



Family Pulse

Where exceptional families thrive.

Issue 119
March 2020

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Happy March everyone! In this newsletter, you will find SEAC updates, an article where I thank YOU the WRFN families, Coffee Club updates, and the upcoming community events. Also, do not forget to buy tickets for our [Evening of Elegance](#), on sale now!



[Support WRFN Today](#)

Waterloo Region Family Network
www.wrfn.info
info@wrfn.info

SEAC Updates

Waterloo Region District School Board Special Education Advisory Committee Update

Submitted by Carmen Sutherland, Waterloo Region District School Board Representative

First, SEAC had its elections. Sara Penny with Epilepsy South Central Ontario, was chosen as Chairperson. A Vice-Chairperson has not been chosen at this time. Next, there was a presentation to remind people about the roles and responsibilities of a SEAC and its members. Following that, there was a presentation about Special Education supports in the Board, including information about the different types of teams and different levels of learning support that are available for students.

Budget information was also incorporated in this discussion.

Agency updates were also shared.

The next WRDSB SEAC meeting will take place on Wednesday, March 11.

Waterloo Catholic District School Board Special Education Advisory Committee Update

Submitted by Karen Kovats, Alternate Representative

Ministry Updates – Budget Impact

At the February 5 meeting, Laura Shoemaker presented the Ministry Updates and Budget Impact for 2019. The update outlined the summary of Special Education teaching and non-teaching staff positions that had to be removed due to the termination of the OECTA Local Priority Fund and the budget process.

The update also included the information about the 2019 – 2020 school year CUPE extension agreement funds that provided an increase of Child and Youth Care Workers, Educational Assistants and one Administrative Assistant.

In addition, WCDSB has received a three-year ministry grant for an After-School Skills Development Program.

Trustees advised that Pro Grants are continuing in a different and significantly reduced format.

Different sessions are offered to families through their Families of Schools.

