



# Family Pulse

*Where exceptional families thrive.*

Issue 127  
November 2020

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## What's Happening In This Issue

Happy November!

WRFN and its community connections continue to find innovative and exciting ways to assist our families and individuals as they refine and seek safe activities for their families.

In this edition you'll find many offerings not just for children, but for adults seeking knowledge and ways to assist in adjusting to living with COVID. We have an essay by our self-advocate Cristina Stranger, updates on SEAC, WRFN's offerings and many, many listings from our community.



Waterloo Region Family Network - WRFN



@FamilyNetworkWR

**Support WRFN Today**

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

## Working Through my All-or-Nothing Thinking

By Cristina Stanger, Self-Advocacy Liaison, WRFN

All-or-nothing thinking is a pattern of thought that I have been predisposed to my whole life. It may also be referred to as black-and-white thinking, or thinking in extremes. Whatever you want to call it, it is usually not the most helpful way to approach a situation. Challenging myself to think differently takes some dedicated effort, and I have used Cognitive Behaviour Therapy to help work through this. One trick I've learned to help identify this type of thinking is to monitor my own choice of words. Terms that imply absolutes will show up in both my internal dialogue and in my external conversations (ex. always, never, right, wrong). Watch for these in my anecdotes below; they don't leave much wiggle room to consider other possibilities. All-or-nothing thinking can creep into my thought processes in all kinds of different ways, from house cleaning, to pursuing hobbies, to holiday planning.

While a bathroom may seem trivial, it became a significant issue for me as I only wanted to clean it the "right" way (from showerhead to baseboards) which took an impractical amount of time, not to mention that the process was so involved that the task became overwhelming. This became paralyzing and then I wouldn't clean my bathroom at all. With time, I learned to ask myself, "What truly matters here? What do I value?" In this case, I did not want to live in a perpetually grimy bathroom, so I needed to make the cleaning task manageable. I had to prioritize various areas of the bathroom, and look at the steps needed to clean each element, rather than looking at the entire bathroom all at once (and the baseboards were deemed a once-in-a-while thing).

Other times, all-or-nothing thinking infiltrates an activity I usually enjoy. If I make an error on an art project, I may want to give up altogether and genuinely feel that I wasted materials, and that I never should have bothered trying. This is neither true, nor is it fair to myself, but that is where my mind goes first and I have to work my way out of that thinking. Perfectionism and all-or-nothing thinking tend to go hand in hand. This can suck all the fun and entertainment out of what was intended as an enjoyable endeavour. Gradually, I have learned to stop and prompt myself with the questions "What was I able to do? What else can I do?" This gives room to look for alternatives, and I can consider other possibilities between failure and perfection. In this scenario, it helps me to look at art as a process, promoting a growth mindset. Trust me, I don't get to this headspace every time, or on the first try, but I am learning to manage my all-or-nothing tendency.

I found it amusing when I realized I was actually seeking out the grey areas in my thought processes, because as a general rule, I find 'grey areas' in life quite confusing. I bring this up now because I know many people, myself included, may be frustrated by the way the coronavirus has forced us to change many of the things that we do, including altering our traditions for various holidays. And while it can feel like a holiday is being lost, if I stop to ask myself the two questions (1. What do I value?, 2. What is it that I *can* do?) I am able to find something positive to hold on to, something worth celebrating. Whatever colours you use to mark the holiday season, I hope you can identify any black-and-white thinking and seek out a little grey instead.

## SEAC Updates

### **Waterloo Region District School Board Special Education Advisory Committee (SEAC) Update**

*Submitted by Carmen Sutherland*

Much of SEAC was spent discussing the experience of the new school year. Students are being respectful of all the safety precautions they need to take. As of the meeting, 3000 students were about to transition from in-person learning to virtual learning. The attendance in self-contained classrooms is good. Strong relationships are still continuing to be built, and for some, technology has allowed students to experience a more equal opportunity in education. EAs are still supporting distance learning. Parent involvement has also been positive. The next opportunity for switching between distance and in person learning is in February.

In terms of the specifics of what school re-opening has looked like, there have been many safety precautions taken. For example, there are portable sinks so that students can wash their hands more often, and “Xs” to show the two metre distance.

The schools are finishing off the IPRCs from last year and finished on October 30. In terms of IEPs, even though they are typically done within the first 30 days of the school year, this year they will have been distributed by October 30. IEPs and IPRCs can both be signed digitally. At first, some accommodations that only seemed to apply to the classroom were going to be removed from virtual learning, but then they decided to leave some in because it helped parents ask questions about addressing their children’s learning needs. There have been some concerns about meeting the needs of students who are technology free, but there have been some good connections on the telephone.

In terms of filling EA positions, no supports have moved out of schools. Students in ACE classes, including online, are still with their home classes. There is also a COVID screener from the province so that people can come back to work faster. If necessary, large numbers of EAs and itinerant teachers can be moved around.

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

*Submitted by Karen Kovats*

WCDSB SEAC met virtually on October 7. Our meeting included two very informative presentations. Lauren McDonald expanded our knowledge about the ongoing professional development for supporting students on the Autism spectrum. The different levels of support for students and the additional support for in-school teams were highlighted.

Sharon Porty provided a Mental Health Report sharing information from the School Mental Health Ontario website. She spoke to the professional development leading up to the start of school and the focus of the 2020/2021 year.

Trustees shared an update. Please see link below for information regarding the September Board meeting.

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

Associations updates were shared.

Our next meeting will be held virtually on November 4 at 6 pm.

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

## SEAC Updates

### What's Happening at WRFN...

**All WRFN programs will continue to be offered in virtual format or through phone and email connections until further notice.**

**We will be listing online and virtual resources that we think will be helpful. 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)

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

During this current COVID-19 health crisis, 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.

## What's Happening at WRFN...

### 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)

The group meets virtually on the last Wednesday of each month at 7pm. The next meeting will be on November 25. A monthly daytime meeting has also been added. This group will meet on the second Tuesday of each month at 10 am. The first daytime meeting will be on November 10 via Zoom.

### 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). I will make sure to keep you on the email list so that you receive a Zoom invite and I will also keep you aware if we ever change or add a meeting date.



