

Where exceptional families thrive.

Issue 110
June 2019

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This month in Family Pulse we are discussing how to keep your child safe online. This is a hot-button issue for all children. Many of us did not have Internet when we were children, or were introduced as teenagers. The consequences of unsupervised Internet usage can be severe.

We'd also like to take a moment to congratulate Gary Pooley—the winner of our Niagara Fall Scenic Tour raffle with Waterloo Wellington Flight Centre.

Enjoy the nice weather and have a great month!



Support WRFN Today

Waterloo Region Family Network
www.wrfn.info
info@wrfn.info

SEAC Updates

Waterloo Region District School Board - Special Education Advisory Update

Submitted by Carmen Sutherland , WRFN Representative

At the May 8 meeting, SEAC members received a presentation on Behaviour Services presented by Sharon Lawton, Program Leader.

Special Education update: Grants for Student Needs (GSN) have been approved and projected to be on average \$12,246 per pupil. A portion of the per pupil amount goes to the special education budget. Education Program Other Grants are now called Priorities and Partnerships Fund (PPF). The three-year Learning Disabilities Pilot Project Grant that was to end this year will be extended for another year.

The next SEAC meeting is Wednesday, June 5, 2019 at 5:30p.m. at the Education Centre, 51 Ardelt Avenue, Kitchener N2C 2R5.

Waterloo Catholic District School Board - Special Education Advisory Update

Submitted by Sue Simpson, WRFN SEAC Representative

The May 2019 SEAC meeting was cancelled so there is no update to provide.

The next SEAC meeting will be held on June 5, 2019 at Resurrection High School in 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](#).

Coffee Club Update

Hi Guys,

It's June! I'm still waiting for that summer sun, though! Here are the plans:

Monday, June 10, 7-9 PM The Studio (109 Ottawa Street, South): We will have a potluck followed by karaoke by Sarah Horton. Please let me know what you are bringing as soon as possible, and bring \$3 to contribute to karaoke.

Monday, June 24, 7-9 PM The Studio (109 Ottawa Street, South): We will be doing a FREE craft night with Artshine.

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

Carmen

What's Happening at WRFN



TOPIC:

What's on their calendar?
calendar?

Share what is working and what's not working in the daily routine

A NEW CHAPTER

This group is for parents/caregivers interested in preparing for the future of their youth/adult family member with a lifelong disability.

RSVP to Mary Pike would be appreciated,
maryjpike@hotmail.com.

Join our Facebook group called
A New Chapter - parent and caregiver connections.

Tuesday, June 4

Doors open at

6:30pm,

meeting runs from

6:45 - 8:30PM

Room 2015 at

The Family Centre

65 Hanson Ave., Kitchener

****Bring your own reusable water bottle or tea thermos****



What's Happening at WRFN



Find Your Passion Save the Date

Saturday, August 24, 2019

★ ★ ★ ★ ★

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. Come prepared to be ACTIVE!

Click here to register: <https://wrfn.info/events/>

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

Hosted By:

KidsAbility™



**WATERLOO REGION
Family Network**

Sun Life Financial Centre for
Physically Active Communities

With support from:



What's Happening at WRFN...

We have a broad number of resources to help you and your family thrive!

Please visit www.wrfn.info for a full list of our supports.

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's been there? Cristina was diagnosed with exceptionalities as an adult, and she is passionate about sharing her lived experience. You can come meet with Cristina to discuss your own questions and concerns, and hopefully gain new insights and ideas. This program is open to individuals with disabilities, their families, or professional supports.

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](#).

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 June, July and 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](#).

Keeping Your Child Safe Online

This is a hot-button issue for all children. Many of us did not have Internet when we were children, or were introduced as teenagers. The consequences of unsupervised Internet usage can be severe. It is our responsibility as parents to ensure that our children's activity online is supervised and safe from the hazards of online harassment.

Our children with special needs are particularly vulnerable and need our help learning the behaviours that will keep them safe while navigating the online world. Many of our children struggle with social cues, managing their own behavior, and making judgement calls, which can result in not recognizing threatening behavior. This puts them at a higher risk for cyberbullying.