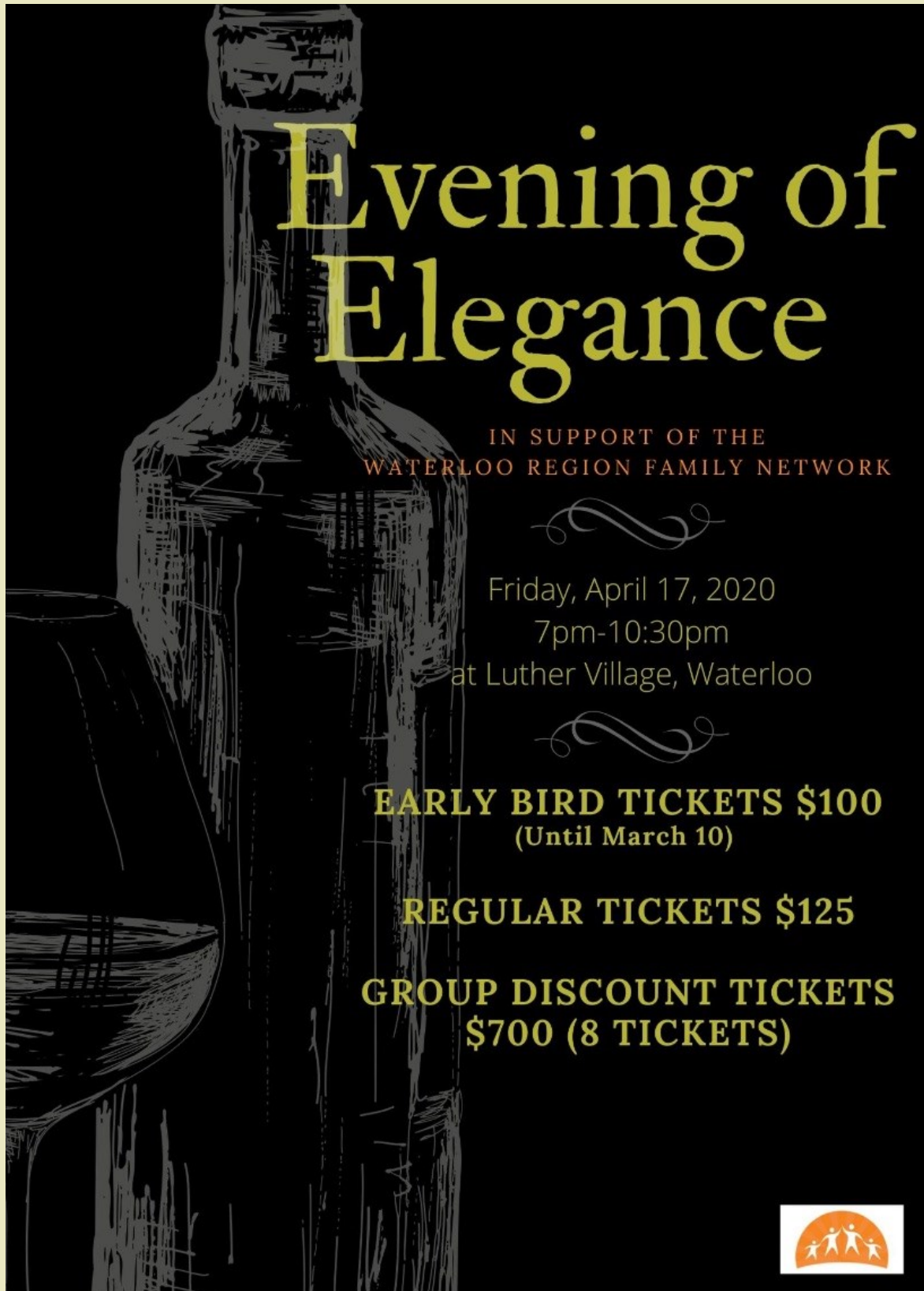
Trustee Updates

Please see the link below for January 2020 updates.

<https://www.wcdsb.ca/wcdsb-board-meeting-bulletin-january-2020/>

The next SEAC meeting will take place on Wednesday, March 4 at 6 pm at the Catholic Education Centre – 35 Weber St. W., Unit A, Kitchener N2H 3Z1.

What's Happening at WRFN



Evening of Elegance


IN SUPPORT OF THE
WATERLOO REGION FAMILY NETWORK

Friday, April 17, 2020
7pm-10:30pm
at Luther Village, Waterloo

EARLY BIRD TICKETS \$100
(Until March 10)

REGULAR TICKETS \$125

GROUP DISCOUNT TICKETS
\$700 (8 TICKETS)



Buy tickets at: <https://bit.ly/39a1PTj>

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 at wrnewbery@gmail.com is appreciated but not required.

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

MARCH 3, 2020

What does "self care" REALLY mean?
(Rm #1023 at The Family Centre)

APRIL 7, 2020

Building a network - for your child, for you!
(Rm #2011 at The Family Centre)

MAY 5, 2020

Microboards for future planning
(Rm #2015 at The Family Centre)

JUNE 2, 2020

Fun and social (more information coming!)
(Rm #1023 at The Family Centre)

Doors open at

6:30pm,

meetings run from

6:45 - 8:30PM at

The Family Centre

65 Hanson Ave., Kitchener

Bring your own reusable water bottle or tea thermos



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

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

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

Ask A Self-Advocate—Do you need to look at a challenge you are facing with a new perspective? Would you like to bounce ideas off someone who's been there? Cristina was diagnosed with exceptionalities as an adult, and 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.

For more information on Ask A Self-Advocate please contact Cristina Stanger at Cristina.Stanger@wrfn.info. To request a booking please complete the [request form](#).

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,

Happy March! Maybe by the time I am writing this, we will already be starting to feel spring in the air.

Monday, Monday, March 9, 7 to 9 PM McCabe's Irish Pub (352 King St W, Kitchener): We will be having dinner together to celebrate St. Patrick's Day, and everyone will be paying for their own meal and beverage. Please RSVP by **Friday, March 6 at NOON** so I can know how many people to make a reservation for.

