

Where exceptional families thrive.

Issue 109
May 2019

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This issue of Family Pulse focuses on Self-Advocacy. Cristina, WRFN Self-Advocacy Liaison, shares her personal definition of self-advocacy and the 'self's' that pave the way toward learning this skill.

In this issue, we are also excited to share a recap from our Evening of Elegance fundraiser! We are grateful to our sponsors, donors and guests for making it such a successful night.

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

Dana Lieberman, Senior Manager WRDSB Research Team came to talk about the Safe, Caring and Inclusive School Survey, which is now using the Middle Years Development Instrument. Well-Being goes down as kids get older, which is attributable to relationships.

Special Education Update: All information for students who have serious medical conditions will now be electronic and easy to update. Parents/caregivers will not have to fill out yearly forms. If people do not have access to computers they can still fill out paper forms.

There are many staffing cuts/changes occurring in the school board because of budget cuts.

The next SEAC meeting is Wednesday, May 8, 2019 at 7p.m. at the Education Centre, 51 Ardel Avenue, Kitchener N2C 2R5.

Waterloo Catholic District School Board - Special Education Advisory Update

Submitted by Sue Simpson, WRFN SEAC Representative

At the April 3 meeting, SEAC members received a presentation on Assistive Technology presented by Special Education Liaisons Chris Runstedler, Carol Sullivan and Antonietta Leonardo. TechTown, Lexia and Google programs were featured in the presentation along with training models.

Ministry Updates

Some students are returning to school now even with the extension of the current Ontario Autism Program. It's difficult to say what the landscape will look like in the fall. We should have a better idea of this in early May.

SEAC plays an important role having a voice related to the budget. A second SEAC meeting will be held in mid-May for budget discussion purposes.

Trustee Updates

Trustees Jeanne Gravelle and Kevin Dupuis shared the following highlights from the March meeting:

- Innovation, Learnings and Engagement Update
- Assessment and Evaluation Practice in Schools
- Student Success Plan
- Approval of the School Year Calendar
- Autism Update
- Information on 2019/20 Education Grants and New Vision for Education

The May 1 SEAC meeting was cancelled. The next SEAC meeting will be held on May 22, 2019 at St. Mary's High School in Kitchener.

Autism in High School

“[Autism in High School](#)” is a web-based guide to help students with Autism Spectrum Disorder and their families as they navigate the transitions and common challenges of high school. This website was developed as a joint initiative between Extend-A-Family, Waterloo Region Family Network, members of the former Autism Services Waterloo Region, the Waterloo Region District School Board, the Waterloo Catholic District School Board, and the University of Waterloo with generous funding from the [Sifton Family Foundation](#).

WRFN's 5th Annual Evening of Elegance

On April 26 we journeyed back to our roots at our 5th annual signature fundraising event, Evening of Elegance. Hosted at Luther Village on the Park, our guests enjoyed an elegant evening of mixing and mingling while tasting delicious wine, beer and cider – all paired with appetizing food selections. Celebrating our 10th year as an organization, we took time to reflect on why we came to be, enjoying stories from some of our founding parents, Trish Coupal, Bobbi Holte, Monique Kaptein and Sue Simpson. We also experienced a captivating performance from Guelph Spoken Word artist, Danielle Workman. Danielle connected with WRFN families to learn of their journeys and from there wrote and performed an emotional piece, “Blessings Perceived.” You can watch Danielle’s performance at <https://youtu.be/-n1VDZIt8k0>.

Each year, at this time, WRFN is excited to honour an outstanding volunteer. This year is no exception as we honour Sue Furey – an amazing volunteer who has committed her time to WRFN for almost 10 years.

Sue began her involvement as one of our first Parent Mentor volunteers and continues to connect with parents traveling a similar journey today. She has been actively involved on our Governance and Nominations Committee, participates on parent panels sharing insight and experience with others, and attends forums and focus groups where she shares input, creative ideas and solutions beneficial to our community.

Sue is an outstanding WRFN volunteer – someone who listens, understands, and willingly and graciously walks alongside others, sharing her wealth of knowledge and experience each and every day, so that they too can thrive.

Our Master of Ceremonies, Mike Farwell, helped make the evening a success. With so many fantastic silent auction items it was easy to keep the excitement and competition alive! Guests were eager to buy raffle tickets for a two-hour Niagara Falls Scenic Flight Tour with Waterloo Wellington Flight Centre. Raffle tickets will be on sale until May 17. If you would like to support WRFN and have a chance to win this great prize please contact Krista at Krista.McCann@wrfn.info.

