



# Family Pulse

*Where exceptional families thrive.*

Issue 134  
June 2021

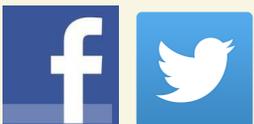
## What's In This Issue?

### Inside this issue:

SEAC Updates	2
New Seasons	3
What's Happening at WRFN	4
Steph's Corner	6
Community Information, Resources and Opportunities	8

We'd like to start off by saying a BIG thank you to everyone who supported our Evening of Elegance @home fundraiser on May 29. It was a fantastic event and we can't wait to provide a recap next month!

In this issue you will find summer meeting dates for A New Chapter as well as a variety of exciting opportunities in the Community Information Section. Don't miss out on the summer craft ideas in Steph's Corner!



**Support WRFN Today**

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

## SEAC Updates

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

*Submitted by Carmen Sutherland, Waterloo Region District School Board Representative*

Human Rights Presentation: Deepa Ahluwalia, Human Rights & Equity Advisor and Leah Martin, Human Rights Investigator came to give a Human Rights presentation to SEAC about the draft Human Rights Administrative Procedures under review presently and open for feedback. First, they discussed some basic important things about the Ontario Human Rights Code, including how it takes precedence over other laws and how one does not have to experience discrimination in front of others in order to create a complaint under the code, if Board staff/students or stakeholders are involved in the complaint and it occurs in places for which the Board is responsible, then they must investigate. There was also discussion of the role of their new branch with the Waterloo Region District School Board, including the fact that they provide information and training about the Board's Human Rights policy, and the fact that they resolve complaints as well. The preference is for early resolution by the school (including teacher, vice principal, principal or board superintendent) as appropriate. If that does not work then mediation or a restorative justice approach may be used. If these do not resolve the issue, then a formal complaint may be launched with the Human Rights Branch and an investigation will take place. There are cases where the issue is reported directly to the Human Rights Branch, including when the issue is directly related to hate activity and when power dynamics prevent resolution in another way. The Human Rights branch requires that people file their complaint within six months of the incident, so as to allow time for an appeal if necessary to the Ontario Human Rights Tribunal, which they have up to a year to file. Regarding a human rights complaint based on disability, students do not have to identify as having a disability to be able to file a complaint, and all student human rights must be considered within the complaint process.

Secondly, Trustee Lori Tremble led a discussion regarding the provincial direction to expand the availability of online learning post-pandemic. There were many potential issues raised, including the fact that there is no data to support the effectiveness of online learning, and concern that smaller schools may close or have limited in-person course selection if there are less students enrolled. Additionally, fewer in-school teaching staff will mean a reduced offering of extra-curricular activities. A template letter was shared for parents, parent councils, and other groups to share their concerns with their MPPs. Please contact me if you would like a copy of the template letter or contact Trustee Tremble directly.

Special education updates by Board staff discussed summer learning options. There will be literacy learning from Kindergarten to Grade 3, and literacy and numeracy for Grades 7 and 8. There will also be social workers and psychologists, any students taking summer school will have access to social workers, and the Board may partner with agencies like Lutherwood .

Other funding may be used for more mental health services, and possibly more evidenced-based practices for reading. More information on the budget for next school year should be available for the June meeting.

The next WRDSB SEAC meeting will be held virtually on June 9, 2021.

## SEAC Updates

### **Waterloo Catholic District School Board Special Education Advisory Committee Update** *Submitted by Sue Simpson and Karen Kovats, WRFN SEAC Representatives*

WCDSB SEAC met virtually on May 19. Renee King, Manager of Budget and Reporting, presented on the Special Education Budget for 2021 – 2022. The presentation included the Budget Overview, Grant Announcement, Special Education funding and Special Education expenditures. A motion to accept the 2021 – 2022 Special Education Budget Estimates as presented to SEAC was put forward and approved.

Topics for 2021/2022 SEAC meetings were suggested and discussed.

Association updates were shared.

Trustees Jeanne Gravelle and Tracey Weiler shared Trustee updates which can be found here <https://www.wcdsb.ca/upcoming-virtual-board-meeting-monday-april-26-2021/>

The next WCDSB SEAC meeting will be held virtually on June 2.