Monday, March 23, 7-9 PM The Studio (109 Ottawa Street, South): We will be watching one *Star Trek* episode while we eat pizza, and then we are going to work on a video about Coffee Club to be used at WRFN's fundraiser, Evening of Elegance. I would really appreciate if as many people as possible could attend this event. I will give you more details as we get closer if needed. Please bring \$5 for pizza and let me know if you are coming by **Sunday, March 22 at NOON** so I know how much to order.

If you need to get in touch with me, do not hesitate to contact me at 519-500-7153 or carmen.sutherland@wrfn.info.

On Patience and Challenges

Submitted by Carmen Sutherland, Coffee Club Facilitator

I am going on vacation soon, and while my biggest reason for doing this is to spend time with family and a dear friend, I do not hesitate to tell people about "Reason 1b." I want the weather to be warm by the time I get back. Another way to say this is I want to skip the last part of winter. I am over it. But I have been thinking lately about the importance of patience and the importance of experiencing hard things rather than just going around them. I probably do not need to tell you any of this, many of you have challenging experiences - and victories - daily with your children.

So, maybe this is a piece about me learning from you, and your fantastic family members, about how to look at challenges, head-on, take a breath, and dive in. I do not need to know the specifics of your stories to know that you do not gain knowledge about your loved one, or the systems or services that may help them without putting in a lot of work. You do not succeed without making mistakes, you do not get to the finish line without running the race.

Thank you, WRFN families, for teaching me even if we do not know each other personally. I am honoured to learn from you, and to serve you on your journey in my own way. But...I'm still excited for the end of winter!

Other Important Information to Share

KidsAbility Parent Advisory Committee

The Parent Advisory Committee solicits input from clients and families about various strategic and operational aspects of our work. These regular discussions help improve our 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. The committee has two to five members, including the Director of Client Services. At times there are other guests as needed, such as other Directors or Managers. The meetings take place three to four times per year, with increased numbers possible during special projects. The Committee is accountable to the Chief Executive Officer and Leadership.

Note: This information is taken from The Parent Advisory Committee Terms of Reference. If you are interested in learning more about this opportunity, please contact Jayne Matzeg, Director of Quality and Privacy Officer at 519-886-8886 x 1213 or jmatzeg@kidsability.ca.

Special Needs Strategy Update

Communique 14 is now available in [English](#) and [French](#) with updates on Integrated Rehabilitation Services and Coordinated Service Planning in Waterloo Region.

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

**9th International Research Conference on Adolescents and Adults with FASD
Review Respond and Relate: Integrating Research, Policy and Practice Around the World**

April 22-25, 2020, The Hyatt Regency Vancouver

For more information, please click [here](#).

Autism Ontario Events

Sensory Friendly Storytime at Kitchener Public Library, March 7—Children of all ages and abilities are welcome. Register [here](#).

Guelph- OHL Game Kitchener Rangers vs Guelph Storm, March 11—bring out the whole family to watch a great local hockey game. Register [here](#).

Cambridge Indoor Rocking Climbing, March 22—Children with ASD and their siblings, ages (5-18), are invited to The Core Climbing in Cambridge to enjoy a morning of rock climbing. Register [here](#).

Waterloo-Sexual Health and Relationship Workshop for Parents, Caregivers, and Support Staff, March 24—This workshop is intended for parents/caregivers of adults with ASD, parents/caregivers of adults with intellectual or developmental disabilities, and support staff and professionals who directly provide support to adults with intellectual or developmental disabilities. Register [here](#).

Guelph-Outdoor School Program , March 28—Families will participate in a 2 hour guided program including circle time, games and challenges, exploring the outdoors, and free play. Register [here](#).

Oh! The Places You'll Go!!!

The ROAD to TRANSITION PLANNING...

Tuesday April 7, 2020 at St. Benedict's C.S.S., 50 Saginaw Pkwy. Cambridge
OR

Thursday April 9, 2020 at Cameron Heights C.I., 301 Charles St. E. Kitchener
6-8pm

Space is limited.

To reserve your spot, please call
519-894-1153 x 2907 or email s.niven@dscwr.com

Upcoming Events

PROGRAMS/RECREATION

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.

Cost: \$15 + tax each, chaperones are free Contact: 519-804-4455 if you have any questions.

