



# Family Pulse

*Where exceptional families thrive.*

Issue 129  
January 2021

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## What's Happening In This Issue

Happy New Year!

WRFN would like to wish everyone a happy and safe 2021 and congratulate you on making it through an extremely tough year!

We're starting 2021 off with a wealth of information and connections! As the province remains in a lockdown, have a look at some board game recommendations from our Self-Advocacy Liaison, Cristina. We're thrilled to share some exciting funding news and to offer thanks for those who donated to our Making Connections appeal!



Waterloo Region Family Network - WRFN

Here's to a bright 2021 for everyone!



@FamilyNetworkWR

**Support WRFN Today**

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

## Connecting through Board Games (plus recommendations)

By Cristina Stanger, Self-Advocacy Liaison, WRFN

As we all look for healthy ways to cope with pandemic protocols this winter, I feel that hobby board games have a lot to offer. They are one of my special interests, though, so I am a little biased. They offer benefits for all ages as a framework to practice turn-taking, good sportsmanship, critical thinking skills, creativity, and most of all, they're FUN! As an exceptional individual, they also offer me other, more subtle, benefits: a shared activity that makes social interactions easier, an activity with clearly defined parameters and expectations, and a visual and tactile sensory experience in a quiet environment. For me, board games serve as a means to connect with others in an engaging way.

While many of us have fond memories of playing classic games like Monopoly, Checkers, or Uno, board game designs have truly evolved, and there are many other modern options available these days. Did you know that in some games, like Carcassonne, you build the game board with tiles as you play? Or, did you know there are cooperative games, like Hanabi, where all players work together to beat the game itself?

Given current public health guidelines, I thought I would highlight two specific categories of games. The first are games that people with a wide range of ages, abilities, and attention spans can enjoy together, involving as many people within a household as possible. For those who wish to engage with other households in a safe way, the second are games that can work really well virtually. At the very end I've briefly listed titles I recommend in other categories as well. A few of these are even available to borrow from a collection at the Waterloo Public Library. And a special thank you goes out to Marc and the team at J&J Cards and Collectibles (friendly, local game store) for their feedback in creating this list. Happy gaming!

### Particularly Inclusive Family Games

These games are language-independent (no text), they involve simple yet meaningful decisions, have sturdy components, play in a short time frame, and are engaging for a diverse group of ages and abilities. It's nice to gather around a table together for a fun, shared experience.

1. **Tsuro** (2-8 players) - Lay tiles to build out a path for your pawn to follow without colliding with other players or travelling off the board. While there is player-elimination involved, with a 10-15 minute play time, there isn't much sting in losing. Last pawn standing wins!
2. **Hues and Cues** (3-10 players) - Describe a colour to other players without using its specific name. With 480 different swatches on the board, the closer the other players guess to the target swatch, the more points you both get! Note: This *can* still be played by those with a colour deficiency (colour-blind).
3. **Drop It** (2-4 players) - Drop geometric shapes into a vertical panel to score the most physics-defying points. It offers rules variations for different levels of difficulty in play. Note: The dexterity element does require some fine motor skills.

## Connecting through Board Games (plus recommendations) continued

### Games that Play Well Virtually

These games can work as long as one household has a copy of the game with a person who is willing to manipulate the game components, and all households have access to a video conferencing platform. Some games may require digital files of the rules or player sheets to be sent to players in advance. I have used these games as a means to interact with my friends and family remotely, and we've always had a good time laughing and playing together.

**Just One** (plays best 5-7 players) - A cooperative game where players give one-word clues to get the 'guesser' to guess a target word, but any duplicate clues cancel out and leave the guesser with less information to work with. This game can generate a lot of interesting conversation.

**Codenames** (plays best 4-8 players) - A team game where the 'spymasters' try to give their teammates clues to select certain words on a grid, while avoiding others. Which team will identify all their 'codenames' first? The game publisher even offers a free online platform so you don't need to do any camera work to display the board: <https://codenames.game/>

**That's Pretty Clever!** (plays best with 2-4) - Similarly to Yahtzee, dice results will determine what you can mark off on your player score sheet. The active player will select a die on their turn from a pool of coloured dice; any lower numbered dice remaining are available to their opponents.

Set off chain reactions as you fill in some spaces that give bonuses in other areas. Most points wins! Note: Some dice colours may be difficult for those with colour deficiency to distinguish, but the dots ('pips') on the dice are different colours, to compensate.

There are other great games that can be played virtually if *each participating household* has a copy, such as Karuba, My City, Dominion, and Tiny Towns

**Cristina Also Recommends** (titles listed from simplest to more complex):

**Children's games (co-operative):** My Little Orchard, Outfoxed, Zombie Kidz Evolution

**Family games:** Kingdomino, Point Salad, Ticket to Ride, Dixit, Forbidden Desert, Azul

**2 player-only games:** Jaipur, Schotten Totten, Onitama, Patchwork, Star Realms, Targi

**Strategy games:** Lords of Waterdeep, Catan, 7 Wonders, Wingspan, Concordia

**Attacking-type games:** King of Tokyo, Small World, Unmatched, Kemet

## Making Connections

Our 2020 Appeal, *Making Connections*, concluded on December 31 and was a great success! We are grateful to all those who chose to travel this journey with WRFN in helping to connect families to vital resources and to each other. Thank you for choosing WRFN and making a difference in the lives of exceptional families.



LYLE S. HALLMAN  
FOUNDATION

WRFN is thrilled to announce that we will be included in the second cohort of the Lyle S. Hallman Foundation General Operating Support pilot. Along with The Resilience Project and Early Literacy Alliance Waterloo Region, we will be the recipient of generous funding and are excited to help the Foundation learn about General Operating Support for collaboratives.

thank  
you!

## SEAC Updates

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

**December 2020**

Barbara Ward, the Mental Health Lead for the board, presented. She noted that the mental health and addiction procedures at the board are tied to what the province does through School Mental Health Ontario.

Ms. Ward noted that good mental health is associated with a welcoming environment, belonging, and good social and emotional learning. Mental health is also associated with social determinants of health, so equity must be addressed. Knowing this, the board is really trying to embed social emotional learning. There are courses for elementary and high school teachers, as well as courses for high school students where mental health professionals can be with teachers and help them teach social emotional learning to students. Additionally, there are courses that can be taken virtually. There was also an initiative known as "The First 10 Days." This was a course of social emotional learning for secondary students over a two-week period with some classes receiving one lesson and some, five lessons. Community service providers are providing services class wide.