MAKE YOUR HOME NETWORK SAFE

There are a number of things you can do to ensure that your home network is as safe as possible. Ensure that your child accesses the Internet in a public place only. Do not allow phone, tablet or computer usage unsupervised in private spaces. This will make it easier for you to monitor their behavior.

Filters and parental controls must be set up to filter out inappropriate content.

Ensure your home network security is strong and up to date. Firewalls, virus protection and other protective measures will keep your home network safe from cyberattacks.

Download child-friendly browsers and apps. These will allow your child to explore without as much risk of exposure to inappropriate content. If you do use child-friendly browsers and apps, your parental controls and filters should still be set up.

TEACH YOUR CHILD APPROPRIATE ONLINE BEHAVIOURS

Your child doesn't just go online at home. Teaching them how to behave online is critical to keeping them safe wherever they happen to access the Internet.

Set basic rules. Whatever guidelines are used for TV usage are likely appropriate here. No searches should be made for anything they wouldn't be permitted to watch on TV.

Talk about guidelines for sharing information, and post a list of information that should never be shared online with strangers next to their computer or tablet. The list of information not to share should include name, address, contact

information, or any other image or information that would allow them to be identified. This list can be easily distributed to family, friends and school.

Help your child learn how to handle emails. Make sure they are aware that they shouldn't open attachments from people they don't know. If they're unsure they should always check.

Discuss sexting. This can be a very uncomfortable conversation, however engaging in sexually suggesting texting or emailing is very common. Your child needs to be aware of the pressures to send inappropriate images or content and what the consequences might be.

GIVE THEM RESOURCES AND SUPPORT

While giving your child tools and teaching them about how to manage their own behavior online is imperative, we also need to be aware of how to identify when someone else is behaving inappropriately. Since some of our children can struggle with social cues, they may need extra help trying to navigate the online world.

Encourage your child to trust their gut. If something doesn't feel right, they should believe that it probably isn't. Talk honestly about cyberbullying and predatory behavior so they can recognize what uncomfortable feelings might mean.

Make sure your child knows they're not alone. Let them know that you and other trusted adults are available for them, whether they have accidentally come across something that makes them uncomfortable, or whether they have done something they shouldn't.

Find safe online spaces. Your child can thrive in a safe online space where they can make connections without having to deal with a social situation that they may struggle with. Seek out peer support and interactions that support these connections at a level appropriate to your child's development and interests.

The Internet can be a difficult place to navigate safely, especially for children who struggle with social cues and identifying threatening behaviour. Giving your child tools and guidelines to manage

Upcoming Events

Here at WRFN, we are community oriented and committed to connecting families to local events and learning opportunities.

The information provided in this newsletter is not a recommendation, referral or endorsement of any resource, therapeutic method, or service provider. You are urged to use independent judgement when considering any resource.

EVENTS

Autism Ontario Upcoming Events

Indoor Playground—Guelph—June 9— Families are invited to come out and enjoy Funmazing Play Centre. [Registration](#) is required.

Control V Virtual Arcade—Waterloo— June 22—Children with ASD and their siblings are invited to come out for an hour of virtual arcade reality . [Registration](#) is required.

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):

June 15—[Secret Life of Pets 2](#)

June 29—[Toy Story 4](#)

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):

June 7

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

Upcoming Events at Sunbeam

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 to register for any of the above events.

Upcoming Events

Premie POWWR Chat and Play Group

Join other moms and dads of children born prematurely, talk openly about your questions and concerns among a group who understands. Bring your children along for interaction with other preemies at different stages.

Upcoming Events:

June 17, 9:30-11:30am at Cambridge Family EarlyON (105-73 Water St. N. Cambridge)

Find their regular events and special annual events on their Facebook page

<https://www.facebook.com/preemiepowwr/>

Contact Carolyn at preemiepowwr@gmail.com to learn more.

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, June 10 , 6pm-8pm

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

Neighbours Day

Face off with your friends, family and neighbours on Neighbours Day. Enjoy family-friendly activities , including ball hockey, bouncy castles, a bike rodeo, garage sale, BBQ and more!

Learn more or register [here](#).

Saturday, June 8 from 9am-3pm. Stanley Park Community Centre—505 Franklin St. N. Kitchener

Light House Adult Prom

Join Light House for their annual Adult Summer Prom! Wear your best formal, or Hawaiian attire, or come as you are!

