



# Family Pulse

*Where exceptional families thrive.*

Issue 124  
August 2020

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## What's in this issue?

### What's Happening In This Issue

The world continues to struggle with how to continue to cope with life under COVID-19. The Region of Waterloo has done a fantastic job with decreasing the spread due to our public health officials and a populace that has taken this seriously and done its best to help our community.

In this issue we announce a new award, meet a new staff member, share some beloved memories of another staff member's cottage, and learn of new and exciting opportunities for the end of summer and as we begin thinking about the new school year.



Waterloo Region Family Network - WRFN



@FamilyNetworkWR

## Support WRFN Today

<https://www.canadahelps.org/en/charities/waterloo-region-family-network/>

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

## The Matthew MacGregor Award for Volunteerism



Matthew MacGregor was an exceptional young man. He brought joy to all who knew him and thrived when he spent time with family and friends and in his community. Sadly, Matthew passed away in late March at the young age of 21. He will be missed by many.

At WRFN, in celebration of Matthew's life and in his memory, we have renamed our annual volunteer award – the Matthew MacGregor Award for Volunteerism. Matthew gave so much to our community with his friendship, laughter and smiles, it seems only fitting that an award recognizing dedicated volunteers carry his name.

This year, we are pleased to honour two long-time volunteers with the Matthew MacGregor Award for Volunteerism – Trish Coupal and Monique Kaptein. Trish and Monique are both founding parents of WRFN and have served on our Board of Directors for many years, only recently retiring, and have volunteered many hours as dedicated Parent Mentors with our organization. Their commitment in helping exceptional families throughout their journeys has been evident since WRFN was created over 11 years ago.

Please join us in recognizing Trish and Monique for their exceptional dedication to WRFN families as we honour the memory of Matthew MacGregor – an exceptional young man.



Trish Coupal



Monique Kaptein

## Steph's Corner - by Steph Prysnuik

### Cottage Memories

What do you like doing in the summer? Is it going to camp, hanging out with friends, travelling, swimming or going to the beach? My favourite thing is going to the family cottage in Southampton.

I have been spending time at our cottage each summer since I was a little girl. I am 30 years old now. Wow! That's a long time! Over the years, I have lots of memories of my grandma and grandpa, my family, my aunts and uncles, my cousins and friends at the cottage. The cottage is our place to be together and to have fun.

Here are some of my cottage memories...

- I remember taking tennis lessons at the Southampton Tennis Club. After my lesson each day, I got to go to the Club House and buy a freezy. Yum! It was cold and sure tasted good after being on the hot courts.
- Another memory is going to the beach and swimming in Lake Huron. The beach was so sandy and smooth but the water was always so cold! I would "tip toe" in very slowly. The beach was full of sun umbrellas, with adults sunbathing and kids playing in the sand. Sometimes, my mom would buy my sister and me, a treat at Gerry's Fast Food at the main beach. Gerry's had the best French fries ever and still does!
- Sometimes I would go to the beach and pick up some special stones. I would choose some small, smooth and flat stones. Back at the cottage, I would paint them bright colours, sitting at the picnic table in the porch. I gave them to Grandma and she put them in the garden. Every fall, we would wash them and put them away, ready to be carefully placed back in the garden the next summer.
- Every Thanksgiving, we would go to Southampton to close up the cottage. My sister and I would help with the work and would rake the leaves and play in them. We always had Thanksgiving dinner at the cottage with other relatives and friends. We always had lots of good food and lots of desserts.

In July, my mom, her sister and her brother had to make the difficult decision to sell our family cottage. I am sad that I won't be able to go to the cottage anymore. I am happy that I will always have these special memories, thanks to my grandma and grandpa.



## Welcome Sue Furey!

Our fabulous Family Resource Coach, Erin Sutherland, has departed for her maternity leave and is awaiting the arrival of her third child. We wish her all the luck in the world and can't wait to hear the good news!

Sue Furey is filling in as Family Resource Coach while Erin is on maternity leave. Sue has 27 years experience parenting someone with multiple exceptionalities, and has volunteered on many community committees and advisory councils, including at KidsAbility, Lutherwood, Waterloo Region District School Board Special Education Advisory Committee, and Waterloo Region Family Network. She has enjoyed connecting with families at CNIB's Lake Joseph family camp, and in the stands at many para-athletic track meets, and looks forward to helping WRFN families find connections and supports in Waterloo Region.

Sue is married with two adult children. In her spare time, she enjoys being outdoors, and getting her puppy fix as a volunteer puppy sitter for National Service Dogs.



## SEAC Updates

### Waterloo Catholic District School Board Special Education Advisory Committee Update

Waterloo Catholic District School Board  
Special Education Advisory Committee Update  
*Submitted by Karen Kovats*

SEAC met virtually on July 8. Renee King, Budget Manager, presented an updated budget now that all the funding information has been received from the ministry. We've seen increased staffing and positions being added back in compared to the previous year's budget allowance. There are a few positions that we are advocating for in order to return to the same levels from two years ago. These positions include an additional hearing teacher, 0.5 gifted teacher and transitional worker.

The COVID-19 shut down allowed for some additional PD with staff within the Specialized Health Support Services area.

The Minister's Advisory Council on Special Education (MACSE) is now back up and running which is great news for our own SEAC.