**OCTOBER 6, 2020**  
Caregiver Fatigue & Burnout  
with guest Catherine Legere

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**NOVEMBER 3, 2020**  
The Role of Siblings

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**DECEMBER 1, 2020**  
Celebrate the Season Social Night

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**All meetings start at 7:30pm**

**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.

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

**All meetings are virtual Zoom meetings**

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RSVP to Mary at [maryjpike@hotmail.com](mailto:maryjpike@hotmail.com) if you would like to join us.



### 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 at 7:30 pm.

Upcoming dates and topics are:

November 3, 2020 The Role of Siblings

December 1, 2020 Celebrate the Season Social Night

For more information please email [maryjpike@hotmail.com](mailto:maryjpike@hotmail.com)

## Information, Resources, & Opportunities

The **Children and Youth Planning Table (CYPT)** in partnership with the Canadian Index of Wellbeing (CIW) at the University of Waterloo, UNICEF Canada, and the Ontario Trillium Foundation (OTF) partnered to develop the prototype of a new child and youth well-being survey. Aligned with the Canadian Index of Well-being (developed by UNICEF Canada), the “Youth Impact Survey” measures and monitors the well-being of children and youth.

The preliminary results of the survey will be released over the next several months and can be found on the [CYPT website](#).

“Not Another Webinar” has been created by the **Children & Youth Planning Table** with parents and educators in mind, to support finding tools and strategies to have a smooth and successful transition for not only the children, but for the parents and educators as well.

These short videos and compilation of valuable resources, created by our community partners and put together specifically to help you save time and get exactly what you need, right now. This is **not another webinar**, it’s a collection of short and easy to implement lessons that will make your transition back to a classroom that much better!

The videos can be found here:

<https://childrenandyouthplanningtable.ca/not-another-webinar/>

A support group for **Black Caregivers** of people with exceptionalities is beginning November 10. See below for more information and how to sign up.

### “It takes a Village” Black Parent Support Group



**Are you caring for someone with special needs?  
Join this unique support group for  
Black Caregivers**

**For Who:** A group for Black caregivers of children or adults with intellectual or developmental disabilities

**Why:** Network, build connections, problem-solve, share resources, feel less isolated, talk to others who get it

**When:** Monthly beginning Tuesday November 10<sup>th</sup>, from 7:00 – 8:30 pm.  
After our first meeting, our monthly dates will be shared with the group

**Where:** via ZOOM; via phone; or online device

For more information and to register, contact Clovis or Sherron Grant

Email: [sherron\\_grant@rogers.com](mailto:sherron_grant@rogers.com)

## Information, Resources, & Opportunities



Adults in Motion Cambridge has expanded their services to include a weekly LIFESKILLS RESPITE PROGRAM on Tuesdays and Thursday from 3:30-7:30pm.

Take a break and enroll for evenings of one-to-one learning in the kitchen, practicing life skills and relaxing while safely socializing with friends.

465 Avenue Road  
Cambridge, ON  
\$67/session. Dinner cost included.

For **more information about this program** and to learn about our **robust** COVID safety measures please call or visit [AdultsinMotion.org](http://AdultsinMotion.org), Southern Ontario Disability Programs and Services.

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Interesting app/technology that's SSAH/Passport funding eligible. See below or go here: <http://futuresfound.ca/brain-in-hand.html> for more information!



ELIGIBLE EXPENSE

SSAH / Passport Funding

## Brain in Hand

**Develops + supports independent living, employment + study skills.**

Brain in Hand combines solutions-focused **planning** with a digital software **system** and people-connected **support**. It aims to help you work out the goals you want to achieve in life, and then get you going with practical strategies that play to your strengths. Support can be accessed any time from your smartphone or tablet, so you can carry all the help you need wherever you go.

**All ears to learn more?**

Contact your Brain in Hand Specialist:

**Marilyn Ellis**, Registered Psychologist (Qualifying)  
5106 Ridgewell Road, Burlington, ON L7L 6N9  
905.407.1494 | [www.futuresfound.ca](http://www.futuresfound.ca) | [contact@futuresfound.ca](mailto:contact@futuresfound.ca)  
Book a **free consult** or appointment @ <https://bit.ly/3ZKAPGh>



TRY APP DEMO




**braininhand**  
personal technology for independent living

by **D**istinctability

**Futures Found**  
head in the right direction

## Information, Resources, & Opportunities

### Living with a Disability During COVID-19?

The **Abilities Centre** is administering a COVID-19 Disability Survey is a special initiative to record the experiences, concerns and needs of people with disabilities during the COVID-19 outbreak and recovery period. The survey's findings will provide important information to help communities ensure that COVID-19 response strategies meet the needs of people of all abilities.

Go to <https://abilitiescentre.org/disabilitysurvey> for more information and to participate in this important survey.

Beginning on November 3, **CAMH** and the **Canadian Institutes of Health Research** will begin a 6-week webinar on mental health for adults with developmental disabilities during COVID for family caregivers.

Click [here](#) for more information and registration.

**CAMH's** Project ECHO is beginning a virtual course on November 6 for mental health/primary care providers and developmental service providers who support adults with intellectual and/or developmental disabilities. The curriculum will specifically address the mental health challenges that this population can face during the COVID-19 pandemic.

Click flyer below or [here](#) for more information and registration.

### ECHO Canada Adult Intellectual & Developmental Disabilities: Mental Health in the Time Of COVID-19

ECHO is a virtual, interactive education and capacity building model that supports health care providers in delivering high quality, evidence-based mental health and addictions care in their local communities.

This program is for mental health/primary care providers and developmental service providers across Canada who support adults with intellectual/developmental disabilities and mental health concerns. This curriculum will specifically address the mental health challenges that this population can face during the time of the COVID-19 pandemic. Topics that will be presented during this program include: providing virtual mental health supports, depression and anxiety, evaluating suicide risk, facilitating supported decision-making, emergency preparedness and promoting resilience for people with intellectual and developmental disabilities, caregivers and providers.

**Schedule**  
Starting November 6  
Fridays  
10:00 - 11:30 am EST  
6 weeks

**Curriculum**  
Review sample curriculum [here](#)

To register, please [click here](#).



Connect with health care and developmental service providers across Canada to gain new skills, knowledge, and confidence in mental health and addictions care! It's fun and offered at no cost!




## Information, Resources, & Opportunities

**Cambridge Memorial Hospital** is offering a FREE virtual breastfeeding workshop on December 1.

Parents can ask questions, learn tips to latch, how birth impacts breastfeeding, resources and lots of encouragement and support.

