



Family Pulse

Educate. Connect. Empower.

Issue 102
October 2018

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Welcome to October!

We are excited to share information with you about our free [Family Conference](#) happening on November 3. Rob Klea, founder and Executive Director of New Trail Edventures Inc./New Trail Forest Therapy will be presenting on the benefits to health and wellbeing associated with being connected to nature. We will also be facilitating small group parent discussions on topics suggested by attendees. We hope you will be able to join us!

Have a great month!



[Support WRFN Today](#)

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

SEAC Updates

Waterloo Region District School Board - Special Education Advisory Update

Submitted by Carmen Sutherland and Deanna Driedger Seeger

- Welcome to the New School Year

Tools about leadership were shared.

#1 *The Power of Moments* (book) Most memorable moments founded on.... Four key elements: elevation, insight, pride and connection

#2 TED Talk - Leadership <https://youtu.be/uAy6EawKKME>

#3 Priorities & Conditions for Learning "Framework" Review * Framework includes pedagogy and assessment, relationships, and learning environment

- WRDSB Alternative Continuum of Education (ACE) Program * There was a discussion and handouts about what would be included in the curriculum. The main areas include literacy and mathematics, personal life management, and citizenship for all grade levels and Work and Transition Support (WATS) for the secondary grade levels.

-Name ACE much better sounding program name and much more flexible blend of academic content and skills building related to transitioning to adult living

- Pathways to Graduation - Kindergarten Self-Regulation Initiative

Lots of discussions and input about what would make this effective, including the idea that there are specific techniques that work for individuals with FASD, and that parents are often very knowledgeable.

- Fail to Fills

Last half of the year was recognized as having a higher than acceptable rate of fail to fills. Hiring has been done to address this.

- Ministry of Education has been very quiet with updates

- Ontario Human Rights Commission - Accessible Education for Students with Disabilities

Discussed devoting future time to review the recommendation section in the report - 160 pages

- Chair Report

Catholic School Board SEAC needs agency representation

The next SEAC meeting is Wednesday, October 10 at 7p.m. at the Education Centre, 51 Ardel Avenue,

Kitchener N2C 2R5.

Waterloo Catholic District School Board - Special Education Advisory Update

Submitted by Sue Simpson

Wednesday, September 5, 2018 was the first SEAC meeting for this school year.

SEAC Topics for the Year

The following topics and dates were suggested for meetings this year:

October 2018 – Board Improvement Plan for Student Achievement (BIPSA)

November 2018 – Special Education Liaisons and Community Support

December 2018 – Board Certified Behaviour Analysts (BCBAs) and Team Presentation

January 2019 – Safe Schools Portfolio Presentation

February 2019 – Equity and Bias Work

March 2019 – Math Strategy Update

April 2019 – Assisted Technology and Speech Language Pathologists

The Pro Grant will be a standing bi-monthly item.

Elections

Elections for the Chair and Vice Chair positions were held. Irene Holdbrook was re-elected as Chair for the coming year. Frank Thoms was elected as Vice Chair for the coming year.

Trustee update

There were no Trustee updates as no meetings have taken place yet for this year.

The next SEAC meeting will be on Wednesday, October 3, 2018, at 6:30pm at 35 Weber St. West, Kitchener.

What's Happening at WRFN...

WRFN FAMILY CONFERENCE

November 3, 2018

9:30 a.m. - 3:00 p.m.

Bingemans Conference Centre

425 Bingemans Centre Drive, Kitchener

Rob Klea



Connecting with Nature

In the morning presentation you will learn about the benefits to health and wellbeing, particularly for those with disabilities, associated with being connected to nature, how to become connected to nature and what to do if it is challenging to get outside.

Rob Klea is the founder and Executive Director of New Trail Adventures Inc. / New Trail Forest Therapy. He has over 30 years experience in the field of education and is a member in good standing with the Ontario College of Teachers. Rob has also been certified by the Association of Nature and Forest Therapy Guides and Programs as a Forest Therapy Guide. As an experiential educator, adventure based facilitator, ORCKA Canoe Trip Leader and instructor, Rob has developed many programs to support people of all ages within the context of the outdoors. Rob has been able to engage people in wilderness experiences designed to expand their understanding of self and develop the skills and personal awareness needed for life long empowerment. Rob has also spent much of his career in the field of adult education both as a consultant responsible for Behavioural Services as well as an instructor offering professional education courses at the university level. Rob has provided training to many different organizations and groups in the areas of special education, self-awareness, empowerment, behaviour management and nature connection.