## New Seasons

*By Carmen Sutherland, Coffee Club Facilitator*

Hi, it's Carmen Sutherland, popping in to say: You're almost there! For those with kids, you are almost through the school year, you've almost got your kids through school at home, or entertaining kids at home after school, or cajoling kids into doing homework or figuring out accommodations.

Or maybe you do not have kids, and you are excited that winter is over and spring/summer is here, time for outside, sun, warm evenings, etc.

I also bet that for some of the families we support, summer is very difficult because it means routine and support from school changes, so maybe summer is not "the most wonderful time of the year."

Maybe work is speeding up, or slowing down, maybe outdoor fires are in your future, maybe not, maybe the summer is going to be more or less relaxing than you were expecting. Whatever is true for you, I wanted to acknowledge the different things that summer can mean for people and families, and say, "I see you!" whatever that looks like. Here is to another changing of seasons, and WHATEVER that may bring.

# 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.

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

**JULY 6, 2021**

*Connection Time:  
Come and share what's on  
your mind, challenges,  
successes, questions*

-----

**AUGUST 3, 2021**

*Transition to the Fall:  
What does Fall 2021 look  
like from here?*

-----

**All meetings are  
virtual Zoom  
meetings from  
7:30pm-9pm**

-----

RSVP to Mary at  
maryjpike@hotmail.com if  
you would like to join us.



## What's Happening at WRFN

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

**At WRFN, we're here to listen. Please reach out and let us know how we can help you and your family during these challenging times.**

### **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 open 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](#).

### **Coffee Club**

Greetings from Coffee Club! We currently meet on Zoom, 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.

### **Parent Mentor Program**

Through our Parent Mentor Program, we provide a means for parents to connect with each other, as well as guide, support and help empower each other to work through the highs and lows that make up their journeys.

Our Parent Mentors provide information and emotional support; share ideas and strategies; and connect their mentees with community resources.

If you would like to learn more please contact Sue Simpson at [Sue.Simpson@wrfn.info](mailto:Sue.Simpson@wrfn.info).

### **School-Issue Parent 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.

The group meets virtually on the second Tuesday of the month from 10-11:30am and the last Wednesday from 7-8:30pm. The meeting dates for this month are **June 8 and 30**.

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).

### **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, email, or virtual call 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 [Sue.Furey@wrfn.info](mailto:Sue.Furey@wrfn.info)

# Steph's Corner

## Summer Crafts

June 20 is the official start to the summer of 2021. I really like the summer because I can do things outdoors. I like collecting treasures at the beach and watching the flowers grow in the garden. Are you looking for something to do this summer? Here are three summer crafts that I like to do.

### 1. Flower Pot Painting & Seed Growing:

I like doing this craft with my support worker, Hannah.

#### Supplies:

1. Tin pot from a Dollar store.
2. Acrylic paint and paint brushes
3. Potting soil
4. Package of flower seeds



#### Instructions:

1. Put a plastic table cloth on the top of your work space.
2. Paint the outside of the tin pot.
3. Wait for it to dry.
4. Put the potting soil in the pot.
5. Make some holes in the soil and plant the seeds.
6. Cover the seeds with the soil.
7. Place in a sunny spot outside.
8. Water it every other day.

### 2. Stone Painting:

I like doing this craft with my mom.

#### Supplies:

1. Stones - smooth, small to medium in size.
2. Acrylic paint
3. Paint brushes
4. Meaningful words

#### Instructions:

1. Gather flat, small-to-medium-size stones
2. Paint the stones a solid colour. You may need two coats of paint.
3. Look up on the computer and/or come up with words that mean something to you ie. Family, Joy, Love, Kind, Believe
4. Paint the word on the stone.
5. When it is dry, give them to your family and friends as gifts.
6. Make sure that you keep one stone for yourself, to put in your garden.



## Cont'd Steph's Corner

### 3. Driftwood Dream Catcher:

This craft idea is thanks to Annita and Lana at LEG Up. LEG Up is a program through KW Habilitation. They offer helpful and fun, learning sessions. When I participated in the Craft Session, I really liked doing this craft.