See below for more information & how to sign up!


Free breastfeeding workshop

### Virtual Learn to Breastfeed 101

Cambridge Memorial Hospital

**What you will learn with an International Board Certified Lactation Consultant:**


- Breastfeeding basics
- Benefits of breastfeeding
- Learning to breastfeed
- Learning to latch
- Tips and tools
- Ask breastfeeding questions
- Breastfeeding techniques

**When:**  
 Tuesday November 3, 2020 or  
 Tuesday December 1, 2020  
 6:30-8pm

**This workshop is virtual. Good wifi, working phone/ computer camera and mic are required.**

Image courtesy: wdpublichealth.ca

Instructions on how to login will be provided upon registration.  
 Registration is first come, first serve. Space is limited.  
 Email: [theinemann@cmh.org](mailto:theinemann@cmh.org)  
 For patients of CMH 34 weeks + gestation



Register with Tania Heinemann IBCLC: [Theinemann@cmh.org](mailto:Theinemann@cmh.org)

**Developmental Services Ontario (DSO)** has launched Passport eCLAIM, which is an electronic way to submit your passport invoices. For more information and to submit your invoices go to:

<https://www.dsontario.ca/passport-program/learn-about-passport-eclaim>

**DSO** is also sponsoring a free webinar on RESPs, RDSPs and OSAP - Flexibility, Bursaries and Accommodations for people with Special Needs on Tuesday, November 10 from 7-8 pm presented by Kenneth C. Pope, LLB, TEP, and Greg Anthoine, RESP Licensed Specialist

To register, go to [https://us02web.zoom.us/webinar/register/WN\\_RVPootK-RluxZizm\\_Yxgyg](https://us02web.zoom.us/webinar/register/WN_RVPootK-RluxZizm_Yxgyg).

## Information, Resources, & Opportunities

**DSO's Housing Navigators** will be rebroadcasting its virtual discussion of 4 families who have developed innovative housing plans for their relatives on Nov 16 at 6:30pm For more info see below & to register go to: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ehdb1h81df94d46d&oseq=&c=&ch=>

### Inspiring Families

Presentation Replay

Join DSO Housing Navigators on November 16<sup>th</sup> from 6:30 to 8:30 pm for a replay of their recorded virtual discussion with four families who have created an innovative housing plan for their family members.

**Here's what you can learn:**

- why and how families came together to create housing solutions;
- how they developed a shared vision;
- which resources they used to support their plan;
- what worked for them and what didn't.



**Featured recorded guests include:**  
 Christine Cannon – Shared Dreams for Independent Living  
 Vicki McCallum and Karen Alexander – Community Oak Park  
 Louise Cheung – Five's Company by the Lake  
 Minda Bojin – Ottawa Family Group

**DSO Housing Navigators will facilitate a question and answer period after the recorded presentation.**

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Questions about this event can be sent to:

Katherine Pickard – [kpickard@yasn.ca](mailto:kpickard@yasn.ca)  
 Martha Beach – [mbeach@dsosr.com](mailto:mbeach@dsosr.com)  
 Amber Armstrong – [a.armstrong@sunbeamcommunity.ca](mailto:a.armstrong@sunbeamcommunity.ca)




**DSO**  
 Developmental Services Ontario  
 Developmental Services Ontario (DSO) helps adults with developmental disabilities find services and supports in their community.

**CONNECT WITH US!**  
[dsontario.ca](http://dsontario.ca)

[f](#) [t](#) [in](#) [@](#)

YMCA is offering free Move for Fitness classes throughout the month of November. See below for topics and classes and register at <https://form.jotform.com/202816203993254>



**MOVE FOR HEALTH**  
**FREE WORKSHOPS**  
 All workshops will be hosted on ZOOM.

**Registration is required. Register today:**  
[http://bit.ly/YMCAWORKSHOPS\\_NOVDEC2020](http://bit.ly/YMCAWORKSHOPS_NOVDEC2020)

**FALLS PREVENTION** - *Speaker: Meagan Meade R.Kin*  
**Tuesday November 3, 2020 | 11:00AM – 12:30PM**  
 November is Falls Prevention Month. Falls affect everyone, and we all have a role to play in preventing them. Attend this workshop to learn more about fall prevention, including steps you can take right now to work towards preventing falls.

**POSTURE** - *Speaker: Katelyn Corke R.Kin*  
**Thursday November 12, 2020 | 11:00AM – 12:30PM**  
 Get a fresh perspective on how your posture can affect your health. Attend this workshop to gain insight into what posture is, how it affects us and take away some practical tips, tricks and exercises to support beneficial postural positions. To get the most out of this workshop have a broomstick, open wall space to stand against and a stable chair ready.

**BALANCE TRAINING** - *Speaker: Eliza Reid R.Kin*  
**Friday November 13, 2020 | 10:00AM – 11:30AM**  
 Balance is key to safe movement. If we don't train for balance as we age, we can lose it. Attend this workshop to increase your understanding of balance training, learn how to incorporate it into your routine, and how it can help you feel more confident on your feet. If you would like to try some of the balance exercises during the workshop, please have a stable surface to hold onto.

**MINDFULNESS MINISERIES** - *Speaker: Meagan Meade R.Kin*  
**Tuesday November 17, November 24, December 1 & December 8, 2020**  
**12:00PM – 12:45PM**  
 Take part in this 4-week Mindfulness Miniseries to further explore the benefits of mindfulness and meditation and how they can play a role in your life. Throughout the miniseries you will gain practical knowledge and be introduced to different meditation types to help you find what works for you.  
 November 17: What it means to be mindful, and how a meditation practice can play a role.  
 November 24: How the physical body can help us in our mindfulness and meditation practice.  
 December 1: The role of mindfulness and meditation in stress management.  
 December 8: The role of mindfulness in emotional regulation, and how meditation fits in.

**RESISTANCE BAND 101** - *Speaker: Katelyn Corke R.Kin*  
**Tuesday November 27, 2020 | 9:00AM – 10:00AM**  
 Looking for more guidance on how to use your resistance band effectively? Attend this workshop to learn how to safely use a resistance band for strength training at home. Leave with tips, tricks, and cues to feel confident executing various exercises. To get the most out of it please have a stable chair, an area free of tripping hazards, and your resistance band.