We would like to thank Heffner Lexus Toyota for their generous contribution as our event sponsor. A warm thank you to Luther Village on the Park for being our venue sponsor and the staff for all their hard work. Thank you to our corporate sponsors, Coupal Markou Commercial Real Estate Inc., Ernst & Young LLP, Gowling WLG (Canada) LLP, Melloul-Blamey Construction. Thank you to all our silent auction sponsors. The night would not have been possible without all of your generous contributions!

You can see pictures from the evening on the snapd Kitchener Waterloo [website](#).

What's Happening at WRFN



PLANNING A SUCCESSFUL TRANSITION TO POST-SECONDARY SCHOOL FOR STUDENTS WITH AN INDIVIDUAL EDUCATION PLAN (IEP)

Tuesday, May 28, 2019

6:30PM - 8:30PM

The Family Centre, Gym (Storage Side)

Register: <https://bit.ly/2J6Vpui>

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

Presented by:

Zina Bartolotta
AccessAbilityServices
University of Waterloo

Erin Downs
Accessibility Services
Conestoga College

Christine Zaza
Parent Mentor
Waterloo Region Family Network

This session is for parents and high school students who have an IEP who are planning to go on to University or College after high school. Planning for the transition to post-secondary school starts before high school ends, because when high school ends, so does the IEP. A successful transition to post-secondary school starts with information and an action plan.

Come to this session to learn about:

- Differences between high school and post-secondary school (college and university)
- After the IEP: How to request accommodations at post-secondary school
- What do accommodations look like in college/university
- Rights and Responsibilities of students with disabilities
- Self-advocacy and changing roles
- How to assess readiness for college/university and plan a successful transition
- Resources



WATERLOO REGION
Family Network

Where exceptional families thrive.

What's Happening at WRFN

Find Your Passion *Save the Date*

Saturday, August 24, 2019

★ ★ ★ ★ ★

Woolwich Memorial Centre
24 Snyder Avenue South, Elmira

Families and individuals of all abilities are invited to come explore many of the accessible sport and recreation opportunities that Waterloo Region has to offer!

See displays, learn about adapted equipment, try a new activity and connect with coaches and recreation providers. Come prepared to be ACTIVE!

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

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

Hosted By:

KidsAbility™



**WATERLOO REGION
Family Network**

Sun Life Financial Centre for
Physically Active Communities

With support from:



What's Happening at WRFN...

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

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

Ask A Self-Advocate—Do you need to look at a challenge you are facing with a new perspective? Would you like to bounce ideas off someone who's been there? Cristina was diagnosed with exceptionalities as an adult, and she is passionate about sharing her lived experience. You can come meet with Cristina to discuss your own questions and concerns, and hopefully gain new insights and ideas. This program is open to individuals with disabilities, their families, or professional supports.

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

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

School-Issue Parent Support Group—Do you have questions/concerns about school issues for your child/youth with special needs? Join us at our peer-led parent support group. This is a great opportunity to share questions, concerns and successful tips in a safe environment while learning from others. The support group is held the last Wednesday of every month (except 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 May! Can you believe it? Here are our plans for the month:

Monday, May 6, 7 to 9 PM, The Adventurer's Guild (36 Ontario St. N, Kitchener): We will be playing board games together. The cost is \$5/person.

Monday, May 27, 7-9 PM The Studio (109 Ottawa Street, South): We will be having a drum circle with Organic Groove to make up for the one at the end of February. The cost will be \$10 per person. I have confirmed that this can be paid for through Passport. Please RSVP to this event by Monday, May 20.

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

The 'Selves' that Pave the Way Toward Self-Advocacy

By Cristina Stanger

Self-Advocacy Liaison, WRFN

Before I joined the WRFN team, I was a client. The Family Network encouraged and supported my self-advocacy efforts, as my drive to pursue this work started to grow. Self-advocacy is generally defined as speaking up for yourself, making your needs and preferences known, and finding your voice. My personal definition has become as follows: self-advocacy means becoming an active force in your own life to affect positive change. It is also important to recognize self-advocacy as a learned skill.