PossibiliOT Sensory-Friendly Playtime

PossibiliOT and Recharge & Play Wellness Cafe are co-hosting a sensory-friendly playtime event monthly at our play space. The next events are **March 3, April 7, and May 5** from 5-7 P. M. These events will take place monthly, and are meant for children who need a quieter playground, less people and generally a less overwhelming experience. It has been designed by an OT and an early childhood educator. The OT will be there to talk to families and play with the children.

It is regular admission prices, with a cap of 15 kids total per event to keep stimulation down.

Ages 3+ – \$9.95 | 6 month-3 years of age \$5.95 | 0-6months of age – FREE

Sibling rate (with one regularly priced admission):

Under 3 – \$3.50 | Ages 3+ – \$7.50

For more information, please see the Facebook event [here](#).

Skating

The Cambridge Sports Park is offering weekly skating for persons with physical and developmental disabilities. This is a great opportunity to practice your skating skills or develop a new skill while socializing with peers.

Support and accommodation needs must be arranged by the individual attending. Support persons and caregivers will not be charged the skating fee.

For more information contact Brian Hood, 519-622-4494 or Brian@cambridgesportspark.com.

Cambridge Youth Soccer ACES Program

Hosted by: Grassroots Head Coach Jon Morgan and Development Staff Coaches

Venue: ComDev Indoor Soccer Park **Cost:** FREE

Who: 5 – 15 Years old (15 spots available) | 16 – 24 years old (10 spots available)

When: Wednesday 6 – 7pm starting February 20 (8 weeks)

For more information please contact:

Jon Morgan grassroots@cambridgesoccer.ca

CYS Clubhouse +1 (519) 653-8800 or clubhouse@cambridgesoccer.ca.

Upcoming Events

Community of Hearts

There is a lot going on at Community of Hearts. These include:

Sunday Social Club—Every Sunday from 2-4 PM. Different activities take place on different days including art, bingo, board games, and karaoke. \$25 for an all year membership.

Brunch Club—Wednesdays April 8-June 3 3:30-5:30 P. M.

This group gives you the tools and freedom to create brunch meals independently for yourself or friends. With the support of a Life Skills Educator, visual cookbook and colour coded measuring tools, making brunch has never been easier! Learn to make brunch meals with the group, enjoy the meal with friends and gain kitchen confidence to cook for yourself!

\$200 for all sessions (Passport friendly.)

Friendship and Dating Program—Saturdays April 18-June 13. This program supports you to build on social skills to create and maintain friendships and relationships. This spring, we have put together a curriculum to support youth, adults and seniors with developmental exceptionalities to identify, develop and practice creating friendships and relationships.

\$249 for all sessions. (Passport friendly.)

Weekend Warriors- Upcoming Dates: Feb 21- 23, 2020; Mar 27 - 29, 2020

Experience a unique atmosphere to learn and challenge yourself in an outdoor environment. Hike along beautiful natural trails, try snowshoeing, archery, nature photography or tobogganing! All while enjoying time with friends. \$300 per weekend. Passport funding friendly.

For more information on all of their programming, please call 519-826-9056 or

info@communityofhearts.ca

Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running!

Guelph Bulldog March Break Camp

Sign your kids up for a week of spirit and fun as each day we dress up based on the different themes and participate in different crafts, activities, games and more!

March Break Themes:

Monday: Earth, Wind, Fire

Tuesday: St. Patrick's Day

Wednesday: Mad Science

Thursday: Summer Camp

Friday: Pajama Day

Time: 8AM-5PM Cost: \$195/week

Optional Pizza Lunch: \$6.50/per day for two slices, fruit and a water.

Pizza Lunch is Available only on Monday and Friday

Register by calling @ 519-836-3838 or email Guelph@bulldoginteractivefitness.com

Upcoming Events

Waterloo Region Down Syndrome Society Programs and Recreation

March Teen Hang Out Karaoke Night—For teens ages 13 to the end of high school, come out for fun night of singing and dancing Karaoke style!

Support workers will be present and parents are not expected to stay.