## Information & Resources

**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/>

Additionally, **Kerry's Place Portal** offers an array of resources, including webinars and printable resources made available to persons with ASD, their families, educators, and anyone interested in learning about Autism Spectrum Disorder, and supportive strategies, across the Province of Ontario. Kerry's Place aims to provide a comprehensive overview of various topics in 15-30 minutes segments, available to view, pause, and review at one's leisure, while the one-page resources are downloadable, and printable.

Link is here: <https://www.kerrysplace.org/theportal/>

For more information on what is available in Waterloo Region go to their website:

<https://www.kerrysplace.org/support-and-services/central-region/waterloo/>



Help is here when families need it the most. No diagnosis needed. When a family has questions about their child's development, **KidsAbility** is often the first call that they make. We are here to answer that call and the many questions you may have from where to start to what services might be available to support you and your child. KidsAbility provides Foundational Family Services to anyone in our community—no diagnosis needed. Funded through the Ministry of Children, Community and Social Services, Foundational Family Services provided by KidsAbility through the Ontario Autism Program break down barriers so that anyone in our community with questions or who may be concerned that their child is facing challenges can access services and support when they need it the most. Our dedicated, professional staff will work with you to find workshops, resources, groups, support and more to help you be successful. We are here for you regardless of where you are on your journey or simply if you are supporting someone on their own journey. You do not need to be a KidsAbility family to access these services.

**Help is here.**

Learn more: [kidsability.ca/foundational-services](https://kidsability.ca/foundational-services)

## Information & Resources

**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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Given the changes to education, cancellation of student work experiences and limitations to inclusion opportunities, **Community Living Ontario's** Student Links might be a great option for students and could help with transition planning and practical skill development. Student Links program is a free initiative where they seek to partner high school students (14-21+) who have intellectual disabilities with mentors in the community who share a common interest. This is done in the hope of helping teach/mentor students to develop their passions, grow as an individual, gain experience and explore potential ideas/roles for life after school. Each of our students has unique interests, passions, and needs and we try to partner our students with the best match we can.

Student Links will continue to focus on 1-on-1 learning opportunities for students (14-21+). At this time, we will be doing our best to connect students with mentors and people in the community via online/virtual meetings, telephone calls and/or emails based on shared interests. We will continue to prioritize individual connections and, if possible, we will consider other ways to connect students and mentors with our larger community.

For more information, please contact Natalie Bianco at 416-859-8581 or email Natalie at [nbianco@communitylivingontario.ca](mailto:nbianco@communitylivingontario.ca)

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## Information & Resources

**Partners for Planning** is excited to introduce a brand-new series called the Fundamentals of Future Planning, a six-part enhanced webcast offering. Over the course of three months, guest speakers will share their expertise on a variety of topics and highlight the steps families can take to plan for a secure future with their loved one.

For more information and registration, go to:

<https://www.planningnetwork.ca/en-ca/Events/28512/Fundamentals-of-Future-Planning>

**Dr. Ross Greene (4children.ca)** is offering a 2-day Virtual Advanced Training Workshop on the key themes and key assessment and treatment facets of the Collaborative & Proactive Solutions (CPS) model. You will receive in-depth training and review of the model through direct lecture-style teaching by Dr. Greene including interactive participation, case studies, video examples, and question and answer opportunities.















For more information and to register, go to

<https://campaign.gmdpages.com/4children-dr-greenes-2-day-workshop/>

**Woolwich Counselling** is pleased to announce our up-coming groups and workshops for the 2020-2021 season. Our groups are being introduced at no cost to attend these virtual sessions.

Pre-registration is required, keeping in mind that space is limited.

See below for groups and go to [woolwichcounselling.org](http://woolwichcounselling.org) for registration and more information.


 <b>WOOLWICH COUNSELLING CENTRE</b> 2020-2021 Programs 65 Memorial Ave, Elmira ON N3B 2R9 ~ 519 669 8651 ~ info@woolwichcounselling.org www.woolwichcounselling.org	
 <b>Glad to be ME - Ages 4-7</b> <b>Self-Esteem Program</b> Oct 28, Nov 25, 2020, Jan 27, Feb 23, Mar 31, Apr 28, & May 26, 2021 ~ 4:00-5:00pm	 <b>Understanding Cognitive Behaviour Therapy (CBT)</b> Oct 20, 2020 ~ 7:00-8:00pm
 <b>No Need to Fret - Ages 8-11</b> <b>Childhood Anxiety Group</b> ~ 5:00-6:00pm Group 1: Oct 27, Nov 3, 10, 17 & 24, 2020 Group 2: Mar 30, Apr 6, 13, 20 & 27, 2021	 <b>Coping with Loneliness</b> Oct 27, 2020 ~ 7:00-8:00pm
 <b>Conquering Teen Anxiety - Ages 12-14</b> <b>Teen Anxiety Group</b> Oct 28, Nov 4, 11, 18 & 25, 2020 ~ 5:00-6:00pm Mar 30, Apr 6, 13, 20 & 27, 2021 ~ 7:00-8:00pm	 <b>The Importance of Self-Care</b> Nov 3, 2020 ~ 7:00-8:00pm
 <b>LGBTQ+ Awareness &amp; Support</b> Awareness: Nov 10, 2020 & Feb 2, 2021 ~ 7:00-8:00pm Support: Feb 10, 24, Mar 10, 24, Apr 7 & 21, 2021 ~ 4:00-5:00pm	 <b>Mindfulness</b> Nov 5, 12, 19, 26, Dec 3 & 10, 2020 ~ 7:00-8:00pm Mar 25, Apr 1, 8, 15, 22 & 29, 2021 ~ 7:00-8:00pm
 <b>Protecting the Girl in Me - Ages 10-12</b> <b>Self-Awareness Group for Girls</b> Jan 20, 27, Feb 3, 10 & 17, 2021 ~ 5:00-6:00pm	 <b>CBT Skills Group</b> Nov 10, 17, 24, Dec 1, 8 & 15, 2020 ~ 6:30-7:30pm
 <b>Stand Tall - Ages 7-9</b> <b>Assertiveness Building</b> May 5, 12, 19, 26 & Jun 2, 2021 ~ 5:00-6:00pm	 <b>Coping with the Winter Blues</b> Jan 26, 2021 ~ 7:00-8:00pm
 <b>CBT for Insomnia</b> Feb 2, 9, 16, 23, Mar 2 & 9, 2021 ~ 6:30-7:30pm	
Visit <a href="http://www.woolwichcounselling.org">www.woolwichcounselling.org</a> for more program details. Call 519-669-8651 or email <a href="mailto:info@woolwichcounselling.org">info@woolwichcounselling.org</a> to register.	