Table Discussions led by Parents

The afternoon will allow parents to connect with each other to discuss topics relevant to your family. For example: finding and retaining support workers, creative strategies for funding use, what to expect when your child hits puberty, etc.

Childcare Provided

Caregivers can enjoy a full day of learning and connecting with others knowing that their loved ones (4+) are being cared for and having fun just down the hall!

This is a free event. For more information or to register please contact Krista McCann

Krista.McCannwrfn.info or 519-886-9150 ext. 2

Registration Deadline: October 27, 2018



School-Issue Parent Support Group—Do you have questions/concerns about school issues for your child/youth with special needs? Join us at our peer-led parent support group. This is a great opportunity to share questions, concerns and successful tips in a safe environment while learning from others.

The support group is held the last Wednesday of every month. Learn more [here](#).

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

What's Happening at WRFN...

Ask a Self-Advocate

Do you need to look at a challenge you are facing with a new perspective?

Would you like to bounce ideas off someone who can relate to what you, or your loved one, are going through?

Get new insight and ideas
Discuss your questions and concerns

Cristina was diagnosed with exceptionalities as an adult. Since then she has become active in the local special needs community serving as a mentor, public speaker, and self-advocate.

To request an appointment online:

www.surveymonkey.com/r/ZPGCC3Q

Or contact us for more information:

519-886-9150 ext. 4

Erin.Sutherland@wrfn.info



Open to people with disabilities, their families, or professional supports

Kaleidoscope Kids—Kaleidoscope is a free drop-in program. There is no age limit, and you are encouraged to bring your children with special needs, siblings, or come by yourself.

Kaleidoscope Kids meets every Friday from 10-11:30am. Learn more [here](#).

Communication My Way—Communication My Way is a peer-led augmentative and alternative communication (AAC) group for all ages and levels of AAC users and their caregivers. The group aims to connect AAC users and their caregivers in a friendly environment to develop skills and create friendships. Learn more [here](#).

What's Happening at WRFN...

PRESENTED BY BRIDGES TO BELONGING &
WATERLOO REGION FAMILY NETWORK

A NEW CHAPTER: FAMILIES MOVING FORWARD

Are you the parent/caregiver of a young adult
with disabilities?
Do you wonder how the future will look for your
child and yourself?



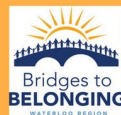
Please join us in sharing some of the challenges - and
solutions in supporting someone to build a full and
active life in the community.

Tuesdays from 6:30-8:30 PM

The Family Centre, 65 Hanson Ave. Kitchener, Room 1024

October 9 - November 27, 2018.

To register please contact
wnewbery@bridgestobelonging.ca
or 519-603-0998 ext. 223



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](#).

Going Back to Work: Ready or Not?

As parents of kids with special needs one or more parent often has to sacrifice a career or a chance at bringing in an income in order to care and advocate for their child. This can be difficult for many different reasons: a loss of income, a loss of upward mobility, a loss of part of who you are. Of course we all make the sacrifice willingly for the sake of our children. But once you come through the storm of the initial diagnosis (whatever it is), get services in place and things settled with schooling there may come a point when going back to work is an option. This is exactly what happened to me this year. My son has autism but has reached an age where we find he's settled in. He has strategies he knows how to use to manage his behaviour (most of the time), he's become more independent than we ever thought possible, making his own meals and taking care of his own needs. Even schooling is not so much of a stress anymore, we pulled both our kids out to homeschool and after three years have gotten into a great routine and found an incredible homeschool community. So the thought entered my mind that perhaps going back to work was a possibility. There was so much I considered though before making this decision.

Where my kids ready?

