



Family Pulse

Where exceptional families thrive.

Issue 126
October 2020

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What's Happening In This Issue

Happy October!

As the region struggles with a resurgence in COVID-19 cases, we hope that you're also reveling in the beauty of the season and cooler temperatures.

October 10 is World Mental Health Day with the goal of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. There will be a panel discussion hosted by the Kitchener Public Library on October 7 to mark the occasion with specifics below.

October is also AAC (Augmentative and Alternative Communication) Awareness Month! See below for a discounted offer on a communication app in celebration of AAC month.

This month, Steph offers a recipe for an autumnal chicken vegetable soup in Steph's Corner, we offer gratitude for generous donation, and we continue to offer our services and programs remotely. There's a lot here this month so be sure to read until the end!

Have a great month!



Waterloo Region Family Network - WRFN



@FamilyNetworkWR

Support WRFN Today

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

Steph's Corner - by Steph Prysnuik

Here it is...October already! When I hear the word “October”, I think of:

- Cooler weather
- Leaves changing colour
- Picking apples at the Apple Orchard
- Thanksgiving dinner with lots of food and being with family and friends at the cottage
- Hallowe'en

With COVID-19, we may have to celebrate Thanksgiving and Hallowe'en differently; however, the beauty of the fall remains the same.

Here are some activities you can do to enjoy the fall season.

1. Wake up with a smile each day and think of one thing you are thankful for ie. Thank you for the sunny day and blue sky.
2. Go for a walk and collect some colourful leaves from the different trees.

Make some soup to keep you warm. My step dad, Fred, makes the best soup ever. Here is his recipe. Try it and you will really like it.

Steph's Corner - by Steph Prysnuke, cont.'d**FRED'S CHICKEN VEGETABLE SOUP**

Prep Time: 20- 30 minutes
Cook Time: 1 hour
Yield: Serves 6-8

Ingredients:

- 10 cups water
- 2 medium carrots - peeled and sliced/diced
- 1 medium onion - chopped
- ½ cup celery leaves - chopped
- 2 celery stalks - diced
- 1 large leek, white and pale green parts only - washed and sliced
- ½ cup broccoli stems - peeled and sliced
- ¼ cup frozen sweet corn
- ¼ cup frozen green peas
- 1 small handful vermicelli noodles
- 2 or 3 chicken thighs - cubed
- 2 packages Knorr vegetable soup mix or 2 packages Honig Julienne soup mix
- Salt and pepper to taste

Preparation:

1. Bring 10 cups of water to boil and add cubed chicken thighs with pepper to taste (I don't add salt)
2. Boil softly for 20 - 30 minutes until chicken is cooked. Stir occasionally. This is the soup broth.
3. Then add contents of the soup packages, stirring as you do so.
4. Add chopped onion, celery stalks and leaves, leek, broccoli stems, carrots, corn, peas and vermicelli noodles.
5. Gently cook for another 30-40 minutes, stirring occasionally.
6. Your soup is ready.

Tips:

- I add no salt since I find the soup package mix contains enough salt.
- I buy a celery bunch with leaves on and use those along with the tender green leaves in the centre.
- You can also use asparagus stems sliced (½ cup) if you wish in addition to the other ingredients.
- You can also add 2 tbsp of finely chopped parsley.

I hope you have fun trying some of these activities. With COVID-19, there are lots of things we can't do; however, each day try to think about what you can do. Enjoy the blessings that the fall brings.



A craft sale was held recently by one of WRFN's long-time supporters with proceeds being split between WRFN and Marillac Place. It was a beautiful September weekend and we were generously gifted \$1,750.00 in donations!

THANK YOU to our hosts, to those who came out in support, and to all of the artists whose works were on sale!

Below are some photos of some of the beautiful crafts that were available.



SEAC Updates

**Waterloo Region District School Board
Special Education Advisory Committee (SEAC) Update
*Submitted by Carmen Sutherland***

There was no SEAC meeting in September due to the busy time of returning to school.

**Waterloo Catholic District School Board
Special Education Advisory Committee (SEAC) Update
*Submitted by Sue Simpson & Karen Kovats***

WCDSB SEAC met virtually on September 9.

Derrick Stryker shared a presentation on the Updated Concussion Policy APH027. It consists of three pillars –

Awareness and Prevention

Identifying Suspected Concussions

Return to School Plan

Protocols are based on Rowan's Law (Concussion Safety) passed unanimously in June 2016.

A COVID update was shared by Superintendent Laura Shoemaker providing an opportunity for SEAC members to ask questions from their constituents. This agenda item will remain as part of future meetings.

Trustees met on August 24. An update was shared by Trustees Gravelle and Weiler.

