



Family Pulse

Where exceptional families thrive.

Issue 116
December 2019

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Happy December! We at WRFN hope you have a safe and warm holiday season. In this issue we have information about our next session of A New Chapter group, as well as our usual SEAC updates. Additionally, don't forget to check out What's Happening at WRFN and Upcoming Community Events. Finally, we ask that you please read the information about our [annual appeal](#). With your support, exceptional families in Waterloo Region will continue to thrive.



[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 , WRFN Representative

This month, SEAC met at Forest Heights Collegiate Institute so that we could tour the classrooms that were created for students who are considered medically fragile. When this classroom was built, it was done so with consideration toward features that would be pertinent to these students such as direct access for transportation, space for moving beds in the classroom, very large washrooms with lifts and shower facilities, and a sensory room.

After the tour, we had the Special Education update with Ministry of Education data. Province-wide 17.6% of students access special education support - of this 48% have an IPRC while 52% only have an IEP. School board staff noted that there is a trend away from conducting IPRCs. Both IEPs and IPRCs are considered legal documents and while it may be beneficial to have an IPRC for a specialized class placement, an Individual Education Plan is also expected to be followed. Another key piece of information that was noted was that the mental health funding will become a permanent part of the budget, and the Board will continue to use it to support social workers. A new proposed policy regarding service animals was discussed; it was noted that only "official" service animals, which at this point, only includes dogs will be allowed in schools if the Board of Trustees approves it as drafted. Finally, we continued our discussions on the Off Campus procedure, SEAC suggestions will be forwarded to the group updating the procedure and forms for consideration.

The next SEAC meeting is Wednesday, December 11, 2019 at 7:00p.m. at the Education Centre, 51 Ardelt Avenue, Kitchener N2C 2R5.

Waterloo Catholic District School Board - Special Education Advisory Update

Submitted by Sue Simpson, WRFN SEAC Representative

The November SEAC meeting was held on October 30, 2019 at the Catholic Education Centre.

Well-Being Plan

Richard Olson, Superintendent of Learning, Faith Development, Equity and Inclusion, Student Success, presented to the committee on the WCDSB Well-Being Plan.

The purpose of the Well-Being Strategy is to guide our work toward meeting the cognitive, emotional, social, physical and spiritual needs of all WCDSB students and staff, and to ensure all feel a deep sense of belonging in a Catholic faith-learning community where they are nourished to become builders of the local and global community.

Please visit this link for more information on the Well-Being Plan.

<https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/>

Please visit the link below to learn more about the WCDSB's Well-Being Strategy.

<https://www.wcdsb.ca/wp-content/uploads/sites/36/2019/04/WaterlooCDSB-Well-Being-Plan.pdf>

Trustee Updates

Here is a link to the Trustee updates for October.

<https://www.wcdsb.ca/wcdsb-board-meeting-bulletin-october-2019/>

Association Updates were also shared.

The December SEAC meeting will be held on Wednesday, December 4 at 6 pm at the Catholic Education Centre.

DO SOMETHING GREAT... AND GIVE TODAY

WITH YOUR HELP, EXCEPTIONAL FAMILIES CAN THRIVE.



Our Annual Appeal is open until December 31, 2019.

When Jane and her husband first learned that their son might have a disability, they felt lost, alone and overwhelmed. They didn't know where to turn to find supports and services to help their family. They felt frustrated, unheard and all-too-often judged because of their son's behaviour. Everything changed when they found WRFN.

Thanks to amazing donor support, Jane and her husband now feel equipped and encouraged by parents who have gone before them. When they first arrived at WRFN they were exhausted and angry. Jane and her family had fallen into a gap – a gap where they couldn't find the right services for their family – **a gap that you can help fill** in our community through generous gifts.

With donor support, WRFN was able to respond to Jane's family's needs through various connections to community resources and by offering them programs that truly fit their needs, not the other way around. Jane was connected with a Parent Mentor who has helped to guide and support her through the highs and lows of her journey as a parent of a child with exceptionalities.

