focus on supporting families who experience barriers accessing these services.

To meet with an Early Learning & Child Care Navigator you can send a request **online** or via email:

at earlyyearsinfo@ytr.ymca.ca

You can also call 519-741-8585 ext. 3008 and ask to speak with an Early Learning and Child Care Navigator.

For more info please visit ELCC Navigators at this **link**:

www.earlyyearsinfo.ca/earlyon-programs-and-calendar/services

Flu shots and flu clinics in Waterloo Region

Flu shot clinics are available seasonally to help prevent the spread of influenza.

For more information please visit: **ontario.ca/page/flu-facts**

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

Pharmacies, Region of Waterloo Public Health Services, Walk in Clinics in Waterloo Region, Community Health Centres in Waterloo Region.

EarlyON

Waterloo Region Locations

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

Drop-Ins at EarlyON

Family Resource Coach of WRFN 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

WHAT'S HAPPENING IN THE COMMUNITY

AccessOAP

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

CAMH - Azrieli Adult Neurodevelopmental Centre

The **All About Autism & Mental Health Webpage** of CAMH (Centre for Addiction and Mental Health) has autism-related information, webinar recordings, and mindfulness resources. This page offers resources and videos related to mental health for 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 Research Institute (ARI)

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

Autism Health and Nutrition Feb 5, 2025, **1 pm Eastern Time**

Kelly Barnhill

Register here for this webinar.

Integrated Crisis Centre

Operated by the Canadian Mental Health Association Waterloo-Wellington and Thresholds Homes and Supports, Integrated Crisis Centre opened its door on July 30, 2024.

This service is intended for individuals aged 18 years or older who are experiencing a mental health or substance-use crisis who cannot safely wait for community mental health or substance-use support.

Their services include:

Walk-In Support: Individuals can visit the centre without an appointment, receiving immediate assistance from their caring staff.

Crisis Intervention: Trained peer support workers and service navigators provide crisis intervention, de-escalation, emotional support and brief follow-up.

Referrals: They connect individuals to appropriate community resources, including respite beds, mental health services, substance use health support, and other community referrals.

298 Laurence Ave., Kitchener

2 pm to 8 pm, Tuesday to Saturday

Email: icc@cmhaww.ca

If you are in crisis contact **HERE** 24/7 at 1844-437-3247

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. 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.caminowellbeing.ca/groups-workshops

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**.

Skills Corner

Skills Corner is a new program for young adults, located in Kitchener-Waterloo at Forest Hill United Church (121 Westmount Rd E). This program is designed to provide participants with a safe space to learn new skills, socialize and grow while having fun. Team includes staff trained and experienced in working with special needs adults and kids on the spectrum. Register by calling 519-589-4022.

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: grohtech@explornet.com

Benefits Wayfinder

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

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.

The A-Team of Waterloo Region

The A-Team of Waterloo Region is primarily run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome, with some assistance from Bridges to Belonging. Their goal is to create a safe and welcoming environment to meet fellow adults (age 18+) with Asperger's Syndrome (ASD - level 1), discuss topics of interest, share experiences, and embrace their neurological diversity.

Please go to

www.ateamwaterlooregion.wordpress.com for more information on registering and attending the upcoming virtual meetings!

Canadian Council on Rehabilitation and Work

CCRW Employment Services helps job seekers with disabilities connect with local businesses. They provide industry-specific training, workplace accommodation and adjustment planning, employer matching, and access to a hidden job market.

For more information or to register, call: Jennie Di Girolamo - Employment Facilitator (519) 571 6788 ext. 7661 or email jdigirolamo@ccrw.org.

www.ccrw.org

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

Autism Ontario

Calendar of Upcoming Events

Autism Ontario helps all individuals with autism 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

Virtual Peer Support for Newly-Diagnosed Women with Autism

Researchers are evaluating the impact of participating in a virtual peer support program on the well-being of newly-diagnosed autistic women. It's for adults 18 years or older who identify as a woman, have received a formal diagnosis of autism in the last 8 months, and live in Ontario.

See **flyer** for additional details. Contact: Princess Owusu at AWPeerSupport@camh.ca.

Toronto Pearson Airport's Neurodiversity Supports

Toronto Pearson has partnered with Autism Ontario and Magnusmode to provide some resources to assist individuals with autism and neurodiversity and their caregivers.