Association updates were also shared.

The next WCDSB SEAC meeting will be held virtually on October 7.

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

To request a booking please complete the request form found on our website at wrfn.info

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

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

The group meets virtually on the last Wednesday of each month at 7pm.
The next meeting will be on October 28.

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. 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

NOVEMBER 3, 2020
The Role of Siblings

DECEMBER 1, 2020
Celebrate the Season Social Night

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

RSVP to Mary at 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 7:30pm.

Upcoming dates and topics are:

October 6: Caregiver Fatigue & Burnout with guest Catherine Legere
November 3, 2020 The Role of Siblings
December 1, 2020 Celebrate the Season Social Night

For more information please email 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/>



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, Southern Ontario Disability Programs and Services.

Information, Resources, & Opportunities

The **Kitchener Public Library** will be holding a Sensory Storytime beginning October 21 with stories, rhymes, and songs designed for children with autism or other development differences. Children of all ages and abilities are welcome.

For more information and to register go to:
<https://www.kpl.org/events/sensory-storytime-9>

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.



TRY APP DEMO




bih

All ears to learn more?

Contact your Brain in Hand Specialist:

Marilyn Ellis, Registered Psychotherapist (Qualifying)
 3106 Ridgewell Road, Burlington, ON L7L 6N9
 905.407.494 | www.futuresfound.ca | contact@futuresfound.ca
 Book a **free consult** or appointment @ <https://bit.ly/32XAPGh>

braininhand
personal technology for independent living

by **D**istinctability

Futures Found 

head in the right direction

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

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

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

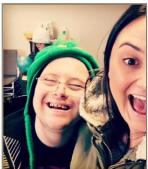
Information & Resources

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/


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 and 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 new Carizon for the Community website: <https://www.carizonforthecommunity.ca/>

Information & Resources

The **Happily Family** Online Conference, "Raising Resilient Kids in an Anxious World" is coming up from October 5-9, 2020! The conference is FREE to attend!

This event is part of a global movement of families and professionals who embrace a conscious and mindful approach to raising kids to be resilient, motivated, calm, and connected. The Happily Family Conference focuses on how to help kids manage their feelings, get along with others, and do their best.

For registration and more information, click here:

<https://conference.happilyfamily.com/?orid=4168&opid=21>

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

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

A certificate will be provided to each participant upon completion:

<https://estore.canfasd.ca/foundations-in-fasd>

Information & Resources

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

They are also taking registration for upcoming workshops in Parent Coaching beginning October 21. For more information and to register, contact Rehana Khanam at (519)741-1121 ext:2201 or r.khanam@sunbeamcommunity.ca or go to <https://brightsideabaservices.com/>



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.

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/>

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



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

Lutherwood
 Caring people. Strengthening lives.



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

Lutherwood
 Caring people. Strengthening lives.

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

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

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

For information on how EAFWR can assist, please email oap@eafwr.on.ca

Information & Resources

More from Extend-A-Family Waterloo Region:

