

**Educate. Connect. Empower.**

Issue 100  
August 2018

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Welcome to August!

In celebration of 100 issues of Family Pulse we have decided to share 100 things you may now know about WRFN. We hope you enjoy getting to know us a little better!

Don't miss information about [Find Your Passion](#) coming up August 25. This is a free event that allows you to try many of the accessible sport and recreation opportunities in Waterloo Region.



[Support WRFN Today](#)

Waterloo Region Family Network  
[www.wrfn.info](http://www.wrfn.info)  
[info@wrfn.info](mailto:info@wrfn.info)

## SEAC Updates

### Waterloo Region District School Board - Special Education Advisory Update

*Submitted by Carmen Sutherland*

The next SEAC meeting is Wednesday, September 12 at 7p.m. at the Education Centre, 51 Ardelt Avenue, Kitchener N2C 2R5.

### Waterloo Catholic District School Board - Special Education Advisory Update

*Submitted by Sue Simpson*

The next SEAC meeting will be on Wednesday, September 5, 2018, at 6:30pm at 35 Weber St. West, Kitchener.

## Autism in High School

“[Autism in High School](#)” is a web-based guide to help students with Autism Spectrum Disorder and their families as they navigate the transitions and common challenges of high school. This website was developed as a joint initiative between Extend-A-Family, Waterloo Region Family Network, members of the former Autism Services Waterloo Region, the Waterloo Region District School Board, the Waterloo Catholic District School Board, and the University of Waterloo with generous funding from the [Sifton Family Foundation](#).

## Do you like to write? Would you like to contribute to WRFN in a meaningful way?

We are currently looking for volunteers who enjoy writing to occasionally write feature articles for our monthly newsletters. These articles cover a variety of topics that are beneficial to the families in our network. Topics may be suggested by the writer, or provided by WRFN.

If you are interested in learning more about this opportunity please contact Krista at [krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info) or 519-886-9150 ext. 2.

## Coffee Club Update

Hi Guys,

Welcome to August! I hope summer is going swimmingly. Here are our activities:

**Monday, August 13, 7-9 PM East Side Marios** (135 Gateway Park Drive, Kitchener): We will have dinner together, please bring your own money to pay for the meal.

**Monday, August 20, 7-9 PM The Studio** (109 Ottawa St., South Kitchener): We will be having a drum circle with Organic Groove. The cost will be \$10 per person.

If for any reason you need to contact me, please use the information below:

(519) 500-7153 (Cell Phone) E-mail: [carmen.sutherland@wrfn.info](mailto:carmen.sutherland@wrfn.info)

Carmen

## What's Happening at WRFN...

**Find Your Passion**

**Save the Date**

**Saturday, August 25**

★ ★ ★ ★ ★

**Woolwich Memorial Centre**  
24 Snyder Avenue South, Elmira

Families and individuals of all abilities are invited to come explore many of the accessible sport and recreation opportunities that Waterloo Region has to offer!

See displays, learn about adapted equipment, try a new activity and connect with coaches and recreation providers.

**For more information:**  
Krista McCann | WRFN  
519-886-9150  
krista.mccann@wrfn.info  
www.wrfn.info

**Click here to register:**  
<https://bit.ly/2KiwDc6>

**KidsAbility**  
**KW Sports Council**  
**WATERLOO REGION Family Network**  
**HEALTHY KIDS COMMUNITY CHALLENGE WATERLOO REGION**  
Sun Life Financial Centre for Physically Active Communities

## What's Happening at WRFN...

# Waterloo Region Family Network's 4th annual Camp Day!

Please join us on Sunday, September 23rd between 2-5pm at  
Camp Ki-Wa-Y for our annual Camp Day!

Enjoy camp activities for the whole family while connecting with  
others. Bring your appetite because we will be roasting s'mores on the  
fire and having a barbeque! Everyone is welcome!