For news and updates please visit [www.wrdsb.ca](http://www.wrdsb.ca) and [www.wcdsb.ca](http://www.wcdsb.ca)

## What's Happening at WRFN...

**As is the case with all non-essential businesses and organizations, due to the COVID-19 virus, all in-person programs and gatherings are cancelled until the health authorities deem it safe to begin again.**

**We will be listing online and virtual resources that we think will be helpful as you navigate social distancing. Also keep an eye on our Facebook Page and our Twitter account (@FamilyNetworkWR) for more!**

### 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. Speak with Cristina to discuss your own questions and concerns to gain new insights and ideas. This program is currently available through phone, email or virtual connection to individuals with disabilities, families, or service providers.

For more information on Ask A Self-Advocate please contact Cristina Stanger at [Cristina.Stanger@wrfn.info](mailto:Cristina.Stanger@wrfn.info)

To request a booking please complete the request form found on our website at [wrfn.info](http://wrfn.info)

## What's Happening at WRFN...

### **WRFN's Family Resource Coach**

During this current COVID-19 health crisis and ensuing quarantine, personal support has become paramount for many families. Sue Furey, our Family Resource Coach, is available by phone or email to lend a helping hand and personal guidance to families and to connect you to updated information, resources, and virtual opportunities. We encourage you to reach out. Call Sue at 519-886-9150 ext. 4 or email her at [Sue.Furey@wrfn.info](mailto:Sue.Furey@wrfn.info)

We provide support in all life stages - NO diagnosis is needed.

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### **School Issues Support Group**

This peer-led group provides support, advice and a safe environment for parents who have questions or concerns about school issues affecting their children with special needs. This group is currently meeting virtually. If you're interested in participating, please contact Sue Simpson at 519-886-9150 ext 1 or [sue.simpson@wrfn.info](mailto:sue.simpson@wrfn.info)

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### **Coffee Club**

Greetings from Coffee Club! We have been meeting on Zoom since late March, usually on Thursdays from 3:00-4:00 PM Generally, we are just catching up and chatting, mixed with a little bit of watching YouTube.

If you would like to join us, please send me an email at [carmen.sutherland@wrfn.info](mailto:carmen.sutherland@wrfn.info), and I will make sure to put you on the email list so that you receive a Zoom invite, and will also be aware if we ever change or add a meeting date.

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### **A New Chapter**

A New Chapter is a peer-led group for parents/caregivers interested in preparing for the future of their youth/adult family member. This group is currently meeting, virtually, on the first Tuesday of each month. For more information please email [maryjpike@hotmail.com](mailto:maryjpike@hotmail.com)

## Information, Resources, & Opportunities

**The Federal Government** has voted in favour of a one time tax free, non-reportable payment of \$600 to people with disabilities and their families to assist with challenges presented by COVID-19. More information can be found [here](#) (linked).

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**Kerry's Place Autism Services** has a list of resources for families with exceptional children to help deal with the current COVID-19 crisis. They can be found here: <https://www.kerrysplace.org/covid-19-resources/>

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**Recreational Respite** has been working hard as a team to find a way that continues to promote inclusion, encourage community participation and nurture social connectivity. We understand how imperative it is to stay connected. So, we are bringing you a very unique interactive opportunity, that proves innovative and offers experiential outcomes in 1:1, mini or small group **virtual** settings. That's right, these programs are now available online! They can be found on their website here: <https://recrespite.com/virtual-services/>

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**Carizon** is a local non-profit that helps families thrive in their communities by strengthening their mental health and wellbeing. Like most places during the pandemic, Carizon is offering service virtually. Below are their upcoming offerings for August.

Find out more about them and a full list of what they have to offer on their new Carizon for the Community website: <https://www.carizonforthecommunity.ca/>

### August Programming at Carizon

#### GENERAL PUBLIC

- **The Friendly Voice Program:** A general wellbeing check-in to enhance social connections and reduce loneliness in our community. To register for the Friendly Voice program, please call 519-743-6333 ask reception how to get started!

#### PARENTS

- **Brave and Back to School: Child and Parent/Caregiver Intensive Anxiety Support Group**  
A play-based CBT group for parents/caregivers and their children ages 8-11 who are experiencing anxiety around returning to school in September. The first half-hour of the group will be for parents/caregivers to learn strategies to support their children. The second half-hour children will join and participate in a small group to learn how to recognize symptoms of anxiety, try out strategies to stay calm, work on alternate patterns of thinking, and learn how to face fears. Parent/caregiver participation will be required for the full hour session. No Fee. Tuesdays & Thursdays 10AM – 11AM starting August 18/20.

## Information, Resources, & Opportunities

### Carizon information, continued.

#### YOUTH

**Girls Group:** Open to all female-identifying youth! Meet up with new people and learn something new each week! With guest speakers, drop in activities and sign up sessions (like art & yoga!). Online delivery, Fridays from 3PM - 4PM. Contact - Email Lucia ([lhackett@carizon.ca](mailto:lhackett@carizon.ca)) for more info

**Webinar - Job Searching Online:** Learn how to look for & successfully apply to jobs online! August 4, 2020. 4PM - 5PM. Sign up link: <https://www.signupgenius.com/go/20f0f4eaaac2baafd0-jobsearching>

**Youth English Conversation Circles:** Become more confident in speaking English by practicing with others! Tuesdays, starting Aug 4, 3PM - 4PM. Sign up link: <https://www.signupgenius.com/go/20f0f4eaaac2baafd0-english6>