DATE: Saturday March 7, 2020 TIME: 7:00-9:00 PM

WHERE: Our Studio 141 Whitney Place, Kitchener COST: \$10 for WRDSS Members

You must [PRE-REGISTER](#) by March 4 to secure your spot.

Buddy Choir—Buddy Choir - sponsored by The Waterloo Regional Down Syndrome Society and Our Studio. A choir for ANYBODY who loves to perform! We rehearse Mondays 6:30 until 8:00 PM at 141 Whitney Place Kitchener. For more information email myc50@gmail.com or 519-501-6747.

Expressive Arts Tuesdays

Join us on Tuesday afternoons for one or both sessions.

Session one: four weeks March 31 – April 21 1 – 3:30PM, \$200 (register by March 24th)

Session two: four weeks May 5 – 26 1:00 to 3:30PM, \$200 (register by April 28th)

We will:

Create with rhythm, movement, words, and visual art.

Use all kinds of cool media including pastel, collage, paint and clay

Make art about our feelings, our futures and the things that are important in our lives

Make new friends

Both sessions take place at Our Studio, 141 Whitney Place, Kitchener Expressive Art Tuesdays is limited to eight participants per session.

Note: You can use your Passport funding for this program.

To register or for more information, contact us: info@steppingstonesexpressivearts.com

Phone: 519-404-2450

Sensory Saturdays at Ken Seiling Waterloo Region Museum

Sensory Saturdays is a program for families with children on the autism spectrum presented by Ken Seiling Waterloo Region Museum in collaboration with A Balanced Approach. This two-hour program offers a safe and understanding environment where children can enjoy regular hands-on activities in museum galleries as well as discover new themed activities each week. This program is an excellent networking opportunity for parents.

Upcoming Dates:

March 14 - Sticky Science | March 28 - Spring Forward | April 18 – Mighty Museums

Learn more at their website [here](#).

Fee Assistance for Recreation

City of Kitchener: If you or your child would like to participate in one of our recreation programs, but cannot afford to pay the registration fee, you may be eligible for Leisure Access - a fee assistance program designed to make our programs accessible to everyone.

Apply for the card [here](#).

Information about the fee assistance for the City of Waterloo can be found [here](#).

Upcoming Events

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 10-17. 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](#).

Extend-A-Family Weekend Social Club

Extend-A-Family Waterloo Region is pleased to continue offering the Weekend Social Club (WSC) to Waterloo Region. Founded by the Kitchener Waterloo Association for Community Living and with support from WRDSS, this program's goal is to inspire active participation in the community.

WSC offers recreational opportunities for adults ages 18+ with a developmental disability where a variety of community events and interests are explored. Events and activities range from attending sporting events, going nature hikes, visiting historical places and so much more.

The winter/spring session runs from January - June, 2020 and the registration fee for this session is \$35 (plus any additional costs for special events or trips). If required, a direct support person must be provided.

For more information or to register, please contact Ben Sauder, Support Coordinator/Community Group Supervisor at 519-741-0190 x290 or ben.sauder@eafwr.on.ca.

Aldaview Summer Respite Program

For individuals with a developmental disability, grade 9 and up. Activities include arts & crafts, music, games, social time, and more! Fees based on participants' needs and activity costs

Accessible by GRT and Kiwanis Transit.

Monday to Friday from 8:30 AM - 3:00 PM

8 weekly sessions available June 29 - August 21, 2020

Aldaview Services, 332 Hamilton Road, New Hamburg, Ontario

Register by June 5 by contacting Mary Hartman

519-662-5172 mhartman@tcmhomes.com.

WORKSHOPS/TRAINING

Fetal Alcohol Syndrome Disorder Training for Caregivers from DSRC and FASD Waterloo

Two Day Training April 2 & 3, 9-3 P. M.

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.

Located at Developmental Services Resource Centre

Register with Karen Huber by e-mailing k.huber@dscwr.com or calling 519-741-1121 ext. 2246.

Upcoming Events

Workshops and Groups from Woolwich Counselling Centre

Glad to Be Me for Children 4-7

This fun-filled children's program promotes self-esteem and self-worth.