There are asynchronous learning modules about mental health for elementary and secondary teachers as well as other modules being rolled out on Professional Development Days and during staff meetings.

In trying to help students who may be disengaged, the board is getting new information every two weeks about students and trying to reengage them.

As for other issues, there have been kits distributed regarding cannabis and vaping to secondary students as well as those in grades seven and eight. There is education about human trafficking going to parents, students, and staff. This will be included in the grade seven and eight curriculums.

Teachers are paying close attention to those students currently in distance learning with regard to suicide and self-harm prevention, as well as adding information to the website about anxiety. Throughout the pandemic, teachers receive language around mental health which has been key in assisting students at risk. There is also a teacher for supporting mental health available who can help in supporting students. Staff can also talk to social workers about their concerns.

For students in Tier 2 and 3 there are multidisciplinary teams within the school and external support, such as Grand River Hospital with whom the board has a strong relationship. There are things like a parenting hotline and enhanced website resources for more general support.

For teachers there are tip sheets for those teaching distance learning as well as the opportunity to invite parents to lunch and learns.

Special Education COVID relief funding has allowed another psychologist to be hired, four social workers, and two behaviour management trainers. There were also community navigators hired to liaison with the community.

A question was raised about what happens when there is a failure to fill in classrooms of students with "severe needs." It was noted that other teachers are trained to assist with this, but there needs to be a team of itinerant EAs who are also trained to assist.

The next virtual meeting will be held January 13, 2021.

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

## SEAC Updates

**Waterloo Catholic District School Board  
Special Education Advisory Committee Update  
*Submitted by Karen Kovats***

**December 2020**

WCDSB SEAC met virtually on December 2, 2020.

### Mental Health & Wellness Update

Sharon Porty, Mental Health Lead, joined our committee meeting again this year to provide a mental health and wellness update. She highlighted the top priorities our school board community wanted to address regarding student, staff, and family wellbeing.

These topics include:

- Recognizing signs of emerging mental health difficulties.
- Reducing the stigma.
- Promoting “help-seeking” and clarifying pathways to support.
- Enhancing access to information about proactive practices that can promote wellness.

The school board recently launched two new videos on their website to promote Help-Seeking for Students as well as Parents/Guardians and Staff.

Sharon also noted that individuals were feeling a bit overwhelmed with the amount of information coming at them. Therefore, the board is trying to layer the information through different mediums (Twitter, School Messenger, Weekly Wellness tips for staff, etc.) so that the information is readily available when, and where, an individual wants to access it.

### Trustee Update

An update from the November board meeting can be found here:

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

The next WCDSB SEAC meeting will be held virtually on January 6, 2021.

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

## What's Happening at WRFN

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

**We will be listing online and virtual resources that we think will be helpful. Keep an eye on our Facebook Page and our Twitter account (@FamilyNetworkWR) for more!**

### **Ask A Self-Advocate**

Do you need to look at a challenge you are facing with a new perspective? Would you like to bounce ideas off someone who's been there? Cristina was diagnosed with exceptionalities as an adult, and is passionate about sharing her lived experience. Speak with Cristina to discuss your own questions and concerns to gain new insights and ideas. This program is currently available through phone, email or virtual connection to individuals with disabilities, families, or service providers.

For more information on Ask A Self-Advocate please contact Cristina Stanger at [Cristina.Stanger@wrfn.info](mailto:Cristina.Stanger@wrfn.info)

To request a booking please complete the request form found on our website at [wrfn.info](http://wrfn.info)

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

During this current COVID-19 health crisis, personal support has become paramount for many families. Sue Furey, our Family Resource Coach, is available by phone or email to lend a helping hand and personal guidance to families and to connect you to updated information, resources, and virtual opportunities. We encourage you to reach out. Call Sue at 519-886-9150 ext. 4 or email her at [Sue.Furey@wrfn.info](mailto:Sue.Furey@wrfn.info)

**We provide support in all life stages - NO diagnosis is needed.**

## What's Happening at WRFN

**WRFN School Issues 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.

This support is for parents whose children are participating in distance or in-school learning.

The support group is offered  
TWICE A MONTH  
\*the second Tuesday from 10-11:30am  
\*the last Wednesday from 7-8:30 p.m.  
ALL MEETINGS WILL BE BY ZOOM

**Cowan** Foundation

**Family Network**

**TO REGISTER**  
Contact Sue Simpson at WRFN  
sue.simpson@wrfn.info

### School Issues Support Group

This peer-led group provides support, advice and a safe environment for parents who have questions or concerns about school issues affecting their children with special needs. This group is currently meeting virtually. If you're interested in participating, please contact Sue Simpson at 519-886-9150 ext 1 or [sue.simpson@wrfn.info](mailto:sue.simpson@wrfn.info)

The group meets virtually on the last Wednesday of each month at 7pm. The next meeting will be on January 27. A monthly daytime meeting has also been added. This group will meet on the second Tuesday of each month at 10 am. That group will next meet on January 12.

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### Coffee Club

Greetings from Coffee Club! We have been meeting on Zoom since late March, usually on Thursdays from 3:00-4:00 PM. Generally, we are just catching up and chatting, mixed with a little bit of watching YouTube.

If you would like to join us, please send me an email at [carmen.sutherland@wrfn.info](mailto:carmen.sutherland@wrfn.info). I will make sure to keep you on the email list so that you receive a Zoom invite and I will also keep you aware if we ever change or add a meeting date.

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### 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. The next date will be February 2.

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

## Information, Resources & Opportunities

**Connectability.ca** has posted new COVID-19 resources. See flyer below or go to <https://connectability.ca/covid-19/>

**ConnectABILITY.ca**  
**COVID-19 RESOURCES**  
 Supporting individuals, families and caregivers.  
 Find answers to your COVID-19 questions, share experiences and discover events to stay active and connected.

**COVID-19 Information**  
 Our library of resources offers the information and support you need around COVID-19:  
 Plain Language Resources  
 Resources and Supports for Caregivers  
 COVID-19 Healthcare Resources  
 Mental Health and Wellness  
 Virtual Connections and Online Programming  
 Education and Learning at Home  
 COVID-19 Financial Support  
 Helpful Websites

**Virtual Events Calendar**  
 Discover free events, activities and webinars from the comfort of your home. The Virtual Events Calendar is brought to our resource page by MyCommunityHub.