- **Step-by-step guide for travelling at Toronto Pearson, Magnuscards** - The Toronto Pearson Card Decks of MagnusCards® walk people with autism and other cognitive special needs through common airport processes.
- **Sunflower Lanyards** - Lanyards are available for passengers with invisible disabilities to help identify that they may need extra help or additional time while travelling.
- **My Toronto Pearson activity book** - The activity book assists autistic and neurodiverse children and their caregivers to prepare for their upcoming trip, from arriving at the airport to boarding a plane.

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

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



Employment Solution's Developmental Disabilities and Home Care

AO Employment Solution provides individuals living with a developmental disability with professional personalized care including respite care, personal care, overnight care, and care management services.

Learn more at

www.aoemploymentsolution.ca

Autism Speaks Canada

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

www.autismspeaks.ca/autism-response-team-art

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: Eric Humphreys, at ehumphreys@communitylivingontario.ca or Dana LaBrash at dlabrash@communitylivingontario.ca

Passport Program of Ontario

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

www.passportfunding.ca

Vulnerable Person's Registry

The Vulnerable Persons Registry (VPR) is a community-based initiative that promotes communication between vulnerable persons, the people who support them, and the police. This information will assist officers when responding to an emergency involving a vulnerable person. The registry provides police with quick access to critical information. Access to this information is controlled. The police dispatcher has access to the Vulnerable Persons Registry (VPR). They will forward the registrant's information to the relevant police officer involved in the emergency. The information you provide the VPR remains safe and secure.

Individuals, their parent/legal guardian, or other legal authorities may register a vulnerable person. The VPR is voluntary and free to register.

www.vulnerablepersonsregistry.ca

Housing Toolkit by DSO

Learn how the DSO housing toolkit can help you create a housing vision for adults with 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. There are 6 Steps, 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

In recognition of **National Housing Day** on November 22, a special video has been created in collaboration with self-advocates, their support teams, the DSO Communications team, and DSO Housing Navigators. You can watch the video at this link:

National Housing Day DSO and Self Advocate Campaign

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



Skills for Safer Living Youth and Caregiver Intervention Group

A 10 week group for youth ages 14-16 who have attempted suicide or struggle with thoughts of suicide. A parallel group for caregivers will happen at the same time.

Winter groups will meet downtown Kitchener starting in February, 2025.

The purpose of this group is to reduce the intensity, frequency and duration of suicide related thinking and behaviour.

Group facilitated by:

OK2BME, Camino Wellbeing+ Mental Health and CMHAWW.

Please call Front Door at 519 749 2932 ext. 2 for information or to make a referral.

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

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. Learn more about these on their website:

www.wchc.on.ca/community-programs/all-programs-and-services
Email: info@woolwichcounselling.org

Effective Problem-Solving and Limit-Setting With Our Children - Virtual Parent Workshop

Wednesday, Jan 29, 6:30 to 7:30 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.

Glad To Be Me

In Person Workshop (Ages 4 - 7)

Wednesday, Jan 8, Mondays, Feb. 3 and Mar 3, 2025, 4 to 5 pm

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

Helping Teens Manage Anxiety

In-person Adult Workshop

Wednesday, Feb 5, 2025, 6:30 to 7:30 pm

Adolescence is a time of many stressors, including academic and social pressures. Awareness, understanding and support are necessary to navigate through adolescent years. This workshop examines the causes and symptoms of adolescent anxiety.

Waterloo Wellington Down Syndrome Society Support Group

Mothers Connection is a group supporting Moms with young children with Down syndrome with childcare provided. Go to **WWDSS.ca** or email info@wwdss.ca for more information.

Strong Minds Through Active Bodies

Strong Minds Through Active Bodies is a free online course for physical activity for students, professionals, and people supporting youth and adults with autism to access physical activity programs and spaces. Participants who access this free course will learn about autism, neurodiversity, ableism, and mental health related with autism. 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

Resources for Individuals with Developmental Disabilities

Community Living Ontario has made some online resources available related to topics such as legal capacity and intellectual disability, supported decision making, guardianship, banking with disability etc. These are available at this link:

www.communitylivingontario.ca/right-to-decide

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.**

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

Thursday - 1:00 pm to 3:00 pm
Fairview Park Mall
2960 Kingsway Drive, Kitchener

For more information contact at:
519-741-0190 or info@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

Also check their website for many other useful resources and free webinars:

www.planningnetwork.ca/#freeonlinewebcasts

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

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 hampers 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.christmassupport.ca**

RECREATION & LEISURE

Programs for those with Disabilities If the programs are full register for the waitlist.