Upcoming Sessions: March 2, April 6, all 5-6 P.M. All \$20/session

No Need to Fret Ages 8-11

Successful strategies are provided to help anxious children cope with fears and worries.

Upcoming Sessions: Tuesdays March 3, 10, 24, 31 and April 7, 6-7 P.M. Fee \$100

Workshops from Centre for ADHD Awareness Canada (CADDAC)

Understanding ADHD in Adults and Adolescents What Adolescents, Adults, and Parents Need to Know

When: Saturday, March 7, 2020 | 8:30 AM – 4:00 PM

Where: North York Civic Centre, 5100 Yonge Street; Toronto, Ontario; M2N 5V7

Ticket Price: \$30 for 1 OR \$50 for 2

For Adults:

Executive Functioning in Adults with ADHD: Setting ourselves up for success

Understanding ADHD in the Workplace

Self-Regulation 101: Phew – that was intense!

Understanding ADHD's Impact on Adult Relationships

For Adolescents:

Transitioning from Childhood ADHD into Adolescent ADHD and Beyond

Executive Functioning in Adolescents with ADHD: Setting them up for success

Getting Ready for the Transition into Post-Secondary

Self-Regulation in Adolescence: Navigating the perfect storm

For more information and to register, click [here](#).

Best Start Conference 2020: Building Healthy Brains

The conference will be an exciting knowledge exchange about how building brain science into community programs is strengthening resilience and improving health and human services outcomes for everyone!

We're looking forward to an excellent group of international speakers and panelists sharing their experience living, studying, implementing and evaluating brain science programs in health (including mental health), education, justice and developmental sectors. FASD communities will be emphasized on Day 2.

Details: MARRIOTT DOWNTOWN AT CF TORONTO EATON CENTRE MARCH 5 - 6, 2020

For further information and to learn how to register, click [here](#).

Upcoming Events

Programs Offered at DSRC

Discussing Puberty and Sexuality With Your Child

April 7, 2020, 6-8:00 P. M.

Presenters: Louise Rodgers, R, BScN Jessica Gambacort, B.A., BCaBA

This workshop will address body and behavioural changes that occur during puberty. We will give you resources and strategies to help you guide your child through this next step in their development and give them the knowledge and skills to keep them safe.

Tips for Parents of Individuals with Autism

April 20, 2020, 6-8:30 P. M., Presenter: Stuart Lamont, B.SD., RSSW

This workshop is designed to provide parenting strategies for parents/ guardians of individuals with autism. This workshop will review parenting styles, discuss challenging behaviours and the possible causes behind these behaviours. Additionally, the instructor will provide strategies to address these challenging behaviours.

Communication Skill Development and Autism

April 29, 2020, 6-8:30 P. M.

This workshop will provide an overview of practical strategies to support communication development for individuals with ASD. For more information, please click [here](#).

Helping Individuals with Autism Navigate the Social World (2 Part Workshop)

May 12, 2020 AND May 19, 2020, 9:30 AM-1:30 P. M.

Individuals with autism typically do not learn many social skills by simply observing others in a social context. Parents and caregivers need to understand this. This workshop provides strategies, resources and educational materials to help parents and caregivers understand the difficulties in teaching someone with autism social skills.

This is a 2-part course. You must take Part One to understand Part Two.

Sibling Support Group—Time for Brothers and Sisters

It is a 6 week group, for siblings of youth with autism. Youth, ages 11-14 will meet others who have similar experiences and challenges, in a supportive, fun environment that will encourage sharing. This group is free but a referral and registration are required. To make a referral call: 519-741-1121.

Speech-Language Pathology Clinics at DSRC

For DSRC clients, living in Waterloo Region,

with an Intellectual Disability and/or Autism Spectrum Disorder, over the age of 6 years.

Please call the Information Resource Assistant at DSRC (519 741 1121) to make an appointment:

One and half an (1.5) hour appointment times are available on the following dates:

Wednesday, Feb. 26, 2020 | Tuesday, March 24, 2020

For more information about what is happening at DSRC find their newsletter [here](#).

