

**Educate. Connect. Empower.**

Issue 105  
January 2019

## What's in this issue?

### Inside this issue:

|                           |    |
|---------------------------|----|
| SEAC Updates              | 2  |
| WRFN Annual Appeal        | 3  |
| What's Happening at WRFN  | 4  |
| Coffee Club Update        | 9  |
| Upcoming Community Events | 10 |

Happy Holidays!

This issue of Family Pulse is full of learning and engagement opportunities, and programs both within WRFN and our community.

You won't want to miss our upcoming school workshops - Individual Education Plans (IEPs) and Supporting Students with Learning Disabilities. To help with your summer planning we also have the Dreaming of Summer workshops coming up and the Summer Camp and Recreation Fair.

We hope you all have an enjoyable holiday and are ready to take on 2019!



**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 , WRFN Representative*

The WRDSB has been involved in providing some PD sessions related to understanding "privilege" and its impact on the teacher, the classroom environment and students whether they belong to the dominant group in society.

SEAC reviewed the efforts undertaken by the WRDSB to adhere to Section 6 & 8 of the Policy on Accessible Education (from the Ontario Human Rights Commission).

The next SEAC meeting is Wednesday, January 9, 2019 at 7p.m. at the Education Centre, 51 Ardel 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, January 9, 2019, at 6:30pm at 35 Weber St. W, Kitchener.

## WRFN Holiday Hours

Between Christmas and the new year we will be taking some time off to enjoy the holidays with loved ones. Our office will be closed and we will have very limited access to email between December 22 and January 1, 2019.

If you experience a crisis during this time please contact Here 24/7 by calling 1-844-437-3247.

## Exciting News to Share...

On behalf of WRFN, it gives me great pleasure to share some exciting news with all of you. Many of you have come to know Krista McCann as WRFN's Program Coordinator since early 2015. Over the past four years, she has increasingly taken on many other responsibilities within our organization and in the community on behalf of WRFN. As such, it seems very appropriate to change Krista's position and title to better reflect and recognize her role within the organization and in our community. Effective immediately, Krista will take on the position of Manager, Community Outreach and Communications at WRFN.

Krista is an integral part of the WRFN Team! Please join me in recognizing her amazing contributions to WRFN and Waterloo Region.

*Sue Simpson*

*Executive Director*

## **Only 10 days left to help us reach our 2018 Annual Appeal goal!!! Your gift today will help families connect to vital resources and to each other!**

There is a painful gap in our community for families of children with special needs. Over and over, we hear moms and dads tell us, “We’ve fallen into the gap. We’ve run out of options. We feel lost and alone.”

Whether you are a family on this journey or a caring community member, your gift this holiday season matters. You are a key part of filling this gap, helping exceptional families thrive in our community!

Please give today. Help us reach our goal this holiday season.

For your convenience, you can donate online at

<https://www.canadahelps.org/en/charities/waterloo-region-family-network/campaign/2018-annual-appeal/>

Together, we can make sure that no family is ever alone.

With gratitude,

*Sue Simpson*

*Executive Director*

## **Smart Waterloo Region Wants to Hear From You!**

Did you know Smart Waterloo Region has a chance of winning \$50 million to improve child and youth well-being in Waterloo region? Through the use of technology, Smart WR is working on making Waterloo region the best community in Canada for children and youth and to do this they need to hear from YOU!

Along with KidsAbility, we are hosting an engagement session to hear from youth (14-24) with disabilities and parents of children, youth and young adults with disabilities.

**When:** Monday, January 14

**Time:** 6:30-8pm

**Location:** KidsAbility, 500 Hallmark Dr. Waterloo

**\*\*Parent and youth sessions will be held at the same time in separate rooms\*\***

If you have any questions please contact Krista at [Krista.McCann@wrfn.info](mailto:Krista.McCann@wrfn.info).

## What's Happening at WRFN

# INDIVIDUAL EDUCATION PLAN (IEP) SEMINAR

Feel comfortable and confident with your child's education plan for success.

