

Where exceptional families thrive.

Issue 111
July 2019

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This month, Erin Sutherland shares information on her role as WRFN's Family Resource Coach (FRC) – who she connects with and how she can help.

We've seen demand for FRC guidance grow by 18% over the past six months exceeding our current staffing model. The need to expand this role to full time is critical and we need you – families and friends of WRFN – to make this happen! There's still time to donate before July 12! We are asking for your financial support to extend this desperately needed service. If every person on our newsletter distribution list donates \$25, we can raise over \$20,000. Please join us during these challenging times and **[donate today at Canada Helps](#)**. Your support will have life-long impact ensuring access to this resource for exceptional families (including your own) living in Waterloo Region so all can continue to thrive.

Thank you! Wishing you a safe and happy summer!



[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

There was discussion about how the Board is losing funding but not as much as other Boards. The teacher-to-student ratio will stay the same 1:22 because that is what the contract says is necessary but it means we will lose staff in other places. This will affect students but not in a severe way.

There was a conversation about an Excel spreadsheet that better reflects that even students whom the system says they are in congregated classrooms full-time are in fact getting out into the school and experiencing things with other students and teachers

Another discussion was about the issue of field trip transportation and other surrounding issues for students with disabilities. SEAC is working on creating a document about this to put before the Board.

The next SEAC meeting is Wednesday, September 11, 2019 at 7:00p.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 June 5 SEAC meeting was held at Resurrection CSS.

Laura Isaac, Senior Manager of Financial Services, presented the proposed 2019/2020 budget as it related to Special Education. The budget process was outlined for the committee. This year's timeline had been delayed due to a delay in receiving necessary information from the ministry. Concerns were expressed regarding the proposed budget and the impact it will have on students receiving special education related to reduced funding to staff.

SEAC members also reviewed letters addressed to the Minister of Education from other SEACs, school boards and from WCDSB Trustees. Letters were also addressed to WCDSB SEAC from WCDSB Social Workers and the Association of Professional Student Services Personnel (APSSP). It was decided that a couple of SEAC representatives would attend the Trustee meeting on June 17 to further understand details of the proposed budget to make an informed decision regarding a letter submission from SEAC to the Board of Trustees.

Association updates were also shared at the meeting.

WCDSB SEAC does not meet over the summer months. The next SEAC meeting will be on Wednesday, September 4 at 6 pm.

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.

RSVP to Wendy Newbery would be appreciated,
wrnewbery@gmail.com

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

JULY 2

What do our kids want when it comes to romance? How do we listen, guide and support