**Visit our resource page at**  
<https://connectability.ca/covid-19/>  
 The COVID-19 Resource Page was developed with the support of the Ministry of Children, Community and Social Services.

**Virtual Support**  
 Whether you're looking to speak with an expert or just looking for someone to talk to, we're here to support you.

**Connected Families**  
 A chatroom for individuals and families to ask questions and share experiences.

**Submit Questions**  
 Send us your questions about COVID-19 and we will connect with you as soon as possible.

**Friendly Connections**  
 Sign up to stay connected through fun deliveries such as a postcard or friendly email just to say 'Hi!'.

COVID-19  
**managing**  
 the next wave

Your Staying Healthy  
 Winter Checklist

### From **Partners for Planning:**

Many of us are in panic mode right now. We're alarmed by rising COVID-19 cases and exhausted by managing pandemic life.

The good news? There are things we can do right now to get us through the second wave. Here are eight health tips to think about and to discuss with a health care provider.

Click here for the tips: <https://bit.ly/3nvzL4a>

The **Ontario government** has released the 2020-2021 budget including important new investments in services for people who have developmental disabilities. The full Ontario budget can be found online here: <https://budget.ontario.ca/2020/chapter-3.html>

## 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](#).

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A support group for **Black Caregivers** of people with exceptionalities meets monthly. For further dates and meeting information, contact Clovis or Sherron Grant at [sherron.grant@rogers.com](mailto:sherron.grant@rogers.com)

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The **Ontario government** has released the 2020-2021 budget including important new investments in services for people who have developmental disabilities. The full Ontario budget can be found online here: <https://budget.ontario.ca/2020/chapter-3.html>

The Ontario government has announced financial support to help with additional costs during the 2020-2021 school year due to COVID-19.

Eligible parents or guardians will receive a one-time payment of:

- \$200 for each child up to age 12
- \$250 for each child or youth up to age 21 with special needs

The deadline to apply is **January 15, 2021**.

Go to <https://www.ontario.ca/page/get-support-learners> for more information.

## Information, Resources & Opportunities

The **Fetal Alcohol Spectrum Disorder (FASD) Symposium** on January 26 is Eastern Canada's largest annual gathering of everyone connected to the FASD community. This one-day interactive, educational event, with content available in English and French, attracts 300+ people each year. The theme for 2021 is "Managing Challenging Behaviours in Children, Youth and Adults with FASD."

For more information and to register, please go to:

<https://www.able2.org/events/fasd-symposium-managing-challenging-behaviours-in-children-youth-and-adults-with-fasd/>

**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 learner's needs. This online basic training course will take an average two hours to complete.

Level 1 training will provide knowledge and understanding of:

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

A certificate will be provided to each participant upon completion:

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

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The **London Family Court Clinic** will be holding virtual training sessions in January on topics such as suicide prevention and alternative dispute resolution.

For more information and registration go to:

<https://www.lfctraining.com/>

## Information, Resources & Opportunities

### ***SKILL BUILDING SUCCESS***

Skill Building Success has been supporting individuals with varying learning needs and abilities for over 25 years. For example, individuals diagnosed with a developmental disability and those on the Autism Spectrum.

We are passionate in facilitating the achievement of participant's learning goals and supporting individuals in building skills holistically, within a caring and engaging atmosphere.

***To support families and students during these challenging times with Covid19***, Skill Building Success is offering a virtual program called ***"The love of learning – virtually!"*** for individuals who are over the age of 18 and/or who have finished high school.

The program is designed to support participants in building their cognitive skills (including literacy, conversational skills, functional math, self awareness/advocacy and computers), through on-line engaging activities, facilitated by a highly qualified Learning Facilitator.

Group Social Skill Sessions are also available for up to four participants.

**Contact:** Giselle Martyres, Program Coordinator/Certified Child and Youth Worker/Learning Facilitator  
Cell: 647 463 1033  
Email: [skillbuildingsuccess1@gmail.com](mailto:skillbuildingsuccess1@gmail.com)

"Tell me and I forget. Teach me and I remember. Involve me and I learn" Benjamin Franklin

**Axon Music Therapy** is continuing to offer "Create & Connect" music therapy in the new year, for ages 18+. For more information and registration go to <http://www.axonmusictherapy.com>

**Create & Connect**

VIRTUAL MUSIC THERAPY  
18 + years old  
ALL abilities welcome!  
NO experience required

Funding Options Available  
[axonmusictherapy.com](http://axonmusictherapy.com)

## Information, Resources & Opportunities

In collaboration with the Region of Waterloo, community groups, and the development industry, the **City of Kitchener** has developed the *Housing for All - Kitchener Housing Strategy* aimed at addressing challenges to housing affordability in Kitchener across the housing continuum.

You can read the full document at:

[https://www.kitchener.ca/en/resourcesGeneral/Documents/DSD\\_PLAN\\_Housing\\_For\\_All\\_Kitchener\\_Housing\\_Strategy.pdf](https://www.kitchener.ca/en/resourcesGeneral/Documents/DSD_PLAN_Housing_For_All_Kitchener_Housing_Strategy.pdf)

To view all events being offered at **Autism Ontario**, kindly visit: [www.autismontario.com](http://www.autismontario.com)

**Passport Community Developer** Wellington/Dufferin is offering a webinar on Safety for Independent Living. January AND February dates are already full, and they have added dates in March. See flyer below for information and how to register.

OPEN TO ALL REGIONS

### SAFETY FOR INDEPENDENT LIVING

A personal safety course where people learn lifeskills that empower them to make safe choices and caring & respectful decisions in their everyday lives both online and offline

**COURSE CONTENT**

- BASIC FIRST AID, FIRE SAFETY & EMERGENCY vs. NON-EMERGENCY
- BEING ASSERTIVE & BULLYING
- PEOPLE SAFETY, GETTING HELP, TRICKY PEOPLE & SAFE STRANGERS
- ONLINE SAFETY, ROAD SAFETY & MORE

**DATE/TIME:**  
 March 2nd-5th 2021  
 6:00 - 7:00 pm and  
 March 9th-12th 2021  
 6:00 - 7:00 pm

**LOCATION:**  
 Virtually (ZOOM) -link will be sent upon completion of registration

**COST:**  
 \$55.00 - Passport Funding Admissible

**CONTACT TO REGISTER:**  
 Karenda Carpenter  
 PCD Wellington/Dufferin  
 226.314.1126  
 kcarpenter@clgw.ca

**f** @passportwellingtondufferin

course materials will be dropped off/mailed out to participants prior to the first date

## Information, Resources & Opportunities



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

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

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

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

Below is the January calendar of virtual evens for **AIM** along with registration information. Click on the documents below to go to their website for more details.

