



Family Pulse

Where exceptional families thrive.

Issue 107
March 2019

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Welcome to spring!

This issue of Family Pulse is full of learning opportunities, programs and events, both within WRFN and our community. We still have a few tickets available for our 5th annual [Evening of Elegance](#) fundraiser. Your support is greatly appreciated and we hope to see you there!

As an affiliate network of Family Alliance Ontario, we wanted to highlight their yearly Membership Drive. You can learn more about Family Alliance Ontario and their Membership Drive [here](#).

Don't forget to share this issue of Family Pulse with someone who may find it helpful!



[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

Matthew Gerard Coordinating Superintendent, Business Services and Treasurer of the Board and Benoit Bourgault General Manager - Student Transportation Services of Waterloo Region came to talk about transportation. They make safety a top priority, and monitor things like speeding and collisions (which is anytime a bus touches something) very closely. They have accessible buses that can take half a class of students without disabilities along with one or two students who use wheelchairs; these are good for including all students in field trips.

Janine Oosterveld and Amy Dibben from the Waterloo Region Down Syndrome Society (WRDSS) gave a presentation about Down syndrome, including what WRDSS does, characteristics of Down syndrome, and what their vision for students with Down syndrome is.

Special Education Update: Money for Educational Assistants and other support staff will come to an end soon, the Board is trying to figure out what to do about this.

Trustee Update: The trustees put forward a motion to change the language about making sure to include all students in field trips.

The next SEAC meeting is Wednesday, April 3, 2019 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, WRFN SEAC Representative

A presentation on Numeracy Initiatives was shared with SEAC members by, Numeracy Consultant, Sherrie Rellinger. The presentation outlined the Professional Learning Model in Elementary and the Secondary Model of Support.

Elementary:

The support model for schools has changed in order to honour the learning that has taken place and to provide opportunities for greater job-embedded co-learning in classrooms. Four new positions have been added to support the work of mentoring our educators. All of our elementary schools have the opportunity to engage cycles of support in mathematics with a coach.

Continued on page 3

SEAC Continued

Secondary:

To be more precise with support and build on learning from last year, focus has been directed to support Grade 9 Applied Mathematics using a model that partners a gap closing teacher with the classroom teacher in all secondary schools. Each secondary school has one Gap Closing Teacher who works with the classroom teacher and students on a daily basis in either one or two periods. This model supports both the student and teacher. Gap Closing Teachers participate in collaborative learning sessions. Math Program Heads are continued to be supported in their role as curriculum leaders, in partnership with a colleague from their department through collaborative learning sessions and job-embedded opportunities.

Changes to the Ontario Autism Program were explained along with how WCDSB is preparing for the expected increase in number of students diagnosed with autism that will now attend school full time. All schools have CYCWs, qualified BCBA's are available, all teachers, Special Ed Teachers and EAs are trained in Universal Support Strategies.

Trustees provided updates on the following:

Annual Report – Student Transportation Services of Waterloo Region

Kindergarten Program Update

Parent Engagement Update

Special Education Foundational Math Update

The next SEAC meeting will be on Wednesday, April 3, 2019, at 6pm in the Boardroom, St. Mary's High School 1500 Block Line Rd., Kitchener.

Autism in High School

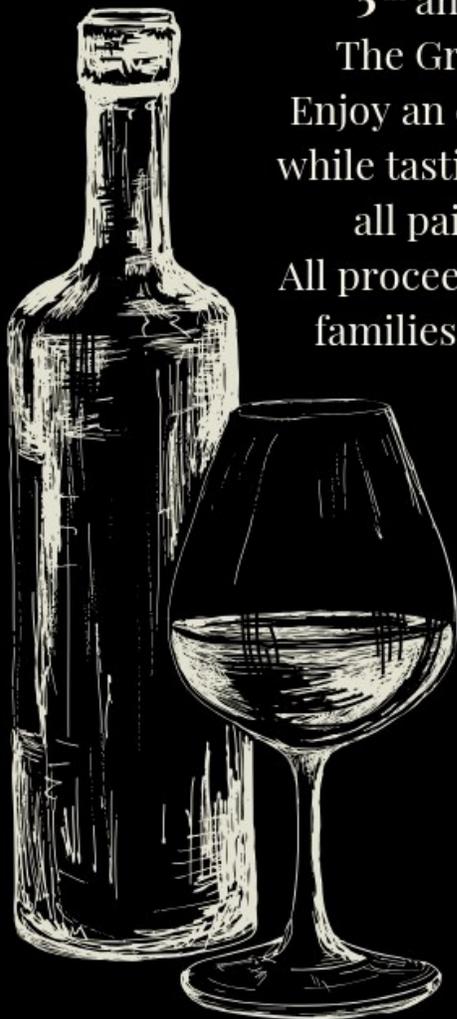
["Autism in High School"](#) is a web-based guide to help students with Autism Spectrum Disorder and their families as they navigate the transitions and common challenges of high school. This website was developed as a joint initiative between Extend-A-Family, Waterloo Region Family Network, members 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](#).