Jane and her family have now entered a different life stage – one where she wants to give back. Jane knew right away that becoming a Parent Mentor herself was the perfect fit.

"I'm able to take everything I've learned on my journey so far and pass it on to someone who's just starting out. It feels so good to be able to give back in this way."

Jane and her family are thriving today, because of generous people – **people like you** – who can also make it possible for Jane to help other exceptional families thrive too.

We need your help. With your support, we can continue to provide and expand our Parent Mentor Program for Jane, the over 2200 exceptional families already in our network and others who are just starting out on their own challenging journeys.

Please donate today. You can give online at Canada Helps at <https://www.canadahelps.org/wrfn> or by mailing a cheque. For a period of time, your gift will be matched.

Did you know...

- \$100 provides a Parent Mentor connection & support for an overwhelmed parent
- \$500 provides a school-focused educational workshop for 50 parents
- \$1000 provides monthly support groups for 40 parents for a year

Please join us!

Together, we can make sure all exceptional families in our community are thriving.

Please join us!

With appreciation and warm wishes for the holiday season,
Sue Simpson
Executive Director

What's Happening at WRFN



A NEW CHAPTER

This group is for parents/caregivers interested in preparing for the future of their youth/adult family member with a lifelong disability.

RSVP to Wendy Newbery at wrnewbery@gmail.com is appreciated but not required.

RSVP by Dec 30 is required for Jan 7 session

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

DECEMBER 3, 2019

A conversation about paid employment and volunteer work. (Rm #2015 at The Family Centre)

JANUARY 7, 2020

Learn to drum with Kat Van Groove, no experience necessary! Fun, vibration, and joyful rhythm! Drums are provided. \$20 per person. Refreshments and social time will follow our drumming session. *If the cost is going to prevent you from attending, please contact Wendy Newbery for information about a bursary). (Rm #2015 at The Family Centre)

FEBRUARY 4, 2020

A conversation about housing. (Rm #1023 at The Family Centre)

Doors open at
6:30pm,

meetings run from
6:45 - 8:30PM at

The Family Centre

65 Hanson Ave., Kitchener

**Bring your own
reusable water bottle or
tea thermos**



Autism in High School

["Autism in High School"](#) is a web-based guide to help students with Autism Spectrum Disorder and their families as they navigate the transitions and common challenges of high school. This website was developed as a joint initiative between Extend-A-Family, Waterloo Region Family Network, members of the former Autism Services Waterloo Region, the Waterloo Region District School Board, the Waterloo Catholic District School Board, and the University of Waterloo with generous funding from the [Sifton Family Foundation](#).

What's Happening at WRFN

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

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

Ask A Self-Advocate—Do you need to look at a challenge you are facing with a new perspective? Would you like to bounce ideas off someone who's been there? Cristina was diagnosed with exceptionalities as an adult, and is passionate about sharing her lived experience. Meet with Cristina to discuss your own questions and concerns to gain new insights and ideas. This program is open to individuals with disabilities, families, or service providers.

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

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

School-Issue Parent Support Group—Do you have questions/concerns about school issues for your child/youth with exceptionalities? Join us at our peer-led parent support group. This is a great opportunity to share questions, concerns and successful tips in a safe environment while learning from others. The support group is held the last Wednesday of every month (except June, July and December). Learn more [here](#).

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

Coffee Club Update

Hi Guys,

Happy December! I hope you have a lovely holiday, however you do (or do not) celebrate, and that you get to take a break and come back refreshed.

Monday, December 2, 7 to 9 P. M. The Studio (109 Ottawa St. South). We will be having our holiday potluck.

Monday, December 9, 7 to 9 P. M. Wonders of Winter at Waterloo Park (50 Young St. West, Waterloo). We will walk through The Wonders of Winter from 7-8 P. M. then WEATHER PERMITTING we will walk to the Williams at the University Plaza (**170 University Ave W, Waterloo, ON N2L 3E9**) and stay there until 9 P. M.