**Photography Club:** Join a group of people interested in photography to share pictures, talk about your art & improve your skills! Starting Tuesday, Aug 11 2020. 3PM - 4PM Sign up link: <https://www.signupgenius.com/go/20f0f4eaaac2baafd0-photography>

**So You Want to Be ... A Canadian Football Player?** Our career exploration series lets you learn about different jobs, career journeys, day to day, successes & challenges! For this session, we will be joined by Chris Ackie, who plays for the Toronto Argonauts! Date: Aug 6, 2020 3PM - 4PM. Sign Up Link: <https://www.signupgenius.com/go/20f0f4eaaac2baafd0-soyouwant1>

**Budgeting:** What's a credit score? Do I need to get a credit card? How do I manage my pocket money/ income from a new job? Let's talk all things money & budgeting in this 2-part series! Dates: Wed, Aug 19th & Thurs, Aug 20th 1PM -2PM. Sign up link: <https://www.signupgenius.com/go/20f0f4eaaac2baafd0-budgeting>

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**Foundations in Fetal Alcohol Spectrum Disorders (FASD)** is a basic training course intended for everyone that will come into contact with individuals with FASD including all sectors of work, families, individuals with FASD, spouses, and the general public. This foundational level training program provides the perspective of individuals who have FASD, is evidence-based, employs a culturally sensitive approach, and is presented in a way that is responsive to the learners needs. This online basic training course will take on average two hours to complete. Level 1 training will provide knowledge and understanding of:

- an overview of FASD assessment and diagnosis in Canada
- an introduction to FASD interventions and promising approaches
- the effects of prenatal alcohol exposure on the fetus
- the impact of alcohol on brain development
- issues related to stigma and FASD
- strategies for prevention and support
- barriers to prevention and support
- the signs and symptoms of FASD across the lifespan

A certificate will be provided to each participant upon completion: <https://estore.canfasd.ca/foundations-in-fasd>



## Information & Resources

**Kidsability** is offering free virtual workshops on Understanding Challenging Behaviour that will cover information that will help you to understand and manage your child's challenging behaviours using the principles of applied behaviour analysis (ABA).

Registration and more information can be found here:

<https://www.eventbrite.ca/o/kidsabilitytm-centre-for-child-development-15926092695>

**Kidsability** has released their Family E-Newsletter for Spring/Summer 2020. In you can find more information about their programs and services and updated information on how they are dealing with COVID-19. All of this and more can be found here: <https://www.kidsability.ca/enews>

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**Transition to Adulthood Clinic (for KidsAbility clients 15+)** Have you started to think about your life after high school? Do you have questions about services for adults with disabilities in the community? Would you like to find out about resources that are available to help you with your transition planning?

The Transition to Adulthood Clinic is an opportunity to meet with the Transitions Lead who will help to guide you in the right direction with planning for your future. During Covid-19 isolation, all appointments will be occurring through Zoom. Once KidsAbility Centres have opened up again there will be the option to meet with the Transitions Lead either face-to-face or through Zoom.

For more information or to schedule an appointment, contact your KidsAbility therapist or call Intake at 1-888-372-2259, Ext 1214

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**Sunbeam Centre's Brightside ABA Services** specialize in supporting clients that are 9 years of age and up to support skill development in key areas such as social skills, communication skills, emotional regulation skills, building independence in activities of daily living, and to reduce challenging behaviours.

They are also taking registration for upcoming programming for August and the Fall 2020, including:

Creative Social Hour, Social Skills Group, and 1:1 Virtual Service Package

More information on these, as well as their fee for service information, can be found here: <https://brightsideabaservices.com/>

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## Information & Resources



**Family Compass Waterloo Region** is a central website to guide families to services for children, youth, and families in our community.

The website offers the option to find information about general services for children and youth as well as specialized services that can help to address developmental concerns. It also offers a link to resources designed for parents through the Parenting Now website.

During the COVID-19 crisis, many community organizations and initiatives are providing various services and supports for children, youth, adults, and families. Follow the COVID-19 response link on the Family Compass website to find information and resources that are available during this time.

Click on their logo above to go to their website.

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**Mighty Hawks Laurier** is a group of passionate student leaders from Wilfrid Laurier University that believes a developmental disability does not define the scope of one's abilities. This group holds weekly workshops to support each individual in development of work-relevant and financial literacy skills with one-to-one support from Mighty Hawk Facilitators. The Mighty Hawks support social enterprise businesses and offer experience to its members. See here for more information: <https://enactuslaurier.ca/project/mighty-hawks/>

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The Canadian Government recommends that essential support person(s) be included in 'essential visitor' policies. Ontario has not updated their recommendation around essential visitors since this updated guidance document was sent to all provinces and territories.

People and their families in Ontario still have to advocate at the local level on an individual basis to ensure that they have the supports necessary to access care. Granting this access to supports is at the discretion of the person in charge. It shouldn't have to be this way.

B.C. just updated their visitor policy to include essential support people. Ontario must do the same NOW!

**Family Alliance Ontario** needs your help get this policy changed in Ontario--it's easy just click the link below, read the open letter, sign on, then forward this email to all your family, friends, colleagues and networks.

Please Sign on Today!

