

*Where exceptional families thrive.*

Issue 112  
August 2019

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August already!

As we enjoy the last month of summer we look ahead to a time of transition. Long summer days give way to the change of pace that fall brings, and we transition to a new routine or back into an old one. In this issue of *Family Pulse* Cristina, our Self-Advocacy Liaison, shares a few tips and tricks she has developed to help navigate these periods of transition.

Don't miss information about our [school workshop](#) coming up on August 28. Staff from Waterloo Catholic District School Board and Waterloo Region District School Board will be sharing what the upcoming school year looks like in both boards for students with exceptionalities.



[Support WRFN Today](#)

Waterloo Region Family Network  
[www.wrfn.info](http://www.wrfn.info)  
[info@wrfn.info](mailto:info@wrfn.info)

## SEAC Updates

### **Waterloo Region District School Board - Special Education Advisory Update**

*Submitted by Carmen Sutherland , WRFN Representative*

The next SEAC meeting is Wednesday, September 11, 2019 at 7:00p.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*

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

## Thank You!

# Thank you!

Thank you, WRFN Friends & Families, for your amazing response to our recent appeal! With your help, we raised the necessary funds to expand the Family Resource Coach role to full time for the next year. Your support brings light and hope to families as they are personally guided and connected, by Erin, to resources and supports in our community.

Thank you for supporting WRFN – where exceptional families thrive!

With gratitude,  
Sue Simpson, Executive Director



## What's Happening at WRFN



## A NEW CHAPTER

This group is for parents/caregivers interested in preparing for the future of their youth/adult family member with a lifelong disability.

RSVP to Wendy Newbery would be appreciated,  
[wrnewbery@gmail.com](mailto:wrnewbery@gmail.com)

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

### JULY 2

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

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### AUGUST 6

Making Social Connections: Different strokes for different folks

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### SEPTEMBER 3

To be announced later in the summer

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

**The Family Centre**  
 65 Hanson Ave., Kitchener

\*\*Bring your own reusable water bottle or tea thermos\*\*



## What's Happening at WRFN



**Find Your Passion**

**Save the Date**

**Saturday, August 24, 2019**

★ ★ ★ ★ ★

**Woolwich Memorial Centre**  
24 Snyder Avenue South, Elmira

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

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

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

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

**KidsAbility™**



**WATERLOO REGION  
Family Network**

Sun Life Financial Centre for  
Physically Active Communities

**With support from:**



## What's Happening at WRFN

### What Does the 2019/2020 School Year Look Like?

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

More details to follow.

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

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

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



For more information  
contact Krista McCann  
[Krista.McCann@wrfn.info](mailto:Krista.McCann@wrfn.info)  
519-886-9150 ext. 2

## Autism in High School

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

## What's Happening at WRFN

### The 'Exceptional Swings' Golf Tournament



**ONLY \$80**



*Proceeds going to*



*Where exceptional families thrive*

**Sunday, September 8, 2019**

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

**Registration: 11:00 a.m. – 1:00 p.m.**

**Tee off: 1:00 p.m.**

**Dinner & Prizes: 6:00 p.m.**

\$80 Per Player (Golf, Cart, as well as a Delicious Dinner and Deserts included). Prizes and Silent Auction Items

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

<https://www.eventbrite.com/e/exceptional-swings-golf-tournament-tickets-63610067424>

For more information, please contact Pete Reynolds or John Gilbert at [info.exceptionalswings@gmail.com](mailto:info.exceptionalswings@gmail.com)

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

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

## What's Happening at WRFN

### Waterloo Region Family Network's

# CAMP DAY!

For families who have a loved one with a disability

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

**ACTIVITIES (2-4:15PM)**

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

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

**BARBEQUE (4:15-5 PM)**

Please register in advance at :

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

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

With generous support from:



## What's Happening at WRFN...

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

**Please visit [www.wrfn.info](http://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 is passionate about sharing her lived experience. Meet with Cristina to discuss your own questions and concerns to gain new insights and ideas. This program is open to individuals with disabilities, families, or service providers.

**Kaleidoscope Kids**—Kaleidoscope is a free drop-in program. There is no age limit, and you are encouraged to bring your children with exceptionalities, siblings, or come by yourself. Kaleidoscope Kids meets every Friday (except July and August) from 10-11:30am. Learn more [here](#).

