



# Family Pulse

*Where exceptional families thrive*

**181**  
**June 2025**

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Please Note the "\*" represents new items for June



**Support WRFN**

## What's In This Issue?

As June blossoms with purpose, pride, and possibility, we're excited to share a new edition of Family Pulse, full of resources, programs, and events designed to support you and your family.

As summer begins to unfold, June also marks Pride Month, and this year's theme—"The Fabric of Freedom"—is a powerful reminder of the strength found in diversity, unity, and shared humanity. Just as fabrics tell stories through colour and texture, our communities are woven together by love, resilience, and the rich identities that make us who we are. We honour this tapestry and invite everyone—LGBTQIA+ individuals and allies alike—to celebrate, support, and stand together.

June is also Indigenous History Month, a time to recognize and reflect on the deep histories, living cultures, and ongoing contributions of First Nations, Métis, and Inuit communities. It is a chance to listen, learn, and honour the truths of the past while supporting a more equitable future.

Whether you're looking for learning opportunities, peer connection, or practical support, this month's issue is stitched with something for everyone.

Waterloo Region Family Network  
www.wrfn.info  
info@wrfn.info  
519.886.9150

## SEAC Updates

### **Waterloo Region District School Board- Special Education Advisory Committee Update - Submitted by Carmen Sutherland, WRFN SEAC Representative**

This month at SEAC, there was a discussion about Special Education and Student Well-Being. There was talk of how students move in and out of congregated classes. Applications begin in January, then a committee reviews them, and then decisions begin to be made about students moving in and out of classes. There was also a discussion of some other school movements; the Board is always trying to do what is best for students.

There will be microlearning for staff during National Accessibility Awareness Week. Dr. Gillian Parek, author of *Ableism in Education: Rethinking School Practices and Policies*, and Yasmine Simone Gray will speak to system leaders in June. There will be another session honouring students with disabilities in December and perhaps also next spring.

In terms of staffing for next year, the Board is able to maintain most of its numbers and possibly increase in some areas. There is also mental-health related money to buy items such as fidget toys and other toys that help with mental health.

There is going to be a new elementary school, Willow River Public School.

In terms of more students being involved in SEAC, there was a discussion of pairing a student from the ACE program and a student in a leadership position so that ACE students may be more comfortable sharing their voice.

There are also discussions beginning about Classroom Evacuation Plans, the Board is collaborating with labour partners to see what is necessary.

There was a Trustee seminar on budget, key financial elements and early budget planning.

The next SEAC meeting will take place virtually on **June 11, 2025**.

Besides these discussions, SEAC gave its feedback on several policies.

## SEAC Updates

### **Waterloo Catholic District School Board- Special Education Advisory Committee Update - Submitted by Karen Applebee WRFN SEAC Representative**

The Special Education Advisory Committee (SEAC) meeting for May was postponed to later in the month. The meeting's central focus was the 2025–2026 Special Education budget for WCDSB.

This meeting also featured presentations from Erin Sutherland, Special Education Transition Navigator, and Filomena Cruz, Community Transition Support Worker. Erin and Filomena provided an orientation on their roles within WCDSB and how they support students and families during key transition periods.

As part of the Community Transitions team:

- Erin Sutherland, in her role as Special Education Transition Navigator, focuses on transitions into, during, and out of elementary school. She provides families with valuable resources and helps ensure smooth and supportive transitions for students.
- Filomena Cruz, as Community Transition Support Worker, supports students and families through transitions during high school and into adulthood. She offers information on available programs and funding opportunities, and works with multiple programs that support high school students.

The next SEAC meeting will take place on **June 10, 2025**.

## What's Happening at WRFN

WRFN programs and services are available in person. Supports are also available through phone and email connections and through other virtual formats. Please reach out and let us know how we can help you and your family.

### 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) or call 226-753-9090.

### 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. Learn more about our Parent Mentor Program [here](#).

### 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 WRFN School Issues Support Group meets on the last Wednesday of each month during the school year. For more information, please contact Lisa Cook at [lisa.cook@wrfn.info](mailto:lisa.cook@wrfn.info).

### Family Resource Coach

Our Family Resource Coaches are available to meet in person, 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 opportunities available in our community.

Call Lisa Cook at 226-338-7274 or email [lisa.cook@wrfn.info](mailto:lisa.cook@wrfn.info)

Call Leah Bowman at 226-898-9301 or email [leah.bowman@wrfn.info](mailto:leah.bowman@wrfn.info)

### Coffee Club

Greetings from Coffee Club! We currently meet on Zoom, usually on Thursdays from 3 - 4 pm. Generally, we are just catching up and chatting, mixed with a little bit of watching YouTube. Coffee Club is meeting in person two Mondays each month from 7 to 9 pm.

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.

*Do you have a question about community resources or child development?*

# WRFN Drop-Ins at EarlyON

## Meet with Lisa, our Family Resource Coach

Lisa will be hosting drop-in meetings at various EarlyON locations this month. Meetings do not require an appointment, but are on a first-come, first-served basis.

DATE	LOCATION	TIME
June 3	EarlyON   Roger St 161 Roger St, Waterloo	10-11 am
June 4	EarlyON   Water St 73 Water St., N., Unit 105 Cambridge	10-11 am
June 11	EarlyON   Oak Creek 80 Tartan Ave, Kitchener	10-11 am
June 17	EarlyON   St. Boniface 225 Starlight Ave, Breslau	10-11 am



## Contact Lisa -

[lisa.cook@wrfn.info](mailto:lisa.cook@wrfn.info)  
226-338-7274

*More dates to come!*



[www.wrfn.info](http://www.wrfn.info)



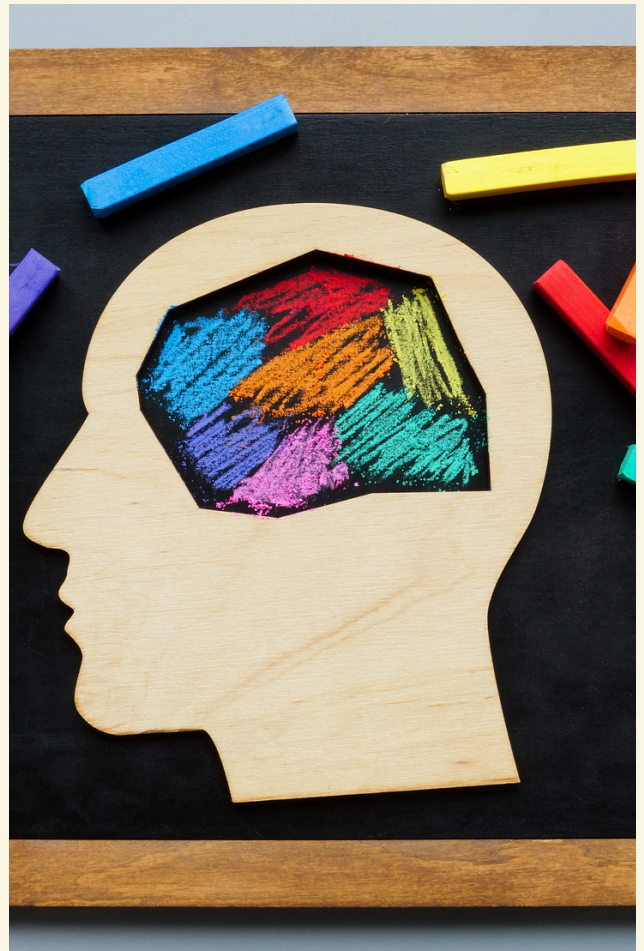
# Tips for Hosting a Neurodivergent-Friendly Event

**By Cristina Stanger,  
Self-Advocacy Liaison,  
WRFN**

Whether it's a birthday party, a graduation, or a backyard BBQ, summer get-togethers are upon us. As much as we all enjoy coming together to celebrate, some aspects of large gatherings can be challenging for individuals who are neurodivergent or have sensory sensitivities. The good news? Simple modifications can make these events more inclusive and enjoyable for everyone.