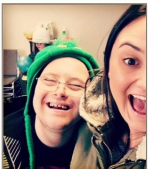
## Information & Resources

**Recreational Respite** continues to promote inclusion, encourage community participation and nurture social connectivity. We understand how imperative it is to stay connected. They bring you unique, interactive opportunities, that provide innovative and experiential outcomes in 1:1, mini or small group virtual settings. That's right, these programs are now available online! With school returning, Recreational Respite is also providing 1:1 tutoring support from a qualified EA/Recreation Therapist. This can be done in person or virtually as well at the rate of \$29.50/hour+tax

They can be found on their website here: [www.recrespite.com/virtual-services/](http://www.recrespite.com/virtual-services/)


### National Service Updates






**1:1 Respite Support (in home/community)**  
Our recreation therapists work 1:1 with children, youth and adults with disabilities in their homes, direct community or virtual space. Our services are for those who typically face barriers to inclusive participation or struggle with social relationships, self-regulation and coping strategies. Respite services can be short or long term and are goal directed with each individual's needs, abilities, strengths and interests as our primary focus. These supports can also be available specifically focused on personalized classroom and homework support. We'll develop strategies for diverse learners that consider each student's unique learning needs and supports.

**Hourly \$29.50**



**Build It Workshops**  
These unique workshops are for those ages 12-17 and 18+. They aim to provide independent skill mastery for children, youth and adults who want to acquire new skills with productive outcomes. These person centred workshops will cultivate life skills and promote self-care.

**1.5 hour workshop \$24.50**  
**2 hour workshop \$39.50**



**Virtual Group Programs**  
Virtual sessions offer unique small group experiences that promote engagement, inclusion and social connectivity and are attached to experiential outcomes. The sessions are developed by our recreation therapists. Spaces are limited.

**Cost: \$15.00 per program**

For more information 1-877-855-7070  
[info@recrespite.com](mailto:info@recrespite.com) and [recrespite.com/services/](http://recrespite.com/services/)

**Carizon** is local non-profit that helps families thrive in their communities by strengthening their mental health and wellbeing.

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

## Information & Resources

**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>

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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).

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

## Information & Resources

### More from Extend-A-Family Waterloo Region:

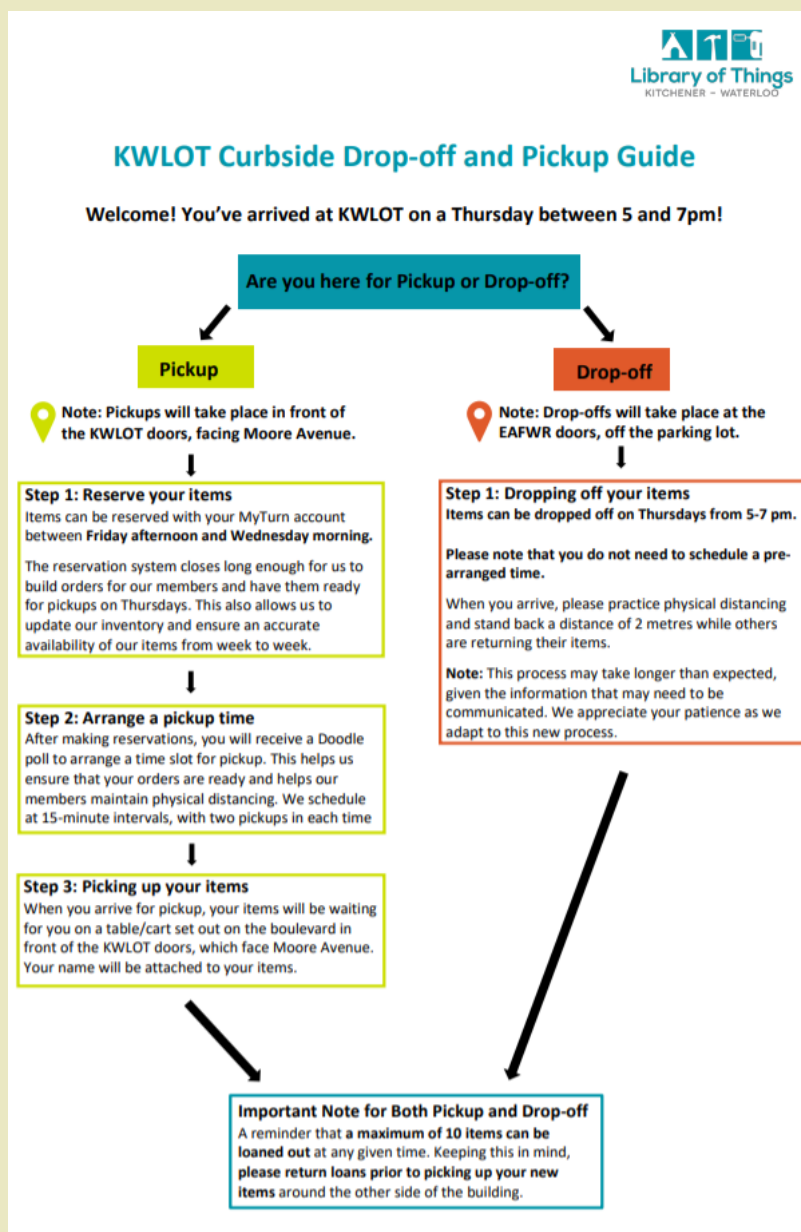


Looking to connect to folks on a weekly basis?

Join one of our virtual Open Spaces on Monday evenings! Both begin at 6:30pm.

Email Kim Sproul for more details!  
[kim.sproul@eafwr.on.ca](mailto:kim.sproul@eafwr.on.ca)

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.



## Information & Resources

**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.

Go to <https://brightsideabaservices.com/>

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**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.

Family Compass has added a Back to School bucket on their Covid-19 webpage. Parents can access resources and articles pertaining to children and youth returning to school during the pandemic. Resources are being added daily and can be accessed via their COVID-19 response link:

<https://childrenandyouthplanningtable.ca/covid-19-resources-for-children-youth-and-families/>

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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## 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)

### 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)



### 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.


**BeEmployed.ca**



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



The document below shows what safety protocols are in place and what to expect when having an in-person appointment or entering the building at Lutherwood.