January 2021 VIRTUAL CALENDAR					ADULTSINMOTION.ORG
	Every Monday:	Every Tuesday:	Every Wednesday:	Every Thursday:	Every Friday:
8:30-9:15am	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!
10:30-11:15am	RELAX & LISTEN READING	EVERYTHING DISNEY	RELAX & LISTEN READING	LET'S TALK ABOUT SAFETY	THE WONDERS OF SCIENCE
11:30-12:15pm	COMING SOON				
12:30-1:15pm	KARATE CLASS!!!	WATCH LIVE MUSIC WITH RYAN!	THE RODD SOCIAL	INTERACTIVE ADVENTURE STORIES	TRIVIA GAME SHOW
1:30-2:15pm	SPECIAL GUESTS! January 4: TBA January 11: TBA January 18: TBA January 25: TBA	MUSIC TRIVIA GAMES	MUSIC BY THE DECADE	MUSIC TODAY'S HITS	MUSIC DISNEY
2:30-3:15pm	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE
3:30-4:15pm	MATH SKILLS	READING & WRITING	MATH SKILLS	READING & WRITING	ARTS & CRAFTS

Keep an eye out for email announcements about special Saturday Zooms!

**VIRTUAL PROGRAMMING DETAILS:**  
 These host-lead classes are supervised, safe and inclusive programs.

**LINK TO PROGRAMS:**  
 One link access to all Virtual Classes: <https://us02zoom.zoom.us/j/81895717680> (or Meeting ID: 818 9571 7680). Simply click this link at the start of your desired class to join.

**HOW TO REGISTER:**  
 No need to pre-register for each class, just click to join! For newcomers to Adults in Motion, to register all that is required is a one-time email to [virtual@adultsinmotion.org](mailto:virtual@adultsinmotion.org) to provide a participant name and email address for billing.

**BILLING PROCESS:**  
 Attendance will be taken at each class and used for billing which is sent after the month ends. Billing is sent via email – please make sure we have your name and email!

**PER CLASS COST:**  
 \$12 fee per class, for example; 2:30-3:15 Dancercise on Monday, Jan. 4th is \$12. For group residential living or classroom rates contact [virtual@adultsinmotion.org](mailto:virtual@adultsinmotion.org)

Visit our website at [adultsinmotion.org](http://adultsinmotion.org) to learn more about in-person day programs, workshops, one to one services and other activities for individuals with disabilities at Adults in Motion. Located in Kitchener, Cambridge, Oakville & Hamilton.



## Information, Resources & Opportunities

**Bruce Weber** is a local retiree who independently creates adaptive devices for persons with disabilities. He is assisted by other volunteers and is able to make specific projects for unique needs. More information on Bruce's offerings and contact information are found on the flyer below.

What is the cost?

**Adaptive Devices Made For You** has individuals who volunteer their time, so the only expense to the client is for materials used, plus a small percentage markup to cover consumables and delivery costs.




**ADAPTIVE DEVICES MADE FOR YOU**

Do you have a client whose life would be improved by having something made specifically for their needs?

Bruce Weber  
519 577 8521  
pulleplus@golden.net

**ADAPTIVE DEVICES MADE FOR YOU**

Bruce Weber  
519 577 8521

**ADAPTIVE DEVICES MADE FOR YOU**



Therapist seat to support client on treadmill.



**WE CAN HELP**

**Adaptive Devices Made For You**

Volunteers have cabinet building and a little mechanical background. Generally the device will be made out of wood with high quality workmanship. We are willing to work with the therapist on an individual basis and if possible can do some simple mechanical things as well.

We are not licensed carpenters and will not attach anything in the home such as grab bars, ramps etc.

These are only examples of recent projects. If you have a need, feel free to contact Bruce and we will see how we can help.



Squeeze rollers





Adult Size Puzzle



Stand up work station

**Family Alliance Ontario** is asking for your participation in a survey intended to learn more about how students with disabilities are being serviced by public school boards at this time. This survey will give Integration Action for Inclusion an idea of whether COVID-19 is changing what placement options families would normally opt for as well as whether your placement options have been influenced by resource allocations or other decisions that school boards make.

To participate in the survey, go to:

[https://docs.google.com/forms/d/e/1FAIpQLSf4pJX14A8kWJUDLjc19yqBmW7PXmXeRk\\_7tBnOWz5MtcgItg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf4pJX14A8kWJUDLjc19yqBmW7PXmXeRk_7tBnOWz5MtcgItg/viewform)

## Information, Resources & Opportunities

**Ontario Independent Facilitation Network** is offering a Building Capacity in Independent Facilitation Shared Learning Series. See below for course topics and click on the flyer to register.

**Building Capacity in Independent Facilitation OIFN Shared Learning Events**

**Shared Learning Events**  
for people living with disabilities, family members and/or loved ones, and aspiring and experienced independent facilitators

Courses will be held virtually using **Zoom Video Conferencing**.

The courses will be delivered in an interactive format, to include a combination of presentation, small group work, reflective exercises, whole group dialogue, and invitations to do some reading and reflection prior to the sessions.

Most courses include 1 full-day session and 1 two-hour session for a total of 7 hours.

The *Deepening Mindful Practice* course is 2 full-day sessions for a total of 9 hours, plus 4 hours of included mentoring.

The *Conscious Listening and Speaking* and *Fostering Conversations about What Matters* courses also include optional opportunities for 4 hours of small group mentoring conversations.

Courses will be led by **Judith McGill of LifePath Facilitation**. Judith has had extensive experience over the past 27 years supporting individuals with developmental disabilities within the context of their families to take the next step, whatever that might be and to live the life they have imagined. She is the Executive Director of Families for a Secure Future and as such has had the privilege to mentor several Facilitators on an ongoing basis over the years.

