

Educate. Connect. Empower.

Issue 103
November 2018

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November already!

In this issue of *Family Pulse* we decided to focus on how to talk about your child's diagnosis. Only you know your specific circumstances and the people in your circle, and only you can know what's best to share and what's best to keep private.

That having been said, it can be very helpful for family and friends to understand your child's needs and then are able to better support you and your child.

As always, there are also a lot of great things happening in the area so don't forget to check out the *Upcoming Community Events* section.



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 and Deanna Driedger Seeger

OFCP

Jenn Checkley (ON Federation for Cerebral Palsy) gave a presentation on cerebral palsy itself, what those who have CP need from us in society, easy fundraising support for CP (see below) and how sports can be adapted for kids with CP.

Special Education Update

We reviewed the EQAO results for the Board and the Province - showed some positive trends. All areas improved over the previous year for the grade 3s and all (but one) improved for the grade 6s.

Policy documents up for review were handed out in hard copy to consider for future meetings.

IEP updating is going to try to happen again. Volunteers identified themselves and a meeting will be scheduled to look at what improvements can be made within the Provincial guidelines.

Trustee Report

Trustees wished the committee well in case they are not re-elected. The committee thanked them for their service to, and interest in, special needs education.

The next SEAC meeting is Wednesday, November 14 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

John Klein, Superintendent of Learning: RCSS Family of Schools, School Effectiveness, Program Services, presented to SEAC on the Board Improvement Plan for Student Achievement (BIPSA). We are in year three of a three-year plan. The 2018-2019 plan is enhanced, not significantly modified.

The WCDSB BIPSA is a broad document that strives for overall increased student achievement and well-being in the following key areas: Catholic Community, Culture, and Caring; Literacy; and Pathways to Success.

The September 21 PA Day was partly dedicated to the creation of each school's School Improvement Plan for Student Achievement (SIPSA).

WCDSB anticipates a new BIPSA format for 2019-2022 and will begin the creative process during 2018-2019.

Trustee Update:

Trustees reported on the following:

Overview of SIPSA & data sources

HEP Curriculum update: teachers are following the 2014 curriculum and Fully Alive program (Catholic lens)

Ministry website: www.fortheparents.ca – parents can provide feedback to ministry regarding education; open until mid-December, Town Hall meetings to start

Spiritual Animator: Father Joseph

Construction: roughly \$12.5 million spent, Green House Gas funding will no longer exist, previous signed contracts were honoured

Bridges to Success: new Grade 9 credit was piloted at St. Benedict this summer; 23 Grade 8 students earned a credit, Bridges to Success focused on the transition from childhood to adulthood

Enrollment up: increase roughly 560 elementary; approximately 100 in secondary.

The next SEAC meeting will be on Wednesday, November, 2018, at 6:30pm at 35 Weber St. West, Kitchener.

What's Happening at WRFN...



CREATIVE SOLUTIONS AND SUPPORTS FOR IN RISK STUDENTS

FOR PARENTS OF HIGH SCHOOL STUDENTS IN THE WR DISTRICT SCHOOL BOARD (PUBLIC)

Learn about:

- WRDSB student supports found in Secondary Schools
- Overview of WRDSB new Anxiety Protocol School Supports and Parent Support Guide
- An example of one school's creative approach for credit accumulation

Monday, November 26

7PM - 8:30PM

Room - 2015, The Family Centre

65 Hanson Ave. Kitchener

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

For more information:

Krista McCann - WRFN

519-886-9150 ext. 2

Krista.McCann@wrfn.info

Presented by:



What's Happening at WRFN...



PARENT & STUDENT INFORMATION EVENING

UNDERSTANDING HIGH SCHOOL FOR STUDENTS ON THE AUTISM SPECTRUM

Parents and students are invited to discuss what high school will look like for Waterloo Region District School Board students with autism. Learn about the supports available in high school along with what to expect from the transition process and once you start. You will also hear from our panel which will include Parents, Advocates and Students.

Tuesday, December 4

7PM - 8:30PM

WRDSB Education Centre

51 Ardel Ave. Kitchener

Register: <https://bit.ly/2PDLC2e>

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

Presented by:



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...