**Sunday, September 23rd**

**Camp Ki-Wa-Y**

3738 Hessen Strasse, St. Clements

### Event Schedule

**2-4pm** Canoeing  
Hiking  
Rock Climbing  
High Ropes  
Archery  
Camp Fire & S'mores

**4:15-5pm** Barbeque

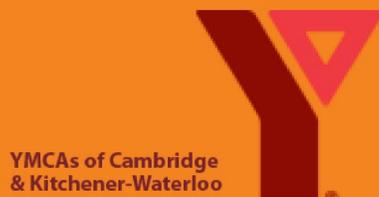
Please register in advance by  
contacting Krista McCann at  
[krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info) or  
519-886-9150 ext. 2



WATERLOO REGION  
**Family Network**

\*Please note that the only access to canoes  
is by stairs due to environmental barriers

With generous support from:



## 100 things you may not know about WRFN!

To celebrate our 100<sup>th</sup> issue of Family Pulse we decided to share 100 things you may not know about us.

1. Our [Parent Mentor Program](#) is the foundation of our organization.
2. WRFN receives no direct government funding. We rely solely on the generosity of our volunteers, donors and community partners.
3. WRFN started with 8 families in 2009.
4. We now support over 1600 families in Waterloo Region and Guelph Wellington.
5. WRFN oversees the ASD Collaborative. It is a unique group of autism service providers, family/self-advocates, and other community partners working together to make Waterloo Region a better place for people with Autism Spectrum Disorder (ASD).
6. WRFN is active on a variety of committees and community tables.
7. When WRFN started out in 2009, we were called Parent 2 Parent.
8. We changed our name to Waterloo Region Family Network in 2010 to encompass support for the whole family.
9. WRFN is supported by a unique and innovative [community partnership model](#).
10. WRFN is centrally located within [The Family Centre](#).
11. We moved to [The Family Centre](#) in 2013.
12. Our staff team shares one office! We love being cozy...most days!
13. One of the roles WRFN plays is as a conduit of information to families and the community.
14. We share community events, programs and information through our website, monthly newsletter and on social media.
15. Like us on Facebook [@WaterlooRegionFamilyNetwork](#)
16. WRFN is an active community and administrative partner for the [Vulnerable Persons Registry \(VPR\)](#).
17. We are affiliated with [Family Alliance Ontario](#).
18. WRFN holds two annual fundraising initiatives—an Annual Appeal and our signature event, Evening of Elegance.
19. WRFN relies heavily on the support we receive from our amazing volunteers. We have over 150 volunteers – board members, working group members, parent mentors and program volunteers.
20. Five founding parents created WRFN.
21. We were born out of KidsAbility's 2008 Strategic Planning process.
22. We are a registered charity with Canada Revenue Agency.
23. When we first started, our “office” was our ED, Sue Simpson's kitchen table.
24. We are inclusive of all needs.
25. We support the choice of families to choose what's right for them.
26. Through our partnership with local EarlyON centres we are pleased to provide monthly drop-in support at 4 locations. Check our [Events Calendar](#) to find out when we are there!
27. Follow us on Twitter [@FamilyNetworkWR](#).
28. We have two Sutherlands on staff, Carmen and Erin. There's no relation though!
29. No diagnosis is needed to receive support or participate in our programs.
30. Our newsletter is sent to over 700 families and service providers.
31. We are members of both the Waterloo Region District School Board and Waterloo Catholic District School Board Special Education Advisory Committees (SEAC).
32. We offer a peer-led support group for [School Issues](#).
33. We partner with Bridges to Belonging to support [A New Chapter: Families Moving Forward](#).
34. For the last 4 years we have partnered with the YMCA to offer a Camp day at Camp Ki-Wa-Y. It's coming up on September 23!
35. We offer workshops and seminars to provide information on topics that are important to you and your family.