A great starting point is an open mind — rethink standard party elements and consider doing things differently. Often, it's about making small, thoughtful shifts that show you care.

What follows are various aspects of event planning with tips you might find helpful.



Feel free to adapt these suggestions based on the nature of your event and your guests. If the guest of honour is neurodivergent, see the special section at the end for additional ideas.

As always, these are general guidelines. The best approach is to check in with the individual or their caregiver ahead of time to learn what would best support their participation and enjoyment.



## ***Invitations***

- Include a note asking about any accommodations needed.  
(e.g., “Please let us know of any allergies or accommodations.”)
- Offer a short description of what the party will include so guests know what to expect.  
(e.g., “Please join us for crafts, piñata, and cake.”)
- Provide clear details on building or room access, and directions for navigating the venue.

## ***Location and Spaces***

- Designate a calming or quiet space and clearly label it. Show guests where it is upon arrival.
- Be mindful of crowd size to prevent overstimulation.
- Set up distinct zones for different activities.
- If the location is unfamiliar, consider offering a pre-event visit or virtual walk-through.

## ***Sensory Elements***

- Keep noise levels manageable.
- Avoid using large quantities of balloons, which may pop unexpectedly.
- Arrange the space to prevent congestion and promote easy movement.
- Limit or eliminate flashing lights and loud music, or confine them to one area.

## ***Itinerary and Activities***

- Post a pictorial or visual schedule of events and stick to it as best as you can.
- Use simple “first-then” language.  
(e.g., “First we are doing a craft, then we are having cake.”)
- Avoid surprises where possible.  
(e.g., A surprise clown was a personal childhood nightmare!)
- Plan activities that:
  - Involve movement
  - Have clear goals (e.g., scavenger hunts)
  - Promote collaboration (e.g., joint art projects)

- Offer fidgets or colouring during long or quiet activities (e.g., during a movie).
- Let guests choose how to participate.
- Don't make singing the birthday song mandatory.
- Provide alternative activities for those who prefer not to join the main event.
- Be ready to help facilitate turn taking and ensure fair participation.
- Prioritize neurodivergent guests early in food or activity order, in case they need to leave early.

## Party Favours

When creating loot bags or filling a piñata, consider sensory sensitivities. You may wish to avoid:

- Party-blowers
- Noise makers
- Flashing toys
- Items with strong scents

## General Communication Tips

### Before the Event

- Ask the guest or caregiver what might make the experience more enjoyable or accessible.

### During the Event

- Offer a short tour of the space, especially pointing out the food, washrooms, and quiet room.
- Let guests know they have options and can participate in their own way.
- Ask only one question at a time and give extra time for responses.
- Use clear, literal language — avoid idioms or figures of speech.
- Be patient with non-verbal communication.
- Don't insist on eye contact; it may be uncomfortable.
- Be aware of “stimming” (e.g., hand flapping, rocking), a way some express emotion or self-regulate.
- Understand “involuntary mutism,” where someone who usually speaks may fall silent under stress.

### After the Event

- Ask for feedback to learn what worked well and how you might improve for future gathering.



## ***For Neurodivergent Guests of Honour***

- Start small: Gradually build up the number of attendees over time.
- Keep things clear: Let them know what to expect. Avoid surprises.
- Keep it short: A defined end time helps avoid overwhelm.
- Time it well: Choose a time of day that suits them best.
- Use familiar spaces: Home or well-known venues are typically best.
- Simplify décor: Avoid visual clutter.
- Control the environment: Adjust lighting and noise as needed.
- Respect their preferences: From food to themes to how they celebrate.
- Manage expectations: Understand that they may engage differently than expected —  
(e.g., not opening gifts).



# SPECTRUM ON THE SPECTRUM

THE FIRST SUNDAY  
OF EACH MONTH  
6:30-8:30PM

A monthly drop-in group for queer and trans people in the Autistic community in Waterloo Region (Ages 18+)

[info@wrfn.info](mailto:info@wrfn.info) | [info@ourspectrum.com](mailto:info@ourspectrum.com)

Spectrum  
Event Calendar





## **Celebrating 15 Years of Connection, Community, and Inclusion at WRFN!**

For 15 years, Waterloo Region Family Network (WRFN) has been more than just a resource for families with exceptional needs—we've been an emotional home. At the heart of this support are our dedicated Family Resource Coaches. They serve as steadfast anchors, guiding families through the complexities of services and support, connecting them to essential resources, and offering experience-based advice. Their unwavering presence equips families with the knowledge and tools to navigate their journeys confidently and independently.

As we look to the future, we're committed to expanding our reach and deepening our impact. But we can't do it without you.

Donate today to take the next step together in helping our community:

Visit our direct CanadaHelps [link here](#).

Or click the "Donate" button on our website to make a difference today: [www.wrfn.info](http://www.wrfn.info).



## A NEW CHAPTER

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

Our "Ask Us Anything" feature from 9-9:30 pm is a chance for those who attend the meeting to ask questions on any topic or clarify points when the main part of the meeting is over.

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



### June 3, 2025

#### Training Opportunities Beyond High School

On Tuesday, June 3 from 7:30 - 9 pm. ANC members explored the topic will be Training Opportunities Beyond High School.

They discussed what happens when our loved ones leave high school. Also focused on there are opportunities to continue to have new experiences, learn new skills, and develop new interests for years afterwards.

Members heard from a panel of speakers, asked questions afterwards. Our panelists were from KW Habilitation, Conestoga College, The Working Centre, Grand River Transit, and WRFN.

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

*If you would like to receive emails about our monthly meetings (always the first Tuesday of the month), please email Mary at [maryjpik@hotmail.com](mailto:maryjpik@hotmail.com) and ask to be put on our email list.*

**Presented by:  
Canada Revenue  
Agency (CRA)**

**WEDNESDAY  
JUNE 11, 2025  
1:00–2:30PM**

**Virtual  
Via Zoom**

**The Canada Disability Benefit is coming soon. To qualify, you must be eligible for the DTC – in partnership with local agencies we are here to help you prepare!**

## **Your Disability Tax Credit Questions Answered**

- Learn how to apply for the DTC
- Learn how to claim the DTC once approved

Register Online at  
[www.sdrc.ca/workshops-and-training](http://www.sdrc.ca/workshops-and-training)  
Call: 519-741-1121 ext 2201 or  
email:  
[r.khanam@sunbeamcommunity.ca](mailto:r.khanam@sunbeamcommunity.ca)





# EarlyON Resource Page

## EarlyON Programming\*

You can now register for EarlyON programming. You and your family are invited to [drop in to an EarlyON location](#) throughout Waterloo Region and in the City of Stratford. Specialty and online programs that require pre-registration are also available. Check out the [KeyON calendars](#) for more information. To view the monthly program calendars by site, or to register for specialty programs, login to your [KeyON](#) account and select the EarlyON location of your choice.

## Cambridge Family Early Years Centre

[Cambridge Family Early Years Centre](#) is offering “Young Parents Connect,” a free family program for pregnant and parenting youth, Tuesdays from 1-3 pm. Call the centre at 519-741-8585 for the next session start date. Each week the group cooks a meal to enjoy together and discuss a parenting topic/resource/service that is of interest to the group. At the end of each session, join EarlyON staff for a fun interactive circle time with the children. Cambridge Family Early Years Centre, Unit 105, 73 Water Street North, Cambridge, Ontario.

## EarlyON Grandparents Connect

This program brings together a compassionate community ready to provide grandparents with the knowledge, resources, and emotional support needed if they are the legal guardians or primary caregivers for their grandchildren. Weekly meetings include childminding, snacks, and the opportunity to increase your circle of support. EarlyON | Oak Creek (80 Tartan Ave, Kitchener). Email [capc@caminowellbeing.ca](mailto:capc@caminowellbeing.ca) to register.