Join us for an interactive IEP seminar with representatives from both WCDSB and WRDSB.

We encourage you to bring a copy of your child's IEP to the workshop.

**WEDNESDAY, JANUARY 30 | 7-8:30 PM  
IN ROOM 2011 AT THE FAMILY CENTRE,  
65 HANSON AVE., KITCHENER  
REGISTER AT: [HTTPS://BIT.LY/2BV4449](https://bit.ly/2BV4449)**

For more information contact Krista McCann  
at [Krista.McCann@wrfn.info](mailto:Krista.McCann@wrfn.info) or  
519-886-9150 ext. 2



## What's Happening at WRFN

# Dreaming of Summer

## Finding the Right Summer Camp for your Child



Please join us for a parent education session to find out more information about summer camp options for your child. Learn about the benefits of summer camp as well as what to consider when making your decision. Tips will be shared about funding resources, 1:1 support and how to best prepare for camp.

What's next? Attend our Camp and Recreation Fair February 11th from 6-8pm at the Family Centre, Kitchener. Explore and talk with camp and recreation providers to make sure you are finding the right fit!

### Times & Locations

#### Kitchener/Waterloo

Monday, February 4, 2019

6:30pm—8pm

KidsAbility Waterloo

500 Hallmark Dr.

#### Cambridge

Wednesday, January 30, 2019

6:30pm-8pm

Cambridge City Hall , Bowman Rm

50 Dickson Street.

### Registration

If you are currently a client of KidsAbility please register by contacting Jennifer Tang  
(P) 519-886-8886 ext. 1373  
(E) [specialized@kidsability.ca](mailto:specialized@kidsability.ca)

If you are not a current client of KidsAbility please register with Krista McCann @ WRFN  
(P) 519-886-9150 ext. 2  
(E) [krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info)



Presented by:



## What's Happening at WRFN...



### SUPPORTING STUDENTS WITH LEARNING DISABILITIES IN WATERLOO REGION

Monday, February 11, 2019

7:00 - 8:30 PM

Room 2015 at The Family Centre - 65 Hanson Ave. Kitchener

Register: <https://bit.ly/2E4mJY9>

In this session you will have the opportunity to:

~ Hear highlights from the Provincial Ministry of Education Learning Disabilities Pilot Project 3-year initiative with a focus on:

- Literacy development
- Parent engagement
- Social/emotional skill development
- Use of assistive technology as an accommodation

~ Try activities that highlight supports in both school boards:

- Empower
- Lexia
- LD simulation
- Social Emotional Supports
- Assistive technology (Google R&W, calendar)

Presenters: Antonietta Leonardo WCDSB Special Education Liaison &  
Barbara Williams WRDSB Special Education Liaison Consultant

Supported by:



Jenkins Sauer Fund



## What's Happening at WRFN...

JOIN US ON MONDAY FEBRUARY 11TH

# 2019 SUMMER CAMP & RECREATION FAIR

Showcasing Programs and Services for Children, Youth and Adults with Special Needs.



The Summer Camps, Recreation Fair is a great place to learn about the variety of options available for your family in Waterloo Region. Connect with camp and recreation providers to ask and find out which programs are the right fit for your family. This is a drop-in session, no registration necessary.

**WHEN** Monday February 11th, 2019 @ 6:00-8:00 pm

**WHERE** The Gym at The Family Centre- 65 Hanson Ave, Kitchener

For more information, please contact Krista McCann, WRFN  
[krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info) or 519-886-9150 ext.2

Registration not required.

Event is completely FREE and open to all families!

Offered in partnership with:



## What's Happening at WRFN...

# Ask a Self-Advocate

Do you need to look at a challenge you are facing with a new perspective?

Would you like to bounce ideas off someone who can relate to what you, or your loved one, are going through?