ONE in NINE

**A toolbox building
workshop for
coaches, instructors
and volunteers**

Calling all coaches, instructors and volunteers!!!

Are you familiar with the "Surprise" participant?

The child who struggles to join in or follow along?

Would you like to have a bigger toolbox of strategies and facilitation techniques to help engage that hard to engage child?

One in Nine children in Ontario have an identified special need, and they want to participate in your programs too!

One in Nine is a practical toolbox building workshop to help you develop strategies for supporting children who struggle to participate in community recreation programs. You will learn about:

- Rapport and relationship building tips to engage the hard to engage child
- Facilitation techniques to help all children understand and follow instructions
- Strategies to help transitions go smoothly
- Approaches to support positive communication with parents and caregivers
- Safe ways to prompt and assist in our "no touch" society
- Engaging and supporting volunteers

Date: Saturday, November 24th

Time: 9am to 1pm

Location: KidsAbility, 500 Hallmark Dr. Waterloo

Cost: Free!

To Register: <https://bit.ly/2DcZrQk>

For more information:

Meg Shirley | KidsAbility
519-886-8886 x1302
mshirley@kidsability.ca



Hosted By:

**Accessible Sport
Committee**

What's Happening at WRFN...

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. 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](#).

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](#).

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](#).

Coffee Club Update

Hi Guys,

Happy November! Here is the fun we have planned.

Monday, November 5, 7-9 PM, (The Studio, 109 Ottawa Street, South): We will be watching *Friends* or another movie. I will bring popcorn.

Monday, November 26, 6:45-9 PM PM, (The Studio, 109 Ottawa Street, South) We will be watching *Fantastic Beasts and Where to Find Them* https://www.imdb.com/title/tt3183660/?ref_=tt_trv_cnn_in preparation for seeing the next installment in theatres. Please come right at 5:30, so that we can start on time as it is long!

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

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](#).

How to Talk About Your Child's Diagnosis with Family & Close Friends

I'd like to begin this article by stressing that the amount of information you give your family and close friends is up to you. Only you know your specific circumstances and the people in your circle, and only you can know what's best to share and what's best to keep private.

That having been said, it can be very helpful for family and friends to understand your child's needs and then are able to better support you and your child. Reaching out strengthens our bonds and allows us to support each other through tough times.

STARTING THE CONVERSATION

It's okay to take some time to process if you need it. It's likely that nobody needs to know immediately, if you want to take some time to reflect.

When you start to talk to others, you don't have to tell them everything right away, unless that's what feels right to you. Otherwise you can take your time, and let people know when you need to talk about something later.

YOUR PARTNER

If you have a partner, acknowledge that you may see the situation completely differently. You'll need to talk to them about how each of you see your child, and how their diagnosis affects you as individuals and within your family unit. It's important during this time to nurture and respect each other, as acceptance makes people feel safer. If they feel safe, they are more likely to be able to listen to your point of view and to your suggestions. Try to listen to each other without judgement, and support each other by making statements such as "I didn't know you felt this way."

YOUR TYPICALLY DEVELOPING CHILDREN

If you have typically developing children, they may have questions about whether the diagnosis is contagious, or whether they caused it. They might wonder if it will go away. These questions can be answered honestly, in age-appropriate language. It may ease them to be both positive and realistic about what they can expect from their sibling.

Listening without judgement to your child's feelings is also encouraged. Knowing that you understand how they feel will help them through and will encourage feelings of safety.

You could also let them know what to expect in the future, and express your own emotions as appropriate.

YOUR FRIENDS AND OTHER FAMILY

Your close friends and family may not have much experience with disability, and may not know what to do. This can come across in many different ways, some of which may be hurtful and upsetting. Giving them an understanding of what your child is going through can help bolster their relationship with your child, and allows them to support you more appropriately.

Communicating what's happening on an ongoing basis may help your friends and family to feel connected. If you openly share your learning curve with them, they may be able to ease the burden. It's easy to feel isolated and cut off. Supportive family and friends can help, even if you feel they don't really understand.