Ages: 16+ Cost: \$10 (includes snacks and refreshments)

RSVP by June 14 to 226-338--2681 or lighthouseprograms@gmail.com.

Upcoming Events

PROGRAMS/RECREATION

iCan Bike

Hosted by KidsAbility, iCan Bike helps children and youth with special needs to achieve an important life milestone: learning to ride a two-wheeled bike!

Ages: 8 Years Old – School Exit (up to age 21)

Eligibility: Your child must meet eligibility requirements and register with KidsAbility for this event. For more information and details including full eligibility criteria visit

kidsability.ca/icanbike.

To Register: Call 519.886.8886 or 1.888.372.2259 ext. 1373 or email specialized@kidsability.ca.

Registration deadline is Friday, June 21, 2019

Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running!

Golf for Persons with Disabilities

Golf Clinic—During the 3-week program, time will be spent on the putting & driving range, pitch & putt course and you will play a couple holes on the full course.

Should you decide to stay for the 12-week league, the cost of the clinic will be deducted from the league fee.

5:30-6:30 p.m. (5-11 years) | 6:30-7:30 p.m. (12-17 years) | 7:30-8:30 p.m. (18 years+)
May 30 to June 13 | Cost: \$35

Family, friends and support workers welcome.

Golf League—A 12-week program with individual instruction while playing a few holes on the regulation-sized course.

6:30-8 p.m., May 30 to August 15 | Cost: \$95

Family, friends and support workers welcome.

Registration: www.kitchener.ca/specializedprograms or call 519-741-2200 x7228.

KW Habilitation's Youth Exploring Possibilities - YEP

YEP is offered for 9 weeks during the summer. This program focuses on exploring the community, including recreational and leisure centres and future volunteer and employment options.

Develop your confidence by using the Grand River Transit to access Kitchener-Waterloo. Learn more about what resources and activities your community has to offer, and discover how to use them. Meet new people and experience great adventures together!

Learn more about YEP at <https://bit.ly/2vuNyPa>.

Upcoming Events

Aldaview Services Summer Respite Program

Aldaview Services runs a March Break and Summer Respite Program. These programs are 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.

Summer Dates: Weekly sessions July 2 to August 23 Time: 8:30-3:00pm

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

Contact Mary Hartman, 519-662-5172 or mhartman@tcmhomes.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.

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.

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 10-17. This is a great opportunity to get active, have some fun and try out different sports.

For more information contact [Caitlyn Morton](mailto:Caitlyn.Morton).

Career Compass Summer Jobs

What are you doing this summer? Career Compass can help you find a job!

Job Coaches are available to assist youth and adults with developmental disabilities match interests, skills and career goals to find the perfect fit.

For more information contact 519-744-6307 ext. 1252 or info@kwcareercompass.org.

Programs At Sunbeam Centre

Drop In—Every Tuesday in the Sunbeam gym from 10-11am. Cost \$2-\$3

Music Morning Café— May 27, June 24 from 10-11am. Cost \$5

To learn more about any of these programs contact Wendy King at

w.king@sunbeamcentre.com or 519-580-8850.

Upcoming Events

Abilities United team – New for 2019

Waterloo United is proud to introduce the Abilities United team – New for 2019!! Our program is fully inclusive, designed and adapted for children with any disability – we welcome all on the field! WMSC, in partnership with KidsAbility, is at the forefront of the development of not only soccer programs, but also physical literacy programming and recreation/socialization opportunities. This is a parent-participation program – one support person per player is required.

Date: Sundays from June 2 – July 28 (no program June 30) Time: 10am – 11am

Location: RIM Park (indoors) Ages: 4-14 yrs

Cost: \$160 (includes full uniform, ball, medal and team photo.)

For more information visit <https://www.waterloounited.com/camps-skills/abilities-united/>.

To register visit <https://waterloounited.powerupsports.com/index.php?page=LOGIN>.

All Abilities Soccer (Previously Special Needs Soccer)

This Program operates with two distinct divisions:

Development Team— a non-competitive, personal goals-focused sport and socialization program for ANY child or teen who needs an alternative to the traditional recreational soccer experience. Inclusion definition covers developmental delays, social struggles, mental health conditions and intellectual exceptionalities.