[Equitable Access to Care Now! | Family Alliance Ontario](#)

## Information & Resources

Lutherwood is available to help people find employment during the pandemic. All of their programs are still operating and can be accessed at: [www.beemployed.ca](http://www.beemployed.ca)

**We are still here to help you find employment.**

Although times are challenging right now due to the COVID-19 pandemic, **Lutherwood Employment Services** is still here to help you find work. Contact us today to access our **free** services.




Cambridge 519-623-9380  
 Kitchener 519-743-2460  
 Guelph 519-822-4141

**HEY CAMBRIDGE! NEED A JOB?**

**WE'VE GONE VIRTUAL!**

While Lutherwood's **Preston Idea Exchange** and **Langs** visits have been temporarily cancelled due to COVID-19, we are still offering our services via telephone or video chat.



**Contact Melissa to set up a virtual appointment**



Melissa Small, Employment Advisor  
 519-497-2839  
 msmall@lutherwood.ca

[lutherwood.ca/employment](http://lutherwood.ca/employment)



## Information & Resources

**Community Living Ontario** announces Student Links! Funded by the Ministry of Children, Community and Social Services Student Links is an opportunity for students (ages 14 to 21) with exceptionalities to explore ideas for their future after high school. It matches students and mentors who naturally share a common passion or interest. The goal is to enhance their capacity to make informed decisions about their future prior to leaving school.

For more information go to their website: <https://communitylivingontario.ca/en/student-links/>

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**The University of Toronto School of Medicine** is hosting a series of webinars titled: Dialogues in Diversity: Explorations of the EDI Implications of COVID-19. The series of seven webinars consists of ninety-minute expert-led, moderated panel discussions focused on five broad thematic areas in relation to the pandemic.

For more information and to register, please go to: [www.cpd.utoronto.ca/covid-19/webinars/](http://www.cpd.utoronto.ca/covid-19/webinars/)

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Families can choose to have **Extend-A-Family Waterloo Region** administer their Ontario Autism Program (OAP) funds. Funding applications are registered through MCCSS.

OAP is a funding resource available to children and youth under the age of 18 who have a diagnosis of Autism Spectrum Disorder. Eligibility and approvals are determined by the Ministry of Children, Community and Social Services (MCCSS).

Families can choose to have Extend-A-Family Waterloo Region administer their OAP funds. Funding applications are registered through MCCSS.

For information on how EAFWR can assist, please email [oap@eafwr.on.ca](mailto:oap@eafwr.on.ca)



Looking to connect to folks on a weekly basis?

Join one of our virtual Open Spaces on Monday evenings! Both begin at 630pm.

Email Kim Sproul for more details!

[kim.sproul@eafwr.on.ca](mailto:kim.sproul@eafwr.on.ca)

# Information & Resources

**Extend-A-Family** is offering fun and interactive summer camps this year! Registration is now open.

### Registration Information

Registration will be available online.

Please visit [www.eafwr.on.ca](http://www.eafwr.on.ca) and follow the link under "Summer Program" to [www.mycommunityhub.ca](http://www.mycommunityhub.ca). Once there, you will need to create an account to register.

Registration for up to four weeks of August Day Camp Program can be made **on a first come, first serve basis**.

### Payment Options

Payments for each week of August Day Camp are due at the time of registration.

If you are paying with **SSAH funds**, please use the coupon code **S2020camp**. If you are paying with **Passport funds**, please use the coupon code **P2020camp**.

If you do not have funding left, you can still complete your registration and online payment with credit card through My Community Hub.

**Registration fees are non-refundable.**



*Details & Register!*

Summer Program  
daniele.caldesi@eafwr.on.ca

## AUGUST DAY CAMP 2020




[www.eafwr.on.ca](http://www.eafwr.on.ca)



## INFORMATION & DETAILS

### Day Camp Sessions

Extend-A-Family Waterloo Region is pleased to offer a unique camp experience that incorporates a physical location along with a virtual option. **The health and safety of our campers and staff is our priority.**

Campers will enjoy camp activities in a physical location for half a day, followed by a virtual program. The base location of the camp will be 14 Braun Avenue, Kitchener ON (WALES building across 91 Moore Avenue). Location pick up and drop off may differ on days where there are specific activities (e.g. park, waterfront). **Campers will be limited to six participants per session and will be supported by two staff. Personal protective equipment, such as masks and gloves, will be provided to campers.**

**Program Hours:** 9:00 a.m. - 4:00 p.m.

**Session 1** August 10-14 **\$100.00**  
Campers will attend day camp in the morning and virtual camp in the afternoon.

**Session 2** August 10-14 **\$100.00**  
Campers will attend virtual camp in the morning and day camp in the afternoon.

**Session 3** August 17-21 **\$100.00**  
Campers will attend day camp in the morning and virtual camp in the afternoon.

**Session 4** August 17-21 **\$100.00**  
Campers will attend virtual camp in the morning and day camp in the afternoon.

Registration provided by: [MyCommunityHub.ca](http://MyCommunityHub.ca)

### What We Offer

Extend-A-Family Waterloo's Summer Program offers a variety of activities for people with disabilities ages 13+. Activities accommodate a wide range of abilities, ensuring that all participants have the opportunity to contribute.

Our 2020 August Day Camp program will offer fun and interactive activities, both in-person and virtually. Participants can choose from a selection of activities that appeal to them.

Staff are trained and experienced young adults who are committed to providing a safe and fun-filled experience.

