

Educate. Connect. Empower.

Issue 107
March 2019

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In this issue of Family Pulse we are excited to share information about Evening of Elegance! Join us as we journey back to our roots for our 5th annual signature fundraising event. Enjoy an elegant evening of mixing and mingling while tasting delicious wine, beer and cider - all paired with appetizing food selections. Our spectacular silent auction includes a number of exciting items for you to bid on. We will also have a raffle you won't want to miss! All proceeds go directly to providing resources and facilitating meaningful connections for families, just like yours, of children with special needs. Tickets can be purchased by clicking [HERE](#).

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

Epilepsy of South Central Ontario came to give a presentation. Topics addressed included seizure and seizure types, causes of epilepsy, and seizure triggers.

There has been an update of PPM 161, which includes the policy and procedures related to prevalent medical conditions. The policy has been revised to include epilepsy/seizure disorder and asthma, and subsequent procedures are being developed. An individualized plan will be put in place for each student with a medical condition that is considered prevalent; a database is being created to assist with this.

Funding has come through for two special education grants. The first is for mental health workers in secondary schools, which will cover four additional social workers. The second is for Special Education professional assessments, \$50,000 is meant to deal with the waitlist for assessments. This must be done by August 31, 2019.

Parent Involvement Committee (PIC) was awarded a grant to host events in Waterloo, Cambridge, and Elmira.

The next SEAC meeting is Wednesday, March 6, 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

The February SEAC meeting was cancelled due to inclement weather.

The next SEAC meeting will be on Wednesday, March 6, 2019, at 6pm at St. Mary's High School.

Autism in High School

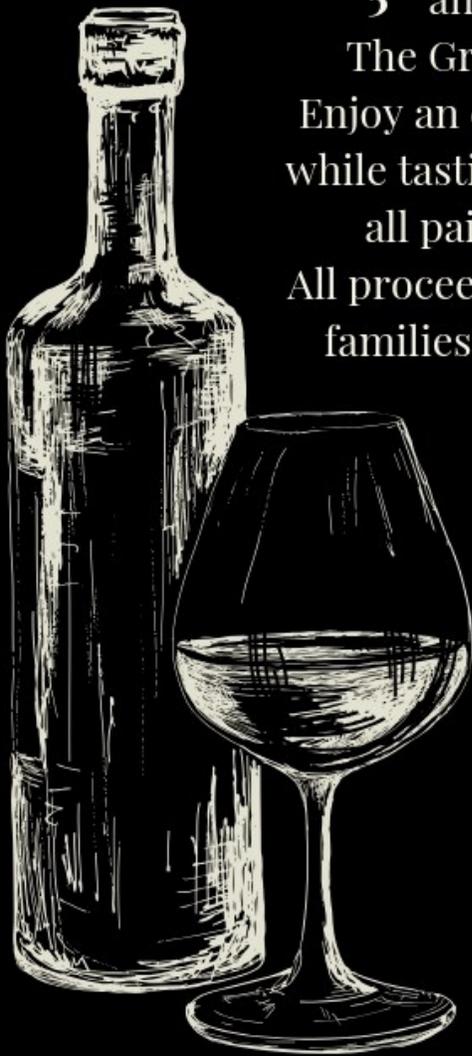
["Autism in High School"](#) is a web-based guide to help students with Autism Spectrum Disorder and their families as they navigate the transitions and common challenges of high school. This website was developed as a joint initiative between Extend-A-Family, Waterloo Region Family Network, members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



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What's Happening at WRFN

Waterloo Region Family Network's

FAMILY FUN DAY!

For families who have a loved one with a disability

Join us for an afternoon of fun and connection at the John Dolson Centre, 212 South St. Cambridge! Enjoy a swim in the fully accessible pool from 12:30-1:30pm followed by snacks and activities run by members of our Coffee Club.

** We will have exclusive use of the pool from 12:30-1:30p.m. City of Cambridge Swim Admission Standards do apply. Learn more about Swim Admissions at <https://bit.ly/2Sb99oE>

Sunday, March 31 from 12:30 - 2:30p.m.

Register at <https://bit.ly/2TbCSIE>

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



WATERLOO REGION
Family Network
Where exceptional families thrive

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

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...

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,

It's March! Hopefully that means spring will be coming soon. Here are our plans for the month:

Monday, March 11, 7-9 PM Kelsey's (1440 Ottawa Street South): We will be having dinner together. Please RSVP by Thursday, March 7 AT NOON, so that I know how many people to make a reservation for!