#### Supplies:

1. A piece of driftwood - 12 to 15 inches long.
2. Fabric strips. - 12 strips of 1 inch wide fabric, in 6 different lengths. You will need 2 of each length (36 inches, 34 inches, 28 inches, 24 inches, 18 inches, 12 inches)
3. Jute string - 36 inches long
4. Beads - 3 big beads for each side (6 in total)
5. String - 2-18 inch length of string
6. Scissors
7. A clean work space

#### Instructions:

1. Lay the driftwood on your work space.
2. Starting with the longest pieces of material, fold one of the fabric strips in half and place the loop under the centre of the driftwood, using a loop.
3. Pull the tails through the loop and pull tight.
4. Repeat with each of the different lengths, going from longest to shortest, with one strip of material going on each side of the centre of the driftwood.
5. Repeat with all the strips of the material, working your way out from the centre.
6. Thread 3 beads on each piece of string and tie the string to the driftwood, one on each side.
7. Tie the jute to the ends of the driftwood to hang up the Dream Catcher.

I hope that you have fun trying out these crafts this summer.

Steph Prysruk

## Information, Opportunities & Resources

**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

#### **Virtual C.O.V.E. Conference**

C.O.V.E. Presents The Self Advocates 4th Annual Conference - World Café  
Join for a day of interactive workshops followed by a dance party at 7:00 pm!  
Saturday, June 5 starting at 10am

Learn more about this event: [shorturl.at/dsxLS](http://shorturl.at/dsxLS)

### PROGRAMS/RECREATION

#### **Torchlight Service: Connect Virtual Adult Programming**

Torchlight's Connect Program offers a variety of fun interactive activities for a small membership fee.

The Virtual Program team assists and supports participants in resolving technical issues, basic education on how to access online programs, program schedules and reminders via email.

Learn more about the Connect Membership at [shorturl.at/uzX39](http://shorturl.at/uzX39).

#### **LEG Up! Online**

LEG Up! provides online skill enhancement and learning experiences.

You will need a computer, tablet or phone with a webcam, audio and internet connection.

**Monday, Music at 11am** — Start the week off on a musical note.

**Monday, Let's Learn at 1pm** — Grab a pen and paper to jot some notes to record your learning!

**Tuesday, Cooking: Favs! at 11am** — Cook some delicious LEG UP! Favs.

**Wednesday, Wellness at 1pm** — Learn some techniques to keep you healthy and well.

**Interactive Thursday at 11am** — Add some fun to your week while interacting with your peers.

**Thursday, Arts & Crafts at 2pm** — Let's draw together.

**Friday, Baking at 11am** — Bake some yummy treats along with your LEG UP! Friends.

Learn more about these programs at <https://bit.ly/32O7cpT>.

For information about registration watch <https://youtu.be/3JLZYG3hxqA>.

## Information, Opportunities & Resources

### LEG UP! Online Youth Edition

For youth ages 13-17

You will need a computer, tablet or phone with a webcam, audio and internet connection.

All classes take place on Tuesday from 4-5pm. Fee per class: \$15

**Let's Work Safely in the Kitchen, June 1** — Let's learn some safety skills in the kitchen.

**Personal Safety at Home, June 8** — Let's learn some skills to stay safe at home.

**Let's Meet the Neighbours, June 15** — Let's talk about how to meet people and be a good neighbour where you live.

Learn more about these programs at: <https://bit.ly/3vh8pCm>.

### Adults in Motion

**Programs** — Adults in Motion offers a number of in-person programs and virtual activities throughout the day. Enjoy personal connections, making new friendships and participating in entertaining activities.

**Summer Camp** — Summer Camp Days are flexible and can be built around your summer schedule by choosing the specific days or weeks desired.

To learn more about Adults in Motion and what they are offering visit

<https://adultsinmotion.org/kitchener-waterloo/>.

### Recreational Respite Virtual Services

Virtual services offer unique experiences in small group, 1:1 and 'Build It' workshop sessions that aim to provide independent skill mastery for children, youth and adults with disabilities. These person-centred programs and workshops will cultivate life skills, promote self-care, encourage engagement, inclusion and social connectivity.

Check out information about their virtual services at <https://bit.ly/2KHe2Ia>.

### Extend-A-Family Waterloo Region: Virtual Open Space

Looking to connect to folks on a weekly basis?

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

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

### Extend-A-Family Summer Program

Extend-A-Family Waterloo Region Summer Program offers themed weeks for individuals with disabilities ages 13+. Activities accommodate a wide range of abilities ensuring that all participants have the opportunity to contribute.