**Learn more about Summer Program:**  
[www.eafwr.on.ca/summer-program](http://www.eafwr.on.ca/summer-program)

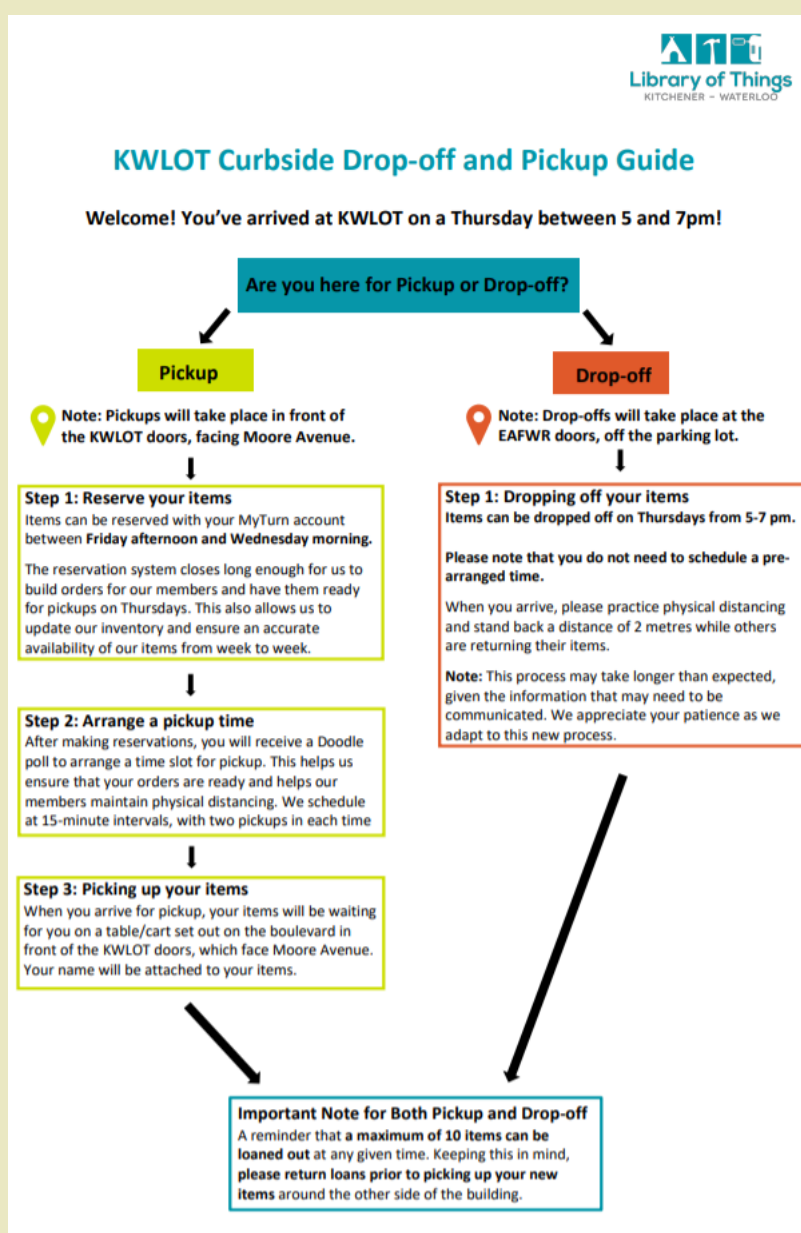


## Information & Resources

Camping this summer? Working on a garden? Getting to that long-overdue DIY? Learning new cooking/baking skills? Moving?

**Extend-A-Family Waterloo Region's *K-W Library of Things*** is up and running with curbside pickups and dropoffs of our extensive inventory of kitchen, camping, gardening and DIY tools. Hop over into our inventory to see if we have what you need! <https://kwlibraryofthings.myturn.com/library/inventory/browse>

The K-W Library of Things has established a process for safe pick-up and return of items. See image below.



## Information & Resources

Extend-A-Family (Toronto) is offering a FREE Two-Part Online Series with JOHN LORD on the power of social networks/relationships and how we can develop and maintain a Support Circle with people with disabilities and their families.

Part 1: September 29

Part 2: October 6

Time: 7:00 p.m. to 8:00 p.m.

RSVP to [info@extendafamily.ca](mailto:info@extendafamily.ca)

If you have any questions, please contact Kristen Carhart at 647-292-5175

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The City of Kitchener has information and registration for summer day camps on their website here: <https://www.kitchener.ca/en/things-to-do/camps.aspx#>

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Recharge & Play Wellness Cafe will be running summer camps! Their STEAM-themed summer camp will consist of only one cohort of up to 9 campers & one instructor each week. They are following the guidelines of the Ministry very carefully & the entire playground will be sanitized carefully each day following the guidelines of the ministry. They are not requiring masks for our campers, as this is not a requirement of the ministry for children, and social distancing & frequent handwashing will be encouraged by our instructor. ☺

Look them up on Facebook or click here to register:

[https://rechargeandplaywellnesscafe.janeapp.com/?fbclid=IwAR2DWNxzUVbYYPCkw5b\\_dSFcXjI3IE9qJkiX9yqzk75O1rCltz8M\\_3NRQz8#/discipline/8/treatment/126](https://rechargeandplaywellnesscafe.janeapp.com/?fbclid=IwAR2DWNxzUVbYYPCkw5b_dSFcXjI3IE9qJkiX9yqzk75O1rCltz8M_3NRQz8#/discipline/8/treatment/126)

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**Bridges to Belonging** hosts a virtual hang-out on Facebook:

Are you looking for a way to meet new people, build relationships and be part of some great conversations? You can Get-Connected and Stay-Connected at our weekly virtual hangout where you will meet new people, build relationships and be part of some great conversations.