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

Upcoming Events

Here at WRFN, we are community oriented and committed to connecting families to local events and learning opportunities.

The information provided in this newsletter is not a recommendation, referral or endorsement of any resource, therapeutic method, or service provider. You are urged to use independent judgement when considering any resource.

EVENTS

Sport for Life Canadian Summit

The Sport for Life Canadian Summit brings together leaders who work to enhance the quality of sport and physical activity in Canada. Sport for Life recognizes that quality sport and physical literacy offer rich benefits to Canadian society through improved health, stronger communities, higher sporting achievement, and stronger national identity.

January 28-30 Gatineau, Quebec Register and find more information [here](#).

Autism Ontario Events

There are many events happening with Autism Ontario all over the region. For more information, please click [here](#).

Community of Hearts

There are many activities going on this month at Community of Hearts. For more information, please go to their website [here](#).

PROGRAMS/RECREATION

Just Hangin' Out

The Just Hangin' Out program (Youth 13-21) will take place at the Chaplin Family YMCA, Teen Drop in Centre located at 250 Hespeler Road in Cambridge. This program is designed to provide a safe and inclusive place where youth with developmental disabilities can develop character building, health and wellness, and life skills while socializing with peers. This program runs for 10 weeks.

Winter Session: January 14 – March 10

For information contact meloh@cambridge.ca, 519 740-4680 ext.4369.

Upcoming Events

Skating

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

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

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

Monarch House Social Groups

Lego Club—A collaborative play therapy group where children work in teams to build Lego.

Intended for children with ASD ages 5-8 to target skills such as collaboration and joint accomplishment. Led by a Board Certified Behaviour analyst.

Wednesdays January 15-April 1, 2020, 4:30-5:30 P. M.

Cost: \$660/child for 12 weeks.

Homework Club—Involves collaborative group work through completion of a group project.

Participants will be given different roles each week and will learn essential skills such as problem solving, compromising, conversation skills, and team work. This group is meant for children with ASD 8-12. Tuesdays January 14-Tuesday March 31, 2020, 4:30-6 PM.

Cost: \$990/child for 12 weeks.

Both groups are located at Monarch House, 630 Weber St. N, Suite 2014, Waterloo.

To learn more about these programs contact Shawna Fleming at sfleming@monarchhouse.ca.

Cambridge Youth Soccer ACES Program

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

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

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

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

For more information please contact:

Jon Morgan grassroots@cambridgesoccer.ca

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

Speech and Language Musical Groups from Waterloo Region Down Syndrome Society

Beginning November 4

The group would be co-facilitated by a Certified Music Therapist and a Communicative Disorders Assistant. We would focus on building language and social skills between participants while developing an outlet for creative music communication. Participants in each group would engage in a variety of music & language activities working towards achieving goals identified by the families and the therapists together. Weekly feedback would be provided to the families regarding their child's participation.

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

Upcoming Events

Social Group for Teens with ADHD and/or Asperger's/ASD

In this 5 session group, we'll meet every week for two hours to:

Learn social skills

Discuss dating issues

Have fun

Play games

Make friends with other youth with neurodiversity

For a lot of teens with neurodiversity, it's tough to connect with peers, so we've created a fun, interactive environment that takes the pressure off, where you can find life-long friends.

Every week, we'll do a new activity that the teens get to vote on. Come for a session to try it out or sign up for the whole 5 sessions at a large discount - whatever your needs, this group is here for you (whether to dip in your pinkie toe or cannon ball in :))

When: 5 Saturdays, Jan 11 to Feb 8th, 2:00pm - 4:00pm.

Where: The ADHD & Asperger's/ASD Centre,
55 Cork St. E., Unit 305 Guelph, Ontario (3rd floor in the TD Building)

Cost: \$124 +tx for all 5 two-hour sessions (\$25 off if you get the 5 session pass!)

\$209 +tx for two teens for all 5 two-hour sessions (\$40 off from the one teen rate)

\$29 +tx for 1 two-hour session

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

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.