Target Team— This team is equally inclusive and comprised of teens, young adults and older adults who are more competitive and sport focused. Most of the session time is spent on the field in game play.

Season: Fridays, May 24th - August 9th from 6:30pm - 8:00pm

Location: Budd Park, 1111 Homer Watson Blvd Kitchener

Cost: \$80

For more information visit <https://bit.ly/2V3q1nv>.

WORKSHOPS/TRAINING

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.

June 4/11—Helping Individuals with Autism Navigate the Social World

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

Upcoming Events

Trauma Informed Parenting Workshop Offered by Front Door

Trauma Informed Parenting Workshops are being offered in the Waterloo Region for parents/ caregivers of children and youth who have experienced trauma. 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. There are two sessions, Part One focuses on “what is trauma and what are the symptoms of trauma.” Part two provides parents with strategies and tools that can assist their child in dealing with trauma. Parents must attend Part One prior to attending Part Two.

Part One—June 12, 6-8pm | Part Two—June 19, 6-8pm

Where: Lang’s Main Centre, 1145 Concession Road, Cambridge

Interpreters provided upon request! Child minding is also available for these sessions!

Registration is required. Please contact Jamie at 226-339-0571 or email at jkeyzer@carizon.ca.

KidsAbility Specialty Workshops

KidsAbility is offering the following upcoming workshops:

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>

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 2, 9, 16 and 23 from 9:30am-12:00pm.

Register with Karen Huber, k.huber@dscwr.com or at 519-741-1121 ext. 2246.

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— This is a two-part workshop for personal and professional development. These 2-hour workshops are designed for people who provide support and are open to all community members.

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

Upcoming Events

Webinar - The FASD Ontario Website

Through this webinar, attendees will learn about the various features of the [FASD Ontario website](#): search for services, resources, training, news and use of discussion sites.

Wednesday June 12 , 7-8pm

Register at: <https://register.gotowebinar.com/register/1333623341087079180>

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)
 - Premie Parents of Waterloo-Wellington Region (Premie 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+)

RESOURCES

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 and recreational services for children and 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.

KidsAbility Spring-Summer Resource Guide

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

[Program & Activity Guide - Spring-Summer 2019](#)

Guides can also be found on the KidsAbility website at www.kidsability.ca

Upcoming Events

CMHRT Psychology Consultation Services

The Centre for Mental Health Research and Treatment (CMHRT) psychological consultation service is intended for clients or parents and caregivers of children or youth who have had a previous psychological assessment and who wish to better understand the implications of the assessment results for themselves or for their child.

To learn more contact the [Centre for Mental Health Research and Treatment](#) at 519-888-4567 x33842 or email cmhrtintake@uwaterloo.ca.

Please mention that you are specifically requesting a consultation.

ENGAGEMENT OPPORTUNITIES

Sleep Quality in Parents of Children 4-10 years with Autism Spectrum Disorder - Holland Bloorview Kids Rehabilitation Hospital

The purpose of this study is to study the relationships between your child's sleep and your sleep and health. This information might help us learn more about what may help to improve sleep in other parents of children with Autism Spectrum Disorder (ASD).

Click [here](#) to learn more about this study.

KidsAbility Youth Advisory Council (KAYAC)

KidsAbility is currently recruiting for KidsAbility Youth Advisory Council (KAYAC) 2019-2020.

Monthly meetings September to June | For youth aged 14-24 | Get volunteer hours |

Plan youth events | Gain advocacy skills | Make a difference in your community |

Be the youth voice for KidsAbility

For more information, contact: Joanne Duddy, transitions@kidsability.ca.

Technokids: Exploring Daily Electronic Media Use of Children With and Without Autism

PURPOSE OF THE STUDY: The present study is being conducted to learn more about the patterns of daily media behaviours, different media devices used, types of content accessed, and types of media activities engaged in by children diagnosed with Autism Spectrum Disorder (i.e., autism) and children without any mental health diagnoses to understand how their electronic media use might be similar or different. To learn more about this study click [here](#).

If you have any questions or concerns about this research, please contact Eric Gilliland at technokidstudy@gmail.com or Dr. Babb at kbabb@u Windsor.ca.