As I began my role as the WRFN Self-Advocacy Liaison, I imagined trying to teach my past-self the self-advocacy skills I now know. I started to reflect on the time when I acquired a diagnosis of exceptionality - I was struggling to understand who I was and sort out what my challenges were. It was during this reflection that I had a revelation: learning self-advocacy was not a linear process and required a ready and willing state-of-mind. Upon further thought, I concluded that there are other 'selves' that help pave the way toward self-advocacy, to build that readiness. I generated the following list: self-worth, self-awareness, self-acceptance, self-expression, and self-confidence. It is my experience that these selves build upon each other to create a scaffolding to support the platform from which one self-advocates. I will touch on each of these items in turn.

Self-worth means acknowledging your inherent value as a person. In order to ask for what you need, it is important that you feel you are worthy and that you deserve to have what you need to be your best self. From my perspective, believing that you matter is the cornerstone of any self-advocacy effort.

Self-awareness is knowing your needs, your values, your temperament, etc. This can take practice and improves over time as one gains life experience. Depending on one's exceptionality, self-awareness may be an area of challenge where some guidance may be needed. In order to advocate for what you need or express what your preferences are, an understanding of what you need and value is key.

Self-acceptance involves the acceptance of both your unique strengths and limitations. If you are in denial of your limitations, how can you possibly ask for what you need to overcome them? It has been my observation that as you become more in tune with your areas of weakness, your strengths will start to resonate more as well. Self-advocacy can then unfold as you utilize your strengths to work through barriers.

Continued on page 8

The 'Selves' that Pave the Way Toward Self-Advocacy Cont'd

Self-expression is a sense of your own personal style and an understanding of how you most effectively communicate. This too, comes with practise. And for some individuals who struggle to express themselves, it may require some creative solutions (eg. self-expression using a musical playlist, a collage of images, a scene from a movie to explain how they feel or what is important to them).

Self-confidence is trust in yourself and your abilities to engage with the world. If you are able to get to know your strengths, then you are more likely to have the seeds from which to grow self-confidence. Once you believe you have something to offer, you will be more likely to take action towards self-advocacy so that you have the support you need to give something back to the world around you.

I am acutely aware that these aspects of self are much easier to define than they are to acquire. I know from experience that progress can be slow and hard to measure. They can be especially challenging to build if past negative experiences or concurrent mental health issues have undermined one's sense of self. Professional counselling supports have been immensely helpful to me in this regard. The stronger your 'selves' are, the stronger your foundation for self-advocacy will be.

That said, one does not have to have all these forms of self completely in order before one can self-advocate - that would be unrealistic. If you think back to my definition of 'becoming an active force in your own life', then you can start and apply self-advocacy efforts to your day-to-day. As with any new skill, it is helpful to start simple and build upon small successes. So, in this way, self-advocacy successes can help boost the other selves in the form of a positive feedback loop.

I've noticed that it can be challenging for parents to gradually transfer the task of advocacy for their child to that child as they mature. And of course, each individual is different, and will be able to handle different amounts and forms of advocacy. However, you can help lay the groundwork with the other 'selves' so that when the time comes for an individual to advocate for themselves, the scaffolding is there. You can't force someone to be more self-accepting, but you can demonstrate it by accepting the individual for who it is they are. You cannot make someone else more self-confident, but you can cultivate their confidence by supporting ways for them to positively engage with the world.

But I think the most powerful way to teach these things is to actively pursue them yourself, leading by example. All the 'selves', including self-advocacy, can be practised by anyone, regardless of age or the presence of a diagnostic label. Every individual will be faced with times when they need to find their voice. So take a moment to assess your own understanding of self and ask, where do I want to go from here?

If you or your family members would like to discuss this, or another topic, please reach out to Cristina through the Ask A Self-Advocate program (AASA) via our [Online Booking Request Form](#). As with all WRFN programming, the AASA program is provided at no charge.

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

Canadian Sledge Hockey Championships

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

Learn more at www.canadiansledgechampionships.com.

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):

May 18—[Detective Pikachu](#)

June 15—[Secret Life of Pets 2](#)

June 29—[Toy Story 4](#)

Upcoming Community Living Dances

Community Living dances are sponsored by KW Association for Community Living and City of Kitchener.

All dances take place at the Downtown Community Centre, 35 Weber St. W. Kitchener, from 7-9:45pm.

Upcoming Dance(s):

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.

Upcoming Events

Preemie POWWR Chat and Play Group

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

Upcoming Events:

May 4, 9:30-11:45am at Our Place Family Resource Centre (154 Gatewood Rd. Kitchener)

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

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

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

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

Special Sibs—Guelph Wellington

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

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

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

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

Individual event dates:

Monday, June 10, 6pm-8pm

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

Neighbours Day

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

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

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

Sunbeam Centre Events

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.