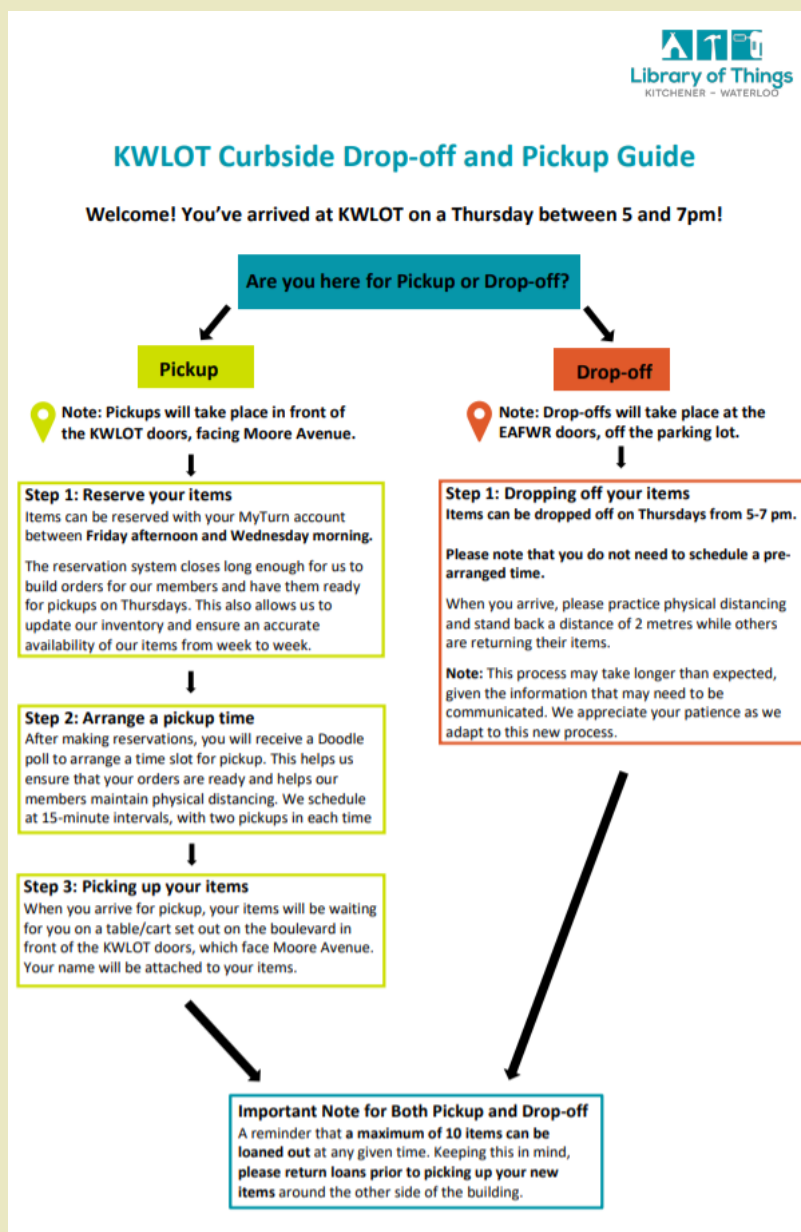


Looking to connect to folks on a weekly basis?

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

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

Extend-A-Family (Toronto) is offering a FREE Two-Part Online Series with John Lord on the power of social networks/relationships and how we can develop and maintain a Support Circle with people with disabilities and their families. Part 1 was held on September 29 and part 2 is upcoming. Information is below.

Part 2: October 6

Time: 7:00 p.m. to 8:00 p.m.
RSVP to info@extendafamily.ca

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

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

Bridges to Belonging is also pleased to announce the launch of LINKS - "for youth by youth." This is a new initiative for youth experiencing social isolation and barriers to inclusion who self identify as living with a disability or dual diagnosis.


Phase 1 is a series of five virtual workshops held weekly for a period of five weeks. Together with their supporters, youth will embark on a journey of self-discovery, personal growth, and community connection leading to the creation of a network of supportive relationships over ZOOM. The next workshop will be offered on October 20.

See poster or go to Eventbrite for more information:

<https://www.eventbrite.ca/e/links-virtual-experience-for-youth-create-a-network-of-supportive-relations-tickets-113270392794>

If you have any questions or need more information please email, info@bridgestobelonging.ca or feel free to call 519-603-0998 ext 211.

Learning - Identity - Networks - Konnection - Strengths



LINKS
FOR YOUTH BY YOUTH

Creating a Network of Supportive Relationships

5 Week Virtual Experience
of learning, discovery and creating **LINKS** for youth experiencing social isolation and barriers to inclusion

Registration Information

Choose from one of two sessions being offered
Block A: Sept 22-Oct 20 (Tuesday 6:45pm to 8:45pm)
Block B: Oct 24-Nov 21 (Saturday 11:00am-1:00pm)


Visit Eventbrite to Learn More and Register
<https://www.eventbrite.ca/e/113270392794>

Sessions are limited to 5 participants (age 14-24) plus two people they have a trusted relationship with (parent, guardian, relative or close friend)

Please email info@bridgestobelonging.ca with any questions.

#bounceforward
www.bounceforward.ca

A Resilience Partner Project offered by Bridges to Belonging



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

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

SIRRL

Social and Intelligent Robotics Research Laboratory

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

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

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.

After summer vacation and a long break from schedules and routine, as families prepare their children for the new school year this fall, a good night's sleep is especially important. 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!

Are you?	Contact Info:
<ul style="list-style-type: none"> • An individual who self-identifies as having a disability • Unemployed or under employed and ready to job search • Interested in gaining support to create a workplace accommodation plan? • Interested in connecting with employers who are actively hiring? <p style="font-size: small;"><i>To be eligible for funding you must not have been on EI currently or in past 3-5 years</i></p>	<p>Kathleen MacLeod Employment Facilitator (519) 571-6788 x 7661 kmacleod@ccrw.org www.ccrw.org</p>

Canadian Council on Rehabilitation and Work
127 Victoria St South, Suite 201, Kitchener ON N2G 2B4

Information & Resources

Get Set Learn is accepting registrations and referrals for the Get Set Learn fall 2020 session. Please see the attached poster for dates and registration info. Keeping families safe is our priority during COVID 19 pandemic. All our fall programs will be offered online.