WRFN's 5th Annual Evening of Elegance

Evening of Elegance

IN SUPPORT OF WATERLOO REGION FAMILY NETWORK

Join us as we journey back to our roots at WRFN's 5th annual signature fundraising event in The Great Hall - Luther Village on the Park. Enjoy an elegant evening of mixing and mingling while tasting delicious wine, beer and cider - all paired with appetizing food selections. All proceeds go directly to supporting exceptional families in our community, so they can thrive.



FRIDAY, APRIL 26, 2019

7-10PM

EARLY BIRD TICKETS \$75

TICKETS PURCHASED

AFTER MARCH 1 - \$100

TICKETS AVAILABLE AT

[HTTPS://BIT.LY/2RL7ZTH](https://bit.ly/2RL7ZTH)



EVENT SPONSOR

CORPORATE SPONSORS



What's Happening at WRFN

FOCUS GROUP:

PEER-LED FASD CAREGIVER SUPPORT GROUP

The Waterloo Region FASD Action Group is looking for input on a proposed peer-led FASD Support Group. If you are caring for someone living with Fetal Alcohol Spectrum Disorder (FASD) you are invited to provide suggestions on what you would like to see from a support group.

Help us design the support you need!

Monday, April 8 | 6:30 - 8pm

Developmental Services Resource Centre -
1120 Victoria St. North, Unit 2015

RSVP at <https://bit.ly/2JoFc5k>

Contact:

Karen Huber at K.Huber@dscwr.com, 519-741-1121 ext. 2246 OR

Krista McCann at Krista.McCann@wrfn.info, 519-886-9150 ext. 2



FASD | WATERLOO REGION



What's Happening at WRFN



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.

Come out to this inaugural meeting to share your ideas about what you need and want from this monthly information and support group.

RSVP to Wendy Newbery would be appreciated.
wrnewbery@gmail.com OR 519-404-2450.

TOPICS INCLUDE:

- Building networks of support
-
- Housing
-
- Paid and unpaid work
-
- Estate planning (e.g., Henson Trust, Registered Disability Savings Plan)
-
- Community support and resources
-
- Other issues related to living life in the community

Tuesday, April 30

6:30 - 8:30PM

Room 2015 at

The Family Centre

65 Hanson Ave., Kitchener



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.

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](#).

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 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](#).

Coffee Club Update

Hi Guys,

Happy April! How is spring going? Here are our plans for the month:

Monday, April 8, 6 to 8 PM, Play with Clay Cambridge (10 Water St N, Cambridge, ON N1R 3B2): We will be painting pottery. Pottery pieces range from \$20 and up. Please RSVP to this event as soon as possible.

Monday, April 22, 5:30-9 PM The Studio (109 Ottawa Street, South): We will be watching Titanic (a request from a couple of Coffee Club members). Here is information about the movie:

<https://imdb.to/2V1oZ7C>. I will bring popcorn, but if someone was in the mood to bring dessert and/or beverages, please let me know!

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 if We All Said Congratulations?”

By Carmen Sutherland

Coffee Club Facilitator , WRFN

My favourite book of 2018 was called *This is How it Always Is* by Laurie Frankel, about a little person who discovers at about age 5 that he/she is transgender. At the beginning of the journey, the child's loving but nervous parents go to the mother's social worker colleague and after telling him the situation the social worker says: "Congratulations! You have a child with gender dysphoria!" The lump in my throat was immediate. This fictional social worker was telling these parents to do something many parents with "typical children" take for granted: celebrate who the child is. Not only that, but he was celebrating, too! What if we all did that? Or, maybe a better question is: What if all the people in the community did that? What if our first response to a parent telling us that their child has a disability or challenge is: Congratulations! It doesn't mean we are ignoring the challenges that the child or parents could face. What if it meant, we see the possible difficulties this family may go through, but first we are going to celebrate the fact that this child is here, and whenever we can we will keep celebrating.

If this was our goal, and we really wanted to implement it, think what that could mean? It could mean that maybe retired people who have time on their hands step up to help parents take their kids to appointments. It could mean that places of worship and community gathering places actively work to make their spaces accessible. It could mean that the culture is changed so that people who are typically-developing learn to embrace having those with disabilities in their community, instinctively thinking about how to support them and use their gifts and talents.