## Rainbow Family Drop-In

Rainbow Families drop-in runs Thursdays at EarlyON | Roger St from 3:30 - 4:30 pm. Join other 2SLGBTQIA+ children (aged 0-6), caring adults and families in play and exploration together! EarlyON Educators and a SPECTRUM Registered Early Childhood Educator are available to provide support and information around early learning topics, community resources, programs, and referrals in a play-based environment.

EarlyON Onsite Services. EarlyON Centres partner with a variety of community agencies to provide onsite appointments for your child and family. [Learn more.](#)

## Early Learning and Child Care Navigators

Early Learning and Child Care (ELCC) Navigators seek opportunities to assist families in accessing Child Care, EarlyON programming, and other services that support the healthy development of children aged 0 – 6. They focus on supporting families who experience barriers accessing these services.

- [Send an online request to meet with an Early Learning & Child Care Navigator Request](#)
  - [Email an Early Learning and Child Care Navigator](#)
  - For more info please visit [ELCC Navigators Landing page](#)
- Call 519-741-8585 ext. 3008 and ask to speak with an Early Learning and Child Care Navigator

## EarlyON Mobile Sites

In addition to our Centres, EarlyON offers mobile drop-in at various sites in the Waterloo Region. Join other children, caring adults, and families in play and exploration together! EarlyON Educators are available to provide support and information around early learning topics, community resources, programs, and referrals in our play-based environment. To learn more about our mobile sites, call 519-741-8585 x3001 or visit the [Locations Page](#).



## 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.*

### Programs & Recreation

#### **KW Habilitation: YEP Social – Summer 2025 Session\***

KW Habilitation is offering a series of engaging YEP Social events for youth and young adults ages 13 to 25. These summer sessions provide opportunities to connect with peers while participating in fun, food-themed activities. Each event includes a hands-on experience, time to socialize, and a delicious treat. Sessions take place at KW Habilitation, with the specific location noted for each event. Registration fees apply as listed.

##### ***Baking Cosmic Brownie Cookies – \$50***

This session takes place on Tuesday, June 17 from 6 pm to 8 pm in the Out and About Room at KW Habilitation. Participants will spend the evening baking cosmic brownie cookies and enjoying games with friends in a welcoming social environment.

##### ***PD Day Activity: Tie-Dye and Pool Day – \$115***

This full-day event is scheduled for Friday, June 27 from 9 am to 4 pm at Bullas Hall, located at KW Habilitation, 99 Ottawa Street South. Attendees will celebrate the start of summer by creating their own tie-dye shirts and heading to an indoor pool for an afternoon swim. A lunch of hotdogs and hamburgers will be provided.

##### ***Build Your Own Poutine – \$50***

On Tuesday, July 8 from 6 pm to 8 pm, participants will gather at Bullas Hall to prepare their own personalized poutine using a variety of toppings. The evening will conclude with baking and enjoying a s'mores dessert together.

##### ***Karaoke and Ice Cream Sundaes – \$50***

This event takes place on Tuesday, July 22 from 6 pm to 8 pm at Bullas Hall. Participants will enjoy a fun evening of karaoke, singing with friends, and creating their own ice cream sundaes with a variety of toppings.

## Information, Opportunities & Resources

### ***.Cheesy Pizza Sliders – \$50***

Scheduled for Tuesday, August 5 from 6 pm to 8 pm at Bullas Hall, this session invites participants to join in making cheesy pizza sliders. The evening includes time to eat, socialize, and enjoy the company of friends in a relaxed setting.

### ***Summer Smoothies & Strawberry Shortcake – \$50***

On Tuesday, August 19 from 6 pm to 8 pm, participants will meet at Bullas Hall to prepare fresh strawberry shortcake topped with whipped cream. They will also blend summer smoothies using a variety of fresh fruits, creating a tasty and refreshing experience.

To learn more or register for a session, [click here](#).

### **Programs from Muslim Social Services Waterloo Region**

Muslim Social Services Waterloo Region is excited to announce various programs to engage and support the community. Here's the list of upcoming programs:

#### ***Tutoring***

On Mondays at 6 pm for 2 hours, free tutoring classes in English and Math from April 7 until June 16. The classes will be held in the Youth Room at FACS, located at 65 Hanson Avenue, Kitchener, ON. If you're interested in enhancing your skills in these subjects.

#### ***Healing through Art for Kids and Parents***

This program is on Tuesdays at 5:30 pm for 2 hours. The program will take place at the Forest Heights Community Centre until June 24. It will provide children with a creative outlet to express themselves through various art forms.

#### ***Building Bridges***

Thursdays at 12 pm for 1 hour and 30 minutes until Jun 26. This program highlights the power of unity and collaboration within our diverse community. By coming together, we're able to create positive change and foster understanding among all. Let's continue building bridges and embracing each other as one community!

#### ***Girls in Sports***

From Thursdays at 6:30 pm for 1 hour and 30 minutes until July 17, the program is dedicated to empowering young women through physical activity, teamwork, and leadership. In partnership with Focus on Ethnic Women, this initiative provides a safe and supportive environment where girls can engage in various sports, develop their athletic skills, and build confidence by promoting teamwork, discipline, and self-esteem.

## Information, Opportunities & Resources

### ***Neighbours Helping Neighbours***

Fridays at 6 pm, for 2 hours. The Neighbours Helping Neighbours program at Muslim Social Services (MSS) empowers refugee, newcomer, and marginalized women in Kitchener-Waterloo by fostering social integration and community support. Workshops, peer groups, and activities create a safe, inclusive space for building connections, sharing experiences, and accessing resources.

### ***Mindful Gardening***

From May 9 until October 24, Fridays at 11:30 am for 2 hours are more than just planting seeds—it's about cultivating wellness, connection, and sustainability. In partnership with Crow Shield Lodge and Wisahkotewinowak, we empower seniors, foster intergenerational bonds, address food insecurity, and celebrate Indigenous land-based knowledge. Through mindful gardening, we're nurturing not only the earth but also the hearts of our community.

For more details and to register, please visit [www.msswr.org/ourprograms](http://www.msswr.org/ourprograms).

### **Muslim Social Services Waterloo Region (MSSWR) Safer Families Project\***

**Muslim Social Services Waterloo Region** (MSSWR) proudly presents the return of their Safer Families Project—a full-day professional development workshop on culturally and spiritually sensitive approaches to domestic violence. Designed for community professionals—social workers, physicians, imams, and more—this training equips participants to support Muslim clients facing abuse or trauma. This session is being held at Camino, 480 Charles St E, Kitchener, on Monday, June 9, from 10:00 am-3:30 pm. The cost to attend is \$300 | \$250 for additional registrants. Register by **June 6**: [yali@msswr.org](mailto:yali@msswr.org).

### **Belwood Lodge and Camp: Summer 2025\***

Belwood Lodge and Camp offers a memorable summer experience for children, youth, and adults with developmental disabilities. Located near Guelph at 322 Third Street in Belwood, the camp provides engaging sessions throughout July and August 2025.

Campers can enjoy a wide variety of activities, including music, dance, swimming, adaptive sports, science and nature exploration, campfires, and group games.

To register or learn more, visit [belwoodlodgeandcamp.com](http://belwoodlodgeandcamp.com) or email [office@belwoodlodgeandcamp.com](mailto:office@belwoodlodgeandcamp.com).

## Information, Opportunities & Resources

### **Sports for Special Athletes: Spring/Summer Sports**

#### ***Softball (Blastball)***

This modified softball program is designed for athletes of all abilities. Sessions run every Tuesday evening from 6:30 pm to 8:30 pm, starting June 3 until August 19, 2025. From June 3 to June 24, the location will be Smithson Public School, 150 Bellevue Ave., Kitchener. After June 24, the location shifts to Franklin School #3, 371 Franklin St. N., Kitchener. Please use the school lot for parking. Equipment needed includes running shoes, a ball glove, a hat, sunscreen, and water. A one-time \$5.00 fee is payable at registration. Maximum 30 athletes. Contact Irene Metzger at 519-570-9877.