## 100 things you may not know about WRFN!

36. We provide support and guidance related to school issues.
37. Our Family Conferences are a great way to connect with other families and gain knowledge.
38. Sue drinks the most coffee during a workday - probably for good reason!
39. Carmen will always ask for a food report - Where did you eat? What did you eat? Do you have a picture?
40. We support a peer-led support group for individuals that use augmentative and alternative communication and their parents called [Communication My Way](#).
41. Coffee Club has existed since October of 2011.
42. There is no coffee drunk at Coffee Club.
43. Just like its Facilitator, Carmen, Coffee Club loves food. :)
44. Coffee Club has watched and discussed all of The *Harry Potter* movies.
45. Coffee Club is now watching and discussing *Star Trek: The Next Generation* series.
46. Some activities that Coffee Club has participated in include: going to the butterfly conservatory in Cambridge, drum circles, martial arts, etc.
47. Besides Carmen, Coffee Club's facilitator, another faithful member of the Coffee Club community is Lyn, Carmen's PSW and friend, who is a beloved member of our community. She is the one who leads the *Star Trek* nights.
48. Coffee Club always gets the biggest attendance on nights related to food.
49. Most of our staff team can be found talking to themselves throughout the day.
50. When Autism Services Waterloo Region closed, the Family Resource Coach role moved to WRFN.
51. WRFN played a key role in the Special Needs Strategy representing the parent voice at weekly planning table meetings.
52. We support families/individuals throughout their life journey.
53. We began running Active Start in 2011.
54. We began running FUNdamentals in 2012.
55. Active Start and FUNdamentals are adapted from the Special Olympics curriculum.
56. When looking for parent input, organizations often ask us to reach out to our network for parent participation.
57. You can easily donate to WRFN through our [Canada Helps page](#).
58. We have no wait list.
59. We have an inclusive approach to serving families - every family in need of support is eligible for service.
60. Erin, our Family Resource Coach, provides personal support and guidance because each family is unique!
61. Our Family Resource Coach helps with navigating services and supports.
62. We were fortunate to support the Ask A Self-Advocate program designed by Cristina, an ASD self-advocate. Stay tuned in the fall, as we are planning to implement something similar when Cristina returns from maternity leave.
63. Steph is our longest serving volunteer.
64. Steph has the best sense of humour in our office, and keeps us in line!
65. WRFN has made 337 Parent Mentor matches over the past 9 years.
66. Our board is currently made up of 6 parents and 4 community members.
67. An after survey of our Active Start and FUNdamentals volunteers showed 98% reported learning how to be more inclusive of people with a variety of needs.
68. WRFN represents the parent voice to influence systems change at various community planning tables.
69. WRFN assists families to connect over challenging issues to create a stronger voice.
70. There is no membership fee to receive services and supports from WRFN.
71. WRFN has a new [website](#).
72. Our office was located on Bridge St W in North Waterloo from 2010-2013.

## 100 things you may not know about WRFN!

73. In partnership with [Bridges to Belonging](#) and [Extend-A-Family](#), we sponsor “On The House,” a night out for 10 pairs of parents and caregivers of people with disabilities.
74. As of January 2018, we now provide the administrative support for [REACH For It!](#).
75. WRFN was one of the community partners that helped to develop the web-based guide, [Autism in High School](#).
76. In the past, WRFN hosted a program called LADDER which was meant to teach teens and young adults life skills, including skills related to money and public transportation.
77. WRFN also had an offshoot of Coffee Club called Coffee Club: Lifechat, which allowed people with disabilities to discuss topics such as service dogs and staying healthy.
78. We’ve got a fantastic staff team and board of directors. Learn more about us [here](#).
79. Our [blog](#) shares important information and initiatives.
80. We are members of the Accessible Sports Committee, a group aimed at raising awareness of and participation of accessible sport and recreation.
81. We are active members of the [Young Carers Project](#).
82. We support [Kaleidoscope Kids](#), a free drop-in program for caregivers and their children.
83. We are a voting member of the [Children and Youth Planning Table](#).
84. Each year we honour one of our amazing volunteers with the Gerry Sullivan Award for Volunteerism.
85. For the past 3 years, Heffner Lexus Toyota has been our Evening of Elegance event sponsor. Thanks Heffner!
86. We partnered with the A.R. Kaufman YMCA to offer a pilot wellness program for young adults with disabilities.
87. We have a “Happy Jar” in our office that we fill with WRFN moments that make us smile.
88. Sue was one of the recipients of the Community Focused Award presented by the Waterloo Regional Police for contributions to the Vulnerable Persons Registry.
89. Each year during our annual appeal we have two friends of WRFN who generously match donations up to \$15 000.
90. We are one of the organizers of the Summer Camp & Recreation Fair.
91. We were excited to be chosen as one of SVP’s [Perfect Pitch](#) participants. Join us for the live pitch event November 13!
92. During the 2016/2017 season of Active Start and FUNdamentals, we had 125 volunteers donate 1920 hours of their time.
93. We love hearing your comments on WRFN and community programs and services. That way we can share feedback with other families.
94. We are family oriented - respecting family’s expertise and experience.
95. We will be hosting our 5th annual Evening of Elegance this spring.
96. Krista changes her hair colour more than any of her co-workers combined!
97. In Carmen’s opinion, one of the best parts of working at WRFN is that we are very good at working and having fun at the same time!
98. When we need to come up with a creative solution, we shut the doors and have a brainstorming session!
99. We participate in 15-20 community information and wellness fairs a year.
100. We have heard from people that our initials sound like a radio station.....we guess that’s music to our ears? :)