**COVID-19 Screening Questions**

1. Do you have one or a combination of any of the following common symptoms of COVID-19 that are not related to any known causes or conditions including:
  - Fever (temperature of 37.8°C or greater)
  - New or worsening cough
  - Shortness of breath
2. Do you have one or combination of any of the following other COVID-19 symptoms that are not related to any known causes or conditions such as allergies, cold weather, anxiety, etc. including:
  - Sore throat
  - Runny nose or sneezing or nasal congestion
  - Difficulty swallowing
  - New lack of smell or taste
  - Nausea/vomiting, diarrhea, abdominal pain
3. Do you live with or have you had close prolonged (more than 15 minutes) contact with someone who has any of the above symptoms of COVID-19?
4. Do you live with someone who has a confirmed case of COVID-19?
5. Have you travelled outside of Canada in the past 14 days?
6. Do you live with someone who has travelled outside of Canada in the past 14 days?

**If you answer yes to any of the above, please contact the office to reschedule or to arrange a virtual/phone meeting.**

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35 Dickson Street  
Cambridge, ON N1E 7A6  
519-623-9380

89 Woodham Street North  
Cambridge, ON N1E 4E9  
519-822-4141

165 King Street East  
Kitchener, ON N2C 2E8  
519-743-2460

1770 King Street East  
Kitchener, ON N2H 2Z1  
519-749-2992

41 Weber Street West  
Kitchener, ON N1C 2P1  
519-749-2450

285 Benjamin Road  
Windsor, ON N2C 2B4  
519-864-6700

## Information & Resources

The University of Waterloo has a research opportunity for parents of a child, 6-12 years old with physical special needs. See poster below for more information and/or see the signup form with the newsletter/blog post. The password to access the form is SIRRL2020:

[https://uwaterloo.ca/1.qualtrics.com/jfe/form/SV\\_72QNTGBIZNThQDr](https://uwaterloo.ca/1.qualtrics.com/jfe/form/SV_72QNTGBIZNThQDr)

University of Waterloo

**User-focused study of robot interaction methods**

If you have a child who is 6-12 years old with physical special needs, especially upper-body gross and fine motor special needs, you and your child may be eligible participate in a robot design focus group

**The Social and Intelligent Robotics Research Laboratory (SIRRL) needs your help!**

We are conducting an online study regarding a robot that facilitates play between children regardless of special physical needs.

We need children accompanied by their guardians (siblings and caretakers are welcome as well) to call us at the SIRRL lab at the university of waterloo in order to give feedback regarding a new state-of-the-art robot prototype and suggest improvements on it. Please note that your call will be recorded for research review only. The call will be either a phone call or virtual meeting on a conferencing software.

Participants' input and opinion will be invaluable in the final touches leading up to trials with the robot.



We hope this will be an exciting activity for participating children and will result in a more accessible play activities that account for their needs.

Participants will receive:


- A \$20 Tim Horton's or Walmart gift card of choice
- A tour of the SIRRL lab showcasing new and advanced social robots once the university re-opens for public

**Are you eligible?**

- Have a child age between 6-12 with an upper limb fine or gross motor challenges
- Willing to spend about 30 minutes – 1 hour of your time

If you're interested email a member of the study team:  
hmahdi@uwaterloo.ca



This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee

### **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

### Better Nights, Better Days for Children with Neurodevelopmental Disorders (BNBD-NDD)

An Online Behavioural Treatment for Pediatric Sleep Issues in Children with Neurodevelopmental Disorders

**Better Nights, Better Days**  
for Children with Neurodevelopmental Disorders

**~90% of children with Neurodevelopmental Disorders experience Insomnia**

**Insomnia is categorized by:**

- Resisting bedtime
- Trouble falling asleep
- Night awakenings
- Waking too early in the morning

Sound familiar? Consider participating in our study!

Even a little sleep loss can lead to big problems. It can make it harder for your child to:

- control their behaviour
- control their emotions
- play safely
- be physically active
- make healthy eating choices
- learn

**Better Nights, Better Days**  
for Children with Neurodevelopmental Disorders

An online program that provides accessible, evidence-based treatment tailored for children ages 4-12 years old with Attention Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD)

**Distance Treatment Program**  
The online program is fully accessible from computers, laptops, tablets, or smartphones

**Save Time and Money**  
All information and materials are provided online - no need to travel to appointments!

**The Latest Research**  
Using evidence-based research and best clinical practice, the program has been developed by a team of leading health experts across Canada

**Support from Start to Finish**  
Built-in support and program tools will guide and motivate you as you complete the program

**Empower Parents**  
The program is designed to empower you to improve your child's sleep on your own. You can rest assured that the information and support you require is at your fingertips

**Transdiagnostic Approach**  
Specifically developed to meet the unique needs of children with ADHD, ASD, CP and FASD

bnbnd-ndd@dal.ca  
www.ndd.betternightsbetterdays.ca

Contact Us

Logos for participating institutions: SickKids, University of Toronto, University of Montreal, McGill Western, etc.

Up to 90% of Canadian children with neurodevelopmental disorders (NDD) experience insomnia symptoms including trouble falling asleep, staying asleep, and/or waking too early. Insomnia can have a significant impact on children's daytime functioning. Poor sleep can lead to increased challenges with learning, attention, and can contribute to increased symptom presentation in children with neurodevelopmental disorders.

Evidence supports the effectiveness of behavioural treatments for insomnia. However, these interventions are not often available to families of children with NDDs. Developed by Dr. Penny Corkum (Dalhousie University; IWK Health Centre), Dr. Shelly Weiss (University of Toronto; SickKids), and their colleagues at institutions across Canada, the online sleep intervention program, *Better Nights, Better Days for Children with Neurodevelopmental Disorders (BNBD-NDD)*, offers a potential solution to address this barrier to care. BNBD-NDD is an evidence-based, transdiagnostic online program for parents with children ages 4-12 years old with Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD) that experience insomnia.

The *BNBD-NDD* program can help parents help their children to sleep better so that they can achieve the best academic outcomes.