**Space is limited!**  
Register here: <https://tinyurl.com/OIFNSharedLearning20-21>

If you need assistance to register, please contact Bill Rollo, OIFN Administrative Assistant [brolo@oifn.ca](mailto:brolo@oifn.ca) or 519-966-8094, Ext. 6

**UPCOMING COURSE TOPICS**

**Developing Leisure Identities**  
JAN 13 & 20, 2021

**Conscious Listening and Speaking**  
MARCH 24 & 31, 2021

**Deepening Mindful Practice**  
MAY 17 & 31, 2021

**Fostering Conversations about What Matters**  
JUNE 17 & 24, 2021

**Registration Fees**

**Leisure Identities, Conscious Listening, and Fostering Conversations**  
\$65 per course

**Deepening Mindful Practice**  
inclusive of Mentoring Conversation  
\$100

**Mentoring Conversations for Conscious Listening and Fostering Conversations**  
\$50 per course

Passport funding can be used to cover registration for people and families, to be submitted under Person-directed Planning.

**Bulldog Fitness** in Guelph has spots available in its Kindergarten Readiness Preschool Program which is an emergent/activity based program run by qualified RECE that will assist with social development and school preparation. Using your child's interests and their own curiosity, we will use creative play and activities to develop many skills including: Numeracy/ Literacy, Science, Cognitive Thinking and more!

For more information and registration, go to:  
<https://www.guelphbulldog.com/preschool-program>

**Spots Available in our Kindergarten Readiness Preschool Program!**

An emergent/activity based program run by qualified RECE that will assist with social development and school preparation. Using your child's interests and their own curiosity, we will use creative play and activities to develop many skills including: Numeracy/ Literacy, Science, Cognitive Thinking and more!

Days Available: Monday-Friday  
Time: 9:30am-12:00pm  
Cost: \$18/per day

Call or email us to book your toddler's spot today!

Guelph Bulldog | 259 Grange Rd, Guelph, ON N1E 6R5  
519-836-3839 | [WWW.BULDDOG.COM](http://WWW.BULDDOG.COM)

## Information, Resources, & Opportunities

**Developmental Services Ontario (DSO)** has launched Passport eCLAIM, which is an electronic way to submit your passport invoices. For more information and to submit your invoices go to: <https://www.dsontario.ca/passport-program/learn-about-passport-eclaim>

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

For more information and registration for the remaining sessions, go to: <https://www.planningnetwork.ca/en-ca/Events/28512/Fundamentals-of-Future-Planning>

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**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 minute 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/>

**Kerry's Place** is also offering an Autism Spectrum Disorder Certificate Course via Zoom. There will be an evening, a morning, and a full-day option, providing choice to our communities. This course is available to community members as well as families with persons with ASD.

For dates, availability, and to register, go to: <https://www.kerrysplace.org/autism-spectrum-disorder-certificate-course/>

## Information, Resources & Opportunities

**Kerry's Place** will also be offering many webinars as part of its Foundational Family Services available for persons with ASD and their families, under the age of 17, who are registered in the Ontario Autism Program (OAP). To view the offerings and for more information please go to:

<https://www.kerrysplace.org/category/ffs/>

**Kerry's Place** groups for January-March 2021 have been posted on their website. There are a variety of groups available for different ages and needs. Prior to participating in a social skills group, interested participants are required to complete a group pre-screening. The group pre-screenings are valid for 6 months and families will be provided recommendations of groups based on their child and youth's strengths and needs.

For more information go to:

<https://www.kerrysplace.org/category/oapgroups/>

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

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

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

## Information, Resources & Opportunities

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

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

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

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

**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! 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.recrepite.com/virtual-services/](http://www.recrepite.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, school community or virtual space. Our service is 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@recrepite.com](mailto:info@recrepite.com) and [recrepite.com/services/](http://recrepite.com/services/)

# Information, Resources & Opportunities

**Carizon** is local non-profit that helps families thrive in their communities by strengthening their mental health and wellbeing. They are offering many support groups and workshops in the coming weeks. See flyers below for details and registration information and go to <https://www.carizonforthecommunity.ca/> for more information about Carizon.

Carizon Family and Community Services

## FINDING HOPE THROUGH THE DARKNESS VIRTUAL WORKSHOP SERIES

**SELF-CARE** December 2nd | 3 - 4 pm | [Register Online](#)

As the Pandemic and its restrictions drag on, and as the days get shorter and darker, many of us are feeling ground down in many ways – anxiety and frustration are only a couple of examples! Taking care of ourselves is not just a slogan – it’s a necessity! Let’s discuss some ideas on how to do this.

**INNER PEACE** December 9th | 11 am - 12 pm | [Register Online](#)

So much of life is rushed, hectic and complicated. Quieting the noise and connecting with our inner self provides a pathway to peace amidst the chaos. This workshop includes practical techniques to slow down, find an inner sense of calm, and cope when things feel overwhelming.

**RESILIENCE** December 16th | 3 - 4 pm | [Register Online](#)

Join us for a session that will focus on the three vital components required in creating and maintaining resiliency. Participants will learn how to build hope and confidence during stressful times as well as specific strategies to incorporate self-care into their daily lives.

**HAPPINESS** January 13th | 7 - 8 pm | [Register Online](#)

During difficult times, the idea of happiness sometimes feels beyond our reach. However, there are scientifically proven ways for improving happiness. In this workshop, we will explore positive psychology, the study of happiness and experiment with new and simple ways of boosting our happiness levels.

**MINDFULNESS** January 20th | 3 - 4 pm | [Register Online](#)

How can being more aware of my thoughts and emotions help me to cope better in my daily life? Join this experiential workshop and take away key mindfulness skills and teachings to help navigate your everyday challenges.

**HOPE** January 27th | 12 pm - 1 pm | [Register Online](#)

Remaining hopeful in times of uncertainty can be challenging. This workshop will review the science of hope and provide attendees with practical knowledge to encourage and sustain hope in their own lives, especially during times of uncertainty.