Upcoming Events

Lutherwood Youth Connection Summer Program

- Create a job-winning resume
 - Find out exactly what employers are looking for
 - Prepare for those awkward interview questions
- And Get a Job!

March 16-20, 2020

Guelph - 89 Wyndham St N, 519-822-4141 OR

Kitchener - 165 King St E, 519-743-2460 OR

Cambridge - 35 Dickson St, 519-623-9380

For more information, you can visit their website [here](#).

FASD CoP - Exploring Your Role in Prevention

March 26, 2020 2-4pm,

Waterloo Region Public Health- 99 Regina Street, Waterloo Room 508

Learn about an FASD Informed Approach; Explore the Four Levels of Prevention;

Hear about local supports and services.

All health and social service providers welcome. Register [here](#).

Upcoming Events from Bridges to Belonging

Passport & ODSP Information Session—March 24, 2020, 6:30-8:30 PM

Learn about eligibility, the application process, allowances and more

Cost \$10.00/person/family

Family Centre, 65 Hanson Ave, Kitchener - Room 2015

Registration at 6:00 p.m.

RSVP to the event [here](#).

RDSP and Tax Planning—June 15, 2020, 6:00-8:30 PM

Presented by Paul Arsenault, CFP, PFP Manager, Financial Planning Kindred Credit Union

Cost \$15.00/person/family

Location to be determined - Registration Details to Follow

Registration at 6:00 p.m.

Take Care to Give Care—May 28, 2020, 9:00-3:00 PM

A one-day conference for caregivers and those who work with them

FREE for Caregivers

Conestoga Place, 110 Manitou Drive, Kitchener ON N2C 1L3

Coffee and Registration at 8:30 AM.

Upcoming Events

Workshops from SickKids Centre for Community Mental Health Learning Institute

Grounding the Heart, Mind and Body: Help Dysregulated Clients Ground Themselves and Regain a Sense of Self-Control and Self-Efficacy

Date: March 26, 2020

Facilitator: Michel Jones, MSW, RSW, RP

For more information and to register, click [here](#).

Working with Violent, Suicidal and Self-Destructive Adolescents: A Collaborative Strengths-Based Therapy Approach

Dates: March 9 and 10, 2020

Facilitator: Matthew D. Selekman, MSW., LCSW

For more information and to register for the training, please click [here](#).

FINDING A BALANCE: Supporting Self-Regulation, Mental Health and Executive Functioning for Individuals with FASD

The Halton & Hamilton FASD Collaboratives have partnered and are excited to announce a great learning opportunity with Dr. Jacqueline Pei, Reinier deSmit & Cindy Male.

Thursday, March 26, 2020 | 9 AM – 4 PM

Oakville Conference & Banquet Centre, 2515 Wyecroft Road, Oakville, ON

\$100 for Professionals | \$75 for Parents/Caregivers

For more information and to register please click [here](#).

Autism Awareness Centre Presents:

Erin Brooker Lozott- Addressing Emotional Regulation in Children and Adolescents with Autism Spectrum Disorders and

Bo Hejlskov Elvén- Self Control and Challenging Behaviour: The Why's and What's of Behaviour Management in Autism

April 2 & 3, 2020

Shaw Convention Centre, 55 Colonel By Drive, Ottawa

For more information or to register online, visit our website at www.autismawarenesscentre.com or please contact Maureen Bennie toll free at 1-866-724-2224;

email maureen@autismawarenesscentre.com

Upcoming Events

Explore Your Future—Career Exploration for Youth

Wednesday, April 8, 4:30-8 PM

Bingeman's Conference Centre 425 Bingeman's Centre Drive, Kitchener

Explore Your Future helps parents, students and educators to better understand the labour market of Waterloo Region and opportunities for career development throughout grades 7-12 and beyond.

Over 75 exhibitors will showcase careers and answer your questions, including:

Post-secondary institutions such as Conestoga College, University of Waterloo and Wilfrid Laurier University

Local employers in sectors like construction, advanced manufacturing, health care, technology, business, arts, and more

Community agencies with resources on how to get experience through employment, volunteering or starting a business

Experts in Experiential Learning and Career/Life Planning from the Waterloo Region and Waterloo Catholic school boards

For more information and to register, please click [here](#).