How to Talk About Your Child's Diagnosis with Family & Close Friends

IF YOU ENCOUNTER RESISTANCE

Some people can resist a diagnosis, and this can be very hard for the parents and the child in question. In cases like this, it might be helpful to focus on what behaviours (in the case of behavioural diagnoses) led to the diagnosis, rather than the child. More information in these cases is often better. Once your family understands what led to the diagnosis, what it means, and what they might expect in the future, they may be more able to accept the diagnosis itself and move forward positively with their relationship both with you and your child.

If people are making statements that you find hurtful, let them know. Many well-meaning relatives aren't aware of how their statements affect your mental health.

PERSIST AND STAY POSITIVE

Understanding and respecting the diagnosis can take a long time for some family members. We need to understand where they're starting from and engage accordingly. This can be extremely frustrating and difficult, especially during such a difficult time for yourself and your child, but give it time. Be clear about your child's needs, and if you're having a hard time coming up with the right things to say, write it down when your mind is clear.

LET THEM HELP

Ask for specific things. The people who love you and your child are often watching confused and helpless from the sidelines. They want to help, but they don't know what to do, or are afraid of overstepping. Giving them something to do helps set guidelines, and strengthens your relationship by simultaneously meeting some of your needs and satisfying their need to help.

IT MIGHT BE DIFFICULT TO TALK BECAUSE...

You haven't come to terms with the diagnosis and the feelings it causes

You don't feel ready to talk

You're finding it hard to sound positive

You're worried about being emotional

You don't want to share with the person who's asking

You feel pressure to say more than you want

You're worried about reactions

Opening a conversation about a child's diagnosis can be very difficult. Understanding that you're in charge of how much information you give, and that you're the person that knows your relationships best is the first step. It can be a long road, but persist and stay positive.

Upcoming Events

EVENTS

Autism Ontario Upcoming Events

Virtual Reality Arcade - Guelph - November 17 - Children with ASD and their siblings are invited to Ctrl V for an hour of virtual reality arcade. Register [here](#).

Family Bowling—Guelph—December 1—Families with children with ASD who are 18 and under, are invited to Woodlawn Bowl to enjoy a few games of bowling! Registration [here](#).

Family Holiday Party—Guelph—December 8—Families are invited to come out to celebrate the holiday season together. Register [here](#).

Family Holiday Party—Waterloo—December 9—Families are invited to come out to celebrate the holiday season together. Register [here](#).

Sensitive Santa

This sensory-friendly environment provides lower lighting and a quieter surrounding. Each family that attends will receive a complimentary photo with Santa to commemorate this magical holiday season. This special time to visit with Santa is reserved for children with social, emotional or behavioral needs.

November 25, December 2, 9, and 16 from 8:30am—10:30am at Cambridge Centre.

Registration is required. Contact hylandr@cambridge.ca or 519-740-4680 ext. 4292.

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, November 26, 6pm-8pm

Monday, February 4, 6pm-8pm

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.

Upcoming Events

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):

[Fantastic Beasts: The Crimes of Grindelwald](#)—November 24

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.

November 9—Food Bank donations

December 7 - Holiday wishes (wear sparkly clothes)

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

Upcoming Events at Sunbeam

Pottery Saturdays—Join Sunbeam to create holiday ornaments.

Day 1: November 24—Working with clay to create an ornament or project of your choice.

Day 2: December 1—paint/glaze and add the finishing touches.

Time: 1-2:30 Cost: \$30 for both days or \$15 for one.

Music Morning Café—Come out and enjoy listening to Ryan the musician sing and play his guitar.

October 29, November 26, December 17 from 10-11am. \$10/per person

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.

Purchasing Services and Supports - KW Habilitation

KW Habilitation wants to have an open conversation about the costs of providing quality services and supports at KWH.

All day programme fees will be increasing at KW Habilitation and they want to engage everyone in this important conversation.

Please join Ann Bilodeau, Executive Director and Tracy Franks, Director of Community and Employment Supports to be informed on all the upcoming opportunities at KWH.

Please RSVP to Cherylyn Sawatzky csawatzky@kwhab.ca or (519) 744-6307 ext. 1355.