AUGUST 6

Making Social Connections: Different strokes for different folks

SEPTEMBER 3

To be announced later in the summer

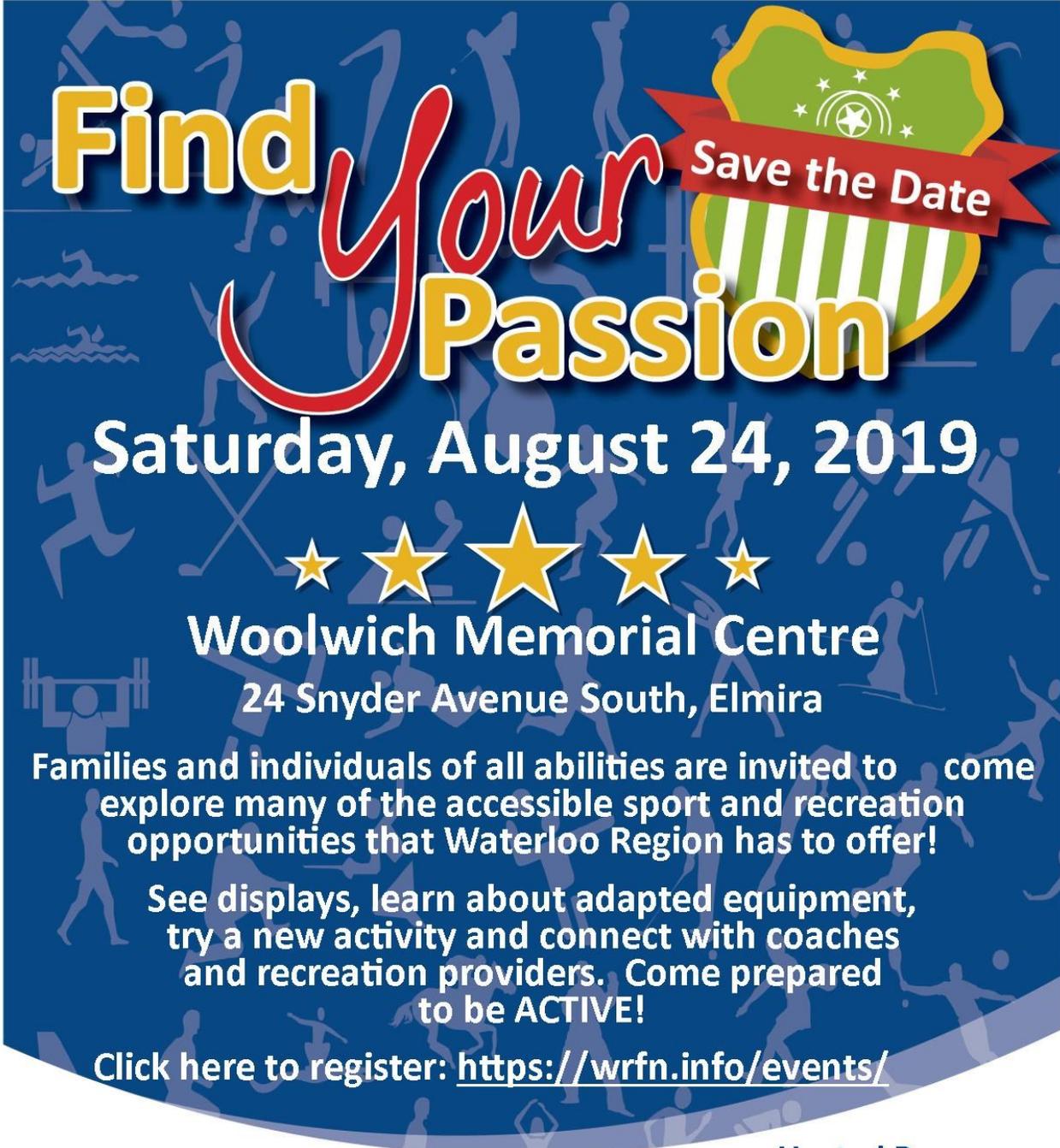
Doors open at
 6:30pm,
 meetings run from
 6:45 - 8:30PM
 Room 2015 at

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

KidsAbility™



**WATERLOO REGION
Family Network**

Sun Life Financial Centre for
Physically Active Communities

With support from:



What's Happening at WRFN

What Does the 2019/2020 School Year Look Like?

Please join us as staff from Waterloo Catholic District School Board and Waterloo Region District School Board share what the upcoming school year looks like in both boards.

More details to follow.

Wednesday, August 28, 2019 | 7 – 8:30 pm

The Family Centre, 65 Hanson Ave. Kitchener ON N2C 2H6

Registration Now Open <https://bit.ly/2J5SDop>



For more information
contact Krista McCann
Krista.McCann@wrfn.info
519-886-9150 ext. 2

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](#).

What's Happening at WRFN

The 'Exceptional Swings' Golf Tournament.

Sunday, September 8, 2019

Grand Valley Golf Course, 1910 Roseville Rd, Cambridge, ON

\$85 Per Player (Golf, Cart, as well as a Delicious Dinner and Deserts included)

Prizes and Silent Auction Items

To register and reserve your spot, please visit the Eventbrite page:

www.eventbrite.com

Search *Exceptional Swings* to find page

For more information, please contact Pete Reynolds or John Gilbert at

info.exceptionalswings@gmail.com

Registration: 11:00 a.m. – 1:00 p.m.

Tee off: 1:00 p.m.

Dinner & Prizes: 6:00 p.m.

Proceeds going to the Waterloo Region Family Network (WRFN); providing assistance to exceptional children and their families within the Region of Waterloo.



"Where exceptional families thrive"

Please attend and share this great day to promote awareness and celebrate an agency that educates, connects and empowers families of children and individuals of all ages with special needs.

What's Happening at WRFN

Waterloo Region Family Network's

CAMP DAY!

For families who have a loved one with a disability

Join us Sunday, September 22
between 2-5pm at Camp Ki-Wa-Y,
3738 Hessen Strasse, St. Clements.
Enjoy camp activities for all ages
while connecting with others.
Bring the whole family and
your appetite!