#### ***Softball (Recreational)***

This recreational softball league is open to new athletes and takes place every Sunday from 1 pm to 3 pm, beginning June 1 through August 17, 2025. The program runs at Franklin School #3, 371 Franklin St. N., Kitchener. Please park in the school lot, not the church lot next door. Participants should bring running shoes, a ball glove, a hat, sunscreen, and drinking water. A one-time \$5.00 fee is payable at registration. Contact Corky O'Rourke at 519-894-0476.

#### ***Floor Hockey***

Floor hockey is offered every Friday evening from 6:30 pm to 7:30 pm at the Downtown Community Centre, 30 Weber St. W., Kitchener. The season runs from May 2 to August 1, 2025. Athletes need to bring a hockey helmet with face mask, hockey or broomball gloves, shin pads, a protective cup (recommended), non-marking running shoes, loose-fitting t-shirts and shorts, and a water bottle labeled with the athlete's name. A one-time \$5.00 fee is due at registration. Contact Hayden Crouse at 519-574-6735.

#### ***Mini-Golf***

Mini-golf sessions take place every Thursday evening from 6:30 pm to 8:30 pm, running from June 5 through August 28, 2025. The location is Market Sports, located on King St. N. across from the Farmer's Market in Waterloo. A \$5.00 sport fee is due at registration, with an additional \$4.00 per session (covers one game). Contact Arissa Alexanian at 519-729-7855 or Steve Nicholson at 519-635-3622.

#### ***Lawn Bowling***

Lawn bowling runs every Wednesday evening from 6:30 pm to 8:30 pm, beginning June 4 and continuing through September 24, 2025. Sessions are held at the Heritage Green Lawn Bowling Club, located on Ottawa St. N. near Lackner Blvd., Kitchener. Participants must wear flat, soft-soled shoes. The total cost is \$30.00, which includes a \$5.00 sport fee and \$25.00 for an annual membership to the Heritage Green Lawn Bowling Club. No weekly fees. Maximum 12 athletes. Contact Graham Lott at 519-886-8207.

## Information, Opportunities & Resources

### Sunbeam Community & Life Skills Program: June Events Destination Australia

Sunbeam Community's Life Skills Program is travelling to Australia this June, exploring the country's wildlife, culture, and cuisine through a variety of fun and educational activities. Tuesday and Thursday afternoon programs will take place at Kingsdale Community Centre (KCC), and Friday baking sessions will be held at Centreville-Chicopee Community Centre (CCCC). Please note location changes for special events later in the month.

Program highlights include:

- **June 3 – Australian Bingo:** A themed version of the popular game with fun prizes. Time: 1–2 pm | Cost: \$30 | Location: KCC | Format: Sign-up
- **June 5 – Rain Stick Craft:** Create a rain stick inspired by indigenous traditions. Time: 1–2 pm | Cost: \$30 | Location: KCC | Format: Sign-up
- **June 6 – Baking Friday:** Iced Vovo: Make a buttery biscuit with pink icing and raspberry jam. Time: 1–2:30 pm | Cost: \$33 | Location: Sunbeam Life Skills | Format: Sign-up
- **June 10 – Great Barrier Reef Craft:** Construct a seascape inspired by the reef's marine life. Time: 1–2 pm | Cost: \$30 | Location: KCC | Format: Sign-up
- **June 12 – Sydney Opera House Craft:** Build your own model of the iconic landmark. Time: 1–2 pm | Cost: \$30 | Location: KCC | Format: Sign-up
- **June 13 – Baking Friday:** Tim Tam Cupcakes: Enjoy chocolate cupcakes with Tim Tam pieces. Time: 1–2:30 pm | Cost: \$33 | Location: Sunbeam Life Skills | Format: Sign-up
- **June 17 – Social Down Under:** Learn about Australia and try traditional snacks. Time: 1–2 pm | Cost: \$30 | Location: KCC | Format: Sign-up
- **June 17 – Cruise Night:** Enjoy music, food, and classic cars under the stars. Time: 5:30–7 pm | Cost: \$40 | Location: Sunbeam front parking lot | Format: Sign-up
- **June 19 – Hat Decorating:** Create your own sun-ready hat inspired by Australia's sunny outdoors. Time: 1–2 pm | Cost: \$30 | Location: KCC | Format: Sign-up

#### Registration Information

For Sunbeam persons served, email [recreation@sunbeamcommunity.ca](mailto:recreation@sunbeamcommunity.ca) with the following:

- Name and time of the program(s), name of person(s) served attending and name of support person attending with persons served

For community participants, visit [My Community Hub](#). For questions, contact Michelle Hunter at [m.hunter@sunbeamcommunity.ca](mailto:m.hunter@sunbeamcommunity.ca) or call 519-893-6200 ext. 1211.

## Information, Opportunities & Resources

### Ready. Set. READ!...

**Kitchener Public Library:** Ready. Set. READ!...is a program for JK, SK and Grade 1 students. Through stories, literacy games and reading in small groups with volunteers the program aims to show kids reading can be fun! Sign up online [here](#) or by phone 519-743-0271 x261.

### CNIB's Virtual Program Offerings

Whether it's children and youth groups, employment, tech sessions or book clubs, CNIB's innovative programs are designed to educate, entertain and engage! CNIB's free programs are available to Canadians who are blind or partially sighted as well as their families, friends and caregivers. Visit their website to learn more [here](#).

### Sunbeam

Sunbeam's Recreation & Wellness Program enhances the quality of life of program participants. With a focus on recreation, socialization, inclusion, and community, including both physical and emotional wellness, the Recreation & Wellness team provides fun and engaging programming at various community locations.

- Offered as a fee-for-service option to individuals living with a developmental disability.
- Program participation is an eligible activity for the use of Passport Funds.
- For all activities and events, participants must be accompanied by their own support person or a family member.

For more information about this program, its calendar of upcoming events, and how to register please click to visit: [www.sunbeamcommunity.ca/recreation-wellness-program](http://www.sunbeamcommunity.ca/recreation-wellness-program).

### Fun Fearless Females

Fun Fearless Females offers a variety of supportive services and social events and programs that create a welcoming environment for all women to have fun, try new things (be fearless) and connect with other women. Check out the events calendar to see all the creative events happening this month!

<https://www.funfearlessfemales.ca/events>.



## Information, Opportunities & Resources

### Special Olympics

Visit the Special Olympics events calendar to get additional information, resources and registration links for events coming up in Kitchener-Waterloo.

<https://www1.specialolympicsontario.com/events/calendar/>.

### **Central West Self-Management Program: Living a Healthy Life Workshops**

The Living a Healthy Life Workshops, offered by the Central West Self-Management Program, are designed to empower individuals to manage their chronic health conditions effectively. These workshops are provided at no cost and can be attended either online or in person, ensuring accessibility for all participants.

#### ***Getting the Most from Your Healthcare Appointment***

The Getting the Most from Your Healthcare Appointment session lasts between one to one and a half hours. It emphasizes action planning strategies that help participants maximize their interactions with healthcare providers.

#### ***Health Literacy***

The Health Literacy workshop is a one-hour session focused on equipping attendees with the skills needed to understand healthcare information better, thereby enhancing their ability to navigate the healthcare system.

#### ***Informed Decision Making***

In the Informed Decision Making session, participants are introduced to the BRAIN worksheet, a helpful tool that guides them through evaluating the Benefits, Risks, Alternatives, Intuition, and Next Steps regarding their health decisions.

#### ***Diabetes, Healthy Feet and You***

For those dealing with diabetes, the Diabetes, Healthy Feet and You workshop spans two and a half hours and covers essential practices for diabetic foot care, emphasizing prevention and management.

#### ***Workshop Zero***

Workshop Zero serves as an introduction to self-management. This one-hour session provides an overview of the Self-Management Toolbox, helping participants understand the resources available to them.