**School-Issue Parent Support Group**—Do you have questions/concerns about school issues for your child/youth with exceptionalities? Join us at our peer-led parent support group. This is a great opportunity to share questions, concerns and successful tips in a safe environment while learning from others. The support group is held the last Wednesday of every month (except June, July and December). Learn more [here](#).

**WRFN Outreach at EarlyON Child & Family Centres**—Through our partnership with the local EarlyON centres we are pleased to provide monthly drop in support at EarlyON centres throughout the region. Erin is available to meet individually to discuss your concerns, no need to book an appointment. The EarlyON schedule can be found [here](#).

## Coffee Club Update

Hi Guys,

It's August! Enjoy the last unofficial month of summer. The plans are:

Monday, August 12, 7 to 9 P. M. (Beaver Creek Housing Co-Op, 590 Bearinger Rd, Waterloo, ON N2L 6C4): Pizza at Lyn's co-op. Please bring \$3 to contribute to pizza and beverages and please RSVP by 9 A. M. Monday, August 12.

Monday, August 26, 7 to 9 P. M. The Studio (109 Ottawa Street, South): We will be watching the movie Grease [https://www.imdb.com/title/tt0077631/?ref =nv\\_sr\\_1?ref =nv\\_sr\\_1](https://www.imdb.com/title/tt0077631/?ref =nv_sr_1?ref =nv_sr_1) Feel free to bring a treat to share if the mood strikes you, but it's not necessary.

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](mailto:carmen.sutherland@wrfn.info)

Carmen



## Navigating Periods of Transition

By Cristina Stanger, Self-Advocacy Liaison WRFN

Change has always thrown me for a loop. Before I was diagnosed with an exceptionality, a counsellor once told me, “Life transitions are hard for everyone, they just seem to be that much harder for you.” Now that I have a better understanding of my atypical neurology and how it impacts my ability to cope with change, this observation makes more sense. But change keeps happening, whether I like it or not. Whatever the nature of you or your loved one’s exceptionality, navigating change tends to be more involved compared to the average person.

Change brings unknowns and uncertainty, which is the scariest part for me, personally. As a youth, I used to long to be an adult because I thought that meant life became stable - you would go to work, do your job, come home, and have your happy routine. Gone would be the days of sorting out a new teacher (or teachers), new classmates, new classroom dynamics, and new expectations each-and-every September. Adulthood seemed so predictable, I thought I would get more control and life would have fewer ups-and-downs. Well, life experience has shown me that this is not the case, quite the opposite in fact. Adult life brings a whole new set of changes, and they tend to be far less predictable and come with far less warning: your car breaks down, your company is restructured, you lose a beloved pet. As Heraclitus put it, “Change is the only constant in life.” So the question becomes, how are we going to handle it?

There are a few tips and tricks I have developed to help myself navigate periods of transition that I will share with you. Many of these may seem obvious, but it can be helpful to see them written out as a concrete reminder. I also acknowledge that I am just one person, these are things that work for me and they may not be a good fit for everyone.

1. **Plan ahead when possible** - If I know a change is coming, I am better off accepting it, rather than avoiding it. This gives me the opportunity to think ahead and plan for an optimal adjustment period. Experience has taught me that proactively putting supports in place is generally going to have a better outcome than reactively putting supports in place. This, of course, isn’t always possible as it is hard to anticipate every need or situation, but when one has a sense of what supports have worked in the past, implementing similar strategies is a good starting point.
2. **Set realistic expectations** - I tend to compare myself to others who are already accustomed to a certain situation, and expect myself to perform at that level right away, but this is expecting too much. I always need to remind myself: there will be a learning curve, there are some things I can do well, and it is healthier to set goals for improvement rather than to expect perfection.