Upcoming Events

Sibling Collaborative Meet-Up

Join [The Sibling Collaborative](#) for a social and relaxed evening of connecting with other adult siblings that have a brother/sister with an intellectual/developmental disability.

November 7, 2018 from 6-8pm at Descendants Brewery

Click [here](#) for more information.

PROGRAMS/RECREATION

Open Space presented by Extend-A-Family Waterloo Region

Open Space is a weekly gathering that promotes inclusion within the community by getting people together at a cafe for food, fun and conversation. In addition to weekly coffee and conversation, with the support of facilitators, attendees plan special events such as Halloween parties, and Open Mic Nights. All are welcome regardless of ability, and you do not need to be supported by Extend-A-Family to attend.

For more information, contact [Eli Winterfeld](#), by e-mail at EAF or call 519-741-0190 ext 262

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.

Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running throughout the Region www.ourplacekw.ca.

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 8-17 that are affiliated with Family and Children Services and/or the Family Centre Community Partners.

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

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

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.

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)
- Community Mental Health Support Groups for Family & Friends (includes general and addiction groups and mental health groups)
- Tick Talk Tourette Group
- Mothers Addressing Autism Together
- 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— A peer support group for individuals with Asperger's Syndrome

WORKSHOPS/TRAINING

Woolwich Counselling Centre Presents...

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

Upcoming groups include:

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.

Mindfulness (adult) - This 6 week course will help you discover a healthier, more relaxed and focused you.

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

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 February 6, 13, 20, 27 from 9:30am until noon.

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 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—Foundations & Clearing Conflict is a two-part workshop for personal and professional development.

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

Learning Disabilities Association of Wellington County Upcoming Workshops

The Myth of IQ—November 28, 2018 from 7:00-9:00pm

Non-medication and Medication Intervention for ADHD—December 6, 2018 from 7:00-9:00pm

All workshops are \$15 for non-members, \$10 for members.

Upcoming Workshops at Carizon

Supporting someone with Anxiety and Depression—Supporting a loved one suffering from anxiety and depression can be frightening, difficult and confusing. This workshop will be an opportunity to speak to others sharing the same struggle as a support-person, to receive professional guidance and some much-needed support for you. Tuesday, November 6 from 6-8pm at Carizon.

Warming up the Winter Blues - This workshop will discuss the difficult seasonal experience and explore what might be helpful to address it as we enter into another winter. Thursday, November 8 from 6:30-8:30pm.

Please register in advance for either one of these workshops by visiting www.carizon.ca or call 519-743-6333.

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>

Upcoming Events

Educational Strategies for Fetal Alcohol Spectrum Disorder

In this presentation participants will have an opportunity to:

- Learn to recognize students with FASD or potential FASD from a neurobehavioral perspective and understand reasons for the educationally difficult behaviours caused by Pre-natal Exposure to Alcohol.
- Learn about promising, new brain-based intervention and support strategies
- Review the best resources and strategies available to implement the personal and system-wide changes necessary for implementing success for students who have or may have FASD.

**** Participants may include caregivers, teachers, early childhood educators, child and youth counsellors, administrators, guidance counsellors, trustees and anyone else that may be interested in supporting children and youth living with FASD.**

Tuesday, November 20 from 4-6pm.

RSVP to Karen Huber at k.huber@dscwr.com or 519-741-1121 ext. 2246.

CADDAC ADHD Community Workshop: Understanding ADHD in the Home, School and Workplace

This workshop is geared to Parents and Educators, Adults and Adolescents with ADHD, and their families, Employers & HR, Health and Medical Professionals

Topics Include:

Executive Functioning and ADHD: Keeping the Balls in the Air

Self-Regulation and ADHD: From Chaos to Smoother Sailing

ADHD Goes to School

ADDventures at Home

Understanding ADHD's Impact on Adult Relationships

Understanding ADHD in the Workplace

Sunday, November 25 from 9-4pm. For more information click [here](#).

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.