#### ***Workshop Zero - An Introduction to Building Better Caregivers***

There is also a specific focus on caregivers with the Workshop Zero - An Introduction to Building Better Caregivers, which offers self-management strategies tailored for individuals in caregiving roles.

For more information or to register for these workshops, interested individuals can contact the program via phone at 905-863-2574 or email at

[cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca).

## Information, Opportunities & Resources

### MoveMeant For All

Inclusive fitness training for all individuals with special needs, mental health, trauma and more. Contact Courtney Hughes at 519-503-4489 or [move.meantforall@gmail.com](mailto:move.meantforall@gmail.com).

### Woolwich Counselling Centre: Autism and ADHD Counselling

Woolwich Counselling Centre is offering counselling for autistic individuals and those with Attention-Deficit/Hyperactivity Disorder (ADHD), both with and without hyperactivity. The two professionals running it are Kate Suffling, an Occupational Therapist, who provides individualized assessment and support. She helps clients build executive function skills such as time management, planning, prioritizing, and organization. The other is Jessie Quinn, a Registered Social Worker, who offers support to parents of children with ADHD or autism. She assists in emotional regulation and helps increase independence in children. For more information, visit [www.woolwichcounselling.org/adhd-services/](http://www.woolwichcounselling.org/adhd-services/).

### Region-wide tutoring information

Camino Wellbeing + Mental Health provides tutoring and homework spaces that are accessible and free of cost to families and students. For more information, visit [www.caminowellbeing.ca/tutoring](http://www.caminowellbeing.ca/tutoring).

### Level Up

[Level Up](#) in partnership with the City of Waterloo and City of Kitchener are facilitating three eight-week play-based programs introducing kids aged 9-12 years to topics crucial to generating a social justice practice. Register now at [City of Waterloo ActiveNet](#) and at [City of Kitchener ActiveNet](#)!

### O's Helping Hands: Life Skills Summer Camp 2025\*

O's Helping Hands is offering a Life Skills Summer Camp for children and youth from July 2–31 and August 1–29, 2025. The camp runs from 9 am to 4 pm, with half-day options available upon request. Campers will take part in a variety of engaging activities including arts and crafts, music and dance, sensory play, outdoor games, sports and recreation, cooking, social skills building, water play days, and community trips.

The camp is located at 4120 Ridgeway Dr, Unit 37, Mississauga. Registration closes on June 15, 2025. A \$500 deposit is required to secure a spot, and Passport funding is accepted. Support ratio options include 1:4 for \$2,000, 1:3 for \$2,200, 1:2 for \$2,500, and 1:1 for \$3,000–\$3,500. To learn more or register, [click here](#).

## Information, Opportunities & Resources

### Siblings Canada: Savvy Siblings

Siblings Canada, in partnership with PLAN, is delighted to introduce [Savvy Siblings: Strengthening the Financial Security of Your Sibling with a Disability](#). Funded by the Government of Canada, this free online course is for adults who want to play a role in improving the financial security of their siblings with disabilities—whether today or in the future. [Register for Savvy Siblings today!](#)

### LCOworks

LCOworks is a free online program that supports positive employment outcomes for individuals with developmental disabilities, a traditionally underrepresented and at-risk population in the labour market. Any Ontario resident with a developmental disability is eligible to participate in LCOworks. Email to apply or learn more at [support@lifecourseonline.com](mailto:support@lifecourseonline.com).

### SPECTRUM Youth Under the Rainbow

Join SPECTRUM across the Region as they read stories, explore art and have fun together in a safe and supported environment for 2SLGBTQIA+ youth, families and allies. Visit <https://wrfn.info/CommunityNewsAndUpdates/Family-and-Youth-Under-the-Rainbow.htm> to see a full list of upcoming events and where to register.

### Karis & Humber College's Culinary Skills Development & Employment Program

Get hands-on kitchen training from professional chefs through in-person & virtual ETraining with Humber College's Culinary Skills Development & Employment Program. This program is open to adults 18+ with a developmental disability. Learn more and fill out an [application here](#), then email your application to Mary Lou Kelly, Program Coordinator: [mkelly@karis.org](mailto:mkelly@karis.org).

### City of Kitchener

Are you an older adult looking to learn about tech? Join one of the [Kitchener Tech Connect](#) courses. Programs are being offered in person at the Downtown, Kingsdale, Chandler Mowat & Doon Pioneer Park Community Centres. These free tech courses are for older adults in our community looking to improve social connections, access to information and digital literacy. [Click here](#) to see upcoming courses and to register!

## Information, Opportunities & Resources

### Ontario Caregiver Organization Programs

#### ***Caregiver ID Programs***

Available in healthcare settings, these programs formally identify caregivers, recognizing their role in patient care.

***Partners in Care Pandemic Toolkit:*** Designed for hospitals, long-term care homes, and other care settings, this toolkit provides tools to facilitate caregiver engagement during COVID-19.

#### ***Caregiver as Partners e-Learning:***

A two-module series for healthcare providers, offering practical tips and strategies for working with caregivers.

#### ***Time to Talk Toolkit:***

For providers across care settings, this toolkit promotes meaningful conversations between staff and caregivers.

**Health Privacy and Consent Resources:** Resources to help caregivers understand privacy and consent rules to optimize care partnerships.

#### ***E-Learning Module for Caregivers:***

A 1.5-hour learning module to help caregivers communicate effectively with care providers.

#### ***Ontario Caregiver Helpline:***

A 24-hour helpline offering information and referrals to connect caregivers with support. Call 1-833-416-2273.

#### ***OCO Caregiver Programs & Services:***

Programs supporting caregivers, including peer support groups and SCALE Program.

#### ***Resources to Support Meaningful Engagement and Co-Design with Caregivers:***

Resources and tools for organizations and caregivers to engage in meaningful co-design efforts.

For more information, visit [ontariocaregiver.ca](https://ontariocaregiver.ca) or contact [partners@ontariocaregiver.ca](mailto:partners@ontariocaregiver.ca).

## Information, Opportunities & Resources

### **ConnectABILITY's Friendly Connections**

Friendly Connections is focused on helping its community and individuals of all ages with intellectual and/or developmental disabilities, overcome isolation. It aims to help improve the well-being of individuals through socializing and providing entertaining resources. Friendly Connections wants to connect with individuals across Canada through phone calls, video calls, emailing, messenger chats and good old fashioned mail. They mail letters, postcards, colouring sheets, activity sheets, stickers and other fun goodies! Visit

<https://connectability.ca/friendly-connections/>

### **City of Cambridge**

The City of Cambridge has two yoga programs for youth: Adaptive Yoga for teens with disabilities (13-21 years) on Wednesdays 6 – 6:50 pm and Girls Only Yoga (10-14 years) on Wednesdays 7-7:50 pm. For the Adaptive Yoga classes, participants can bring a program assistant when using a PAL card and there will also be a Leisure Buddy to support the class. For more info, connect with Jenn at [blanchardj@cambridge.ca](mailto:blanchardj@cambridge.ca).

### **KidsAbility Behaviour Support Services**

Find support for your family with Applied Behaviour Analysis (ABA) services offered at KidsAbility locations across Waterloo Region and Guelph-Wellington. The team works closely with you to address your family's needs by creating a personalized plan within carefully set up packages for you and your child with the tools to support and succeed. Explore fee-for-service options for your child by connecting with at [GPS@kidsability.ca](mailto:GPS@kidsability.ca). For more information and a current list of service offerings, visit us [www.kidsability.ca](http://www.kidsability.ca).

### **Resilience Project**

The Resilience Project from FACS Waterloo has some new programming for children, youth, and caregivers. Learn more and register for programs <https://resiliencecollective.ca/programs-offered>.

## Information, Opportunities & Resources

### Recreational Respite

Virtual group programs have been developed in partnership with participants to address a variety of interests, skill practices, goals and outcomes that promote inclusion, encourage community participation, and nurture social connectivity.

Visit the website if you are interested to learn more:

<https://www.recrespite.com/virtual-services/>.