Get new insight and ideas  
Discuss your questions and concerns

*Cristina was diagnosed with exceptionalities as an adult. Since then she has become active in the local special needs community serving as a mentor, public speaker, and self-advocate.*

To request an appointment online:  
[www.surveymonkey.com/r/ZPGCC3Q](http://www.surveymonkey.com/r/ZPGCC3Q)

Or contact us for more information:  
519-886-9150 ext. 4  
Erin.Sutherland@wrfn.info



Open to people with disabilities, their families, or professional supports



## What's Happening at WRFN...

**School-Issue Parent Support Group**—Do you have questions/concerns about school issues for your child/youth with special needs? Join us at our peer-led parent support group. This is a great opportunity to share questions, concerns and successful tips in a safe environment while learning from others.

The support group is held the last Wednesday of every month (except December). Learn more [here](#).

**WRFN Outreach at Early ON Child & Family Centres**—Through our partnership with the local EarlyON centres we are pleased to provide monthly drop in support at EarlyON centres throughout the region. Erin is available to meet individually to discuss your concerns, no need to book an appointment. The EarlyON schedule can be found [here](#).

**Kaleidoscope Kids**—Kaleidoscope is a free drop-in program. There is no age limit, and you are encouraged to bring your children with special needs, siblings, or come by yourself.

Kaleidoscope Kids meets every Friday from 10-11:30am. Learn more [here](#).

**Communication My Way**—Communication My Way is a peer-led augmentative and alternative communication (AAC) group for all ages and levels of AAC users and their caregivers. The group aims to connect AAC users and their caregivers in a friendly environment to develop skills and create friendships. Learn more [here](#).

## Coffee Club Update

Hi Guys,

Welcome to the New Year! Here is how we will be keeping warm in the New Year.

**Monday, January 14, 7-9 PM (125 Bingeman's Centre Drive, Kitchener):** We will be doing bowling! I believe that we have 12 people who are interested, but just in case e-mail or call me if you want to bowl (the rate is \$13.20/person). You can also just come hang at the Boston Pizza and just bring money for dinner.

**Monday, January 28, 7-9 PM (The Studio, 109 Ottawa Street, South):** We will be having a Star Trek "watch and chat" session. Come join the fun!

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

## 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](#).

# Upcoming Events

## EVENTS

### Special Sibs—Guelph Wellington

Being a sibling can be challenging at times but also very rewarding. During this fun-filled therapeutic program, siblings will meet others who can relate, share their experiences together – both positive and negative – and learn how to understand their brother or sister better. Facilitated by a KidsAbility Social Worker and a community partner, siblings will have fun, enjoy snacks and share in activities with other kids who understand what it's like growing up as a sibling!

Recreation programming is offered for children with special needs ages 6-13 at the same time as Special Sibs (must have a sibling attend that group to participate).

For Siblings ages 6-13. The cost is \$10/child or \$20/family.

All events take place at Bulldog Interactive Fitness, 259 Grange Road, Guelph.

Individual event dates:

Monday, February 4, 6pm-8pm; Monday, April 15, 6pm-8pm; Monday, June 10, 6pm-8pm

The registration deadline is two weeks prior to each date. Call 1-888-372-3359 x6202 to register.

### 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):

January 12—[Mary Poppins Returns](#)

### Upcoming Community Living Dances

Community Living dances are sponsored by KW Association for Community Living and City of Kitchener. All dances take place at the Downtown Community Centre, 35 Weber St. W. Kitchener, from 7-9:45pm.

Upcoming Dance(s):

January 18; February 8; March 8; April 12; May 10; June 7

If you have questions please contact Lillian – 519-741-9422 OR Susan 519-654-7023

### SkateABLE

This program is developmentally appropriate for children with a wide variety of challenges including: cerebral palsy, spina bifida, spinal cord injury, muscle weakness, as well as autism, down syndrome, learning disabilities, & other developmental delays.

All adaptive equipment is provided free of charge.

Program Dates: Tuesdays, January 15 - March 12, 2019 Time: 4:00pm Location: Lion's Arena, Kitchener OR

Program Dates: Thursdays, January 10—March 14, 2019 Time: 4:00pm Location: Albert McCormick Arena

Registration for SkateABLE™ Kitchener is available now at [www.skateable.ca](http://www.skateable.ca).