Learn more about the Extend-A-Family Summer Program at [shorturl.at/citJR](http://shorturl.at/citJR).

## Information, Opportunities & Resources

### Sunbeam Community & Development Services Summer Camps

[MFTD \(Medically Fragile Technologically Dependent\) for Children & Teens](#) — An exciting theme-based program for children and teens aged 4 to 18 years old that includes crafts, swimming, snoezelen room time, community outings, physical fitness, and games in the gym.

[Summer Fun Days](#) — For adults 18+. This program includes crafts, swimming, snoezelen room time, community outings, physical activities and games in the gym. All activities are geared toward having fun and promoting positive social interactions.

### March of Dimes Connect & Share

Wouldn't it be wonderful to visit with someone regularly who shares your interests? March of Dimes virtual Connect & Share program was designed to make that happen. You will be matched with a volunteer who shares your interests and your buddy will visit with you (as often as you like) – just for the fun of it.

You can have phone visits or you can have a video call using a platform like Zoom.

<https://bit.ly/3906Lfl>

### BE-Connected Virtual Hangout

Bridges to Belonging is offering a place to virtually hangout, meet new people and talk about what's happening in your world.

Wednesday from 7:00-8:00pm | Use the following Zoom link to join: <https://bit.ly/3iHFwdm>.

### Artshine Virtual Accessible Art For Kids, Teens & Adults

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! Maximum 20 participants for personalized attention.

Click [here](#) for more information!

### Rainbow Day Camp

Memorable day camp activities for children and youth 4+. Leaders in training program for youth 11-14. Fully inclusive day camp with one-to-one support available.

Learn more at [www.rainbowdaycamp.com](http://www.rainbowdaycamp.com).

### Our Place KW - Family Resource and Early Years Centre

**Our Place** continues to offer a variety of programming opportunities.

**Stork Secrets**—Pregnancy and postpartum adjustment peer support. Learn more about this free virtual program [here](#).

Head over to <https://www.ourplacekw.ca/programs> for a full list of programs and registration information.

## Information, Opportunities & Resources

### Camp Kodiak

A unique, integrated, non-competitive summer program for children and teens with and without ADHD, LD and high functioning ASD.

Camp Kodiak nurtures campers' personal, athletic and social success to ensure they feel valued and celebrated. Find more information about their summer program [here](#).

Learn more about Camp Kodiak on their website at [www.CampKodiak.com](http://www.CampKodiak.com).

### Province-Wide Monthly Virtual Groups for Adults with FASD

The Fetal Alcohol Resource Program at ABLE2 is happy to announce the first two Province-wide virtual groups for adults living with Fetal Alcohol Spectrum Disorder (FASD):

- FASD Educational Group
- FASD Social Group

Both groups will be held monthly. You can participate at your comfort level from the comfort of your home.

For more info contact the Fetal Alcohol Resource Program at 613-761-9252 Ext. 234 or [fasd@able2.org](mailto:fasd@able2.org)

### EarlyON Waterloo Region

EarlyON provides a variety of developmentally appropriate, fun, and interactive learning opportunities for you and your child to explore together.

You can enjoy LIVE groups Monday-Saturday on their Facebook page [@EarlyONWR](#). No registration required.

You can also find a variety of programs that require registration.

Check their website [earlyyearsinfo.ca](http://earlyyearsinfo.ca) for registered programs and new songs/activities every week.

### Steckle Heritage Farm Agriventure Summer Day Camp

**Agriventure Day Camps (5 to 12 year olds)** - Campers will be divided into groups based on their age and younger groups will have more support staff. Summer day camp includes outdoor education, a variety of activities, self-guided play time and more!

**Leaders In Training Camps (LITs)** - Leadership camp for children entering Grade 7 & 8. This program allows campers to develop their leadership skills and take on more responsibility while participating in all of our camp activities!

**Junior Leaders Program** - A great opportunity for students entering Grade 9 to earn volunteer hours, further develop their leadership skills and gain a reference for future job applications.

For more information visit <https://bit.ly/3boa9kX>.

## Information, Opportunities & Resources

### **Enactus Mighty Hawks WLU Summer Program for Adults with Developmental Disabilities**

Mighty Hawks is committed to working alongside people with developmental disabilities on their path to independence; supporting each individual's personal, professional, and financial goals.