Our whole family has worked so hard to get my son to where he is now. I'm sure you know the drill; different therapies, doctors, service providers, school meetings, the list goes on! But now my son is independent, capable of making himself meals, communicating his needs, even staying in the house by himself for short periods. This has been a long, long work in progress. There were times I didn't think we'd get to this point with him, but here we are. There are lots of times during the day that the kids do their own thing now or are playing with their friends and I'm left at loose ends. I think in a way the kids would almost appreciate me more the less I'm around, if that makes sense.

Was I ready?

I love my kids but my identity for the past 12 years has been being their mom. Taking care of my son and advocating for him has been my full-time job for the past 12 years. Not to mention his spunky little sister, now 10 who also needed to know she was just a special as her brother. But now that my kids are older and more independent they don't need me as much and that's only going to increase as they get older. I need something for myself. Just myself. Do I need outside validation, no of course not, but it will definitely be nice to have. Not to mention to be challenged in new and different ways, maybe even use that degree I spent four years and thousands of dollars on. Bringing in extra money will mean more money to RRSPs, RDSPs, RESPs, and maybe even some nicer furniture. I don't know about you but potty training just about killed my couches, there's only so much the steam cleaner will get out, it would be nice to upgrade. I also think my kids need to see that I have an identity

Going Back to Work: Ready or Not?

outside of being their mom. They need to see and hear the pride I'll take in whatever job I get. I feel I need to be able to model this hard work ethic and pride in a job well done from the mom's perspective.

Am I Even Employable?!

I applied for so many jobs, 33 to be exact, with three different resumes and multiple iterations of my cover letter. Finally I got a call for an interview. I was so nervous! I hadn't interviewed in years, what do I say, how do I explain the gaps in my resume, most importantly what was I supposed to wear?! I was able to find something appropriate (thank goodness for pinterest) and texted back and forth with my mom and bestie so they could boost my confidence and tell me how fabulous I was! I went into the interview nervous and shaking like a leaf, but determined to be myself. At the end of the day I had nothing to lose, I'm not the breadwinner in my family. I went into the interview and was open and honest about the gaps. I explained that my family needed me to fill a different role for those intervening years, that I honed skills I already had through advocating for my son and gained new skills that I knew I could apply to the position. I put everything in the most positive light possible and focused on how my lived experience would be an asset to the company. Well they must have liked what they heard because they hired me on the spot! Now I know that's not typical, but it sure was an amazing feeling. It's not the job of my dreams, but it's in my field and will allow me to use the skills and education I have and to develop new skills and give me the challenge I need.

I am Ready!

There have been many logistics to figure out for our family. We've been working homeschooling around when I work, which so far has worked out for everyone. We're in the unique situation where my husband owns his own business and works from home so he can watch/teach the kids when I'm working. So far, a week in, we're doing well. The kids miss me, and I miss them, but it's a good miss. I've been exhausted, but it's a good, satisfied tired. So far, I love my new job and new role in my family!

Coffee Club Update

Hi Guys,

October is here! Fall is in full swing, and here is how we are celebrating.

Monday, October 15, 7-9 PM, (The Studio, 109 Ottawa Street, South): We will be having a Coffee Club Thanksgiving potluck with a special guest or two who wants to get your opinion on something. Please come and help out with that, and enjoy some yummy food. Also, let me know what you are bringing by **Tuesday, October 9.**

Monday, October 22, 5:30-8:45 PM, (The Studio, 109 Ottawa Street, South): We will be watching the OLD version of "It" as a bit of a Halloween celebration. https://www.imdb.com/title/tt0099864/?ref_=fn_al_tt_2 Please come right at 5:30, so that we can start on time as it is long!

If for any reason you need to contact me, please use the information below:

(519) 500-7153 (Cell Phone) E-mail: carmen.sutherland@wrfn.info

Carmen

Upcoming Events

EVENTS

Autism Ontario Upcoming Events

Pizza & Games Night—Cambridge—October 15 - Children with ASD, ages 8-18, along with their siblings, also ages 8-18 are invited to pizza and game night at Playfit Kids Club in Cambridge! Register [here](#).