## Navigating Periods of Transition Continued

3. **Scale back** - I try to remove the extras from my to-do list, and re-evaluate my commitments when faced with a period of change. I ask myself, 'What is really important right now?' and I try to focus on those things, eliminating the rest. This allow extra time and extra energy to be directed toward finding my way in the new experience or situation. Of all my suggestions, I find this has the biggest impact on my own ability to cope with something new.
4. **Focus on what you know** - My brain intuitively jumps to every 'what if' I can think of, and I imagine every way things could go wrong. In order to calm myself down, I try to redirect myself to tangible facts (and sometimes I need a support person to help me). I also remind myself that the probability of my worst-case-scenarios is usually very small. I come up with a plan of action to use should I encounter a problem, taking comfort in this rather than feeding my anxiety by inventing future problems. This takes practice.
5. **Ask questions** - This goes in tandem with suggestion 4. If there is key information I am missing, I am better off getting a factual answer rather than allowing my imagination to fill in the gaps. Sometimes talking to people who have 'been there' can be really helpful, although I acknowledge that networking to find these people, or finding the courage to socially engage with them, can be a challenge in-and-of-itself. When I've found it hard to reach out, I've had success asking friends and colleagues to direct me to an appropriate person, essentially borrowing the networks of others and allowing them to facilitate initial introductions (see suggestion 8).
6. **Visit new places in advance** - I find the benefits of this are three-fold. Firstly, it takes away some of the unknowns so my mind isn't busy imaging every possible detail of the new environment. Secondly, it provides a level of familiarity when I return, so the entire experience is not foreign. And thirdly, it allows me to anticipate some of the accommodations I may need.
7. **After the initial exposure, visualize** - This works for me because I am a very visual person. I imagine myself going to the new place, or carrying out the new task I need to perform. This tends to work better after I have seen the place, or been shown the steps for the new task, so I am not worrying about the what-ifs of the situation. This mental practise helps build my confidence.
8. **Have a support network in place (and use it)** - I used to hesitate to reach out for help, or it never even occurred to me to ask, incorrectly believing that everyone got where they were on their own. However, I was once challenged with the question: Do you like helping other people? To which, I responded "yes". And it was proposed to me, that perhaps other people enjoy helping one-another too. This helped me to feel more comfortable reaching out.
9. **Ultimately, be gentle with yourself/child** - Mistakes will be made, emotions will run high, fatigue and stress will exacerbate other issues. Change can be hard, but one cannot have personal growth without it. Remember that things may be difficult right now, at this moment in time, but they can improve and one will find a new normal eventually.

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

### **2019 ADHD Conference—Toronto**

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

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

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

October 19 & 20 at the Japanese Canadian Cultural Centre

Register and get more information at [www.caddac.ca](http://www.caddac.ca).

### **Sensory-Friendly Screenings**

Cineplex Entertainment in partnership with Autism Speaks Canada is delighted to present Sensory Friendly Screenings. This program provides a sensory-friendly environment for individuals with autism spectrum disorder or anyone for whom the environment is suitable and their families to view new release films in theatres across the country.

Tickets are available the Tuesday before the screening. Find more information [here](#).

Upcoming film(s):

August 10—[Paw Patrol: Ready Race Rescue](#)

August 31—[The Angry Birds Movie 2](#)

October 5—[Abominable](#)

November 30—[Frozen 2](#)

### **Aviation Fun Day**

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

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

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

# Upcoming Events

## Live Kids Show - Me and My ADHD

Join CADDAC for an up-beat, inspirational, humorous, interactive and yet still educational, live show for children with ADHD, their families and friends.

Featuring the screening of 3 new animated videos to help children understand ADHD and a live interactive experience by Jessica McCabe, Big Daddy Tazz and Rick Green.

October 19, 4-6pm at the Japanese Cultural Centre.

Learn more or register [here](#).

## Live Show: So You Think You're the Only One with ADHD?!

Join CADDAC for an up-beat, inspiring, humorous, yet still somewhat educational, live show for Adults, Adolescents and older children with ADHD and their families and friends!

October 19, 7-10pm at the Japanese Cultural Centre.

Learn more or register [here](#).

## Premie POWWR Chat and Play Group

Join other parents 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:

Our Place Family Resource Centre, 9:30-11:30a.m. (65 Hanson Ave. Kitchener) - Oct. 19, Nov. 16

Cambridge Family EarlyON 9:30-11:30am (105-73 Water St. N. Cambridge) - Sept. 9, Oct. 7

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

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

Contact Carolyn at [premiepowwr@gmail.com](mailto:premiepowwr@gmail.com) to learn more.