# Upcoming Events

## EVENTS

### Autism Ontario Upcoming Events

**Indoor Playground**—Guelph—August 26— Families are invited to Funmazing including exclusive use of the play structure, arcade games, Piñata pit, and car track! Registration is required. [Register](#) here.

**Swimming**—Guelph—August 11— Families are invited to come out for an enjoyable swim at the West End Community Centre! The pool and slide will be used only for Autism Ontario's for the hour!

[Registration](#) is required.

**Pizza & Games Night**—Cambridge—August 20 &/or October 1- Children with ASD, ages 8-18, along with their siblings, also ages 8-18 are invited to pizza and game night at Playfit Kids Club in Cambridge!

Register for the August event [here](#). Register for the October event [here](#).

**Great Wolf Lodge Week**—Niagara Falls—September 14—23—Families will have the opportunity to come and enjoy at Great Wolf Lodge at a special rate just for Autism Ontario! Learn more [here](#).

**Cooking Class**—Kitchener—September 23—Children with ASD, ages 5-18, along with their siblings, also ages 5-18 are invited to prepare a delicious meal at Real Canadian Super Store. Register [here](#).

### Sensory-Friendly Screenings

Cineplex Entertainment in partnership with Autism Speaks Canada is delighted to present Sensory Friendly Screenings. This program provides a sensory-friendly environment for individuals with autism spectrum disorder or anyone for whom the environment is suitable and their families to view new release films in theatres across the country.

Tickets are available the Tuesday before the screening. Find more information [here](#).

Upcoming film(s):

August 11—[Teen Titans Go! To The Movies](#)

### Straight Talk - About Individualized Funding

There are all kinds of changes underway with what the province calls "Direct Funding." Some of the changes are welcome, and other changes are not.

Join a gathering of families to discuss what is working, what is not working, and what can be done about it.

Thursday August 23, 2018 from 10:00 AM to 4:00 PM , 1630 Lawrence Ave W., North York

Register by August 15, 2018 at <https://bit.ly/2KvkzU8>

### Erick Traplin at The Family Centre

Join The Family Centre for this family friendly, fun-filled, high energy, interactive, and musical show!

Everyone welcome!

Light refreshments will be served.

Register for FREE at [ericktraplinfc.eventbrite.ca](http://ericktraplinfc.eventbrite.ca) or email [ResilienceProject@facswaterloo.org](mailto:ResilienceProject@facswaterloo.org).

# Upcoming Events

## **Family Alliance Ontario - Family Network Weekend**

This is a weekend event hosted by Family Alliance Ontario for family networks to network, launch of "People's History" Project and Annual General Meeting. The Annual General Meeting is an opportunity to help shape Family Alliance Ontario for the next year.

Date: September 14-16, 2018

Location: Holiday Inn, Toronto International Airport (970 Dixon Rd. Toronto)

Space is limited. Please register by Monday, August 13 at <https://bit.ly/2LoyTeT>.

Contact: [Carla at muskokafamilynetwork@gmail.com](mailto:Carla@muskokafamilynetwork@gmail.com) with any questions.