Gym Drop-In for Youth

The Family Centre runs a drop-in gym program Monday evenings from 7-8:30 p.m. This program is for youth ages 10-17. This is a great opportunity to get active, have some fun and try out different sports. Don't forget your running shoes!

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

Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running!

Upcoming Events

WORKSHOPS/TRAINING

Triple P Positive Parenting Group

Triple P is an evidenced-based parenting program that equips parents of youth 12 to 16 years with the skills and confidence they need to manage teens and tweens.

Dates: Tuesday Nights January 21-March 10, 2020, 6-8 P. M.

Venue: CMHRT, University of Waterloo (PAS 1401)

Cost: \$200 for the 8 week program and includes the parenting workbook

Please contact cmhrtintake@uwaterloo.ca or (519) 888-4567 ext. 33842 if you would like to participate in the program and to discuss whether it is suitable for your family. Space is limited. For more information, please see <https://uwaterloo.ca/mental-health-research-treatment/clinical-services-resources/parenting-services>.

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

Two Day Training January 16-17 9-3 P. M.

Learn how prenatal exposure affects the brain. Learn how FASD impacts behaviour with a focus on executive and adaptive functioning. Identify what is needed to support individuals living with FASD.

Learn about local resources and supports available to families.

Located at Developmental Services Resource Centre
1120 Victoria Street North, Kitchener, Unit 205.

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

Events from Waterloo Region Down Syndrome Society

Discussing Puberty and Sexuality with your Child

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

Date: Wednesday, December 4

Time: 7:00 pm – 9:00 pm

Where: Hespeler Arena, Optimist Room (640 Ellis Rd., Cambridge)

Cost: Members \$5 each, Non-Members \$15 each

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

After the presentation there will be a Q&A, as well as refreshments and socializing.

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

Upcoming Events

Programs Offered at DSRC

Parenting Individuals with Autism

Presenter: Stuart Lamont, B.S.D., RSSW

Thursday, December 12, 2019 – Part One and Thursday, December 19, 2019 – Part Two
9:30 AM to 1:30 PM.

An increased knowledge of child development, including an historical perspective, the stages of child development and how developmental changes can affect the process of development.

A foundation of effective skills for behaviour intervention.

An opportunity to meet other parents/caregivers.

Register By December 10, 2019 for this event and get more information [here](#).

Speech-Language Pathology Clinics at DSRC

For DSRC clients, living in Waterloo Region,

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

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

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

Monday, Dec. 9, 2019 | Tuesday, Jan. 21, 2020 | Wednesday, Feb. 26 | Tuesday, March 24

The Speech-Language Clinic is an individualized one hour appointment for a caregiver and client to meet with a Speech-Language Pathologist and address the following areas:

Communication skills | Speech | Language | Comprehension | Social skills | Conversational skills

Apps for communication and learning | Augmentative and alternative forms of communication

Visual cues for comprehension or communication

At the clinic you will be expected to identify one or two goals and consultation/resources will be provided to address those goals.

To learn more, click [here](#).

Upcoming Events at Bridges to Belonging

Please join us for an informative workshop on the Registered Disability Savings Plan and the Disability Tax Credit with Paul Arsenault on Monday, December 9.

Register on Eventbrite [here](#) or contact Bridges to Belonging!

Information Session on Early Communication & Development

A free information session on early communication and child development. Presented by Monarch House with a Speech-Language Pathologist and Behavioural Analyst.

No registration necessary.

Contact Monarch House for more information at 519-514-5770 or waterloo@monarchhouse.ca.

Upcoming Events

Trauma Informed Parenting Workshop Series at Carizon

Trauma Informed Parenting Workshops are being offered in the Waterloo Region for parents/caregivers of children and youth who have experienced trauma. The purpose of these workshops is to assist parents/caregivers with understanding trauma and what it means to parent their child from a trauma-informed perspective. There are two sessions in the Trauma Informed Parenting Series, Part One focuses on “What is Trauma and what are the symptoms of Trauma”. Part Two provides parents with strategies and tools that can assist their child in dealing with Trauma. Parents must attend Part One prior to attending Part Two.