### Sensory Workout

Sensory Workout is a program that combines what we know about exercise and sensory processing to make physical activity more accessible and enjoyable for all! Aptus' Clinical Services team created the Sensory Workout training and demo videos, with generous funding from the Ontario Trillium Foundation and the Ministry of Children, Community, and Social Services.

[Check out Sensory Workout on YouTube!](#)

### Cambridge Food Bank

Cook, stuff, plant, bake and play at the [Cambridge Food Bank](#)! To learn more about and register for programs offered at Cambridge Food Bank, please contact Vanessa Tonic at [vtonicic@cambridgefoodbank.org](mailto:vtonicic@cambridgefoodbank.org) at 519-622-6550 x109.

### Student Links Program: Application and FAQ (Link updated and working)

Funded by the Ministry of Children, Community and Social Services, Student Links is an opportunity for students (ages 14 to 21) who identify as having an intellectual disability to explore ideas for their future after high school. It matches students and mentors who share a common passion or interest. The goal is to enhance their capacity to make informed decisions about their future before leaving school and support the natural development of relationships and connections to their community. Student Links is tailored to meet the needs of each individual student and may include hands-on experiences, exploration of new interests, and an introduction to work, volunteer or community-based roles. Opportunities are created for students to meet with people currently engaged in or with substantial knowledge of the identified interest.

The possibilities are endless! After completing the application found at the bottom, the first step is for the student to meet with the Student Links coordinator and identify ideas, interests, passions, and roles they are interested in. [Fill out an application form here](#), and [visit here](#) to see some frequently asked questions.



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## Information, Opportunities & Resources

### **March of Dimes Paving the Path: Beginning my Journey to the World of Work**

Has a disability or other barrier prevented you from imagining yourself in the workforce? Have you ever wondered what it would be like to have a job? Do you want to learn about the types of jobs that best suit your personality? Would you like to know how working would affect the benefits you currently receive? If you answered yes to any of the questions above, Paving the Path for Work can help. This 6-week program offered by March of Dimes Canada is for people who have had limited exposure to employment but want to learn more. Offered virtually and in person. If you have any questions about Paving the Path to Work, please contact Miriam Braithwaite at [mbraithwaite@marchofdimes.ca](mailto:mbraithwaite@marchofdimes.ca) or 905-687-7467 ext. 227.

### **Camp Shalom: Summer Camp Registration Now Open\***

Camp Shalom is now accepting registrations for its 2025 summer camp sessions for adults with special needs. With over 30 years of experience, Camp Shalom offers meaningful and fun-filled vacations while also providing much-needed respite for caregivers. Many guests return year after year and look forward to the friendships, activities, and support offered by the camp community.

Camp sessions are open to individuals aged 18+ and begin at \$1350 (tax exempt). Camp runs from Sunday evening drop-off at 6–7 pm to Friday pick-up at 5 pm. Payment plans are available to help spread out fees, and flexible options such as mailing in a cheque or paying in full by credit card are also offered. A receipt will be provided for all payment methods and may be used for Passport Funding reimbursement.

Session Dates:

- Special Support & Special Arts: June 29–July 4, July 13–18, July 27–August 1
- Special Sports/Trek: July 6–11, July 20–25, August 3–8, August 10–15

[Click here to register or learn more.](#)

# Information, Opportunities & Resources

## Workshops/Events

### **Sunbeam Development Resource Centre: June Workshops\***

An Introduction to Autism Spectrum Disorder (ASD) – Virtual Workshop

On June 10 from 6 to 7 pm, the Sunbeam Development Resource Centre will host a virtual workshop titled "An Introduction to Autism Spectrum Disorder (ASD)."

This informative session, presented by Chloe Riddell, will explore the diverse spectrum of autism, discussing the unique strengths and challenges individuals face with ASD. Strategies to create supportive environments will also be covered. This workshop is suitable for individuals, families, and professionals. Registration is required by June 6. For more information and to register, [click here](#).

### ***Canada Revenue Agency: Your Disability Tax Credit (DTC) Questions Answered – Virtual Workshop***

A virtual workshop titled "Your Disability Tax Credit (DTC) Questions Answered" will be held on June 11, 2025, from 1 to 2:30 pm. This session, hosted by the Canada Revenue Agency, aims to assist individuals and families in understanding the application process for the Disability Tax Credit. Participants will learn how to apply for the DTC and claim it once approved. This workshop is suitable for families with dependents, as well as individuals of any age with disabilities or mental health diagnoses. Registration is open until June 6, 2025. To register, click [here](#).

### ***SDRC: Emotional Regulation – Virtual Workshop***

An upcoming virtual workshop titled "Emotional Regulation" is scheduled for June 17, 2025, from 1 to 2 pm. Presented by Jennifer Jacobs, this workshop will address common myths about emotions and provide strategies to enhance emotional regulation. It is designed for caregivers seeking effective ways to support individuals in managing their emotions. The session will explore the concept that "all behaviour is communication" and offer insights into interpreting the behaviours of nonverbal individuals. This workshop is particularly suitable for parents and caregivers of individuals with developmental disabilities. Registration is open until June 13, 2025. To register, click [here](#).

## Information, Opportunities & Resources

### **Ministry of Children, Community and Social Services: Journey to Belonging Webcast\***

Join a simultaneous French/English presentation on Journey to Belonging: Choice and Inclusion, Ontario's plan to reform developmental services. This initiative supports people with developmental disabilities in living inclusive, empowered, and independent lives through their communities, support networks, and government. The webcast will provide a reminder of the plan's principles and updates on key commitments, including a new needs-based funding approach and other service improvements. A live Q&A segment will follow the presentation. Christine Kuepfer and Amy Olmstead from MCCSS will answer questions submitted in advance. The webcast takes place June 24 at 7 pm. To submit questions in advance, [click here](#). To register, [click here](#). For inquiries, contact Jana Bogatin at [jana.bogatin@ontario.ca](mailto:jana.bogatin@ontario.ca).

# Information, Opportunities & Resources

## Resources

### Fetal Alcohol Spectrum Disorder Ontario: New Website

FASD Ontario is excited to introduce you to the brand-new [FASD website here!](#)

Entirely redesigned with the FASD community in mind, this platform is your go-to destination for FASD resources, tools and connections...all just one click away!

### PooranLaw

PooranLaw shares valuable resources aimed at supporting individuals with disabilities and their families. With a commitment to providing expert legal guidance, PooranLaw addresses the complexities of various legal issues affecting the community. While individuals with disabilities may face barriers to decision-making at various life stages, there are often less restrictive and more accessible alternatives to guardianship. The appropriate solutions depend on the specific decisions facing each individual.

To assist families, PooranLaw provides wraparound legal services tailored to every stage of life. This includes:

- Accessing educational supports
- Advocating for fairness in the workplace
- Advising on the Ontario Disability Support Program (ODSP)
- Navigating relationship and marriage breakdowns
- Building secure futures through complex tax, trust, and estate planning, including comprehensive domestic contracts

Explore the “Decision-Making Tree” to understand the different areas of decision-making under the current legal framework in Ontario.

For more information about the services offered, visit [PooranLaw](#).

### Camino Wellbeing + Mental Health New Website

Exciting news--Camino Wellbeing + Mental Health has launched its new [website!](#)

Any questions? Click on the “website” link to set up a time to connect with the intake team. In addition to calling or emailing to sign up for groups or workshops, you can now complete a form directly on the website. [Groups and Workshops · Camino Wellbeing + Mental Health](#)--Group topics range from newcomer youth wellbeing (including standing strong work female-identified youth), children's socio-emotional health (including extinguish your fire and hocus focus), parenting (including a circle of security, grandparent/kin connect and strong moms safe kids), financial wellness, relationships (including building better boundaries) and so much more!