Monday, March 25, 7-9 PM The Studio (109 Ottawa Street, South): We will be watching two *Star Trek* episodes, since we did not get to do that in January. We will be having FREE pizza and simple dessert, so please RSVP by Friday, March 22 at NOON so I know how much pizza to get.

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

Helping Your Child Socially

Social situations are often filled with uncertainty even for those of us that gravitate toward them. They can be very difficult for our children, and sometimes require a lot of forethought and planning. We can agree that a certain amount of socialization is good for our kids. It allows them to become more independent, and stretch the muscles they will need for future self-advocacy. In addition, children who socialize successfully report fewer feelings of sadness and isolation. It can be pretty overwhelming when trying to balance the needs of your child with the situations they (and you) may come across during a social experience.

BEGIN AT THE BEGINNING

In order to successfully encourage your child to socialize more, they will need to build up their basic social skills. These don't come easily to many children, so be patient.

Clearly explain the rules of engagement, such as encouraging eye contact (if that's a tough one, encourage looking at eyebrows or even general direction). Look for age/developmentally-appropriate resources on social interactions, such as books or videos, and give your child time to absorb the information. And of course, be a good role model. "Do as I say, not as I do" never works. Behave respectfully, and allow your child to see you get upset and then calm yourself down appropriately. They will begin to mimic your behaviour.

Treat your child with respect, and listen to them (verbally or non-verbally) when they are upset. Offer to help, but allow them to make the choice.

Bullying can be a big problem, so ensure that you have regular conversations with your child and anyone else who might have information.

TO PLAYDATE OR NOT TO PLAYDATE

Evaluate the needs of your child. Some children have a higher tolerance of social situations than others. Some may tolerate social situations in familiar surroundings only, or may need them to occur within a specific timeframe. While it's suggested that you encourage your child to push themselves slowly outside their comfort zones, sometimes even the most incremental change is a victory.

HOW TO ENCOURAGE SOCIAL SITUATIONS

Help them find fun things that they would like to share. Let them be in charge, though. If you force them to do something they don't want, it could backfire and cause them to resent you and socializing.

Look for situations or groups that have things in common with your child. Shared experiences will allow them to bond and feel less alone.

Don't push it. Keep things as laid-back as you can, and allow your child to take the lead. If your child feels they have the freedom to have fun, they will build their self-esteem. Trust that they'll learn the skills they need at their own pace.

WHAT SHOULD I TELL THEM?

Once you've laid the groundwork and have organized a new set of social situations, the problem of what to tell others arises. Generally, focusing on the things the children have in common as opposed to their differences is a good strategy. Be honest to parents without going into too much detail, and let kids know that if they have questions about your child, they can ask you. Children are often surprising. The way they experience your child may not be at all the way you were anticipating.

BE PREPARED

Preparedness is the watchword. The terror of social situations is that anything can happen, particularly if you're in an environment you can't control. You know your child best, and understand best what their needs are, so try to keep an eye on the red flags.

Otherwise, try to relax and let your child run the show. Regardless of how long they socialize for, even a minute can be a positive.

AFTERMATH

After the socialization is over and everyone has gone home, see what your child thought of it. Try and find out whether they liked it, whether there's something they'd like to change (within your control), or if they didn't like it. Help them focus on the positive aspects.

Social situations for children with special needs are often difficult for a wide variety of reasons.

Encouraging your child to socialize according to what they like to do will give you and them a greater chance of success.

Upcoming Events

EVENTS

Steps Towards Inclusive Community

This event is planned by Guelph Services for the Autistic: Bridges Over Barriers and will:

- Highlight innovations that promote community inclusion and volunteering
- Feature new short films such as Andrew Goes Running
- Focus on supports for adults of all abilities, including those with complex needs
- Display information by autonomous groups, organizations and individuals

Saturday, March 30 from 10-1p.m. at

Evergreen Seniors Community Centre, 683 Woolwich Street ,Guelph. 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):

March 8; 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

Pool Saturday— March 23—Have fun swimming! Attend one session or all.

Spa Evening— March 21— Relax, enjoy, unwind!

Cooking— March 28—Have fun learning how to cook three different meals.

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 with Autism Ontario

Family Swimming - Guelph - March 23 - Families are invited to West End Community Centre for an enjoyable swim. Register [here](#).