In the private group, you can access trusted COVID-19 information, resources and local services - tools and resources on a variety of topics for you to create the life you want and have a community where you belong.

[Click here to join the Facebook Group](#) to get all the details about this weekly Zoom call meet up.

## Information & Resources

**KWHabilitation** and LEG Up! is excited to announce LEG Up ONLINE!

August 4-28, 2020

LEG Up! provides online skill enhancement and learning experience. Learning for you in the comfort of your home. You will need a computer, tablet or phone with a webcam, audio and internet connection.

Registration is available on [My Community Hub](#)

Once you have completed your registration a LEG Up! Instructor will contact you with the class link, supplies/supply lists, detailed recipes and other important information for each class. Pick up your supplies curbside at 109 Ottawa St. Unit D by appointment or we deliver for \$5.00.

\*Contact [legup@kwhab.ca](mailto:legup@kwhab.ca) if you are interested in virtual tutoring.

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Our friends at **Thunder Bay Family Network** have shared some upcoming virtual workshops being offered by Evidence Exchange Network for Mental Health and Addictions.

Links to registration and more information are provided on the titles of the workshops below.

[CBT for Psychosis \(CBT-p\) Informed Workshop for Family Caregivers](#)

August 18, 6:00-8:00pm:

[Trauma-Informed Care and Resiliency Workshops](#)

Part 1: August 11, 1 - 3:00 pm

Part 2: August 25, 1-3:00 pm

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**Family Alliance Ontario** has distributed surveys for which participants are needed regarding [COVID-19's family impact](#) (linked) and a [Back to School](#) (linked) survey. Please take a couple minutes to provide feedback for the very important issues.



## Information & Resources

**Our Place KW - Family Resource and Early Years Centre** is offering some great programming this summer. Head over to <https://www.ourplacekw.ca/programs> for registration and more information on:

**Bridging Two Worlds: From Home to Kindergarten** - August 4,11,18, & 25

**Stork Secrets: Pregnancy and Postpartum Adjustment Peer Support** - Ongoing

**VIRTUAL PLAYDATES With Our Place** - Monday, Wednesday & Thursday Sessions Time: 11:00 – 11:25 am

**Raising LittleCounters® With Dr. Joanne Lee and Our Place** - August 5 & 12 Time: 6:30–7:30 pm

**Parenting in a New Society** - July 8 – August 26, 2020, Group Time: Wednesdays, 1:30 – 2:30 pm (Zoom)  
Parent & Child Drop-in Time: Mondays, 10:00 am (Zoom)

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The **Canadian Association for Community Living** has released an article regarding the upcoming payment from the Federal Government to people with disabilities and their families. The full article can be found [here](#) (linked).

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This summer **Shadow Lake** is offering Virtual Camp! Each week is themed and the crafts will be geared toward the themed week.

Virtual camp also includes a camp kit filled with fun activities, crafts, tuck, and a T-Shirt! Apply today via My Community Hub searching for the week you want!! Click on the image below for more information.



The graphic is a dark blue rectangular banner. At the top left, the word "Virtual" is written in white script, and "CAMP" is in white bold sans-serif inside a green rounded rectangle. To the right is the Shadow Lake Centre logo, a circular emblem with a tree and the text "SHADOW LAKE CENTRE". Below this, the text "Apply Today for July and August" is written in white. To the right of the text is a small image of a laptop displaying a campfire scene. At the bottom left is the "MyCommunityHub" logo with a colorful flower icon, and at the bottom right is the website "ShadowLakeCentre.ca".

## Information & Resources

**Woolwich Counselling Centre** has helpful programming coming up for teens, parents, & youth. Head over to their website for more information: <https://woolwichcounselling.org/services-programs/>

### BUST OUT YOUR BRAVERY BOOTS!

Support for Children with their return to school with COVID-19  
 Group 1: Ages 7-9 August 18, 21, & 25, 2020 10:00—11:00 am  
 Group 2: Ages 10 - 11 August 18, 21, & 25, 2020 1:00—2:00 pm

### COPING WITH UNCERTAINTY: MANAGING WORRIES AROUND BACK-TO-SCHOOL

For parents/caregivers of children Ages 3-12  
 Monday, August 10 - 12:00-1:00 pm  
 For parents/caregivers of children ages 12—16  
 Monday August 17 - 12:00-1:00 pm

### PREPARING FOR BACK-TO-SCHOOL: ACTIVITIES FOR PARENTS AND CHILDREN

Activities for families of young children to prepare and practice  
 Monday, August 24 - 12:00-1:00 pm

Managing expectations and emotions related to back-to-school  
 Monday, August 31- 12:00-1:00 pm

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### **The Brain Story: Summer Series**

Presented by the Early Literacy Alliance of Waterloo Region, the Alberta Family Wellness Initiative, the Palix Foundation, and the Children and Youth Planning Table of Waterloo Region.