Toronto Argonauts Football—Toronto—October 20—Enjoy watching the Toronto Argonauts take on the Montreal Alouettes. Register [here](#).

Cooking Class—Kitchener—October 21—Children with ASD, ages 5-18, along with their siblings, also ages 5-18 are invited to prepare a delicious meal at Real Canadian Super Store. Register [here](#).

Strom's Farm—Guelph—October 28—Families are invited for a day of fun at Strom's Farm. Register [here](#).

Indoor Playground—Cambridge—November 18—Families are invited to come out and enjoy Playfit Kids Club. Register [here](#).

Sensitive Santa

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

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

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

Special Sibs—Guelph Wellington

Being a sibling can be challenging at times but also very rewarding. During this fun-filled therapeutic program, siblings will meet others who can relate, share their experiences together – both positive and negative – and learn how to understand their brother or sister better. Facilitated by a KidsAbility Social Worker and a community partner, siblings will have fun, enjoy snacks and share in activities with other kids who understand what it's like growing up as a sibling!

Recreation programming is offered for children with special needs ages 6-13 at the same time as Special Sibs (must have a sibling attend that group to participate).

For Siblings ages 6-13. The cost is \$10/child or \$20/family.

All events take place at Bulldog Interactive Fitness, 259 Grange Road, Guelph.

Individual event dates:

Monday, October 15, 6pm-8pm

Monday, November 26, 6pm-8pm

Monday, February 4, 6pm-8pm

Monday, April 15, 6pm-8pm

Monday, June 10, 6pm-8pm

Upcoming Events

Sensory-Friendly Screenings

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

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

Upcoming film(s):

[Small Foot](#) - October 6

[Goosebumps 2: Haunted Halloween](#)—October 27

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

Special Sibs—Waterloo Region

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For Siblings ages 7-10. The cost is \$5/child.

Saturday, November 17, 1-4pm at Idea Exchange, Clemens Mill , 50 Saginaw Parkway, Cambridge

The registration deadline is two weeks prior to the date. Call 1-888-372-2259 x 6202 to register.

Upcoming Events at Sunbeam

Pottery Saturdays—Join Sunbeam to create holiday ornaments.

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

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

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

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

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

Monthly Evening Dance

Join Sunbeam the fourth Friday of every month from 6:30-8:30pm in the Sunbeam Centre gym for a dance party. The cost is \$5 each, support person free.

Please contact Wendy at w.king@sunbeamcentre.com to register for any of the above events.

Upcoming Events

Sibling Collaborative Meet-Up

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

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

Click [here](#) for more information.

PROGRAMS/RECREATION

Time for Brothers & Sisters

Hosted by Developmental Services Resource Centre - Waterloo Region, this is a 6 week group for siblings of youth with autism. This group will be co-facilitated by an Autism Behaviour Consultant and Social Worker.

Youth, ages 11-14 will meet others who have similar experiences and challenges, in a supportive, fun environment that will encourage sharing.

The group is free but a referral and registration are required. Learn more by calling 519-741-1121.

PEEPS Friday Night Social Program

Come on out, one Friday a month, meet new people, kick back and have some fun.

The program runs September to June, 6:30-8:30.

The cost is a \$5.00 donation to the Helping Hands Social Enterprise.

Visit the website to learn more at www.lighthouseprograms.com.

Our Place Family Resource and Early Years Centre

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

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

Gym Drop-In for Youth

The Family Centre runs a drop-in gym program Monday evenings from 6-7:30 p.m. This program is for youth ages 8-17 that are affiliated with Family and Children Services and/or the Family Centre Community Partners.

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

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

Sky Zone Sensory Jumps

Sky Zone will turn off the music and dial down the distractions for the comfort and pleasure of their exceptional guests, friends and families. Sensory Jumps are held every Thursday from 4:00pm - 5:00pm

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

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

Upcoming Events

Open Space presented by Extend-A-Family Waterloo Region

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

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

Firefly Fall Programs

[Eat, Cook & Mingle Tween](#) - This 8 week group is for youth in Grades 6, 7, and 8 who want to learn basic cooking skills and make new friends in the process.