City of Kitchener

All-Access Hangout: Sundays from 1:15 - 2:45 p.m. at Country Hills Community Centre.

Inclusive Boccia: Mondays from 6:45 - 8:00 p.m. at Bridgeport Community Centre.

MoveMEANT for All: Thursdays from 6:00 - 6:45 p.m. at Country Hills Community Centre.

Inclusive Game Connect: Thursdays from 10:45 - 12:00 p.m. at Centreville-Chicopee Community Centre

Inclusive Art: Tuesdays from 7:15 - 8:15 p.m. at Doon Pioneer Park Community Centre.

Artshine: Inclusive Adult Art Class: Fridays from 12:30 - 1:30 p.m. at Country Hills Community Centre

For full program details please go to www.kitchener.ca/activenet.

Please click on the links for more information and dates, contact Marina Dotzert at Marina.Dotzert@kitchener.ca or by calling 519-741-2200 ext. 7228. Inclusion Membership required.

City of Cambridge

Integrated and Adapted Programs

Adaptive Sport Fundamentals

In this registered adapted program, participants have the opportunity to learn the fundamental movement skills such as catching, running, throwing, and jumping through a series of structured sporting activities. Classes will be modified for all abilities, and are open to participants ages 6-12 and 13-20.

Adapted Leisure Swim

An open swim opportunity for children, youth, and adults with diverse abilities to participate in a fun, supportive and supervised water environment. The diving board, spa and sauna are open for use, and two lanes will be available for swimming lengths. In this sensory friendly environment music is not played, and whistles are only used during emergency situations. See their **Swim Schedules page** for more details and new dates when they are posted.

www.cambridge.ca/support-and-accommodations

Special Olympics

Special Olympics Ontario offers a variety of impactful programs, including health initiatives, school-based programs, and Hometown Games, each contributing to the overall mission of promoting inclusion and well-being.

www1.specialolympicsontario.com

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 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 classes starting on September 18, 2024. The class will run at 6 pm on Wednesdays. 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. winter registration opens on Dec 1 at 8 am.

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

Online Sensory Workout Project

On behalf of Aptus Treatment Centre, the Sensory Workout Project is pleased to share the following 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

Sports for Special Athletes

Sports for Special Athletes (SSA) is a grass-roots, community-based sport and recreation organization. Locally based in Waterloo, their programs are designed for people with special needs, ages 5 years and up. They offer programs throughout the spring/summer and fall/winter seasons and include a wide variety of activities such as, 5 & 10 pin bowling, non-contact martial arts, adapted swimming, adapted yoga, floor hockey, boccia ball, mini-golf, softball (3 ability levels), soccer (2 ability levels), basketball, lawn bowling, power lifting, speed skating, curling and the annual Christmas party. They use city and school facilities and sport fields. Visit **here to register**.

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

RECREATION & LEISURE

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 a 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, Centre in the Square, The Registry Theatre

Waterloo: Third Age Learning, Waterloo Region Museum

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/Community-Rec-Directory

www.eafwr.on.ca/events

wrfn.info/blog/tag/wrfn-newsletter

wrfn.info/CommunityNewsAndUpdates

www.caminowellbeing.ca

autism-ontario-adult-e-newsletter

Fee Assistance for Leisure and Recreational Activities

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

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

(Visits by appointment only)



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 (Visits by appointment only)

Cambridge

757 King St. E
Cambridge, ON
N3H 3N8
Phone: 519-741-1121
Fax: 519-650-5729

Kitchener

65 Hanson Avenue
Kitchener, ON N2C 2E2
Phone: 519-741-1121
Fax: 519-743-4730

Elmira

118 Barnswallow Dr.
Elmira, ON N3B 2Y9
Phone: 519-741-1121
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 2024 Policy Bulletin" can be found at www.sunbeamcommunity.ca/privacy-policy