ACTIVITIES (2-4:15PM)

- Canoeing	- Archery
- Hiking	- Hockey
- Rock climbing	- Basketball
- High ropes	- Camp fire

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

BARBEQUE (4:15-5 PM)

Please register in advance at :

<https://bit.ly/2FtMKiW>

If you have any questions please contact Krista McCann,
Krista.McCann@wrfn.info or 519-886-9150 x 2.

With generous 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 (except July and August) 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 EarlyON 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 July! I hope everyone has a lovely summer. We have one inside and one outside activity planned for this month:

Monday, July 8, 6-8 PM Forest Hill United Church: Food Truck Frenzy (121 Westmount Rd E, Kitchener, ON N2M 4Y6): Come enjoy the summer sunshine, and food truck food! (Rain location will be East Side Mario's in Waterloo, SAME TIME 450 King St N, Waterloo, ON N2J 2Z6)

Monday, July 29, 7-9 PM The Studio (109 Ottawa Street, South): We will be doing a workout night with Active Souls. Cost is \$10/person. Please RSVP by Monday, July 22 at 8 AM. When you RSVP, please let me know if you want to pay for the session through Passport.

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 does the Family Resource Coach do?

Navigating the list of local services and supports available to people with disabilities and their families is much easier when you have a helping hand to guide you along the way. Enter the WRFN Family Resource Coach (FRC).

Have you ever wondered what the FRC does? Is this person really like a coach who is on the sidelines encouraging, advocating, supporting, directing and connecting? As the FRC of Waterloo Region Family Network, I can tell you the answer is “Yes!”

I provide this type of support:

- individualizing the unique needs of each client
- connecting families, caregivers and self-advocates to community resources
- supporting the diagnostic assessment and referral process
- accessing government-funded and private options
- fine tuning the exact resources needed by each family member (e.g. sibling support, parent groups, respite, etc.)
- predetermining family needs associated with developmental milestones and life transitions.

The most satisfying aspect of this work is the realization that by making the above mentioned connections I do lessen the load for families. Lessening the load and reducing the stress for the family also depends on collaboration with other service providers. These are examples of the collaborations I make with service providers:

- Monthly drop-in at our local EarlyON centres across Waterloo Region where I participate in programs, interact with parents/caregivers and early childhood educators, and respond to developmental inquiries
- Connect families with the appropriate professional services needed
- Collaborate with service providers to provide a “warm transfer” for those families or individuals who would otherwise “fall through the cracks” due to the restrictions of eligibility criteria for other community services (for example, aged out of other services, without a diagnosis, etc.)
- Support the followup of treatment and/or discharge planning recommendations made by other services
- Attend community events, agency information sessions, wellness nights and Lunch and Learns to familiarize the general population with WRFN.

It’s easy to establish why the FRC role is crucial to the lives of families with a child/youth with an exceptionality and as noted (above), the work is relevant.

Let us remember that family is everything. Family is life. I believe we all deserve the opportunity to belong, connect with others and have a community in which we can all thrive.

I look forward to supporting even more families in the future.

Erin Sutherland, Family Resource Coach

Waterloo Region Family Network

519-886-9150 ext. 4

Erin.Sutherland@wrfn.info

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

2019 ADHD Conference—Toronto

For parents, adults with ADHD and their families, educators, and medical professionals.

Keynote Speakers - Dr. Kenny Handelman, Dr. Judy Wiener, Dr. Sheila Bennett

Topics—ADHD and Executive Functioning for Adults and children | Self-Regulation/Meltdowns - Home and Behavioural Strategies | Evidence Based School Interventions | ADHD/Family and Peer relationships | ADHD and gaming and screen use | ADHD Procrastination/Motivation | ADHD Anxiety and depression | ADHD in the Workplace | ADHD and Cannabis | Autism and ADHD

October 19 & 20 at the Japanese Canadian Cultural Centre

Register and get more information at www.caddac.ca.

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):

July 27— [Lion King](#)

Aviation Fun Day

Grab your walking shoes and explore the airport on foot at this free family event. Learn how the aviation industry works, get up close to airport equipment, vintage aircraft and classic cars. Talk to the people behind the scenes and learn about career opportunities at your local airport.

Saturday, August 17 from 10:00—4:00 p.m. at the Region of Waterloo International Airport

Learn more about Aviation Fun Day [here](#).

Upcoming Events

PROGRAMS/RECREATION

Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running!

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>.

Neighbourhood Nature Play Project Summer Programming

Join Nature Play Animators in July and August at Kingsdale Park and Gzowski Park for FREE nature-based programming designed to help children and their families connect with nearby nature through games, activities, and crafts that draw attention to the natural and built elements of their neighbourhood parks.