Pizza & Games Night - Cambridge - March 25 - Families are invited to Playfit Kids Club for games and pizza. Register [here](#).

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.

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):

March 2 - [How to Train Your Dragon: The Hidden World](#)

March 23 - [Captain Marvel](#)

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

Upcoming Events

Aldaview Services March Break & 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.

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

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.

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, March 20– May 8, 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.

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.

Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running!

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](#).

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)
 - Tick Talk Tourette Group
 - 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+)

Upcoming Events

WORKSHOPS/TRAINING

Triple P Positive Parenting Group

Triple P is an evidence-based program that gives parents skills to manage challenging behaviours and prevent problems from happening in the first place. It does not tell people how to parent. Rather, it gives parents and caregivers simple and practical strategies they can adapt to suit their own values, beliefs and needs.

Who is it for? Parents of children, ages 3-11, with significant or multiple behavioural difficulties that are often displayed in more than one setting.

Dates: Wednesday nights March 6 to May 1 2019 (excluding March 13 2019)

Time: 6:00 to 8:00 pm Location: University of Waterloo Cost: \$200

Please contact cmhrtintake@uwaterloo.ca or (519) 888-4567 ext. 33842 if you would like to participate in the program and to discuss whether it is suitable for your family.

Upcoming CADDAC Workshops

Webinar - Understanding ADHD's Impact on Adult Relationships (March 20) —ADHD can be a significant factor in a variety of relationship problems. However, when those within the relationship understand how ADHD plays a role in the relationship misinterpreted motives and hurt feelings can be mitigated. Find out what to do, what not to do and how to use your new understanding of ADHD to improve your relationship. Register [here](#).

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 #1: Finding Breath: Caregiving in the world of FASD.

Presented by Laurie Whyte. Wednesday March 6, 2019 6:30pm-8:30pm

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

Trauma Informed Parenting Workshop Series 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—March 20, 6-8pm

Part Two—March 27, 6-8pm

Where: Carizon Community Services Building (lower-level Community Room),
645 Westmount Rd., East, Kitchener.

Interpreters provided upon request! Child minding is also available for these sessions! Registration is required. For more information or to register, please call Jamie at 226-339-0571 or email at jkeyzer@carizon.ca.

PassportONE Information Sessions

PassportONE was created by the Ontario government and Passport agencies to improve the Passport Service experience by making invoice processing and reimbursements faster and more efficient.

Attend a Passport Information Session to learn:

- what PassportONE is
- how to fill out and submit invoice forms
- which services and supports are reimbursable
- who to contact with questions

Information sessions are held every Friday except the last Friday of the month. You must RSVP to attend the session. Sessions will be cancelled if there are no registrants.

To RSVP or for more information, please contact Amanda, the Passport Community Developer at: (519) 741-1121 ext. 2227 or a.paradis@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

Upcoming Workshops at Carizon

Let's Talk About Trauma - March 26 - 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 - 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:

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

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>

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.

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

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.

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.

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):

March 28, 2019

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.

****NEW** 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

ENGAGEMENT OPPORTUNITIES

Independent Facilitation

In 2015, the Ministry of Children, Community and Social Services (MCCSS) and the Ontario Independent Facilitation Network (OIFN) signed a two-year funding agreement for 1090 people with developmental disabilities to receive independent facilitation through a "Demonstration Project." As one of 7 Independent Facilitation Organizations involved in the project, Bridges to Belonging provided independent facilitation to 85 people in Waterloo Region. The project funding was extended for an additional 2 years to assess the value, benefits, cost and outcomes of independent facilitation as a viable solution for people with disabilities to live with greater independence in community. Recently, OIFN was advised that the funding ends on March 31, 2019 and that people/families will have to use their passport money to pay for independent facilitation. Several families have mobilized to let the government know that Independent Facilitation Matters and they want to see funding continue.

While, Bridges to Belonging will continue to provide independent facilitation for people purchasing the service using passport and/or personal funds, we are extremely disheartened by the reality that this is simply not an option for many people who receive the minimal passport entitlement. We are continuing to look for alternative funding sources and advocate with government officials for equal access to independent facilitation in both our region and Ontario.

To find out more and join the movement, please visit independentfacilitationmatters.com.

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 or (519) 885-3467. This study has been reviewed and approved by the university ethics committee (REB #5750).