## Movies in Waterloo Park

Enjoy movies under the stars this summer at Waterloo Park!

Movies start at sundown. Learn more at [www.parkmovies.ca](http://www.parkmovies.ca).

August 8 - Ralph Breaks the Internet | August 22 - Avengers: Endgame

## Stratford Festival—Relaxed Performances

Stratford Festival is offering relaxed performances of Billy Elliot the Musical & The Neverending Story. These performances are specifically designed to welcome patrons who will benefit from a less restricted audience environment.

Learn more about these performances [here](#).

# Upcoming Events

## **Celebrate Summer with Bridges to Belonging**

Do you want to have some fun in the sun with Bridges to Belonging? Join them for a picnic in Victoria Park near the splash pad. Everyone is welcome! August 10 from 2:00 - 6:00pm

## **PROGRAMS/RECREATION**

### **In Her Shoes - Employment Training Program**

In Her Shoes (Youth) is an employment program for female identifying, transgender and non-binary youth who are experiencing significant barriers to securing employment. In this program, participants receive technical training and work experience in the YW Kitchener-Waterloo bricks & clicks social enterprise store- In Her Shoes, where they sell new and used accessories and shoes. Participants will earn minimum wage, equivalent to 30 hours/week.

Program Time: Monday to Friday- 2 pm- 8 pm

Program Duration: Each session runs for 18 weeks at a time

Program Location: 84 Frederick Street, Kitchener

Bus Pass, work uniform, and dinner are included. Learn more about this opportunity here.

### **Gym Drop-In for Youth**

The Family Centre runs a drop-in gym program Monday evenings from 7-8:30 p.m. This program is for youth ages 12-17. This is a great opportunity to get active, have some fun and try out different sports. Don't forget your running shoes!

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

### **Neighbourhood Nature Play Project Summer Programming**

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

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

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

For more information, please contact [zstevens@evergreen.ca](mailto:zstevens@evergreen.ca).

### **Our Place Family Resource and Early Years Centre**

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

Check out all the great programs they have running!

# Upcoming Events

## **Sky Zone Sensory Jumps**

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

Thursday from 4:00pm - 5:00pm

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

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

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

## **WORKSHOPS/TRAINING**

### **CMHA Family Education Series**

CMHA Waterloo Wellington is offering a free Family Education Series. Topics Include:  
Current Knowledge about Mental Health Issues | Understanding & Coping with Mental Health Issues  
Communication and Boundary Setting | Treatment Options | Substance Use | Legal Issues  
Recovery – Wellness Planning & Crisis Prevention | Community Resources

Supporting Recovery | Taking Care of Yourself

Every Wednesday for 8 weeks – September 11 – October 30, 2019, 6:30pm-8:30pm.

Please plan to attend all eight sessions.

For more information and to register, please call: Emily Schacht 519-749-4300x 3729 or  
Laura McShane 519-744-7645x 3041

### **Cognitive Behavioural Therapy Workshop for Postpartum Depression**

Our Place Family Resource and Early Years Centre is hosting a free one-day Cognitive Behavioural Therapy (CBT) workshop for postpartum depression. The workshops will be delivered by Dr. Ryan Van Lieshout, MD, PhD.

You may be eligible to participate in the workshop if you are 18 years of age or older and have given birth within the past 12 months.

The workshops are part of a study conducted by McMaster University.

To register for the workshop or to receive more information please contact the study coordinators, Meena Rangan and Haley Layton [kw1daycbt@gmail.com](mailto:kw1daycbt@gmail.com).

# Upcoming Events

## Strategies for Adult ADHD/Asperger's Group

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

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

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

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

## Fetal Alcohol Spectrum Disorder Training Series for Caregivers

This is a four-night Fetal Alcohol Syndrome Disorder (FASD) training series for Caregivers hosted by Developmental Services Resource Centre.

- Learn how prenatal exposure affects the brain
- Learn how FASD impacts behaviour with a focus on executive and adaptive functioning
  - Identify what is needed to support individuals living with FASD
  - Learn about local resources and supports available to families

The training takes place October 2, 9, 16 and 23 from 9:30am-12:00pm.

Register with Karen Huber, [k.huber@dscwr.com](mailto:k.huber@dscwr.com) or at 519-741-1121 ext. 2246.