## Information, Opportunities & Resources

### **Porchlight: Quick Access Counselling**

Porchlight offers single-session Quick Access counselling sessions, letting you get help sooner, when you need it. Because, sometimes, you need a little help, sooner. Call now for your appointment: 519-621-5090 or visit [porchlightcnd.org](http://porchlightcnd.org)

### **ConnectABILITY Roommate Matching Webpage**

Are you looking for a roommate or want to post your own roommate ad? ConnectABILITY has got you covered! Their roommate matching webpage is a fantastic resource where you can find and post ads that accommodate your specific housing needs. Whether you need a space that's accessible, close to transit, or just a great fit for your lifestyle, ConnectAbility.ca makes it easy to connect with potential roommates in our community. Check it out today and find the perfect match for your housing needs. Visit:

<https://connectability.ca/connected-families/forum/housing/>.

### **Partners for planning: Update to the Special Services at Home Guidelines**

The Ministry of Children, Community and Social Services (MCCSS) has updated the Special Services at Home (SSAH) guidelines to align with CanChild's F-Words in Child Development. Families can now use their SSAH funding flexibly to support their child's interests and development. [Visit the MCCSS website](#) for the new guidelines. P4P has created an [SSAH Overview video and resource page](#) to help families navigate SSAH applications.

### **Counselling Collaborative of Waterloo Region: Autism Mental Health Support**

Are you a parent of an autistic child or teen or an autistic adult seeking mental health support? The Counselling Collaborative of Waterloo Region is here to help. This collaborative includes five Community Mental Health Agencies in the region, with over 50 therapists offering professional autism-informed therapy. Locations throughout Waterloo Region include Kitchener, Cambridge, Waterloo, Elmira, and New Hamburg. Virtual and telephone appointments are also offered. The central intake can connect individuals with the CCWR agency of choice. Flexible payment options include a sliding scale based on income, insurance benefits, or OAP core funding. Eligibility for other funding may also be discussed during intake. To register for counselling, visit [counsellingwr.ca](http://counsellingwr.ca) or call 519-884-0000.



## Information, Opportunities & Resources

### Special Needs Resourcing (SNR) Collaborative

The SNR Collaborative offers support to Licensed Child Care Programs in Waterloo Region for children up to 12 years old. KidsAbility and KW Habilitation make up the SNR Collaborative, which aims to streamline services and ensure all children can thrive in early learning environments regardless of their abilities. Early Childhood Educators, parents, and caregivers can contact the SNR Collaborative with questions about a child's needs. The Collaborative operates within a tiered services model to provide tailored assistance. Visit [snrcwaterlooregion.ca](http://snrcwaterlooregion.ca) for more information on programs, tips, strategies, and referrals. To contact KidsAbility, please email [spotservices@kidsability.ca](mailto:spotservices@kidsability.ca). For inquiries related to KW Habilitation, you can reach them at [earlylearning@kwhab.ca](mailto:earlylearning@kwhab.ca). If you have any questions, you can call SNAP at 519-514-7627 or email [snap@kwhab.ca](mailto:snap@kwhab.ca). For inquiries regarding the SNR Collaborative, please email [Kristy](#) or [Carlyn](#).

### 211

Life can be hard, but finding help is easy. Contact 211 day or night to find support for all of life's challenges. Call toll free at 1-877-330-3213. 211 is free and confidential and offers support in 150+ languages.

### Ask a Nurse at the Welcome Spaces

Public Health Family Nursing services are available at three Welcome Space locations, offering one-to-one, drop-in support from Public Health Nurses. This service is provided from 9:00 AM to 4:00 PM on the following days:

- Waterloo: Mondays at 99 Regina St S
- Kitchener: Tuesdays at 20 Weber St E
- Cambridge: Thursdays at 150 Main St

Nurses can assist with questions on pregnancy, growth and development, feeding, child health, and local health services. For more information, e-mail [Lrintche@regionofwaterloo.ca](mailto:Lrintche@regionofwaterloo.ca)

## Information, Opportunities & Resources

### Aide Canada

Many of Aide Canada's resources relate to autism, but there are also plenty that apply to all disabilities. There is a parent series of "Ask a Question" where families & self-advocates can respond with their experience. There is also a resource page where you can borrow books and items and is available Canada wide. Check it out at [www.aidecanada.ca](http://www.aidecanada.ca).

### Breastfeeding Dashboard

Canada's "[Breastfeeding Dashboard](#)" is now available on Public Health Agency of Canada's Public Health Infobase platform. Along with this data tool, the first edition of Canada's Breastfeeding Progress Report is available. The data provides an overview of breastfeeding rates in Canada, including information on breastfeeding initiation, duration and exclusivity, examined by various geographic and sociodemographic factors. Reasons for not breastfeeding and reasons for stopping breastfeeding before six months are also presented, as are rates of vitamin D supplementation of breastfed infants. Questions related to the new materials can be directed to: [dca\\_public\\_inquiries@phac-aspc.gc.ca](mailto:dca_public_inquiries@phac-aspc.gc.ca)

### Canadian Council on Rehabilitation and Work

CCRW Employment Services help job seekers with disabilities get connected with local businesses. They provide industry-specific training, workplace accommodation and adjustment planning, employer matching, and access to a hidden job market.

For more information or to register, call: Jennie Di Girolamo – Employment Facilitator (519) 571 6788 ext. 7661 or email [jdigirolamo@ccrw.org](mailto:jdigirolamo@ccrw.org)

<https://www.ccrw.org/>

### 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 help get you set up. To learn more visit <https://www.marchofdimes.ca/en-ca/programs/atech/hitech>.

## Information, Opportunities & Resources

### **Plexus**

Plexus is a network of FASD support and services in Waterloo Region. The services of the Plexus team are available to children, youth, and families living with (potential) FASD up until the age of 18 or 21 and still attending school. You must reside in the Waterloo Region. A referral can be made by the individual or their legal guardian. Plexus will also accept referrals from extended family members, family physician, or any agency acting on the individual's/family's behalf if permission to do so has been provided by the individual or their guardian. Referrals can be made here: [Plexus Referral](#).

### **Practice Guidance for ALC Patients**

Adults with developmental disabilities who also have a psychiatric condition, often referred to as a dual diagnosis, face a significantly higher risk of becoming Alternate Level of Care (ALC) patients. These individuals no longer require hospital-level care but remain hospitalized due to a lack of suitable community settings. In this report, the H-CARDD team presents a comprehensive set of principles and core components designed to guide and support the successful transition of ALC patients with a dual diagnosis from hospitals to community settings in Ontario. Download our full report and summaries: [Full Report - Summary - French](#)  
[Summary - Easy Read Version](#)

### **Family Support Network for Employment**

FSNE is a family-led coalition advocating for employment opportunities and jobs in the open labour market for individuals with developmental disabilities who face higher employment barriers.

[Click here to find out their mission and explore resources.](#)

## Information, Opportunities & Resources

### Woolwich Counselling Free First Session

Wondering if counselling is for you? Try your first session at Woolwich Counselling Centre for FREE! Open to any resident of Woolwich or Wellesley Townships. Contact us to learn more: [www.woolwichcounselling.org/contact-us/](http://www.woolwichcounselling.org/contact-us/).

### Learning Disabilities Association of Wellington County: Resource Page

ldawc is excited to announce that their resource page is now live! Whether you're a student, parent, educator or caregiver, you'll find valuable information on local programming, learning disabilities, IEPs and other supportive resources in the community. The page is designed to support you with the information and connections needed to navigate learning disabilities and ADHD. Visit the [page here](#).

### Access 2 Card

The Access 2 card is designed for individuals with permanent disabilities who need attendant support at participating venues. The card allows the attendant to enter for free while the cardholder pays regular admission. Eligibility extends to people of all ages and disability types. It's accepted at numerous venues across Canada, including many movie theatres and recreational sites. To obtain the card, the person with the disability fills out an application form on the Access 2 website, which requires confirmation of need from a healthcare provider. The card costs \$20 for three years or \$30 for five years, and once the application is submitted, cards are typically issued within 4 weeks. Visit here to apply [Access2 - Easter Seals Canada Access 2 Entertainment Program \(access2card.ca\)](http://Access2 - Easter Seals Canada Access 2 Entertainment Program (access2card.ca)).