The Summer Semester will be an 8-week program running from Monday, June 7th to Friday, July 30th, 2021 on Zoom. Each week will cover a different topic from work-relevant skill development to various life skills such as: resume building, leadership, stress management, and more. There is a one-to-one ratio to ensure a deep level of impact for each individual .

For more information please contact [mightyhawks@enactuslaurier.ca](mailto:mightyhawks@enactuslaurier.ca).

### **Shadow Lake Centre**

Since 1965, Shadow Lake Centre has been offering a summer camp program for children, youth and adults with an intellectual disability.

The summer camp experience at Shadow Lake is self-directed, meaning guests can spend their time doing things they truly enjoy!

<https://www.shadowlakecentre.ca/>

[Shadow Lake Centre Camp Brochure](#) | [Shadow Lake News](#)

## **WORKSHOPS/TRAINING**

### **Facilitation Leadership Workshop**

This workshop series will provide a foundation to learn and practice how to facilitate and plan with people to live everyday lives of their choosing, to explore their gifts and strengths, and how they can use these to participate and be a part of their community.

There are two Zoom opportunities:

4 days: June 18, July 16, Aug. 13, Sept. 10 or

12x2 hour Thursday evening sessions June 17 to Sept 16

Learn more about this opportunity [here](#) or email [facilitationlg@gmail.com](mailto:facilitationlg@gmail.com).

### **Halton Sexual Confidence Workshop**

This workshop provides opportunities to discuss sexuality in an open, light hearted way using visual, tactile and interactive learning strategies. It will foster communication about sexuality and relationships between adults with a developmental disability and the people who support them, all while providing tangible skills and materials to promote healthy sexuality.

July 8 to July 13, 6:30-7:30pm

To register or for more information contact Kelsey at 905-510-3852 or [kgillian@cwsds.ca](mailto:kgillian@cwsds.ca)

### **Autism and Anxiety — Tools for Supporting Your Child**

Join Carizon & KidsAbility for a one-hour virtual workshop focusing on autism, anxiety, and tools to support your child. This workshop is for parents who have school-age to pre-teen children and will explore coping strategies for each developmental stage.

Monday, June 7 at 8pm <https://bit.ly/3cpqDL1> OR

Wednesday, June 9 at 12pm <https://bit.ly/2SHGXj1>

## Information, Opportunities & Resources

### Super Dads Super Kids

This is an online group for dads with children ages 0-6. Join the group to talk about what you think it means to be a dad. Learn skills and strategies to bond with your children. Learn about teaching your children important topics such as emotions, health and communication.

When: Tuesdays, 7:30-8:30pm Where: Zoom

Contact Sarah 226-339-5616 or [capc@carizon.ca](mailto:capc@carizon.ca) to register or for more information.

### Upcoming webcasts from p4p Planning Network

**Introduction to the RDSP, June 17** — Learn about the RDSP, a made-in-Canada, long-term savings vehicle designed specifically for individuals who have a disability.

**A Great Start: Planning Priorities, June 22** — This webinar features two young mothers who have been proactive in planning to ensure their children get a head start and includes insights and a planning framework from Dr. Rosenbaum of the CanChild Centre at McMaster University.

**Money Talks: Financial Planning, June 29** — Learn about financial resources and tax credits you can access for children with a disability from the Ontario and Canadian governments.

To learn more about these events or to register visit <https://bit.ly/3a1XTFN>.

### Upcoming Offerings from Sunbeam Developmental Resource Centre

**Apps for Communication and Learning, June 7** — Suggestions for iPad apps for cause/effect, literacy, social skills, visual supports, communication and language as well as suggestions for setting up an iPad and iPad settings.

**Virtual Information Session on Financial Supports, June 10** — Learn more about the various financial supports, including eligibility criteria, which are available to families who have a child ages 0-18 diagnosed with Autism and/or Intellectual Disability.

To learn more about any of these events or to register visit: <https://bit.ly/3vbZZfe>.

### Learning Disabilities Association of Wellington County (LDAWC)

#### Upcoming Events & Workshops

**SOAR (Some Assembly Required) Transition Planning Program** — For children in grades 7-9 with a LD or ADHD looking to prepare for the changes of high school. This program starts July 5.