# Upcoming Events

## Upcoming Events with Autism Ontario

**Indoor Playground** - Guelph - Jan. 6 - Families are invited to come out and enjoy [Funmazing!](#) Register [here](#).

**Family Swimming**—Guelph—Jan 19—Families are invited to West End Community Centre for an enjoyable swim. Register [here](#).

**Pizza & Games Night**—Cambridge—Jan. 28—Families are invited to Playfit Kids Club for games and pizza. Register [here](#).

**Family Movie Morning**—Kitchener—Feb. 9— Come enjoy the Lego Movie 2, The Second Part in 2D! Register [here](#).

**Family Tubing**—Kitchener—Feb. 10—Enjoy 2 hours of tubing at Chicopee Tubing Park. Register [here](#).

**Indoor Playground**—Cambridge—Feb. 24—Families are invited to Playfit Kids Club. Register [here](#).

## Upcoming Events at Sunbeam

**Pool Saturday**—Jan. 19, Feb 9, March 23—Have fun swimming! Attend one session or all three.

**Spa Evening**—Jan. 24, Fe. 21, March 21— Relax, enjoy, unwind! Register by January 18.

**Paint Party**—Jan. 26—Join the Sunbeam Paint Party with Stacey del Fabbro from Paint & Pitchers. You will learn how to use different techniques to build your masterpiece. Register by January 18.

**Cooking**— Jan 31, Feb 28, March 28—Have fun learning how to cook three different meals. Attend one session or all three. Register by January 18.

**Monthly Evening Dance**—Join Sunbeam the fourth Friday of every month from 6:30-8:30pm in the Sunbeam Centre gym for a dance party. The cost is \$5 each, support person free.

Please contact Wendy at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) to register for any of the above events.

## PROGRAMS/RECREATION

### Our Place Family Resource and Early Years Centre

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

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

### Aldaview Services March break Respite Program

Aldaview Services is running a March Break Respite Program. This program is for individuals with a developmental disability in Grade 9 and up. Activities include arts and crafts, music, games, social time and much MORE! Fees are based on participants' needs and activity costs.

**Dates:** March 11 – 15, 2019 **Time:** 8:30 – 3:00

**Location:** Aldaview Services, 332 Hamilton Road, New Hamburg, (Accessible by GRT)

Contact Mary Hartman, 519-662-5172 or [mhartman@tcmhomes.com](mailto:mhartman@tcmhomes.com)

# Upcoming Events

## Tuesday Hangout

Come to a weekly get together with friends to enjoy volunteering, fun, recreational activities and cooking!

**Date:** January 8 to February 26, 2019 **Time:** 1:30 pm to 5:30 pm

**Location:** St. George's of Forest Hill Church Recreation Hall—321 Fisher Hallman Rd., Kitchener

**Cost:** \$350 (included a meal cooked by group members.)

For those participating in Special Olympics Bowling, rides will be provided to Victoria Bowling

For more information or to register, contact:

Lori at 519 501 6747 or [lmyc@gmail.com](mailto:lmyc@gmail.com) or Susan at 519 654 7023 or [susanhipp@gmail.com](mailto:susanhipp@gmail.com)

## PEEPS Friday Night Social Program

Come on out, one Friday a month, meet new people, kick back and have some fun.

The program runs September to June, 6:30-8:30.

The cost is a \$5.00 donation to the Helping Hands Social Enterprise.

Visit the website to learn more at [www.lighthouseprograms.com](http://www.lighthouseprograms.com).

## 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.

## Autism Ontario - "Waterloo Stars" Adaptive Soccer Program

Children with ASD, ages 3-18, are invited to attend 10-weeks of soccer with the Waterloo Minor Soccer Club. Siblings, ages 3-18 are also invited to join in on the fun!

The WMCS's Waterloo Stars is an adaptive program for children ages 3-18 to have a positive experience on a soccer team.

**Cost:** \$30 per child **Dates:** January 12 - March 16 **Time:** 3:00 - 4:00pm

For more information or to register click [here](#).