Early experiences are literally built into our brains and bodies to affect a lifetime of learning and health, for good or for ill. This has profound implications for policies, programs, and services that support children, parents, adults and families throughout the lifespan.

For three weeks, we will be replaying presentations from Dr. Nicole Sherren, Dr. Jean Clinton and Elder Kerrie Moore. Then, we'll present a panel discussion with guests from Alberta and Ontario who have mobilized the Brain Story teachings in their community and end with a "Moving to Action in Waterloo Region" strategizing session.

Tuesday, August 4 <sup>th</sup> BRAIN BUILDING with DR. NICOLE SHERREN	Tuesday, August 25 <sup>th</sup> PANEL DISCUSSION 2:00 - 3:30 pm
Tuesday, August 11 <sup>th</sup> EXPERIENCE & THE BRAIN with DR. JEAN CLINTON	Tuesday, August 25 <sup>th</sup> PANEL DISCUSSION 2:00 - 3:30 pm
Tuesday, August 18 <sup>th</sup> TRAUMA & THE BRAIN with ELDER KERRIE MOORE	Tuesday, September 1 <sup>st</sup> MOVING TO ACTION IN WATERLOO REGION 2:00 - 3:30 pm

## Information & Resources

### **EarlyON | Waterloo Region** <sup>FREE</sup>

The letter below is an image from EarlyON's website and does not contain live links. Please click on it to be taken to their website for a fully interactive version of it. And see more info from them below the letter.

#### A Note from EarlyON | Waterloo Region

We can't believe it's been nearly five (5) months since we've seen you at our physical programs. We've been so happy to connect with you virtually through online programming and phone check-ins, and, like many of you, we're looking forward to being able to connect again in person.

On July 30, the Premier announced the reopening of Ontario schools this September, which includes a plan to reopen EarlyON Child and Family Centres. Our goal is to have a strong understanding of all of the details so that we can open and provide the level of programming and services you've come to expect from EarlyON | Waterloo Region. As such, **we do not yet have an anticipated date of reopening to share with you.**

As you can expect, there are a lot of moving pieces to this announcement, and we are working tirelessly to ensure that the health and well-being of your child(ren), your family and our communities remain central to our re-open plan. At this time, we are awaiting local public health guidelines and EarlyON expectations from the Ministry of Education. We are also working closely with our local school boards and municipalities to safely open our centres.

As we receive more information from the Region of Waterloo, our local Public Health and the Ministry of Education, we will continue to update you with any changes or new information as it becomes available. Please continue to check this page often, and look out for messages through our [Email Newsletter](#) or social media pages on [Facebook](#) and [Twitter](#).

#### As We Prepare to Reopen Tell Us What Is Important to You

As we work hard to understand the reopening guidelines that will be expected of us, we are also focusing on the areas of reopening that are the most important to you.

[We invite you to take 5 minutes to share your thoughts to help to guide us in our planning.](#)

#### For More Information


We appreciate that your EarlyON experience may look or feel a little different during this time. We thank you for your patience and understanding and commit to keeping you informed of any changes to our programming or services in a timely manner. Please continue to check this page often, and look out for messages through our [Email Newsletter](#) or social media pages on [Facebook](#) and [Twitter](#).

If you have any questions regarding COVID-19, please contact your regional public health unit.

If you have any questions regarding our EarlyON | Waterloo Region locations, please reach out to [earlyyearsinfo@ckw.ymca.ca](mailto:earlyyearsinfo@ckw.ymca.ca).

## Information & Resources

**EarlyON | Waterloo Region** is posting LIVE interactive videos and family friendly ideas on a daily basis on our Facebook (@EarlyONWR) page. A variety of pre-registered programs are offered through Zoom. Programs include Infant Massage, Make the Connection, Parenting My Baby, Sleep and Your New Baby sessions, Starting School programming and prenatal Preparing for Parenthood series and more! Click [here](#) to view the current schedule for all programs. Visit our [website](#) for new programming videos posted weekly. As well, do you have questions about your child’s development, community resources or even the words to a favourite song? Connect with EarlyON | Waterloo Region! Click [here](#) for updated contact information.



### EarlyON | Waterloo Region August 2020 Online Calendar

**Play and Explore with us Online!**

EarlyON | Waterloo Region provides a variety of developmentally appropriate, fun, and interactive learning opportunities for you and your child to explore together. Join us to sing, dance, explore, discover and be active Monday-Saturday LIVE on our Facebook page @EarlyONWR. We look forward to you joining us! We also encourage you to visit our website [earlyyearsinfo.ca](http://earlyyearsinfo.ca) regularly for new songs, and activities every week.