**Executive Skills Program** — The aim of this program is to help children with learning disabilities and ADHD with skills associated with executive functioning. This program starts July 6.

**Social Skills Program** — This program assists in the development of social skills and social problem-solving strategies, while also promoting self-esteem and self-advocacy.

This program starts July 6.

To learn more about any of these programs visit <https://ldawc.ca/events.html>.

## Information, Opportunities & Resources

### **DSO Workshop: Creating Your Individualized Housing Plan**

This three (3) session workshop series is designed to help you begin creating an individualized housing and support plan for you or a family member with a developmental disability.

June 8, 15 and 22 from 6:00-8:30pm

To register for this virtual workshop series please send an email to [bambip@lccctbay.org](mailto:bambip@lccctbay.org) with your name, location, and indicate you are registering for the June 2021 Virtual Housing Workshop Series.

### **Links: A Virtual Experience for Youth**

LINKS is an initiative offered by Bridges to Belonging to empower youth supported by family and kin to build a network of meaningful, supportive relationships and community connections that reduce social isolation and build resilience to overcome barriers to inclusion.

Who can attend? Youth, aged 14-24, who must attend with 1-2 other significant people they choose.

Learn more or register at [shorturl.at/gksHP](http://shorturl.at/gksHP).

### **Groups from Muslim Social Services**

**Ladies Virtual Tea Time** — Have a relaxing time together via Zoom. Thursday, 4:30-5:30pm.

**Positive Parenting** — A weekly program for parents to learn how to deal with parenting challenges during COVID-19 related isolation, homeschooling and changed family routines.

Monday, 5:00-6:00pm.

**Resilient Girls** — Building young girls' resilience, self-esteem, networking skills and know how about family dynamics during COVID-19 related uncertain times. Ages 13-18.

**Seniors Zoom Group** — Weekly program for seniors to stay connected and learn about community resources. Friday, 4:00-5:00pm.

To learn about any of these programs contact:

[counsellor@muslimsocialserviceskw.org](mailto:counsellor@muslimsocialserviceskw.org) or call 519-772-4399 x 2707.

### **Safety for Independent Living**

Passport Community Developers are hosting a number of virtual Safety for Independent Living sessions. This is a personal safety course where people learn lifeskills that empower them to make safe choices and caring and respectful decisions in their everyday lives both online and offline.

June 14, 10:00-12:00pm and June 15-18, 10:00-11:30am

September 21-24, 6:00-8:00pm

October 18-22, 1:00-3:00pm

November 8-12, 3:00-5:00pm

December 6-10, 10:00-12:00pm

Location: Virtually (Zoom) Cost: \$55 — Passport funding admissible

Contact Amanda Paradis, Waterloo Passport Community Developer to register [aparadis@cwsds.ca](mailto:aparadis@cwsds.ca).

## Information, Opportunities & Resources

### Oh! The Places You'll Go!!

#### Virtual Transition Planning Presentation for Waterloo Region

Intended for caregivers and/or students (aged 15-21). This presentation discusses the school transition plan, making the transition from school to adult life, how and when to connect to adult developmental services, Passport funding (community participation funding allocated to eligible individuals), Ontario Disability Support Program, and Service Coordination.

Watch the presentation at: [https://youtu.be/arOW\\_HE9IZE](https://youtu.be/arOW_HE9IZE).

### Opportunities Through Lutherwood

**Become an Indeed Super-Star** — Indeed is a very well known job board used by employers and job seekers: attend this webinar to build your confidence on how to use the site and gain some tips to learn strategies to help you find suitable work! <https://bit.ly/3f56j3F>

**Modern Approach to Interviewing** — Struggling to prepare for interviews? Not sure how to give the right answer? Attend to learn how to prepare for interviews! <https://bit.ly/3vPPm31>

### Conestoga College Passport for Success

Passport for Success is a free, 6-week, full-time program that guides you to explore your personal strengths and to establish your academic and career goals.

This is a free opportunity.

To learn more contact Allison McLean [amclean@conestogac.on.ca](mailto:amclean@conestogac.on.ca)  
[Passport for Success flyer](#).

### Building Capacity in Independent Facilitation OIFN Shared Learning Event(s)

For people living with disabilities, family members and/or loved ones, and aspiring and experienced independent facilitators.