Get Set Learn is a family literacy program for parents who have children under the age of 6 and receive Ontario Works or ODSP. The Region of Waterloo funds this program to offer to the families at no cost.

Get Set Learn provides opportunities for the families to get their children ready for school, practice essential skills, build connections, and learn about community resources.



Get your family ready for school

Fun, free program!

Are you a parent receiving OW or ODSP with children at home or school?

- Free books
- Parent time included
- Have fun with books and songs
- Learn activities to help your child in school

Fall 2020

Keeping families safe during the Covid-19 pandemic is our priority. All programs for Fall 2020 will be online.

Online Class # 1
Tuesday & Thursday
10:30 am – 11:30 am
Starts October 6

Online Class # 2
Wednesday & Friday
10:30 am – 11:30 am
Starts October 7

To Sign Up:
Email—info@projectread.ca
Phone—(519) 570-3054
www.getsetlearn.ca

Region of Waterloo logo and Project Read logo.

New! Parents of school-age children welcome (up to age 6)

Free program for parents receiving Ontario Works or ODSP with children birth to 6 years old

"I made new friends and had fun learning new things."




Information & Resources

CADDAC - Centre for ADHD Awareness, Canada would like to share some upcoming Webinars as well as a reminder of their 12th Annual Conference which will be held entirely virtual this year! See below for links and more information.



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.

Springboard Clinic Online Coaching Course - September 2020 - April 2021

Topic - **May We Have Your Attention Please?**

Springboard Clinic is offering an 8-month online coaching course that guides adults with ADHD through getting unstuck and feeling less alone in a hope-filled space of positivity. Use the code **MWHYAPCD15** for a 15% discount upon registration

ADDitude Webinar - October 8, 1pm EST

Topic - How CBT and ADHD Coaching Help Adults Manage Their Symptoms Naturally

For registration and more information on the annual conference:

CADDAC 12th Annual ADHD Conference - October 17

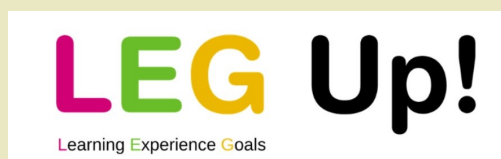
Information & Resources



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.cpb-fbpc.org/covid19>



Sign up for September Classes Today!
(October 13 - November 6, 2020)

[Register online at MyCommunityHub.ca Click here!](#)

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.

To view the October courses [click here](#)

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 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 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](#).

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

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

Volunteer Training Group - Current volunteer facilitators develop their peer support and group facilitation skills. Curriculum provided by SH&PS, discussion and learning from one another. All SH volunteers are expected to attend on a regular basis. ***Closed Group.***

March of Dimes Canada is holding several Caregiver Webinars throughout the month of October. Click [here](#) for a full listing of topics, dates, and registration information.

Information & Resources

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

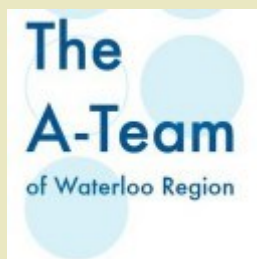
You will be paired with a trained student mentor from McMaster University who will be an online peer support that can answer questions about

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

EMAIL US AT MAAP@MCMASTER.CA TO SIGN UP!

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

The flyer features a light blue background with white text. At the top, it says 'INTERESTED IN POST-SECONDARY SCHOOL? CONSIDER JOINING'. Below that is the title 'MCMASTER'S AUTISM MENTORSHIP PROGRAM'. The main text describes the program as an online peer support service provided by trained student mentors from McMaster University. A bulleted list highlights the topics covered: post-secondary programs, extracurriculars and social life, student accessibility supports, and anything else. At the bottom, it provides the email address 'MAAP@MCMASTER.CA' for sign-ups and a note that the program is specifically for secondary school students on the autism spectrum. An illustration on the right shows two people, one pointing at a screen and the other looking at a laptop.



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!

Information & Resources

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>

October is AAC (Augmentative and Alternative Communication) Awareness Month! The purpose of **AAC Awareness Month** is to raise awareness of, and to inform the public about, the many ways in which people communicate using communication devices.

The Proloquo2Go Communication App will be on sale in October for AAC Awareness Month. This app is usually \$350 (plus tax) so this 50% Discount is a great deal. The 50% discount will be in effect worldwide from Monday, October 12th through Friday, October 16th. No need to fill in a discount code - you'll see the discounted amount in the App Store.

<https://www.assistiveware.com/blog/aac-awareness-month-discount-2020>