I have seen parents do this well. A dear friend of mine who has worked with people with disabilities for years, and has disabilities herself, gave birth to a daughter with a rare chromosomal disorder. The first post I saw about my first "heart-neice" on Facebook said something like: "Our beautiful daughter and the beginning of our journey!" Of course, it is likely that my friend and her partner dealt with some surprise and perhaps even sadness in private, but even I, someone who has been celebrated by this woman my whole life, was surprised at the pure joy in this post, and the fact that she constantly celebrates her daughter to this day. I have zero doubt that she celebrates others with disabilities whenever she meets them, both in her words and actions. I highlight her to point out that she did not begin to do this once she met her daughter, she was already doing it beforehand! I hope we can all – including myself – learn from her example and tell the world "Congratulations!" whenever possible.

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 Community Fair & World Autism Awareness Day

Join Autism Ontario to celebrate World Autism Awareness Day in Waterloo at the Autism Community Fair! There will be treats, magic, and activities for the whole family. Learn about Autism services and resources in the local area.

Saturday, April 13 from 2-4pm at Creekside Church, 660 Conservation Dr. Waterloo

Register [here](#).

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!

Saturday, June 8, 2019 from 9am-3pm.

Stanley Park Community Centre—505 Franklin St. N. Kitchener

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):

April 12; May 10; 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.

Canadian Sledge Hockey Championships

The Canadian Sledge Hockey Championships are coming to Elmira May 10-12!

Learn more at www.canadiansledgechampionships.com.

Upcoming Events

TSO Relaxed Performance: Let's Dance

Join Toronto Symphony Orchestra for their first Relaxed Performance, featuring dance styles from around the world! If you need to move around a bit, make some noise, leave the concert hall and take a break in the quiet room, you are welcome to.

This performance will take place on at Roy Thomson Hall on Saturday, April 17 at 11am.

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

Meet Front Door!

Front Door provides quick access service for children and youth up to 18 years old, and their families. By booking an appointment, youth, parents and families can meet with a counsellor to discuss their concerns.

Front Door now has a location at Idea Exchange—Clemens Mill! Come learn more about how Front Door can help you.

Wednesday, April 24 from 7-9pm at 50 Saginaw Parkway, Cambridge.

Register for free at www.frontdoormentalhealth.com.

Free Skate

Front Door is hosting a free skate at North Dumfries Community Complex from 5-7pm on the following dates:

Friday, April 5; Friday, April 12; Friday, April 26

A variety of light snacks and beverages will be provided.

WRDSS Mom's Night Out - Axe Throwing

Moms' Night Out Axe Throwing promises to be a fun filled night! If you've never tried axe throwing before please don't be intimidated. Batl Axe Throwing has created a very safe, friendly, and inviting environment to enjoy this unique sport. This is a pay your own way event for any Mom's of children with Down syndrome.

April 16, 2019 starting at 6:45pm. Learn more about this opportunity or register [here](#).

Special Sibs—Waterloo

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 Social Worker and 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! For Siblings ages 7-10. The cost is \$5/child.

Saturday, April 27, 1-4pm at KidsAbility Waterloo, 500 Hallmark Dr., Waterloo

The registration deadline is two weeks prior to the date. Call 1-888-372-2259 x 6202 to register.

Upcoming 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, 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.

Sunbeam Centre Events

April 10—[Healing Stone Bracelets Make & Take](#)

May 22—[Paint Night](#)

June 1—Photography

For more information about any of these events contact Wendy at

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

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 [April calendar](#).

Check out all the great programs they have running!

Upcoming Events

Aldaview Services Summer Respite Program

Aldaview Services runs a March Break and Summer Respite Program. These program 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@familycentre.ca).

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— April 29, May 27, June 24 from 10-11am. Cost \$5

Pottery Making Class—April 27 and May 4 from 1-3pm. Cost \$40

Aqua Fit—Wednesdays, April 3-24 from 3-4pm. Cost \$40

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

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

Upcoming Events

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

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>.

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)
 - 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+)

Upcoming Events

Connections

Connections is an 8-week support group for mothers who have experienced interpersonal violence (emotional, verbal, physical, cyber). Group members learn together and support one another to understand how experiencing violence impacts family life and how they can enrich their parenting skills.

Time: Wednesday Mornings 10 am-12 noon, April 3 – May 22, 2019

Location: Kinbridge Community Association 200 Christopher Drive Cambridge, ON

To inquire about registration contact Sydney at Carizon: 226-808-7540 or sbell@carizon.ca.

WORKSHOPS/TRAINING

Opening Doors for Accessibility

This seminar is for individual living with a disability, health professional, service provider, caregiver/partner or family member.

Sessions include:

- Aging in Place: Context Matters, Caregiver Omnimedia
 - Adaptive Cooking
- Accessible Travel: A World of Possibilities
 - AccessAbility Services
- ACTIVATOR™: Walking Poles for Improving Balance, Posture and Core Strengthening, Urban Poling

Free Admission and Lunch. RSVP by Monday April 8th, 2019 to Berat Barzanjee at 1-800-263-3463 ext. 7305 or by emailing bbarzanjee@marchofdimes.ca.