Fostering Conversations about What Matters—June 17 & 24

Space is limited. Register at <https://www.oifn.ca/events-calendar/>.

### Bridges to Belonging Future Planning Webinar

Join Bridges to Belonging on June 22 at 6:30 for a workshop on Insurance and Tax Planning.

To learn more email [info@bridgestobelonging.ca](mailto:info@bridgestobelonging.ca).

### Ask The Experts — Q&A Session with KPOPELAW Team

A Q&A session where some of your most pressing questions will be answered about:

Wills, Henson Trusts & estate planning | Dying without a will or Henson Trust

ODSP benefits, increases & updates | Legal guardianship & powers of attorney

Disability & caregiver tax credits | RDSPs and anything else you'd like us to address

June 16 at 7pm, <https://bit.ly/2TpUw7a>

June 17 at 12pm, <https://bit.ly/3i0n7ds>

# Information, Opportunities & Resources

## RESOURCES

### Shared Connections

#### Inclusive and Accessible Tech Support

Shared Connections can help you get connected, finding & adapting technologies to meet your unique needs. Shared Connections is a non-profit committed to inclusion for people with multiple disabilities.

[www.sharedconnections.ca](http://www.sharedconnections.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](http://www.vulnerablepersonsregistry.ca)

### Summer Camp Information

The KidsAbility website shares important information about summer camps. If you are looking for information for camps for your child, KidsAbility offers a number of camps and works with community-based camp programming. You can find information about planning, fee assistance and supports at: <https://www.kidsability.ca/camp-info>.

You can also find a Summer Camp Directory on the KidsAbility website or the WRFN Blog.

The information is provided to assist families with identifying camps that offer specialized programming for children and youth with disabilities, or inclusive camps that are welcoming to all abilities and may provide additional supports to those with special needs. You can find this information at: <https://www.kidsability.ca/camp-directory-summer> OR <https://bit.ly/3rdSKRO>.

### Family Compass Waterloo Region

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.

Family Compass has added a page specifically pertaining COVID-19 resources for children, youth, and families. It can be reached at <https://bit.ly/3t0lkar>.

## Information, Opportunities & Resources

### KidsAbility Resources

**Foundational Family Supports** — KidsAbility provides Foundational Family Services to anyone in the community — no diagnosis needed. Staff will work with you to find workshops, resources, groups, support and more to help you be successful. You do not need to be a KidsAbility family to access these services. Learn more about this support at <https://kidsability.ca/foundational-services>.

**Transition to Adulthood Clinic (for KidsAbility clients 15+)** — Have you started to think about your life after high school? Do you have questions about services for adults with disabilities in the community? The Transition to Adulthood Clinic is an opportunity to meet with the Transitions Lead who will help to guide you in the right direction with planning for your future. Find information about the Transition to Adulthood Clinic at <https://kidsability.ca/transition-adulthood-clinic>.

### 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.

Visit <https://connectability.ca/covid-19/>

### Health Care Access Research and Developmental Disabilities — How to Stay Safe, Well and Connected

There is lots of talk right now about COVID-19 or the Coronavirus. We may come across lots of information out there, but it is not always easy to understand and it can be confusing. This page has resources from around the world and information to support people with developmental disabilities and their families during this time.

<https://bit.ly/3hWruX8>

### March of Dimes Hi, Tech!

If you have a disability and are 18 years or older, you are eligible to be matched with a tech support coach. Your coach will answer your technology questions and get you set up.

To learn more visit [shorturl.at/yEGK3](http://shorturl.at/yEGK3).

### CNIB Scholarships & Awards

Every year, CNIB's scholarship program awards multiple scholarships, bursaries and other awards to people who are blind or partially sighted in recognition of their educational aspirations and achievements.

Click here to learn more about these opportunities and to apply: [shorturl.at/szBE3](http://shorturl.at/szBE3)

## Information, Opportunities & Resources

### Take5

Take5 is an online space for children and youth in foster care, in group homes, or living away from their parents in Ontario. On Take5 you can find information for your age on things like: coping with stress, stuff about your identity and culture, relationships, and who to ask for help. You can also find activities, podcasts, videos and online events. Take5 is for children 6 to 12 and youth 13 and above.