Kingsdale Park (11 Traynor Ave. Kitchener) - Tuesdays and Thursdays, 10am—2pm

Gzowski Park (10 Chopin Dr. Kitchener) - Wednesdays and Fridays, 10am—2pm

For more information, please contact zstevens@evergreen.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.

Gym Drop-In for Youth

The Family Centre runs a drop-in gym program Monday evenings from 7-8:30 p.m.

This program is for youth ages 12-17. This is a great opportunity to get active, have some fun and try out different sports. Don't forget your running shoes!

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

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

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.

WORKSHOPS/TRAINING

Strategies for Adult ADHD/Asperger's Group

Learn some hands-on techniques for managing and harnessing your ADHD/Asperger's superpowers while getting to know people similar to yourself.

This group usually involves a discussion around a voted topic, a relevant technique or exercise, and setting a goal/intention for the week.

Feel free to come alone or bring people from your life who you would like to understand your condition better. People who just want to understand ADHD/ASD better (such as parents) can also come on their own.

This group is typically led by a practitioner with ADHD and/or ASD themselves.

Cost is \$15/session, but the first session is FREE. Just Drop In! No diagnosis or registration necessary.

Every Thursday, 7:00pm—8:00pm at The ADHD & Asperger's Centre,
55 Cork St. E, unit 305, Guelph.

Upcoming Events

Upcoming Workshops at Extend-A-Family

Sex Talks—Sex Talks is a series of one-hour workshops, over six consecutive weeks. It is designed for people 16+ who have a developmental and/or physical disability, and is delivered in partnership with SHORE Centre

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/>.

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.

Providing Support with Purpose—Hosted by Extend-A-Family

Come on out and further your knowledge on making community connections, mindfulness, self-care and have an opportunity to share what keeps you committed and engaged in your work.

Conference Workshop Led By:

Peter Leidy - Consultant, teacher, songwriter, and speaker

Peter Marks - Founder and Director, A Centre for Conscious Care

Friday, July 12 at The Family Centre from 9:00—4:00p.m.

Learn more or register [here](#).

Upcoming Workshops at Developmental Services Resource Centre

Financial Supports—Sept. 17— Learn more about the various financial supports, including eligibility criteria, which are available to families who have a child ages 0-18 diagnosed with Autism and/or Intellectual Disabilities.

Information Session on Recreation & Leisure Activities—Oct. 1— Learn more about the many community recreation and leisure activities and supports available to families who have a child ages 0-18 diagnosed with Autism and/or Intellectual Disabilities

Questions or to register, call 519-741-1121 Rehana Khanam ext. 2201 or email r.khanam@dscwr.com. You can also register online at www.dscwr.com.

Upcoming Events

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+)

RESOURCES

The Vulnerable Persons Registry

The Vulnerable Persons Registry promotes communication between vulnerable persons, the people who support them and the police. This information will assist officers when responding to an emergency involving the vulnerable individual. The registry provides quick access to critical information about a registered person, such as who to call in an emergency, a detailed physical description, and any particular sensitivities that the person may experience.

www.vulnerablepersonsregistry.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 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.

Upcoming Events

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](#)

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

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.

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.

Confidential Market Research

Confidential market research occurring in several cities across Canada is looking for feedback from teens with ADHD and their parents - compensation of \$175 to \$225.

The study will focus on their perspectives and thoughts on new therapies, and gaining insight into ways in which we can help improve the lives of teens with ADHD.

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

Upcoming Events

Study for children aged 6-12, with ADHD and ASD

The Center for Pediatric Excellence is conducting a research study for children aged 6-12, with ADHD and Autism Spectrum Disorder (ASD). Your child may be eligible to participate in a research study using a drug already approved by Health Canada.

You child may qualify if they have been diagnosed with high functioning autism and ADHD.

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

Secret Agent Society: Operation Regulation – Trasdiagnostic Trial

Do you have a child between 8-13 years of age with Neurodevelopmental Disorders?

York University invites you to participate in a research study: Secret Agent Society: Operation Regulation – Trasdiagnostic Trial.

This study is about a new program aimed at helping youth with neurodevelopmental disorders cope with their emotions and handle the day-to-day stressors in their lives using a variety of activities and tools, like an emotion-focused computer game, cue cards, and parent and teacher handouts.

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

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@uwindsor.ca.