[Eat, Cook & Mingle Teens](#) - This 8 week group is targeted for youth who want to learn basic cooking skills and make some new friends while they do it.

[Playtime Academy Jr.](#) - Playtime Academy Jr. is a fun and engaging group for children aged 4-7 who require additional support in developing beginner social skills and peer interaction within a group setting.

[Playtime Academy](#) - Playtime Academy is a fun and engaging group for children aged 4 – 7 who require additional support learning how to interact and play appropriately with their peers.

[Social Explorers](#) - Social Explorers introduces Superflex and Team of Unthinkables to teach youth, ages 8-12 who struggle with social situations and how to navigate and gain control of their emotions.

[Music Therapy](#) - Firefly offers group and individual sessions led by a music therapist. Groups include Rock N Talk, Music & Mingle and Rock Band.

[Swimming Lessons](#) - Firefly Therapy Services swimming program provides an opportunity for children to learn important basic swimming skills in a safe and supportive environment.

SUPPORT GROUPS

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

Groups include, but are not limited to:

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

Upcoming Events

WORKSHOPS/TRAINING

Upcoming Workshops at Extend-A-Family

Exploring Interests in Community—Exploring Interests in Community is a workshop for people who provide support and the person they are supporting to attend together. You will work together on identifying interests and connections you have in the community, explore positive possibilities and plan your goals in manageable steps.

Inclusion Workshop—You will learn about community inclusion and how to be with each other in a way that includes everyone. Explore 5 ingredients for quality support, hear stories from qualified facilitators who have lived experienced, and draw on the experience of everyone in the room.

Talking About Sexuality—This workshop that will help to inform the way we support people in understanding healthy sexuality and relationships. This workshop will address how to respond to questions about sex, masturbation, dating and other related topics.

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

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

Learning Disabilities Association of Wellington County Upcoming Workshops

[The Myth of IQ](#)—November 28, 2018 from 7:00-9:00pm

[Non-medication and Medication Intervention for ADHD](#)—December 6, 2018 from 7:00-9:00pm

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

Woolwich Counselling Centre Presents...

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

Upcoming groups include:

Glad to be Me (ages 4-7) - This fun-filled children's program promotes self-esteem and self-worth.

No Need to Fret (ages 8-11) - Successful strategies are provided to help anxious children cope with fears and worries.

Parenting Your Anxious Child (adult) - This workshop addresses the causes, symptoms and treatment of anxiety in children.

The Ultimate Benefits of Mindfulness (adult) - This workshop will provide participants with a thorough understanding of mindfulness and the well-being it can bring to our lives.

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

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

Upcoming Events

Fetal Alcohol Spectrum Disorder Training Series for Caregivers

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

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

The training takes place October 3, 10, 17 and 24.

Register with Karen Huber, FASD Coordinator at k.huber@dscwr.com or at 519-741-1121 ext. 2246.

Space is limited so register early.

Passport Information Sessions

Do you have questions about Passport Funding? Which services and supports are reimbursable? How to fill out and submit invoice forms?

Join Passport Development Coordinator Lisa Hardeo for any of the following Passport Information Sessions:

October 9, 1-3pm at Developmental Services Resource Centre

October 9, 5-7pm at Developmental Services Resource Centre

October 23, 4-6pm at Community Living Cambridge

Autism Ontario Webinar - Women on the Spectrum: A discussion

Join Anne Gingras, Christine Jenkins and Stephanie Moeser for a preliminary discussion about the visibility and challenges facing female identified and women on the autism spectrum.

Learn from their rich experiences and take part in the discussion about issues such as “masking”, seeking diagnosis in adult life, health care and more!

Friday, October 12 from 12-1:00pm. Register [here](#).

Learning Disabilities Association of Wellington County Family Conference

This event is intended for parents and caregivers of children with learning disabilities. The focus is on providing parents with tools and strategies to aid them in supporting their children.

The conference will include keynote speaker Dr. Peg Dawson, speaking on Beyond “Lazy and Unmotivated”:

Why Parents and Teachers Need to Know about Executive Skills and a choice of breakout sessions led by inspiring professional speakers.