## **PROGRAMS/RECREATION**

### **New Day Program for Adults with Developmental Disabilities**

The Michael Fleming Centre is Cambridge's newest day program for adults who have developmental disabilities! The facility is wheelchair accessible, offers a full sized gym, beautiful kitchen, and a great outdoor space! Participants can expect a full day of leisure activities including art, music, physical activities, animal therapy, gardening, games and so much more! To learn more about this program or sign up, please visit [www.michaelflemingcentre.com](http://www.michaelflemingcentre.com) or call 519-404-3287.

### **Autism Ontario—Axon Music Session**

Children ages 4-9 with ASD, along with their parents are invited to Axon Music Sessions in Cambridge.

This group will meet Monday evenings, for 4 weeks from 6pm to 7pm., starting July 23.

The sessions will be fun, interactive and social. Music, signing and instruments will be used at each session.

Parents/caregivers are expected to attend and participate during each session.

Learn more about this opportunity [here](#).

### **Our Place Family Resource and Early Years Centre**

Our Place has shared their [August calendar](#).

Check out all the great programs they have running throughout the Region [www.ourplacekw.ca](http://www.ourplacekw.ca).

### **Axon Music Therapy—Fall Programs**

Preschool Groups—The First Notes (0-2), Music on the Move (ages 2-4)

Autism n' Music (ages 4-8) Adult Programs (ages 16+)

\$13 per class Register online at [www.axonmusictherapy.com](http://www.axonmusictherapy.com).

Contact 519-841-4982 or [janel@axonmusictherapy.com](mailto:janel@axonmusictherapy.com) for more information.

# Upcoming Events

## **Gym Drop-In for Youth**

The Family Centre runs a drop-in gym program Monday evenings from 6-7:30 p.m. This program is for youth ages 8-17 that are affiliated with Family and Children Services and/or the Family Centre Community Partners.

This is a great opportunity to get active, have some fun and try out different sports.

For more information contact [Caitlyn Morton](#).

## **Front Door Walk-In Counselling Services**

Throughout the summer [Front Door walk-in counselling services](#) will be OPEN on all:

**Tuesday:** 12pm – 6:30pm at Lutherwood, 35 Dickson St, Cambridge

**Wednesday:** 12pm – 6:30pm at Front Door, 1770 King Street E., Kitchener

**Thursday:** 9am – 3:30pm at Langs, 1145 Concession Rd., Cambridge

**and the following Saturdays:** 9:00 - 3:30pm at 1770 King St. E. Kitchener: August 11, August 25

Front Door Township Service will also be available throughout the summer.

Please call (519) 749-2932 to book an appointment.

**Mondays:** North Dumfries Community Health Centre, Ayr

**Tuesdays:** Wellesley Township Community Health Centre, Wellesley

**Thursdays:** Interfaith Community Counselling Centre, New Hamburg

**Thursdays:** Woolwich Counselling Centre, Elmira

## **SkateABLE Program Registration**

The SkateABLE™ program was developed so that children and adults with physical and/or developmental disabilities can take part in ice skating in a welcoming, caring, and stimulating environment.

All adaptive equipment is provided free of charge.

Fall and winter registration is now open at [www.skateable.ca](http://www.skateable.ca).

For more information please see the following flyers: [Waterloo SkateABLE](#) [Kitchener SkateABLE](#)

## **Light House - Adult Day Program for Individuals 18+**

Light House offers a personalized experience in a group setting by encouraging each individual to engage in a variety of meaningful activities in a manner most suitable to their specific needs. As participants are adults, they will enjoy a program that is AGE and DEVELOPMENTALLY appropriate. With the VOICES and HELPING HANDS initiatives, individuals will be provided with opportunities to learn with, and from, each other while connecting and giving back to our community.

To learn more about Light House please see their website: [www.lighthouseprograms.com](http://www.lighthouseprograms.com)

# Upcoming Events

## Our Place Family Resource and Early Years Centre

Our Place has shared their [August calendar](#).

Check out all the great programs they have running throughout the Region [www.ourplacekw.ca](http://www.ourplacekw.ca).

### Sky Zone Sensory Jumps

Sky Zone will turn off the music and dial down the distractions for the comfort and pleasure of their exceptional guests, friends and families. Sensory Jumps are held **every Thursday from 4:00pm - 5:00pm**

Sky Zone will do their best to make every effort to accommodate all jumpers.