<http://www.ontarioyouthcan.org/>

### SUPPORT GROUPS

#### Ontario-Wide Virtual Support Group for Black parents and caregivers

Support, isolation, funding, resources, friends... These are the things that many families who care for someone with special needs think and worry about. For many of these families, their circle of support is quite small. This is often the case for racialized communities who have a child with special needs. The Black Parents of Children and Adults with a Disability Support Group (BPSG) was created to provide a safe space for families of African descent to come together to meet and connect, share resources, expertise and needs, inspire and support one another through our unique and often challenging and isolating journey of raising Black children or supporting a sibling, of any age, with a disability.

Location/Meetings: This is a volunteer run group that meets on the 2nd & 4th Tuesday of each month from 7:00 p.m. – 8:30 p.m. via ZOOM. There will be guest speakers, resource sharing, support and mentorship opportunities for attendees.

**Contact:** For more details or to register, please contact us at [bpsgroup2020@gmail.com](mailto:bpsgroup2020@gmail.com). You can also find them on Facebook @ BPSG: Black Parents of Children and Adults with a Disability Support Group.

#### Chronic Pain Monthly Support Group

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. People can register anytime.

Contact [intaketeam@carizon.ca](mailto:intaketeam@carizon.ca) for more information or to register.

#### Parents for Children's Mental Health Virtual Peer Support Group

**Family/Caregiver Support Group** — The fourth Tuesday of each month from 7-8:30pm

**ADHD Caregiver Support Group** — The third Wednesday of each month from 7-9pm

Group information is available by emailing [waterloo@pcmh.ca](mailto:waterloo@pcmh.ca).

## Information, Opportunities & Resources

### **The A-Team of Waterloo Region**

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 Bridges to Belonging. Their goal is to create a safe and welcoming environment to meet fellow adults (age 18+) with Asperger's Syndrome (ASD – level 1), discuss topics of interest, share experiences, and embrace their neurological diversity.

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

### **Preemie Parents of Waterloo-Wellington**

Preemie Parents of Waterloo-Wellington remains available online through a private Facebook group: <https://bit.ly/3iJL9rx>.

They 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, they 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>

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

Are your kids staying engaged with online learning? Are you looking for ideas to keep them (and yourself) motivated?

Join the Peer Support Network and meet other parents on a similar journey to yours. LDAWC peer support network's goal is to provide an informal setting to share experiences, challenges, successes and resources.

This group takes place the second Monday of the month from 7:00-8:30pm

Learn more at <https://ldawc.ca/events.html>.

### **The Association of Parent Support Groups in Ontario**

The Association of Parent Support Groups in Ontario (APSGO) is for parents struggling with the behavior of a child, youth or young adult.

APSGO support groups help parents/guardians develop effective strategies, set limits and boundaries, and build better relationships with their children.

The group currently meets via Zoom on Wednesday at 7:15pm.

Contact Steve Keczem at 519-888-1053 or go to [apsgo.ca](https://apsgo.ca) for more information.

# Information, Opportunities & Resources

## ENGAGEMENT OPPORTUNITIES

### Family Alliance Ontario Survey

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://bit.ly/3gRc9rl>.

### Critical/Important Information from Family Alliance Ontario

For the past year, disability advocates have been raising the alarm over the provincial governments proposed critical care triage protocol. We have collected information from trusted resources for your awareness and information on this important issue. Learn more here: <https://bit.ly/3tUrbiG>.

### Advocacy Kit for Increasing Special Services at Home

People for Personalized Funding (PFPF) has created an advocacy kit for increasing Special Services at Home.

[Bulletin from PFPF about Special Services at Home](#)  
[How to Take Action](#)

### Survey: Use of Services for 0-6 Children by Families During the COVID-19 Pandemic

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 your thoughts about how our child and youth mental health system can improve the quality of services for children under 6 throughout the COVID-19 pandemic. Learn more at <https://bit.ly/39fKVFe>.

### CAMH Virtual Healthcare Study for Patients with Developmental Disabilities

During COVID-19 there has been a huge increase in the delivery of virtual primary care. CAMH is conducting interviews (online or by phone) to learn what is working well and what needs to be improved to support high quality care for patients with developmental disabilities.

Interested or want to learn more?

Contact Avra Selick at [avra.selick@camh.ca](mailto:avra.selick@camh.ca) or 416-535-8501x30127