Upcoming Events

PROGRAMS/RECREATION

iCan Bike

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

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

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

kidsability.ca/icanbike.

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

Registration deadline is Friday, June 21, 2019

Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running!

Golf for Persons with Disabilities

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

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

5:30-6:30 p.m. (5-11 years) | 6:30-7:30 p.m. (12-17 years) | 7:30-8:30 p.m. (18 years+)

May 30 to June 13 | Cost: \$35

Family, friends and support workers welcome.

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

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

Family, friends and support workers welcome.

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

KW Habilitation's Youth Exploring Possibilities - YEP

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

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

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

Samsung x Autism Speaks Canada Tablet Program is Now Open!

Samsung Canada in partnership with Autism Speaks Canada are providing 500 new Samsung tablets to individuals with autism and service organizations. Apply before May 20.

<https://connect.autismspeaks.ca/home>

Upcoming Events

Aldaview Services Summer Respite Program

Aldaview Services runs a March Break and Summer Respite Program. These programs are for individuals with a developmental disability in Grade 9 and up. Activities include arts and crafts, music, games, social time and much MORE!

Fees are based on participants' needs and activity costs.

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

Location: Aldaview Services, 332 Hamilton Road, New Hamburg, (Accessible by GRT)
Contact Mary Hartman, 519-662-5172 or mhartman@tcmhomes.com

PEEPS Friday Night Social Program

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

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

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

Visit the website to learn more at www.lighthouseprograms.com.

Sky Zone Sensory Jumps

Sky Zone will turn off the music and dial down the distractions for the comfort and pleasure of their exceptional guests, friends and families. Sensory Jumps are held every

Thursday from 4:00pm - 5:00pm

Sky Zone will do their best to make every effort to accommodate all jumpers.

Please call us at 519-804-4455 if you have any questions.

Cost: \$15 + tax each, chaperones are free.

Gym Drop-In for Youth

The Family Centre runs a drop-in gym program Monday evenings from 6-7:30 p.m.

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

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

Career Compass Summer Jobs

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

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

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

Programs At Sunbeam Centre

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

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

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

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

Upcoming Events

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>.

All Abilities Soccer (Previously Special Needs Soccer)

This Program operates with two distinct divisions:

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

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

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

Location: Budd Park, 1111 Homer Watson Blvd Kitchener

Cost: \$80

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

Upcoming Events

WORKSHOPS/TRAINING

It's a Brain Thing with Nate Sheets

People with FASD struggle with many cognitive skills required in everyday situations. As a result, they are often mistakenly perceived as being intentionally defiant, oppositional, lazy, or unintelligent.

Nate will share the logic of Cognitive Supports™, a model he has developed over a decade of working with children and adults with various developmental disabilities.

Wednesday, May 15 from 9-4pm at BMO Centre, 295 Rectory St. London

Learn more about this event at <https://bit.ly/2PEIT7w>.

Upcoming CADDAC Workshops

Webinar: How ADHD Affects Motivation (May 14) - This webinar will describe why those with ADHD can focus well for those few tasks that really interest them, but struggle to mobilize similar focus and effort for most other tasks.

Learn more or register [here](#).

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, FASD Coordinator at k.huber@dscwr.com or at 519-741-1121 ext. 2246. Space is limited so register early.

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 6—Communication Skill Development and Autism

May 28—Anxiety and Autism Spectrum (ASD)

May 29—Financial Supports

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

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

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

Upcoming Events

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.

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 session on 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.

KidsAbility Specialty Workshops

KidsAbility is offering the following upcoming workshops:

May 9, 6-7:30—Antecedent Strategies

June 6, 6-7:30—Early Communication

To register for any of our upcoming events please visit

<http://kidsability-centre-for-child-development-autism.eventbrite.com>

Upcoming Events

Upcoming 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/>.

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

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):

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

ENGAGEMENT OPPORTUNITIES

Ontario Autism Consultations Now Open

Ontario's government is engaging in a month-long series of public consultations on how children and youth with autism, including those with complex needs, can be better supported.

You can participate in the consultations during the month of May by participating in an online survey and/or through participating in telephone town hall sessions.

<https://bit.ly/2PD2Ryr>

2019 CMA Health Summit—Patient Program Application Form

The [CMA Health Summit](#) Patient Program is for patients and caregivers with lived experience in health care who want to be part of the conversation on today's most pressing health issues.

Learn more or apply at <https://bit.ly/2DGKR19>.