## Upcoming Workshops at Extend-A-Family

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

**Understanding Conflict & Communication**— This is a two-part workshop for personal and professional development. These 2-hour workshops are designed for people who provide support and are open to all community members.

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

## Upcoming Workshops at Developmental Services Resource Centre

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

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

Questions or to register, call 519-741-1121 Rehana Khanam ext. 2201 or email [r.khanam@dscwr.com](mailto:r.khanam@dscwr.com). You can also register online at [www.dscwr.com](http://www.dscwr.com).

# Upcoming Events

## SUPPORT GROUPS

There are a number of support groups that run throughout the community on a variety of different topics. Visit the Events Calendar on our website to learn more about these opportunities:

<https://wrfn.info/events/>.

Groups include, but are not limited to:

- Parents for Children's Mental Health (PCMH) Support Groups (includes ADHD and general groups)
  - APSGO—for parents of acting-out youth
- Community Mental Health Support Groups for Family & Friends (includes general and addiction groups and mental health groups)
  - Preemie Parents of Waterloo-Wellington Region (Preemie POWWR)
  - Fathers Group—for Fathers of a child with an intellectual disability and/or autism
- The A-Team Waterloo Region— run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome
  - Support Groups for Adults with ASD (19+) and Parents/Caregivers of Adults with ASD (19+)

## RESOURCES

### The Vulnerable Persons Registry

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

[www.vulnerablepersonsregistry.ca](http://www.vulnerablepersonsregistry.ca)

### Check out [FamilyCompassWR.ca](http://FamilyCompassWR.ca)!

Find and connect to local services for children, youth and families. The website offers three doors to help you find the resources you need.

1. Search for services: a self-search database for local health, social and recreational services for children and youth.
2. I Have a Concern: Do you have a concern about your child's development? Answer a few short, confidential questions to get connected to a local organization that can help.
3. Resources for Parents: connect to Parenting Now to learn, find support and connect with other parents.



# Upcoming Events

## Eye See...Eye Learn

Children born in 2015 and starting JK in September qualify for a pair of complimentary glasses from July 1, 2019 through to June 30, 2020.

Find a participating optometrist near you at [EyeSeeEyeLearn.ca](http://EyeSeeEyeLearn.ca).

## KidsAbility Fall Resource Guide!

The KidsAbility Program and Activity Guide is a great resource for local fall programming.

[Program and Activity Guide - Fall 2019](#)

The guide can also be found on the KidsAbility website at [www.kidsability.ca](http://www.kidsability.ca)

## ENGAGEMENT OPPORTUNITIES

### Caregiver Advisory Panel

The Change Foundation is seeking caregivers to join their Caregiver Advisory Panel. The caregivers on the panel are regularly asked for their input and thoughts on some of The Change Foundation's caregiver-focused ideas, tools and products, and are surveyed on different aspects of the caregiving experience on a regular basis.

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

### Sleep Quality in Parents of Children 4-10 years with Autism Spectrum Disorder - Holland Bloorview Kids Rehabilitation Hospital

The purpose of this study is to study the relationships between your child's sleep and your sleep and health. This information might help improve sleep in other parents of children with Autism Spectrum Disorder (ASD).

Click [here](#) to learn more about this study.

### Confidential Market Research

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

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

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

# Upcoming Events

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

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

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

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

## **Secret Agent Society: Operation Regulation – Trasdiagnostic Trial**

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

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

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

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

## **Technokids: Exploring Daily Electronic Media Use of Children With and Without Autism**

**PURPOSE OF THE STUDY:** The present study is being conducted to learn more about the patterns of daily media behaviours, different media devices used, types of content accessed, and types of media activities engaged in by children diagnosed with Autism Spectrum Disorder and children without any mental health diagnoses to understand how their electronic media use might be similar or different. To learn more about this study click [here](#).

If you have any questions or concerns about this research, please contact Eric Gilliland at [technokidstudy@gmail.com](mailto:technokidstudy@gmail.com) or Dr. Babb at [kbabb@uwindsor.ca](mailto:kbabb@uwindsor.ca).

## **Better Nights, Better Days**

Development, implementation, and evaluation of an internet-based behavioural sleep intervention study for children, ages 4-10, with Attention Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD).

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