Saturday, October 20 from 8:30-3:30pm. To learn more or to register click [here](#).

Upcoming Events

Developmental Services Resource Centre Waterloo Region Workshops

DSRC has a variety of upcoming workshops. You do not need to be associated with DSRC to attend.

October 22—Helping Children with Autism Navigate the Social World

October 23—Visual Supports for Behaviour & Communication—Make It—Take It

October 24— Discussing Puberty and Sexuality with your Child

October 29— Visual Supports for Behaviour & Communication—Make It—Take It

November 6—Communication Skill Development and Autism

November 13—Parenting Children with Autism

November 14—Anxiety and Autism Spectrum Disorder

January 8—Helping Children with Autism Navigate the Social World

February 20—Tips for Parents of Children with Autism

To learn more about these workshops or to register go to <https://bit.ly/2y2JEhi>.

All workshops will be held in the Training Room of Developmental Services Resource Centre at: 205 – 1120
Victoria St. N., Kitchener, ON N2B 3T2

KidsAbility Specialty Workshops

KidsAbility is offering the following upcoming workshops:

October 18, 6-7:30—What is ABA

November 15, 6-7:30- Antecedent Strategies

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

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

March 4 & 18, 6-7:30—Toileting (session and follow-up)

April 11, 6-7:30—What is ABA

May 9, 6-7:30—Antecedent Strategies

June 6, 6-7:30—Early Communication

To register for any of our upcoming events please visit <http://kidsability-centre-for-child-development-autism.eventbrite.com>

KidsAbility—Building and Learning Together

This six week workshop series with a one month follow up will provide you with weekly work-shops, supported with hands-on coaching. Using the Behaviour Skills Training Model of instruction, modeling, behavioral rehearsal, and feedback, we will support you and your family in learning strategies to apply with your child on a daily basis.

Building and Learning Together will be offered throughout the year rotating through our KidsAbility locations. Please register for the series that best supports your family's commitments.

For dates and registration information visit <http://kidsability-centre-for-child-development-autism.eventbrite.com>

Upcoming Events

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- Learn how prenatal exposure affects the brain
- Learn how FASD impacts behaviour with a focus on executive and adaptive functioning

Identify what is needed to support individuals living with FASD

- Learn about local resources and supports available to families

The training takes place October 3, 10, 17 and 24.

Register with Karen Huber, FASD Coordinator at k.huber@dscwr.com or at 519-741-1121 ext. 2246.

Space is limited so register early.

RESOURCES

NEW KidsAbility Fall Resource Guide!

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

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

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

FASD Caregiver Consultations

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

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

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

Check out FamilyCompassWR.ca!

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

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

Upcoming Events

Help Paying for Child Care

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

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

Learn more about this program at www.regionofwaterloo.ca/helppayingforchildcare

ENGAGEMENT OPPORTUNITIES

Wilfrid Laurier University—Research Participants Needed *Are you the mother of a child with a developmental disability?*

Hello. My name is Laura MacGregor and I am a doctoral student at Wilfrid Laurier University. I am completing a study of mothers who have a child with a developmental disability where the child's disability interferes with typical communication. My study focuses on how mothers experience interconnection with their child and how they describe this interconnection to others, particularly health professionals. In other words, I am interested in how mothers learn to "read" their children. I am asking mothers of a child of any age who has a developmental disability as well as a communication challenge to consider participating in my study. If you are interested I would love to hear from you via macg4706@mylaurier.ca or (519) 885-3467. This study has been reviewed and approved by the university ethics committee (REB #5750).

Ontario Autism Services Study

If you are a parent or primary caregiver of a child or youth diagnosed with autism living in Ontario you are invited to provide your feedback on Ontario autism services, education, and family stress & well-being through an online questionnaire. Please click https://wlu.ca1.qualtrics.com/jfe/form/SV_2c8jIj8w8pOZWaV for more information on this project. The survey should take approximately 15-30 minutes of your time. As a small token of thanks for your participation, you may choose to enter a draw for a grand prize of \$500 or one of three consolation prizes of \$100, following completion of the survey.

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

KidsAbility Parent Advisory Committee

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