Learn: What trauma is | Common responses that children and youth have

Tools to help your child/youth cope with difficult situations

When: Part 1 December 11, 12:30-2:30 P. M.

Part 2: December 18 12:30-2:30 P. M.

Where: Victoria Hills Community Centre 10 Chopin Drive Kitchener

Interpreters provided upon request!

Child minding is also available for these sessions upon request!

Registration is required! For more information or to register, please call/text

Jamie at 226-339-0571 or email jkeyzer@carizon.ca.

RESOURCES

ADHD Speaks

Help Build ADHD Awareness Across Canada

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

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

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

Office of Women's Health Information Sheet: Nursing Care for People with Developmental disabilities

Please click [here](#) to access this important information sheet.

Please click [here](#) to access the other information sheets.

Upcoming Events

Clinics at KidsAbility

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

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

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

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

School Years Adapted Bike Day: For families who have tried an adapted bike through our equipment loan program or are interested in exploring whether an adapted bike will meet your child's needs. This is an opportunity to meet with a Physiotherapist and bike vendors to try out an adapted bike and to begin the process of purchasing your own bike.

School Years Recreation Consults: For parents/caregivers who would like information on community-based recreation, sport, and camp programs as well as specialized supports that will help your child to participate. You will receive an email or phone call from a Recreation Therapist with information and tips on helping your child to participate.

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

Families may receive:

Resources and information regarding how to promote feeding skills.

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

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

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

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

1-888-372-2259 ext 1214.

Upcoming Events

KidsAbility Fall Resource Guide!

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

[Program and Activity Guide - Fall 2019](#)

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

The Vulnerable Persons Registry

The Vulnerable Persons Registry promotes communication between vulnerable persons, the people who support them and the police. This information will assist officers when responding to an emergency involving the vulnerable individual. The registry provides quick access to critical information about a registered person, such as who to call in an emergency, a detailed physical description, and any particular sensitivities that the person may experience.

www.vulnerablepersonsregistry.ca

Eye See...Eye Learn

Children born in 2015 and starting JK in September qualify for a pair of complimentary glasses from July 1, 2019 through to June 30, 2020.

Find a participating optometrist near you at EyeSeeEyeLearn.ca.

Partners for Planning Action Guide - Thriving After High School

This Action Guide gives advice on topics such as how to prepare for life after high school at home and at school, life after graduations, and other important issues such as friendship.

Find the guide [here](#).

Check out FamilyCompassWR.ca!

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

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

Upcoming Events

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)
- APSGO—for parents of acting-out youth
- Community Mental Health Support Groups for Family & Friends (includes general and addiction groups and mental health groups)
- Premie Parents of Waterloo-Wellington Region (Premie POWWR)
- Fathers Group—for Fathers of a child with an intellectual disability and/or autism
- The A-Team Waterloo Region— run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome

Strategies for Adult ADHD/Asperger's Group

Learn some hands-on techniques for managing and harnessing your ADHD/Asperger's superpowers while getting to know people similar to yourself.

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

Feel free to come alone or bring people from your life who you would like to understand your condition better. People who just want to understand ADHD/ASD better (such as parents) can also come on their own.

This group is typically led by a practitioner with ADHD and/or ASD themselves.

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

No diagnosis or registration necessary.

Every Thursday, 7:00pm—8:00pm at [The ADHD & Asperger's Centre](#),
55 Cork St. E, unit 305, Guelph.

Upcoming A-Team Meeting

The next meeting will be a private meeting on Thursday, December 5, 2019 at the 3rd floor at KW Habilitation (99 Ottawa St. S, Kitchener)

Optional pre-meeting social begins at 7:00pm

Formal discussion to follow at 7:30pm

The topic of the meeting will be Behavioural Finance & Budgeting with guest speaker Daniel Austin.