**Call (519) 743-6333 or email [workshops@carizon.ca](mailto:workshops@carizon.ca) for information or registration.**



family + community services



family + community services

### Winter Groups 2021

All groups are online using Zoom unless otherwise noted.  
**Register by calling intake at 519 743-6333 or emailing [intaketeam@carizon.ca](mailto:intaketeam@carizon.ca)**

**Understanding Me** Morning Group | Tuesdays 9:30am - 11:30am | Jan 12 - Mar 16  
 \*Evening Group | Tuesdays 6:30pm - 8:30pm | Jan 12 - Mar 16

Provides education & support for women who have experienced emotional or physical abuse within their intimate relationships. **Open group:** clients can register at any time. Morning group Online. \*Evening group Onsite at 400 Queen St. S. **Fully funded.**

**Moving Towards Healthy Relationships** \*Thursdays 10:00am - 12:00pm | Jan 21 - Mar 11

A group for women who have experienced emotional or physical abuse, focusing on safety, building of self-esteem, ending the cycle of violence and learning how to be healthy in relationships. **Closed group, assessment required and completion of "Understanding Me" is a prerequisite. Onsite at 400 Queen St. S. Fully funded.**

**Building Better Boundaries** Wednesdays 6:30pm - 8:30pm | Jan 20 - Mar 10

Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries in their lives. **Closed group. Online. Fully funded.**

**Your Mindfulness Break** Tuesdays 12pm - 12:40pm | Jan 12 - Mar 30

Learn to meditate and calm your mind. You will be given some instructions, provided time to practice and a few minutes to debrief and ask questions at the end. **Informal group - come when you can. Online. Fully funded.** To self-register click here: <https://bit.ly/2K6Cwv1>

**Taming our Anger** Mondays 7:00pm - 8:30pm | Jan 11 - Mar 8

A learning opportunity for adults who have difficulty expressing and/or managing angry and aggressive feelings. **Closed group after second session. Online. Note: No group on Feb 15 - Family Day. Fully funded.**

**Beating the Winter Blues** Wednesdays 6:30pm - 8:00pm | Jan 13 - Mar 3

Winter can be hard! It's cold, dark, isolating, and many people can experience low moods, low energy, and even feelings of depression, anxiety, and loss of interest in things they usually enjoy; the effects of months of pandemic lock-down may make it even worse. But there is hope and things you can do to improve your mood, increase your energy and brighten your outlook. Each week will focus on a different self-care strategy with concrete, hands-on learning for you to practice. **Open group. Online. Fully funded.**

**From Fear to Freedom: Overcoming Anxiety** Thursdays 6:30pm - 8:00pm | Jan 21 - Mar 11

A skill-based interactive group for adults for whom anxiety causes problems in daily living. Participants will learn how to become more mindful of their emotions and how to better tolerate and accept "negative" emotions, allowing them to move past anxiety and towards the things that matter in their lives. **Homework completion between sessions is an expectation of this group. Closed group after second session. Online. Fully funded.**

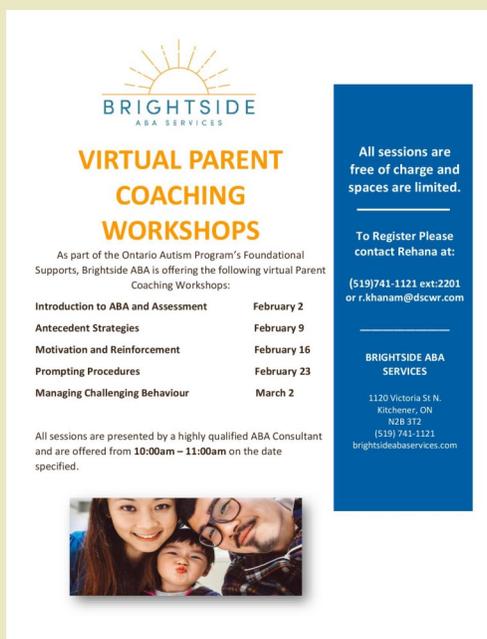
**Chronic Pain Monthly Support Group** Third Thursday of the month 1:30-3:00pm  
Jan 21, Feb 18, Mar 18, Apr 15

This group is focused on discussing chronic pain coping strategies and how you can apply them in your life. Short mindfulness exercises will be included. Led by a facilitator who has experience with chronic pain. **Open group:** clients can register at any time. Online. **Fully funded.**

400 Queen St. S. Kitchener, ON | [www.carizon.ca](http://www.carizon.ca)  
 Call 519.743.6333 or email [intaketeam@carizon.ca](mailto:intaketeam@carizon.ca) for information or registration

## Information, Resources & Opportunities

**Sunbeam Centre's Brightside ABA Services** specialize in supporting clients that are 9 years of age and up to support skill development in key areas such as social skills, communication skills, emotional regulation skills, building independence in activities of daily living, and to reduce challenging behaviours. Go to <https://brightsideabaservices.com/> Sunbeam Centre Brightside ABA Services is also offering Virtual Parent Coach Workshops beginning February 2, 2021. Spaces are limited. See flyer below on how to register.



**BRIGHTSIDE ABA SERVICES**

**VIRTUAL PARENT COACHING WORKSHOPS**

As part of the Ontario Autism Program's Foundational Supports, Brightside ABA is offering the following virtual Parent Coaching Workshops:

Introduction to ABA and Assessment	February 2
Antecedent Strategies	February 9
Motivation and Reinforcement	February 16
Prompting Procedures	February 23
Managing Challenging Behaviour	March 2

All sessions are presented by a highly qualified ABA Consultant and are offered from **10:00am – 11:00am** on the date specified.

All sessions are free of charge and spaces are limited.

To Register Please contact Rehana at:  
 (519) 741-1121 ext:2201  
 or r.khanam@dscwr.com

**BRIGHTSIDE ABA SERVICES**  
 1120 Victoria St N.  
 Kitchener, ON  
 N2B 3T2  
 (519) 741-1121  
 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.

## Information, Resources & Opportunities

**Shadow Lake Centre** is now accepting applications for Summer Camp 2021.

Go to <https://mycommunityhub.ca/> for more information and registration.



SHADOW LAKE  
CENTRE

Apply for  
Summer  
Camp 2021

MyCommunityHub.ca

Applications Now Open!!!

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**Mighty Hawks Laurier** is a group of passionate student leaders from Wilfrid Laurier University that believes a developmental disability does not define the scope of one's abilities. This group holds weekly workshops to support each individual in development of work-relevant and financial literacy skills with one-to-one support from Mighty Hawk Facilitators. The Mighty Hawks support social enterprise businesses and offer experience to its members. See here for more information: <https://enactuslaurier.ca/project/mighty-hawks/>

## Information, Resources & Opportunities

**Lutherwood** is available to help people find employment during the pandemic. All of their programs are still operating and can be accessed at: [www.beemployed.ca](http://www.beemployed.ca)

**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

**HEY CAMBRIDGE! NEED A JOB?**

**WE'VE GONE VIRTUAL!**

While Lutherwood's **Preston Idea Exchange** and **Lans** visits have been temporarily cancelled due to COVID-19, we are still offering our services via **telephone or video chat.**

**Contact Melissa to set up a virtual appointment**

Melissa Small, Employment Advisor  
 519-497-2839  
 msmall@lutherwood.ca

[lutherwood.ca/employment](http://lutherwood.ca/employment)

**NOW OFFERED ONLINE**

**YOUTH JOB CONNECTION VIRTUAL WORKSHOPS**

**Get ahead in your job search, connect with employers ...and get paid to do it!**

If you are under 30 and looking for work, Youth Job Connection (YJC) can help! Now offered online in virtual format, YJC can help you develop essential workplace skills, establish important job search strategies, use job search tools and build a career plan from your own home.