LIVE on Facebook @EarlyONWR					
Monday 8:00-7:00pm	Tuesday 9:00-7:00pm	Wednesday 8:00-7:00pm	Thursday 9:00-7:00pm	Friday 9:00-12:00pm	Saturday 9:00-12:00pm
9:30 Music & Movement	9:30 Baby & Me Discovery	9:30 Ready Set Move	9:30 Music & Movement	9:30 Explore With Us	9:30 Music & Movement
← Early Learning Tips: Posted daily at 11:00am →					
11:30 Explore With Us	11:30 Music & Movement	11:30 Baby & Me	11:30 Explore With Us	11:30 Baby & Me	11:30 Ready Set Move
← Wellness and Wellbeing: A Moment to #ReflectandRefresh daily at 1:00pm →					
2:00 Ready Set Move	2:00 Explore with Us	2:00 Music & Movement	2:00 Baby & Me Discovery	2:00 Music & Movement	
← Parenting Tips: Support for you and your family posted daily at 4:00pm →					
6:30 Baby & Me	6:30 Ready Set Move	6:30 Explore With Us	6:30 Music & Movement		
Explore   Innovate   Play   Investigate   Connect   Learn   Discover					

**We are still here for you**  
519-741-8885 x 3001 | [earlyyearsinfo@ckw.ymca.ca](mailto:earlyyearsinfo@ckw.ymca.ca) | @EarlyONWR | [earlyyearsinfo.ca](http://earlyyearsinfo.ca)

#StrongerTogetherWR      Together we will get through this.

Interactive Programming on Zoom		
Program	Date and Time	Registration
Infant Massage (5-week series)	Wednesdays, August 12 – September 9, 9:00-10:00am Wednesdays, August 12 – September 9, 11:00-12:00pm Fridays, August 14 – September 11, 9:00-10:00am	Register at <a href="http://earlyyearsinfo.ca/">earlyyearsinfo.ca/</a>
Parenting in a New Society	Wednesdays, August 5, 12, 19, 26, 1:30-2:30pm Mondays, August 10, 17, 24, 31, 10:00-10:30am	Register at <a href="http://ourplacekw.ca/virtual-parenting-in-a-new-society">ourplacekw.ca/virtual-parenting-in-a-new-society</a>
Parenting My Baby	Each session has a different topic Mondays, August 10, 17, 24, 31, 10:30-11:30am Thursdays, August 6, 13, 20, 27, 10:30-11:30am	Register at <a href="http://earlyyearsinfo.ca/">earlyyearsinfo.ca/</a>
Preparing for Parenthood (5-week series)	Thursdays, August 13 – September 10, 7:00-8:00pm	Register at <a href="http://earlyyearsinfo.ca/">earlyyearsinfo.ca/</a>
Sleep and Your New Baby	Wednesdays, August 5, 12, 19, 26, 1:00-2:30pm Wednesdays, August 5, 12, 19, 26, 6:00-7:30pm	Register at <a href="http://earlyyearsinfo.ca/">earlyyearsinfo.ca/</a>
Starting School	Each session has a different topic Tuesdays, August 4, 18, 25, Sep 1, 8, 6:30-7:30pm Wednesdays, August 5, 12, 19, 26, Sept 2, 9, 3:30-4:30pm	Register at <a href="http://earlyyearsinfo.ca/">earlyyearsinfo.ca/</a>
Stork Secrets	Mondays, August 10, 17, 24, 11:00-12:00pm	Register at <a href="http://ourplacekw.ca/virtual-stork-secrets">ourplacekw.ca/virtual-stork-secrets</a>
Venez Jouer et Chanter	Tuesdays, August 4, 11, 18, 25, Sep 1, 1:00-2:00pm	Register at <a href="http://earlyyearsinfo.ca/">earlyyearsinfo.ca/</a>
Virtual Drop-in	Each session has a different topic Mondays, 1:00pm Tuesdays, 6:00pm Wednesdays, 1:00pm	Register at <a href="http://earlyyearsinfo.ca/">earlyyearsinfo.ca/</a>

**Community Connections**  
Tune in to @EarlyONWR Wednesdays at 8:00pm to hear about activities and services available to families in Waterloo Region from our #CommunityConnector Wanda.  
Visit [familycompassor.ca](http://familycompassor.ca) for resources and support available to you.

**Family Compass Waterloo Region**  
Visit [familycompassor.ca](http://familycompassor.ca) for resources and support available to you.

**When will we re-open? Be the First to Know! Sign up for our Monthly Newsletter**  
As of July 20th, we have not received permission to reopen from the Ministry of Education or the Province of Ontario. Be the first to know! Sign up today for our newsletter and receive monthly updates directly to your inbox. [Sign up now!](#)

#StrongerTogetherWR      Together we will get through this.

## Information & Resources

**Canadian Council on Rehabilitation and Work** is an organization that assists individuals with disabilities in finding employment. See the flyer below for more information and how to connect.

### CCRW Employment Services

#### Looking for work? We provide



CCRW | CCRT

- Industry Specific Training
- Workplace Accommodation & Adjustment Planning
- Employer Matching
- Access to Hidden Job Market

*CCRW helps skilled job seekers with disabilities get connected with local businesses!*

#### Are you?

- An individual who self-identifies as having a disability
- Unemployed or under employed and ready to job search
- Interested in gaining support to create a workplace accommodation plan?
- Interested in connecting with employers who are actively hiring?

*To be eligible for funding you must not have been on EI currently or in past 3-5 years*

#### Contact Info:

Kathleen MacLeod  
Employment Facilitator  
(519) 571-6788 x 7661  
kmacleod@ccrw.org

[www.ccrw.org](http://www.ccrw.org)

## Information & Resources

**Silver Lake Mennonite Camp** is offering Camp@2020, a virtual summer camp for the month of August.

**Camp@ Home Schedules and Program Info. Click the weeks below for info.!**

**[August 4-7 Week 6 Ages 12-16 Teen Camp! \(note this camp runs Tuesday-Friday\)](#)**

**[August 10-14 Week 7 Ages 5-14](#)**