## Open Space presented by Extend-A-Family Waterloo Region

Open Space is a weekly gathering that promotes inclusion within the community by getting people together at a cafe for food, fun and conversation. In addition to weekly coffee and conversation, with the support of facilitators, attendees plan special events such as Halloween parties, and Open Mic Nights. All are welcome regardless of ability, and you do not need to be supported by Extend-A-Family to attend.

For more information, contact [Eli Winterfeld](#), by e-mail at EAF or call 519-741-0190 ext 262

# Upcoming Events

## Upcoming Carizon Winter Programs and Groups

**Understanding Me**—Provides education & support for women who have experienced emotional or physical abuse within their intimate relationships.

**Building Better Boundaries**—Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries in their lives.

**Managing Stress for managing Moods**—Helps participants learn methods to cope more effectively with chronic stress and feelings of depression, anxiety and negative moods, identify & change chronically negative thoughts and beliefs to improve self-esteem, self-care and quality of life.

**Mindful Moves, Meditation and Relaxation**—This class will include a balance of mindful movements to release tension, mindfulness meditation to calm the mind, and guided relaxation to restore the mind and the body.

**Dynamic Girls**—The group focuses on improving social interaction, increasing self-esteem and improving mood.

**Families in Separate Homes: FISH**—FISH is a group for children aged 7-10, designed to help cope with separation and divorce, utilizing Play Therapy.

**I'm More Than My Pain**—This is a support group for people who have chronic pain.

**Money Matters**—Learn about the importance of budgeting and financial management through life's many transitions.

For more information about any of these programs visit [www.carizon.ca](http://www.carizon.ca) or call 519-743-6333.

## 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](#).

## 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)

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

Premie Parents of Waterloo-Wellington Region (Premie POWWR)

# Upcoming Events

## WORKSHOPS/TRAINING

### Upcoming Carizon Workshops

**What's Up Wilmont: Encouraging Resilience in our Kids and Teens**—In this workshop parents will learn tools and strategies to combat stress and foster resilience in their children across various age groups (preschool, school age and teenagers).

**Let's Talk About Trauma**—In this psychoeducational workshop you will explore the different types of trauma, some of the neurological, biological and emotional aspects of trauma and the trauma effects on relationships.

**Supporting Someone with Chronic Pain**—This workshop will provide strategies for how to support someone with chronic pain, as well as offering participants a chance to talk about their experiences. Self-care strategies for the caregiver will also be explored.

For more information about any of these programs visit [www.carizon.ca](http://www.carizon.ca) or call 519-743-6333.

### Woolwich Counselling Centre Presents...

Woolwich Counselling Centre has a variety of groups/workshops for parents and children.

Upcoming groups include:

**Glad to be Me** (ages 4-7) - This fun-filled children's program promotes self-esteem and self-worth.

**Stand Tall** (ages 7-9)- This Group promotes confidence and assertiveness, enabling children to protect and express themselves.

**No Need to Fret** (ages 8-11) - Successful strategies are provided to help anxious children cope with fears and worries.

**Protecting the Girl in Me** (ages 10-12)- This group develops leadership skills and confidence to enable girls to protect themselves, develop healthy coping mechanisms and positive social connections.

**Conquering Teen Anxiety** (ages 12-14) - This group will assist teens to learn effective ways to cope with teenage pressures and stress. They will learn strategies to feel more in control of their daily lives.

**Helping Our Teens Conquer Anxiety** - This workshop examines the causes and symptoms of adolescent anxiety. Strategies to support and cope with anxiety are provided for teens, their parents and others.

**Mindfulness** (adult) - This 6 week course will help you discover a healthier, more relaxed and focused you. To learn more about these groups contact Woolwich Counselling at 519-669-8651.

### CADDAC Webinar—Sleep in Children with ADHD

Children with ADHD are at increased risk for sleep problems, particularly insomnia. This webinar will provide information about the nature of this relationship and what is known about the treatment of insomnia in children with ADHD.