**For More Information**  
 Contact us by phone or send us a message through our online contact form on [BeEmployed.ca](http://BeEmployed.ca) and an Employment Advisor will get in touch.

**Cambridge**  
 Phone 519-623-9380 | Text 519-497-2674  
**Kitchener**  
 Phone 519-743-2460 | Text 519-497-2592  
**Guelph**  
 Phone 519-822-4141 | Text 519-400-2053

**BeEmployed.ca**

During the current provincial lockdown, virtual or telephone appointments are preferred. Only if necessary will in-person meetings be scheduled. The document below shows what safety protocols are in place and what to expect when having an in-person appointment or entering the building at Lutherwood.

**Lutherwood**  
 Caring people. Strengthening lives.

**COVID-19 Screening Questions**

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

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

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31 Dickson Street, Cambridge, ON N1R 7A6 | 519-623-9380  
 89 Woodburn Street North, Guelph, ON N1H 4E9 | 519-822-4141  
 165 King Street East, Kitchener, ON N2C 2E9 | 519-743-2460  
 1779 King Street East, Kitchener, ON N2Y 1Z1 | 519-749-2882  
 41 Walker Street West, Kitchener, ON N2C 2P1 | 519-743-2460  
 285 Benjamin Road, Waterloo, ON N2J 1Z8 | 519-866-6776

## Information, Resources & Opportunities

### From Extend-A-Family Waterloo Region:

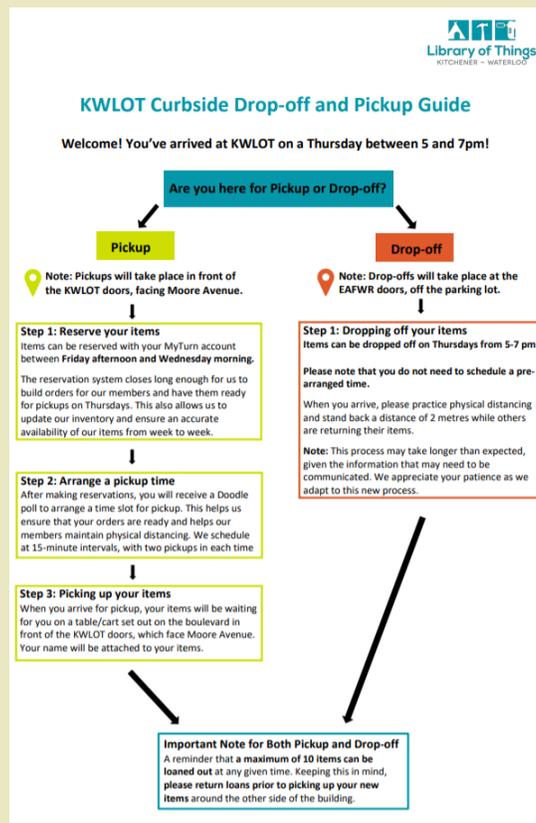


Looking to connect to folks on a weekly basis?  
 Join one of our virtual Open Spaces on Monday evenings! Both begin at 6:30pm.  
 Email Kim Sproul for more details!  
[kim.sproul@eafwr.on.ca](mailto:kim.sproul@eafwr.on.ca)

Working on a garden? Getting to that long-overdue DIY? Learning new cooking/baking skills? Moving?  
**Extend-A-Family Waterloo Region's *K-W Library of Things*** is up and running with curbside pickups and dropoffs of our extensive inventory of kitchen, camping, gardening and DIY tools. Hop over into our inventory to see if we have what you need!

<https://kwlibraryofthings.myturn.com/library/inventory/browse>

The K-W Library of Things has established a process for safe pick-up and return of items and is available Thursday, from 5 to 7 pm during the current provincial lockdown. See image below.



## Information, Resources and Opportunities

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

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

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

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

Youth and Teen Respite Groups begin in January. Unfortunately, the Teen Group has no spots available, but there is some space left in the Youth Group.

The Youth Group will be held on Fridays from 4:30 pm to 6:30 pm and will commence during the week of January 29, 2021 and will wrap up during the week of March 20, 2021.

To ensure everyone's safety:

- There will be no more than ten people (including staff) in the building
- Each participant will be asked assessment questions (including temperature checks) prior to entry
- Hand sanitizers and masks will be provided to the participants for each session
- Staff will practice precautions by disinfecting every area after use

For more information and to register, please go to:  
<https://www.eafwr.on.ca/programs/youth-and-teen-groups/>

## Information, Resources & Opportunities

From our friends at **Bridges to Belonging**:

Are you/your son or daughter looking for a group where you/they can build their network of friends, talk about different topics, have fun, and be celebrated for the gifts and strengths that you have? Then come join us for BE-Connected Wednesday nights from 7-8 p.m. using this

Zoom link: <https://us02web.zoom.us/j/83768786396?pwd=Z1lhcEVkNm9YWZHDT2JhN2VkSyEdz09>

You can also join our Facebook group here: <https://www.facebook.com/groups/1340275669505577> you must agree to the group rules to join!

**Bridges to Belonging** is also offering Future Planning, a free webinar series on important considerations in creating a safe and secure future for yourself or your loved one with a disability.