RESOURCES

KidsAbility Winter Resource Guide!

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

[Program and Activity Guide - Winter 2019/2020](#)

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

FREE Monthly Developmental Screening Clinic offered by Monarch House

This monthly clinic is a free of charge service for parents to address questions and/or concerns regarding their child's development. The screenings include information on a child's speech and language skills, motor skills, problem solving skills and personal/social skills.

For children age 1 to 5.5 years old.

No referrals needed. Drop ins are also welcome.

Upcoming Date(s):

Thursday March 26, 2020

Thursday April 30, 2020

Thursday May 28, 2020

Thursday June 25, 2020

All screenings are at Monarch House, 630 Weber St. N Suite 204, Waterloo.

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

Upcoming Events

ADHD Speaks

Help Build ADHD Awareness Across Canada

If you or someone you love has ADHD, you know that most other people still do not understand the full impact this disorder can have.

To help change this, CADDAC has developed several awareness and educational tools. We have also added an ADHDSpeaks Kid's campaign!

For more information on all of this, go to this [website](#).

Clinics at KidsAbility

Starting in October, we will be offering new clinics for KidsAbility families with children ages 4-5 (born in 2014 or 2015). These clinics will include:

School Years Sensory Clinic: Occupational Therapists will provide parents/caregivers with strategies so that they can support their child, who has sensory processing difficulties, participate in their daily activities at home and in the community. If your child has significant behaviours or emotional responses to sensory input by becoming overwhelmed, distressed, or difficult to engage in daily activities, this may be the right service for you. Clinics will be offered in November at our Waterloo, Kitchener, Cambridge and Guelph sites.

School Years Check-In Clinic: An opportunity to "check-in" with an Occupational Therapist (OT), Physiotherapist (PT) or both regarding concerns you may have about your child's physical functioning. This clinic is for clients who have met with an OT or PT at KidsAbility in the past regarding a physical concern. Clinics will be offered starting in October at our Waterloo, Kitchener, Cambridge and Guelph sites.

School Years Funding Clinic: An opportunity to meet with a Social Worker for a brief appointment for guidance on accessing funding and community supports related to your child's special needs.

School Years Picky Eaters Clinic: An opportunity to meet with an occupational Therapist (OT) to address food selectivity (picky eating) and problem eating. The goal is to provide individual consultation to families who are facing mealtime struggles related to their child's narrow diet.

Families may receive:

Resources and information regarding how to promote feeding skills.

Community resources and other professionals/ services that may be helpful for your child, as applicable

Specific eligibility criteria apply for all of these clinics. To find out if your child is eligible:

If you are connected to a KidsAbility Therapist and receiving services, speak to your Therapist

If you are new to KidsAbility or not currently receiving services, call our intake line:

1-888-372-2259 ext 1214.

Upcoming Events

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

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.

Check out FamilyCompassWR.ca!

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

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

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:

- Premie Parents of Waterloo-Wellington Region (Premie POWWR)
- Fathers Group—for Fathers of a child with an intellectual disability and/or autism
- The A-Team Waterloo Region— run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome

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.

This group usually involves a discussion around a voted topic, a relevant technique or exercise, and setting a goal/intention for the week.

Cost is \$15/session, but the first session is FREE. Just Drop In!

No diagnosis or registration necessary.

Free Monthly ADHD and Asperger's Support Group

Come by on the first Thursday of every month to connect with others with ADHD and/or ASD/Asperger's Syndrome. We typically vote on topics that attendees are interested in that day and share real-life stories that make us all feel heard and seen.

This group is typically led by a practitioner with ADHD and/or ASD themselves (because we get it).

First Thursday of Every Month 6-7 PM

Both support groups take place at [The ADHD & Asperger's Centre](#), 55 Cork St. E, unit 305, Guelph

ENGAGEMENT OPPORTUNITIES

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.

If you have any questions or concerns about this research, please contact Eric Gilliland at technokidstudy@gmail.com or Dr. Babb at 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](#).