Dr. Corkum, Dr. Weiss, and the *BNBD-NDD* research team are currently looking for 15 more families of children with ADHD, ASD, CP and/or FASD from across Canada to participate in this entirely online research study to evaluate the effectiveness of *BNBD-NDD*. Interested participants can get started at the following link: <http://ndd.betternightsbetterdays.ca/>

## 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**



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

**CCRW | CCRT**

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

<p style="text-align: center;"><b>Are you?</b></p> <ul style="list-style-type: none"> <li>• An individual who self-identifies as having a disability</li> <li>• Unemployed or under employed and ready to job search</li> <li>• Interested in gaining support to create a workplace accommodation plan?</li> <li>• Interested in connecting with employers who are actively hiring?</li> </ul> <p style="text-align: center;"><i>To be eligible for funding you must not have been on EI currently or in past 3-5 years</i></p>	<p style="text-align: center;"><b>Contact Info:</b></p> <p style="text-align: center;">Kathleen MacLeod Employment Facilitator (519) 571-6788 x 7661 kmacleod@ccrw.org <a href="http://www.ccrw.org">www.ccrw.org</a></p>
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Canadian Council on Rehabilitation and Work  
127 Victoria St South, Suite 201, Kitchener ON N2G 2B4

## Information & Resources

### Sick Kids CCMH Live Webinars - September 2020 - February 2021

Topic - Certificate Program in Children's Grief and Bereavement

Module 1: Children at the Bedside.

Module 2: When Death Darkens the Door.

Module 3: When Grief Gets More Complicated.

Module 4: Using Mindfulness and Compassion to Support Grieving Children/Families.

Module 5: Dancing in the Darkness.



Premie Parents of Waterloo-Wellington remains available online through our private Facebook group: <https://www.facebook.com/groups/premiepowwr>.

We look forward to returning to the Cambridge Family Early Years Centre and Our Place Family Resource and Early Years Centre as soon as it is deemed safe to do so.

In the meantime, we suggest you review the Canadian Premature Babies Foundation's website to see the supports and resources available to you during this pandemic.

Visit: <https://www.cpbf-fbpc.org/covid19>

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# Information & Resources




Sign up for November Classes Today!  
(November 16 - December 22, 2020)

Once you have completed our registration, a LEG Up! Instructor will contact you with the Zoom link, supplies/supply lists, detailed recipes and other important information for each class.

Courses and contact information can be found on the schedule below:

 <b>ONLINE CLASSES AT KW HAB (November and December)</b>		 <b>ONLINE CLASSES AT KW HAB (November and December)</b>	
<b>Wednesday</b> <b>MUSIC WITH LEN</b> 10:00-10:30 Registration required Contact <a href="mailto:isprowl@kwhab.ca">isprowl@kwhab.ca</a>  <b>SING A LONG WITH BETH (FREE)</b> 11:00-11:30 <a href="https://us02web.zoom.us/j/709152336">https://us02web.zoom.us/j/709152336</a>  Meeting ID: 709 152 336 Passcode: 393894	<b>LEG UP! – HOLIDAY ARTS &amp; CRAFTS</b> 1:00-2:00 Registration required Contact <a href="mailto:Legup@kwhab.ca">Legup@kwhab.ca</a>  <b>ARTSHINE WITH MONICA</b> 1:30-2:00 Registration required Contact <a href="mailto:isprowl@kwhab.ca">isprowl@kwhab.ca</a>	<b>Monday</b> <b>GLEE WITH KATIE</b> 9:30-10:00 Registration required Contact <a href="mailto:isprowl@kwhab.ca">isprowl@kwhab.ca</a>  <b>SING A LONG WITH BRAD (FREE)</b> 11:00-11:30 <a href="https://us02web.zoom.us/j/709152336">https://us02web.zoom.us/j/709152336</a>  Meeting ID: 709 152 336 Passcode: 393894	<b>Afternoon</b> <b>LEG UP! HOLIDAY ACTIVITIES &amp; MUSIC</b> 1:00-2:00 Registration required Contact <a href="mailto:Legup@kwhab.ca">Legup@kwhab.ca</a>
<b>Thursday</b> <b>DRUMMING WITH SAM</b> 11:00-11:30 Registration required Contact <a href="mailto:isprowl@kwhab.ca">isprowl@kwhab.ca</a>	<b>LEG UP! – LET'S MAKE CHRISTMAS CARDS</b> 1:00-2:00 Registration required Contact <a href="mailto:Legup@kwhab.ca">Legup@kwhab.ca</a>  <b>MUSIC WITH KATIE</b> 1:45 – 2:15 Registration required Contact <a href="mailto:isprowl@kwhab.ca">isprowl@kwhab.ca</a>	<b>Tuesday</b> <b>MINDFULNESS WITH WILMA (FREE)</b> 9:00-9:30 <a href="https://us02web.zoom.us/j/81201419669">https://us02web.zoom.us/j/81201419669</a> Meeting ID: 812 0141 9669  <b>CHAIR YOGA WITH WILMA (FREE)</b> 9:30-10:00 <a href="https://us02web.zoom.us/j/81201419669">https://us02web.zoom.us/j/81201419669</a> Meeting ID: 812 0141 9669  <b>SPEAK UP! WITH WILMA (FREE)</b> 10:30-11:00 <a href="https://us02web.zoom.us/j/81201419669">https://us02web.zoom.us/j/81201419669</a>  <b>LEG UP! – LET'S BAKE CHRISTMAS TREATS</b> 11:00-12:00 Registration required Contact <a href="mailto:Legup@kwhab.ca">Legup@kwhab.ca</a>	<b>ARTSHINE WITH MONICA</b> 1:30-2:00 Registration required Contact <a href="mailto:isprowl@kwhab.ca">isprowl@kwhab.ca</a>

 <b>ONLINE CLASSES AT KW HAB (November and December)</b>	
<b>Friday</b> <b>MINDFULNESS WITH RACHEL (FREE)</b> 9:00-9:30 <a href="https://us02web.zoom.us/j/81201419669">https://us02web.zoom.us/j/81201419669</a>  <b>LEG UP! – HOLIDAY PIES AND DESSERTS</b> 10 AM – 11 AM Registration required Contact <a href="mailto:Legup@kwhab.ca">Legup@kwhab.ca</a>  <b>SING A LONG WITH ALISON (FREE)</b> 11:00-11:30 <a href="https://us02web.zoom.us/j/709152336">https://us02web.zoom.us/j/709152336</a>  Meeting ID: 709 152 336 Passcode: 393894	

**\*\*\*PLEASE NOTE: LEG UP! CLASSES WILL RUN NOV 16 – DEC 22, 2020**  
**FREE CLASSES WILL RUN WEEKLY UNTIL DEC 23, 2020**  
**VIBE CLASSES: PLEASE REGISTER FOR NOVEMBER AND/OR DECEMBER**

## Information & Resources

**Artshine Virtual Accessible Art For Kids, Teens & Adults** living with disabilities. Social distancing need not rob you of the joy that comes from expanding your art skills! We've got live video lessons via Zoom for all ages, with art supplies mailed to you in advance!