Click here to register and for more information:

<https://www.eventbrite.ca/e/future-planning-webinar-series-registration-128555959335>



**Bridges to BELONGING** BRIDGES TO BELONGING PRESENTS:

### FUTURE PLANNING FREE WEBINAR SERIES

Learn from legal and financial specialists about important considerations in creating a safe and secure future for yourself or your loved one with a disability

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**PRESENTERS**

DAVID G. AMY      PAUL ARSENAULT




**AM. APPLERY & BRENNAN**      **KINDRED**  
Attorneys, Solicitors & Notaries      Chartered Accountants

**REGISTER HERE**

[HTTPS://WWW.EVENTBRITE.CA/E/FUTURE-PLANNING-WEBINAR-SERIES-REGISTRATION-128555959335](https://www.eventbrite.ca/e/future-planning-webinar-series-registration-128555959335)

For more information please email:  
info@bridgestobelonging.ca

**DATES AND TOPICS**

**SESSION 1 - DECEMBER 3, 2020 6:30 - 8:30PM**  
ESTATE PLANNING - WILLS & POWERS OF ATTORNEY

**SESSION 2 - FEBRUARY 11, 2021 6:30 - 8:30PM**  
ESTATE PLANNING - TRUSTS & HENSON TRUST

**SESSION 3 - TBD**  
POWER OF ATTORNEY AND PERSONAL CARE

**SESSION 4 - TBD**  
INSURANCE AND TAX PLANNING

## Information, Resources & Opportunities

**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/qualtrics.com/jfe/form/SV\\_72QNTGBIZNThQDr](https://uwaterloo.ca/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:  
hmahti@uwaterloo.ca



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

## Information, Resources & Opportunities

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

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

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

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

**Insomnia is categorized by:**

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

Sound familiar? Consider participating in our study!

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

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

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

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

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

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

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

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

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

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

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

Contact Us

SickKids, DALHOUSIE UNIVERSITY, UNIVERSITY OF TORONTO, UNIVERSITY OF MONTREAL, ALBERTA, McGill Western

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

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

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

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

## Information, Resources & Opportunities

**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"> <li>• An individual who self-identifies as having a disability</li> <li>• Unemployed or under employed and ready to job search</li> <li>• Interested in gaining support to create a workplace accommodation plan?</li> <li>• Interested in connecting with employers who are actively hiring?</li> </ul> <p style="font-size: small; text-align: center;"><i>To be eligible for funding you must not have been on EI currently or in past 3-5 years</i></p>	<p>Kathleen MacLeod Employment Facilitator (519) 571-6788 x 7661 kmacleod@ccrw.org <a href="http://www.ccrw.org">www.ccrw.org</a></p>

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

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



## Information, Resources & Opportunities



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

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

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

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



**Sign up for Classes Today!**

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

[https://drive.google.com/file/d/1\\_ljZKZ1tFp7ghws9PJZSmH0aktRu0ELV/view](https://drive.google.com/file/d/1_ljZKZ1tFp7ghws9PJZSmH0aktRu0ELV/view)

## Information, Resources & Opportunities

### The Learning Disabilities Association of Wellington County Virtual Peer Support Network

A new year, new resolutions! Come share your goals for the coming year and get support, encouragement and ideas from a group that cares.

Come join our Peer Support Network and meet other parents on a similar journey. LDAWC Peer Support Network's goal is to provide an informal setting to share experiences, challenges, successes and resources. Living, learning and/or working with a LD, or supporting a family member with LD, has its ups and downs. Come learn from others.

#### Benefits are:

- Learning about relevant resources, supports and strategies
- Insights into what has and hasn't worked for parents and families
- Learning you and your student aren't alone through shared ideas and experiences
- Reduced stigma and stress

COST: FREE

Go to <https://ldawc.ca/events/virtual-peer-support-network/> for more information.

A researcher at **Wilfrid Laurier University** is looking for participants to be part of a study examining the lived experiences of those caring for individuals with a developmental disability. See details and contact information on the flyer below.

**DHAL**

Reviewed and approved by the Wilfrid Laurier University Research Ethics Board (REB# 6651)  
Disclaimer: Confidentiality cannot be guaranteed if you 'like' or 'comment' on this post.

## Do you provide care?

### ...for a child or a young adult with a disability?

**Looking for:**  
Primary informal caregivers located in **Ontario**  
Who are responsible for individuals with a **developmental disability** (ages of 4-25)

**Asking for participants to be a part of a study examining:**  
The lived experiences of those caring for Developmental Disability in Ontario. Disability and caregiver policy will also be explored.

**Approx. 60-90 min** semi-structured online or phone interview

For more information please contact me by email:  
[alix0500@mylaurier.ca](mailto:alix0500@mylaurier.ca)

## Information, Resources & Opportunities

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

Max 20 participants for personalized attention.

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

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



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

VIA ZOOM

for KIDS, TEENS & ADULTS LIVING WITH DISABILITIES

**EASY-TO-FOLLOW LESSONS**

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

EXCITING NEW MEDIUMS EVERY MONTH!

**SUPPLIES PRE-SHIPPED**

to your group home or to each participant's home

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

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

**ARTSHINE.CA**  
LET YOUR ART SHINE

## Information, Resources & Opportunities

**EarlyON | Waterloo Region** provides a variety of developmentally appropriate, fun, and interactive learning opportunities for you and your child to explore together. Join us to sing, dance, explore, discover and be active Monday-Saturday LIVE on our Facebook page [@EarlyONWR](#). We look forward to you joining us! We also encourage you to visit our website [earlyyearsinfo.ca](http://earlyyearsinfo.ca) regularly for new songs, and activities every week.

Premier Doug Ford recently announced that a province-wide shutdown would begin on December 26 and last a minimum of 28 days. As a result of this shutdown, all in-person EarlyON locations, both indoor and outdoor, will not be operating during this shutdown period.

In January, EarlyON will continue to offer a variety of online programs through Zoom! Please check out our [calendar](#) for updates. All of our online programs do require pre-registration through [KEyON](#). Starting in January, we will also be adding **[more virtual content each week](#)** to our website, so please continue to stay connected online.

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

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[Parents for Children's Mental Health](#) is excited to offer virtual one-to-one peer support is available by calling one of our three sites.

ADHD Support Group is the third Wednesday of every month.

The General Family and Caregiver Support group is the fourth Tuesday of every month.

Group information is available by emailing [selfhelpgroup@cmhaww.ca](mailto:selfhelpgroup@cmhaww.ca)

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

INTERESTED IN POST-SECONDARY SCHOOL? CONSIDER JOINING

### MCMASTER'S AUTISM MENTORSHIP PROGRAM

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

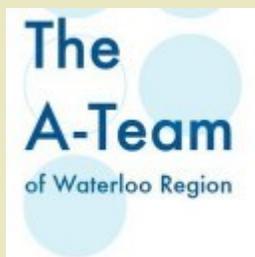
- Post-secondary programs
- Extracurriculars and social life
- Student accessibility supports
- And anything else!



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

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

## Information & Resources



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

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

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

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

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

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