November 6—Communication Skill Development and Autism

November 13—Parenting Children with Autism

November 14—Anxiety and Autism Spectrum Disorder

January 8—Helping Children with Autism Navigate the Social World

February 20—Tips for Parents of Children with 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

Upcoming Events

KidsAbility Specialty Workshops

KidsAbility is offering the following upcoming workshops:

November 15, 6-7:30- Antecedent Strategies

January 10, 17, 24 & 31, 6-7:30—Sleep (4 part series)

February 7, 14, 21 & 28, 6-7:30—Feeding (4 part series)

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>

Supporting Children on the Autism Spectrum Who Are Grieving A Death

Andrea Warnick is a Registered Psychotherapist, Registered Nurse, and thanatologist with 20 years of experience supporting grieving children and families and communities.

This 90 minute recorded webinar focuses on supporting children with ASD who are grieving a death.

The link to the webinar can be found [here](#).

RESOURCES

Ontario Government Announces Labour and Employment Reforms

PooranLaw has shared the following legal update on labour and employment reforms:

On October 23, 2018, the PC government introduced Bill 47, the Making Ontario Open for Business Act (“Bill 47”). If passed, Bill 47 will repeal a number of changes made by the Liberal government’s Fair Workplaces, Better Jobs Act (“Bill 148”). While Bill 148 provided some much-needed protection for Ontario’s most vulnerable workers, many aspects of Bill 148 posed significant challenges for charities, not-for-profit government funded agencies and people with disabilities receiving individualized/direct supports and their families. For the most part, Bill 47 addresses those challenges by simply reverting back to the legislation that existed before Bill 148 was passed.

The important changes are outlined in the [full document](#).

KidsAbility Fall Resource Guide!

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

[Birth to 5 Years Program & Activity Guide](#) or [6 Years & Up Program & Activity Guide](#)

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

Upcoming Events

FREE Monthly Developmental Screening Clinic offered by Monarch House

This monthly clinic is a free of charge, drop-in service for parents to address questions and/or concerns regarding their child's development. The clinic is run by a qualified team of professionals, including behaviour analysts, speech-language pathologists, and occupational therapists who will be available to provide brief consultation in the areas of behaviour, speech, language, pre-literacy skills, and motor development. This clinic is for children birth to 6 years old.

November 29 from 9-11am at 641 King ST W Kitchener

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

Help Paying for Child Care

The Region of Waterloo helps parents pay for licensed child care so they can go to work or school knowing their children are well cared for. Families of different sizes and incomes can apply.

To view a graphic of what you would pay if you received subsidy click [here](#).

Learn more about this program at www.regionofwaterloo.ca/help-paying-for-child-care

FASD Caregiver Consultations

Families and service providers can have a chance to sit 1:1 with our FASD Project Coordinators to ask questions and learn more about diagnosis, financial supports, parenting strategies, recreational opportunities, ideas for school and/or community resources.

When: Second and Fourth Tuesday of the month. No appointment necessary. Just drop in.

Where: 99 Regina Waterloo Rm 208 (Waterloo Region Public Health)

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 & recreational services for children & 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

ENGAGEMENT OPPORTUNITIES

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).

Ontario Autism Services Study

If you are a parent or primary caregiver of a child or youth diagnosed with autism living in Ontario you are invited to provide your feedback on Ontario autism services, education, and family stress & well-being through an online questionnaire. Please click https://wlu.ca1.qualtrics.com/jfe/form/SV_2c8lj8w8pOZWaV for more information on this project. The survey should take approximately 15-30 minutes of your time. As a small token of thanks for your participation, you may choose to enter a draw for a grand prize of \$500 or one of three consolation prizes of \$100, following completion of the survey.

This project has been reviewed and approved by the Wilfrid Laurier University research ethics board (REB #5422).

KidsAbility Parent Advisory Committee

KidsAbility is currently seeking more families for their Parent Advisory Committee (PAC). The Parent Advisory Committee solicits input from clients and families about various strategic and operational aspects of KidsAbility's work. These regular discussions help improve services by contributing to respectful, compassionate, culturally appropriate, and competent care that attempts to be as responsive to the needs, values, beliefs and preferences of clients and their family members as possible. If you are interested in learning more about this opportunity please contact Denise Watson at dwatson@KidsAbility.ca.