Wednesday, January 16 from 8-9pm

Register [here](#).

# Upcoming Events

## OAP ASD Fundamental Training Course

If you're the caregiver of a child (under 18 years of age) with an Autism Spectrum Disorder (ASD) and have a strong desire to increase your knowledge and understanding of this diagnosis, this [free workshop](#) offered by Kerry's Place Autism Services may be for you! To qualify, families must have a child registered with the OAP.

Not registered yet? Call the OAP Single Point of Access at 1-877-374-6625 (press 1) to register today!

Dates: January 18, 25, February 1, 8 March 1,8, 2019

Time: 9:30 am –3:30 pm Location: Sunbeam Centre-training room - 2749 Kingsway Drive, Kitchener

For more information and registration please contact:

Amanda Polesello at [Amanda.Polesello@kerrysplace.org](mailto:Amanda.Polesello@kerrysplace.org) or 519-763-5812 ext. 28.

## Developmental Services Resource Centre Waterloo Region Workshops

DSRC has a variety of upcoming workshops. You do not need to be associated with DSRC to attend.

January 8—Helping Children with Autism Navigate the Social World

February 20—Tips for Parents of Children with Autism

May 28—Anxiety and Autism Spectrum (ASD)

April 16/23—Parenting Individuals with Autism

April 24—Discussing Puberty and Sexuality with Your Child

May 6—Communication Skill Development and Autism

To learn more about these workshops or to register go to <https://bit.ly/2y2JEhi>.

All workshops will be held in the Training Room of Developmental Services Resource Centre at: 205 – 1120 Victoria St. N., Kitchener, ON N2B 3T2

## KidsAbility—Building and Learning Together

This six week workshop series with a one-month follow up will provide you with weekly workshops, supported with hands-on coaching. Using the Behaviour Skills Training Model of instruction, modeling, behavioral rehearsal, and feedback, we will support you and your family in learning strategies to apply with your child on a daily basis.

Building and Learning Together will be offered throughout the year rotating through our KidsAbility locations. Please register for the series that best supports your family's commitments.

For dates and registration information visit <http://kidsability-centre-for-child-development-autism.eventbrite.com>

# 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 February 6, 13, 20, 27 from 9:30am until noon.

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.

## **Upcoming Workshops at Extend-A-Family**

**Exploring Interests in Community**—Exploring Interests in Community is a workshop for people who provide support and the person they are supporting to attend together. You will work together on identifying interests and connections you have in the community, explore positive possibilities and plan your goals in manageable steps.

**Inclusion Workshop**—You will learn about community inclusion and how to be with each other in a way that includes everyone. Explore 5 ingredients for quality support, hear stories from qualified facilitators who have lived experienced, and draw on the experience of everyone in the room.

**Talking About Sexuality**—This workshop that will help to inform the way we support people in understanding healthy sexuality and relationships. This workshop will address how to respond to questions about sex, masturbation, dating and other related topics.

**Understanding Conflict & Communication**— Foundations & Clearing Conflict is a two-part workshop for personal and professional development.

To learn more about these workshops please visit <https://www.eafwr.on.ca/events/category/training/>.

## **KidsAbility Specialty Workshops**

KidsAbility is offering the following upcoming workshops:

January 10, 17, 24 & 31, 6-7:30—Sleep (4 part series)

February 7, 14, 21 & 28, 6-7:30—Feeding (4 part series)

March 4 & 18, 6-7:30—Toileting (session and follow-up)

April 11, 6-7:30—What is ABA

May 9, 6-7:30—Antecedent Strategies

June 6, 6-7:30—Early Communication

To register for any of our upcoming events please visit <http://kidsability-centre-for-child-development-autism.eventbrite.com>



# Upcoming Events

## Upcoming Parenting Workshops at Front Door

**Trauma Informed Parenting Workshop**—Jan. 23— The purpose for these workshops is to assist parents/ caregivers with understanding trauma and what it means to parent their child from a trauma-informed perspective.