Max 20 participants for personalized attention.

Supplies are pre-shipped to your group home or to each participant's home, with exciting new mediums every month.

Click the picture below or [here](#) for more information!



**ACCESSIBLE ART**  
**VIRTUAL WORKSHOPS**

VIA ZOOM

for KIDS, TEENS & ADULTS LIVING WITH DISABILITIES

**EASY-TO-FOLLOW LESSONS**

max **20** participants Personalized attention catering to all skill levels.

EXCITING NEW MEDIUMS EVERY MONTH!

**SUPPLIES PRE-SHIPPED**

to your group home or to each participant's home

**\$75** FOR A 4-WORKSHOP PACKAGE  
(\* HST and shipping)

Email us directly at [manager@artshine.ca](mailto:manager@artshine.ca) or visit:

**ARTSHINE.CA**  
LET YOUR ART SHINE



## Information & Resources

**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.

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 around the reopening of our physical locations as it becomes available.

Please continue to check <http://earlyyearsinfo.ca/reopening/> often, and look out for messages through our [Email Newsletter](#) or social media pages on [Facebook](#) and [Twitter](#).

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**Our Place KW - Family Resource and Early Years Centre** continues to offer great programming this fall. Head over to <https://www.ourplacekw.ca/programs> for registration and more information

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[Parents for Children's Mental Health](#) is excited to offer virtual one-to-one peer support. It is available by calling one of our three sites and group information is available by emailing [selfhelpgroup@cmhaww.ca](mailto:selfhelpgroup@cmhaww.ca)

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See below for information on the **McMaster University** Autism Mentorship Program which is open to secondary students on the autism spectrum.

INTERESTED IN POST-SECONDARY SCHOOL? CONSIDER JOINING

### MCMASTER'S AUTISM MENTORSHIP PROGRAM

You will be paired with a **trained student mentor** from McMaster University who will be an online peer support that can answer questions about

- Post-secondary programs
- Extracurriculars and social life
- Student accessibility supports
- And anything else!



EMAIL US AT [MAAP@MCMASTER.CA](mailto:MAAP@MCMASTER.CA) TO SIGN UP!

Note: This program is for secondary school students on the autism spectrum.

## Information & Resources



**The A-Team of Waterloo Region** is primarily run by individuals with Aspergers Syndrome, for individuals with Aspergers Syndrome, with some assistance from WRFN. Their goal is to create a safe and welcoming environment to meet fellow adults (age 18+) with Aspergers Syndrome [or ASD – level 1], discuss topics of interest, share experiences, and embrace our neurological diversity.

Please go to <https://ateamwaterlooregion.wordpress.com/about/> for more information on how to register and attend the upcoming virtual meetings!

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**Infant Mental Health Promotion (IMHP)** at the Hospital for Sick Children, in collaboration with the Ontario Centre of Excellence for Child and Youth Mental Health (The Centre), Kids Brain Health Network (KBHN) and Children First would like to hear parents' thoughts on how child and youth **mental health system can improve the quality of services for children under 6 throughout the COVID-19 pandemic.**

Families are invited to complete the survey below, which focuses on understanding:

1. What information or services you accessed during the COVID-19 pandemic, in order to support your youngest child's well-being; and
2. How we could help to improve the quality of this information and services as we continue to move through the pandemic (and perhaps a second wave)

For additional information, please visit:  
<https://surveys.sickkids.ca/surveys/?s=EJWFY9JW4E>

## Information & Resources

The KW Chapter of **Association of Parent Support Groups Ontario** is currently meeting, via Zoom, on Wednesdays at 7:15pm. Contact Steve Keczem at 519-888-1053 or go to [apsgo.ca](http://apsgo.ca) for more information.



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**Plan Institute** is offering a 4-Part Online Learning Series on the proposed Canadian Disability Benefit. Registration is free.

Go to [Plan Institute Learning Series](#) for more information.

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**The Literacy Group** is conducting free, virtual clinics on Digital Literacy and Customer Service Skills. Go to [theliteracygroup.com](http://theliteracygroup.com) to enroll and for more information!

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The **Centre for ADHD Awareness, Canada** (CADDAC) has let us know of some virtual opportunities regarding ADHD awareness:

**[Shift Your Thinking Summit 2020 - November 13 - 15](#)**

3 Days of information sessions on learning differences. Topic include anxiety, sleep, technology, social interaction and more.

**[ADDitude Webinar - November 24, 1pm EST](#)**

Topic - ADHD Anger, Tantrums, and Mood Shifts: Effective Treatments for Emotional Dysregulation

## Information & Resources

See the flyer below or go to [jobsopportunitiesenterprise.org](http://jobsopportunitiesenterprise.org) for a virtual training opportunity this month! Deadline to register is November 6!

**got monday plans?**

HAVE FUN, MAKE FRIENDS AND GAIN AWESOME JOB SKILLS!

**SIGN UP FOR ONLINE TRAINING GROUNDS**

**MEET** new friends.  
**CONNECT** with local business owners.  
**LEARN** about food safety, money handling, customer service and more.  
**LEARN** about working for local businesses and organizations.

**WHEN:** 10 to 11 AM  
**WHERE:** Wherever YOU are on Zoom!  
**COST:** \$60 for six sessions

**SESSIONS:**

- November 9
- November 16
- November 23
- November 30
- December 7
- December 14

**To register:** email [jobs.opportunities.enterprise@gmail.com](mailto:jobs.opportunities.enterprise@gmail.com)  
**Registration Deadline:** November 6.

**JOE** jobs opportunities enterprise

Nicole Marchesseau, PhD  
 Project Manager, J.O.E.

(519) 994-3563 / (519) 994-3JOE  
[jobs.opportunities.enterprise@gmail.com](mailto:jobs.opportunities.enterprise@gmail.com)  
[jobsopportunitiesenterprise.org](http://jobsopportunitiesenterprise.org)