Please call us at 519-804-4455 if you have any questions. Cost: \$15 + tax each, chaperones are free.

## SUPPORT GROUPS

There are a number of support groups that run throughout the community on a variety of different topics. Visit the Events Calendar on our website to learn more about these opportunities: <https://wrfn.info/events/>.

Groups include, but are not limited to:

- Parents for Children's Mental Health (PCMH) Support Groups (includes ADHD and general groups)
    - APSGO—for parents of acting-out youth
  - Community Mental Health Support Groups for Family & Friends (includes general and addiction groups and mental health groups)
    - Tick Talk Tourette Group
    - Mothers Addressing Autism Together
    - Preemie Parents of Waterloo-Wellington Region (Preemie POWWR)
    - Fathers Group—for Fathers of a child with an intellectual disability and/or autism
  - The A-Team Waterloo Region— run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome
  - Support Groups for Adults with ASD (19+) and Parents/Caregivers of Adults with ASD (19+)
- \*\*Please note that many support groups don't meet in the summer\*\***

## WORKSHOPS/TRAINING

### Autism Ontario Webinar - Health & Fitness on the Spectrum

On August 9th from 12 pm to 1 pm, join Daniel Roth for a discussion about the health risks facing individuals with developmental disabilities, why exercise should be a priority, and how to overcome the barriers to accessing and participating in healthy activities. Register [here](#).

# Upcoming Events

## **Fetal Alcohol Spectrum Disorder Training Series for Caregivers**

This is a four-night Fetal Alcohol Syndrome Disorder (FASD) training series for Caregivers hosted by Developmental Services Resource Centre.

- Learn how prenatal exposure affects the brain
- Learn how FASD impacts behaviour with a focus on executive and adaptive functioning
- Identify what is needed to support individuals living with FASD
- Learn about local resources and supports available to families

The training takes place October 3, 10, 17 and 24.

Register with Karen Huber, FASD Coordinator at [k.huber@dscwr.com](mailto:k.huber@dscwr.com) or at 519-741-1121 ext. 2246.

Space is limited so register early.

## **Sleep and Your New Baby**

Get to know more about your baby's sleep cycle and how to respond. A free session for parents of newborns from birth to 12 weeks of age. You may bring a family member or friend for support.

Offered at your Ontario Early Years Centre in Kitchener, Waterloo and Cambridge.

Reserve your spot today at [www.earlyyearsinfo.ca/sleep-sessions](http://www.earlyyearsinfo.ca/sleep-sessions).

## **LDAWC - Preparing for the School Year - IEP 101**

Bring your child's IEP to this IEP 101 session with Sue Shaw. She will take you through the components of an IEP and answer all of your questions. Learn exactly what information should be in your child's IEP, and some ideas to be able to craft an effective document to support your child education goals. Leave feeling more knowledgeable and fluent about your child's education plan.

Date: September 19, 2018 Time: 7:00—9:00pm Location: Community Living Guelph Cost: \$10-\$15

Register [here](#).

## **RESOURCES**

### **The Canadian Premature Babies Foundation (CPBF) Bursary**

The Canadian Premature Babies Foundation (CPBF) bursary was established in 2015 to support children born prematurely in Canada with pursuing their post-secondary education.

The application deadline is Friday, August 10th, 2018.

Learn more about this opportunity on the [CPBF website](#).

# Upcoming Events

## **NEW KidsAbility Fall Resource Guide!**

The KidsAbility Program and Activity Guides for Fall is a great resource for local programming.

[Birth to 5 Years Program & Activity Guide](#) or [6 Years & Up Program & Activity Guide](#)

Guides can also be found on the KidsAbility website at [www.kidsability.ca](http://www.kidsability.ca)

## **Check out [FamilyCompassWR.ca!](#)**

Find and connect to local services for children, youth and families. The website offers three doors to help you find the resources you need.

1. Search for services: a self-search database for local health, social & recreational services for children & youth.
2. I Have a Concern: Do you have a concern about your child's development? Answer a few short, confidential questions to get connected to a local organization that can help.
3. Resources for Parents: connect to Parenting Now to learn, find support and connect with other parents.