**Trauma Informed Parenting Workshop Part 2**—January 30—This will allow for more hands-on activities and practice in the implementation of strategies.

For more information contact Jamie at 226-339-0571 or [jkeyzer@carizon.ca](mailto:jkeyzer@carizon.ca).

## Autism Ontario Workshop—Explaining the Diagnosis

While many children and youth have heard the terms, ASD, Autism or Asperger Syndrome, a significant number struggle to understand what the term truly means and how it affects them as an individual.

Topics will include:

-Why tell?

-Consideration of your child's emotional and developmental age

-The timing on when to tell

-How to begin the conversation and more

Saturday, 2 March 2019 from 1:00 PM to 4:00 PM Location: RIM Park

For more information visit: <https://bit.ly/2RXm3av>

## RESOURCES

### KidsAbility Winter Resource Guide!

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

[Program and Activity Guide - Winter 2018-2019](#)

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.

# Upcoming Events

## **FREE Monthly Developmental Screening Clinic offered by Monarch House**

This monthly clinic is a free of charge service for parents to address questions and/or concerns regarding their child's development. The screenings include information on a child's speech and language skills, motor skills, problem solving skills and personal/social skills.

For children ages birth to 5.5 years old. No referrals needed. Drop ins are also welcomed.

Upcoming Date(s):

|                   |                |
|-------------------|----------------|
| January 31, 2019  | April 25, 2019 |
| February 28, 2019 | May 30, 2019   |
| March 28, 2019    | June 27, 2019  |

All screenings are at Monarch House (641 King St. W Kitchener)

For more information email [waterloo@monarchhouse.ca](mailto:waterloo@monarchhouse.ca) or call 519-514-5770.

## **Autism Ontario Reimbursement Fund**

The 2019 March Break Reimbursement Fund is available to Ontario families of children or youth with ASD who retain the services of a one-to-one support worker OR who have paid for their child to attend a 2019 March break camp or program, but not both.

Maximum reimbursements of \$350 per child or youth (up to 18th birthday) will be made to subsidize services purchased between March 11 and March 15, 2019.

Reimbursements will be provided based on a random selection made from all eligible **applicants who apply between December 17, 2018 and January 25, 2019.**

For more information please visit the website at <https://www.autismontario.com/camp>.

## **Autism Direct Funding Applications**

Autism Direct Funding can be applied for children and youth under the age of 18 with an ASD diagnosis to help with costs related to summer camps, respite support, recreation and leisure activities.

Applications for Autism Direct Funding will be available on the DSRC website on January 1, 2019. **The deadline is January 31, 2019.** All applicants will receive notification of the outcome of their application by February 28, 2019. Funding cheques will be mailed by the end of April 2019.

For more information visit the DSRC website, [www.dscwr.com](http://www.dscwr.com) or contact Wendy or Robin at 519-741-1121.

# Upcoming Events

## ENGAGEMENT OPPORTUNITIES

### **Wilfrid Laurier University—Research Participants Needed** *Are you the mother of a child with a developmental disability?*

Hello. My name is Laura MacGregor and I am a doctoral student at Wilfrid Laurier University. I am completing a study of mothers who have a child with a developmental disability where the child's disability interferes with typical communication. My study focuses on how mothers experience interconnection with their child and how they describe this interconnection to others, particularly health professionals. In other words, I am interested in how mothers learn to "read" their children. I am asking mothers of a child of any age who has a developmental disability as well as a communication challenge to consider participating in my study. If you are interested I would love to hear from you via [macg4706@mylaurier.ca](mailto:macg4706@mylaurier.ca) or (519) 885-3467. This study has been reviewed and approved by the university ethics committee (REB #5750).

### **KidsAbility Program & Activity Guide Input**

KidsAbility wants to make sure that the information they collect about inclusive and adapted recreation programs is easily accessible to everyone. Please take a few minutes to complete this short survey to share your thoughts on KidsAbility's Program and Activity Guide and how they can better share information about upcoming programs, services and accessible activities in our community.

Click here to take the [survey](#).