If you are interested, please RSVP [here](#).

Upcoming Events

ENGAGEMENT OPPORTUNITIES

Secret Agent Society: Operation Regulation – Trasdiagnostic Trial

Do you have a child between 8-13 years of age with Neurodevelopmental Disorders? York University invites you to participate in a research study: Secret Agent Society: Operation Regulation – Trasdiagnostic Trial.

This study is about a new program aimed at helping youth with neurodevelopmental disorders cope with their emotions and handle the day-to-day stressors in their lives using a variety of activities and tools, like an emotion-focused computer game, cue cards, and parent and teacher handouts. Learn more about this opportunity [here](#). They are currently recruiting children and teens with ADHD, Cerebral Palsy, FASD and learning disabilities.

Better Nights Better Days

Development, implementation, and evaluation of an internet-based behavioural sleep intervention study for children, ages 4-10, with Attention Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD). Learn more about this opportunity [here](#).

Technokids: Exploring Daily Electronic Media Use of Children With and Without Autism

PURPOSE OF THE STUDY: The present study is being conducted to learn more about the patterns of daily media behaviours, different media devices used, types of content accessed, and types of media activities engaged in by children diagnosed with Autism Spectrum Disorder and children without any mental health diagnoses to understand how their electronic media use might be similar or different.

If you have any questions or concerns about this research, please contact Eric Gilliland at technokidstudy@gmail.com or Dr. Babb at kbabb@uwindor.ca.

Study for children aged 6-12, with ADHD and ASD

The Centre for Pediatric Excellence is conducting a research study for children aged 6-12, with ADHD and Autism Spectrum Disorder (ASD). Your child may be eligible to participate in a research study using a drug already approved by Health Canada.

Your child may qualify if they have been diagnosed with high functioning autism and ADHD. Learn more about this opportunity [here](#).

Upcoming Events

Creative Housing Options for Adults with Developmental Disability and High, Complex Needs

PhD student Elizabeth Guthrie and Dr. David DeVidi of the Philosophy Department at the University of Waterloo are looking for people to participate in their survey regarding housing and the needs that surround that for individuals with developmental disabilities and complex needs. This study is for those living in the Central West Region of Ontario (Waterloo Region, Wellington, Dufferin, Peel, Halton) of Ontario and people who care for them.

Participation in this study involves completing one of two online surveys. One survey is for individuals with developmental disabilities and high, complex needs to complete (with the help from assistive technology or a caregiver, if needed). One survey is for caregivers of individuals with development disabilities and high, complex needs to complete. These surveys will take approximately 45 minutes to one hour to complete, depending on your responses. Survey participants will be asked some general questions about themselves (gender, location within this region, first language, etc) followed by research questions (for example, what is your current living situation? What types of supports do you need)?

They will also be conducting interviews with a select number of individuals based on their survey responses. At the end of the survey, you will have the option to indicate if you are interested in learning more about the interviews by providing an email address. **Please note**, due to the time constraints of the study, not everyone will be invited to complete an interview.

Once you click on the survey links below, the survey will open with a more detailed information letter about the survey and the option to agree or disagree to participate in the survey. If you disagree to participate, the survey will close. If you agree to participate, you will be asked two eligibility questions (whether you are over 18 years of age and if you live in the Central West region of Ontario).

Aside from the initial eligibility questions, you may choose “prefer not to answer” or leave any question blank. If you close out of the survey prior to completing it, your responses will not be saved.

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee. Participation in this survey is voluntary and it is up to you whether you want to participate or not.

If you are interested in participating, please click one of the following links (whichever is appropriate):

An individual who has developmental disabilities and high, complex needs:

https://uwaterloo.ca/1.qualtrics.com/jfe/form/SV_3rWL85wQcd0ezul

Caregiver of an individual with developmental disabilities and high, complex needs:

https://uwaterloo.ca/1.qualtrics.com/jfe/form/SV_eWC1ahUQRNbP7z7