Upcoming CADDAC Workshops

Webinar - ADHD and Marijuana (April 15) — This webinar will provide information about the relationship between ADHD and Marijuana [THC] and what we know about the safety and concerns with Marijuana. This presentation will present the most recent science evidence. Register [here](#).

Dufferin Wellington FASD Caregiver Learning Series

Caregiver learning series for caregivers and professionals supporting someone with diagnosed or suspected Fetal Alcohol Spectrum Disorder (FASD). Presented by Dufferin Wellington FASD Action Group.

Learning Series #2: Why does stigma exist in FASD, how it impacts us, and strategies for addressing it.

Presented by Paula Stanghetta. Wednesday April 3, 2019 6:30pm-8:30pm

Learning Series #3: To be Announced

Wednesday May 1, 2019 6:30pm-8:30pm

All three nights will take place at Canadian Mental Health Association, 485 Slivercreek Pkwy. N, Unit 1 Guelph. Register [here](#).

Upcoming Events

Sex-Esteem: Developing Sexuality Confidence

Join this fun and unique way to learn about sexuality that provides educational opportunities for both adults with a developmental disability and the staff who support them.

All participants must be 18 years of age or older.

Date: Friday, April 26, 2019 and Friday, May 03, 2019 Time: 8:30 a.m. – 4:00 p.m.

Location: Region of Waterloo Public Health, 99 Regina St. S., Waterloo, Room 508

Cost: \$45.00 Includes Lunch and Snacks. Registration Deadline: April 19, 2019

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

Parents and Caregivers Supporting Someone Living with FASD With Dan Dubovsky

For Parents and Caregivers supporting Individuals with Diagnosed or Suspected Fetal Alcohol Spectrum Disorder (FASD). Learning objectives include:

- Strategies for Improving Outcomes
- Importance of Building Social Supports
- Importance of Self-Care
- Supporting Caregivers for Success

May 29 from 6:30-8:30pm at Canadian Mental Health Association. Register [here](#).

Grand River Transit & Vulnerable Persons Registry Speaker Panel

Learn about the roles of community partners as they support youth with Autism and/or Intellectual Disabilities to participate and promote safety in the community.

Grand River Transit staff will share information on training they offer to learn how to use the bus and specialized transportation options available.

Krista McCann from Waterloo Region Family Network will share information on the [Vulnerable Persons Registry](#).

Tuesday, May 7 from 10-12pm at Developmental Services Resource Centre

If you have questions or would like to register contact Rehana Khanam at 519-741-1121 ext. 2201 or email r.khanam@dscwr.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 April 3, 10, 17 and 24 from 6:30-9pm.

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

Space is limited so register early.

Upcoming Events

Oh! The Places You'll Go! - Exploring the Transition from School Life to Adulthood

Learn what a transition plan is and how to create one. Learn about the services and programs available after high school. Discuss how to get connected in the community and make friends.

Tuesday, April 9, 6-8pm—St. Benedict's C.S.S., 50 Saginaw Pkwy. Cambridge OR

Thursday, April 11, 6-8pm—Cameron Heights C.I. 301 Charles St. E. Kitchener

To reserve your spot, please call 519-894-1153 x 2907 or email s.niven@dscwr.com.

Upcoming Workshops at Carizon

Supporting Someone with Chronic Pain - April 15 - 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 or call 519-743-6333.

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/>.

KidsAbility Specialty Workshops

KidsAbility is offering the following upcoming workshops:

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

WRDSB Parent Engagement Session

Topics at this event include how to support your child with anxiety, why connecting with nature is important, speaking to your child about race and talking to your child about cannabis.

Speakers:

Barb Shannon – Anxiety: How You Can Support Your Child

Rob Klea – Why Connecting To Nature is Important

Pauline Janke – Speaking to Your Child About Race

Ruth Cordukes – Talking to Your Child About Cannabis

April 3, 3019 from 6-9pm at Galt Collegiate Institute, 200 Water St. North, Cambridge

[Register for this event.](#)

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.

April 16/23—Parenting Individuals with Autism

April 24—Discussing Puberty and Sexuality with Your Child

May 6—Communication Skill Development and Autism

May 28—Anxiety and Autism Spectrum (ASD)

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

Woolwich Counselling Centre Presents...

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

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

Individual sessions on April 29 and May 27.

No Need to Fret (ages 8-11) - Successful strategies are provided to help anxious children cope with fears and worries. New group starting May 2.

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. New group starting May 2

To learn more about these groups contact Woolwich Counselling at 519-669-8651.

Upcoming Events

RESOURCES

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):

April 25, 2019

May 30, 2019

June 27, 2019

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

For more information email waterloo@monarchhouse.ca or call 519-514-5770.

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