## **FASD Caregiver Consultations**

Families and service providers can have a chance to sit 1:1 with our FASD Project Coordinators to ask questions and learn more about diagnosis, financial supports, parenting strategies, recreational opportunities, ideas for school and/or community resources.

**When:** Second and Fourth Tuesday of the month. No appointment necessary. Just drop in.

**Where:** 99 Regina Waterloo Rm 208 (Waterloo Region Public Health)

## **Do you have Passport funding?**

For free help and advice on what is available to you, where to find supports to purchase or how to spend your funding, contact Lisa Hardeo, the Passport Community Developer for Waterloo Region, at Developmental Services Resource Centre – 519-741-1121 ext. 2227, or by email at [l.hardeo@dscwr.com](mailto:l.hardeo@dscwr.com).

## **Help Paying for Child Care**

The Region of Waterloo helps parents pay for licensed child care so they can go to work or school knowing their children are well cared for. Families of different sizes and incomes can apply.

To view a graphic of what you would pay if you received subsidy click [here](#).

Learn more about this program at [www.regionofwaterloo.ca/helppayingforchildcare](http://www.regionofwaterloo.ca/helppayingforchildcare)

## **ENGAGEMENT OPPORTUNITIES**

### **Roots of Empathy Recruiting Volunteer Families for the Fall**

Are you a proud parent with a new baby? Will your baby be 2-4 months old in October?

If so...Your baby could be a teacher...and YOU could be a Roots of Empathy Family!

Learn more about this opportunity [here](#).

# Upcoming Events

## Ontario Autism Services Study

If you are a parent or primary caregiver of a child or youth diagnosed with autism living in Ontario you are invited to provide your feedback on Ontario autism services, education, and family stress & well-being through an online questionnaire. Please click [https://wlu.ca1.qualtrics.com/jfe/form/SV\\_2c8jlj8w8pOZWaV](https://wlu.ca1.qualtrics.com/jfe/form/SV_2c8jlj8w8pOZWaV) for more information on this project. The survey should take approximately 15-30 minutes of your time. As a small token of thanks for your participation, you may choose to enter a draw for a grand prize of \$500 or one of three consolation prizes of \$100, following completion of the survey.

**This project has been reviewed and approved by the Wilfrid Laurier University research ethics board (REB #5422).**

## Physical Activity and Sport for Young People in the Region of Waterloo

Physical activity and sport are important for social, physical, and psychological development; however, there are many barriers that hinder families from becoming active. The purpose of this research is to examine the physical activity and sport involvement of young people within the Region of Waterloo and determine if there are any barriers to participation. The findings will be used to develop programs that fit the needs of families in the region. The survey can be accessed at: <https://goo.gl/SrLUzW>.

## Help Create a Smart City for Youth in Waterloo Region

Waterloo Region is competing against four other cities across Canada for a chance to win \$50 million to improve child and youth wellbeing in our community. The Smart Waterloo Region Team needs your help to develop a youth engagement plan.

If you are interested in attending, join them at Google (51 Breithaupt Street, Kitchener) on August 21. Register online: <https://smartyouthengagement.eventbrite.ca>. Snacks and a \$20 gift card will be provided!

## KidsAbility Young Adults Facebook Group

The KidsAbility Young Adults Facebook group aims to keep young adults with disabilities (ages 14-25) informed about opportunities and events happening in Waterloo Region, Guelph and Wellington county. You can look forward to information regarding social events, volunteer and employment opportunities, educational events and more. The KidsAbility Young Adults group page is facilitated by the KidsAbility Youth Advisory Council (KAYAC).

Check out the Facebook group at: <https://www.facebook.com/groups/KidsAbilityYoungAdults/>

## Calling All Youth!!

Are you between the ages of 14 and 24? Are you a client, alumni, volunteer, student or someone who wants to become connected to KidsAbility? Are you interested in having some input into KidsAbility youth programs?

Are you looking for an opportunity to earn volunteer hours?

Join the KidsAbility Youth Advisory Council (KAYAC). Be a voice for youth in our community!

To join or for more information, contact: Joanne Duddy at [transitions@kidsability.ca](mailto:transitions@kidsability.ca).