### Kerry's Place Brave Space

Brave Space, a collection of resources, services and supports from 2SLGBTQ+ Youth and their families, is a step to honour, empower, and support everyone who lives at the intersection of autism and the 2SLGBTQ+ spectrums with information and evidence-informed resources and services. Kerry's Place aims to support those in our community who are navigating, or supporting a loved one who is navigating, their journey of discovering their identity within the spectrums of gender and sexuality. They are collaborating with subject matter experts to help ensure that the supports developed are evidence-informed and in line with current best practices for the 2SLGBTQ+ community.

<https://www.kerrysplace.org/brave-space-at-kerrys-place/>

### Ontario Caregiver Association

- *SCALE Program: Caregiver Needs and Well-being*: [\*\*SCALE \(Supporting Caregiver Awareness, Learning and Empowerment\)\*\*](#) focuses on topics relevant to new or experienced caregivers, including caregiver stress, managing feelings of anxiety or guilt, and self-care for the caregiver.
- *Caregiver 101*: Learn about caregiving roles, conflicts in caregiving, caregiver burnout, what to expect, developing resilience, and what supports are available. Access the online course [here](#).
- *Young Caregivers Connect*: Young Caregivers Connect is a website to help young caregivers aged 15-25. The website was designed in collaboration with, and for, young caregivers and offers information and resources and a way to connect that address their unique needs. Visit the website [here](#).
- *Time to Talk Podcast*: Join Host Michelle Jobin along with experts and caregivers, to discuss things that matter most to caregivers. Access the podcast [here](#).

### Fostering Information from Family & Children Services

Are you interested in learning more about fostering? For general information about fostering, please visit <https://www.facswaterloo.org/foster>.

### CanFASD Mental Health Resource and Practice Guide

The CanFASD Research Network released a new resource that all mental health professionals need in their toolbox. This resource is grounded in the belief that people with FASD are capable of significant change and personal growth. It is therefore imperative that, as mental health professionals, we continue to explore how we can adapt our supports so that individuals with FASD can benefit from practices suited to their unique strengths, challenges, and neurodevelopmental needs. [\*\*Towards Healthy Outcomes for Individuals with FASD\*\*](#)

### Indigenous Relations Circle

The Indigenous Relations Circle is an initiative of Autism Alberta's Alliance and is interested in the Indigenous and autistic experience in Alberta. The newsletter is distributed four times per year and includes work that our circle is doing as well as events happening around the province that you may be interested in. We hope to increase connection and community between Indigenous Autistic communities. If you are interested, please subscribe [here](#).

## Information, Opportunities & Resources

### **Kitchener Public Library: Access to Technology Programs**

**Chromebook Borrowing:** Community members can now borrow Chromebooks from the library for a one-week loan period, available at all five library locations.

**Daisy Readers with Digital Content:** The library has added Daisy reader machines with enhanced navigation, including Victor Stratus and Victor Stream devices that can play Daisy audio discs and digital content. Staff can pre-load devices with a mix of titles based on customer reading profiles.

**Yoto Mini Collection:** The library has a collection of 13 Yoto Mini audio players, which use colorful plastic-coated cards to play audiobooks for children from birth to 12 years old.

Additionally, the library's Visiting Library Service provides monthly delivery of library materials to Kitchener residents who cannot visit the library in person.

### **Muslim Social Services Waterloo Region (MSSWR) Job Posting: Arabic-Speaking Counsellor\***

**Muslim Social Services Waterloo Region** (MSSWR) is hiring an Arabic-Speaking Counsellor to support their expanding mental health services. They are seeking a compassionate, bilingual professional with experience supporting newcomers and racialized communities. View the full job posting on LinkedIn:

<https://www.linkedin.com/jobs/view/4231471657>.

### **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)

### **Imagine Canada**

Imagine Canada has a ton of great resources and information on non-profit and charity sector-related policy in their newsletter which is called 360. You can sign up here: <https://imaginecanada.ca/en/360>.

## Information, Opportunities & Resources

### Partners for Planning

Every high school graduate deserves a bright future. The Beyond Graduation Toolkit can help families think creatively, collaborate with school teams, and explore pathways that can lead to a full and meaningful life for their son or daughter once they reach the end of their high school career. Designed for parents with a child transitioning out of high school in the next few years, this new toolkit provides critical concepts and resources that can help parents prepare for this transition. It includes: [Partners for Planning - Planning for a Good Life Beyond Graduation Toolkit - Overview \(planningnetwork.ca\)](#).

### Laurier University: Shared Reading Research Study\*

A research team led by Dr. Gottardo and Dr. Wood at Wilfrid Laurier University is conducting a 14-week study focused on shared reading strategies with children. Families will attend five in-person sessions featuring fun literacy games and activities (about one hour each). At home, participants will read picture books provided by the research team and complete a brief diary entry each week for nine weeks. Caregivers will receive \$15 via e-transfer after each in-person session (totalling \$75), with bus fare compensation available upon request. Participants can keep all at-home materials, including books and reading strategy resources. This study has been approved by the Laurier Research Ethics Board (REB #8508). To learn more or participate, fill out [your information here](#) or email Katie at [reid4150@mylaurier.ca](mailto:reid4150@mylaurier.ca).

### Children and Youth Planning Table Youth Impact Project\*

The Youth Impact Project has returned, offering youth in Waterloo Region an opportunity to receive funding for ideas that create positive change in the community. A total of \$50,000 is available to support youth-led projects. Young people living in Waterloo Region are invited to submit an online project pitch for a chance to receive up to \$5,000 in funding. Applications will be reviewed by the Youth Decision Making Team from the Children and Youth Planning Table and Smart Waterloo Region. Submissions will be accepted until Saturday, November 9, or until all funding has been allocated. Each application must include a 3 to 4-minute video pitch, a project outline, and a detailed project budget. Proposals must respond to issues or challenges identified in the Youth Impact Survey results. Youth may apply individually for up to \$2,000 or as part of a group for up to \$5,000. Each submission must also include contact information for a supportive adult who works at a community organization. To learn more or submit an application, [click here](#).



## Information, Opportunities & Resources

### **Social Venture Partners Waterloo Region: Executive Director Opportunity\***

Social Venture Partners Waterloo Region is seeking a purpose-driven leader to serve as its next Executive Director. The role is designed for an experienced senior leader with a proven ability to manage and grow a not-for-profit organization while driving systems-level change. The Executive Director will shape and execute organizational strategy, oversee financial sustainability, and cultivate robust relationships with community partners, funders, and changemakers. This role requires strategic leadership, including program innovation, partner engagement, and fundraising initiatives that strengthen the local social impact ecosystem. The position offers a competitive salary range of \$120,000-140,000 CAD, four weeks of vacation, a flexible benefits package, and a hybrid work environment with opportunities to work from Catalyst Commons in Kitchener, ON. Occasional work outside regular business hours may be required to attend events or to accommodate partner availability. Candidates with a strong background in venture or strategic philanthropy and a commitment to equity-centred leadership are encouraged to apply. Qualified individuals should submit a detailed resume and a compelling cover letter outlining their alignment with the mission of Social Venture Partners Waterloo Region. Please email applications to Taylor Walker at [taylor@svpwr.org](mailto:taylor@svpwr.org).

## Support Groups

### **PFLAG Waterloo, Wellington & Perth Region (Parents & Friends of Lesbians & Gays)**

The Waterloo Wellington Perth Chapter of PFLAG invites you to attend our support group focusing on topics of interest to parents, family and friends of LGBTQ individuals. PFLAG Canada is Canada's only national organization that helps all Canadians with issues of sexual orientation, gender identity and gender expression. More info at: <https://www.facebook.com/PFLAG.WWP/>

### **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 7:15 pm. Go to [apsgo.ca](http://apsgo.ca) for more information.

### **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). They include the FASD Educational Group and the 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).

### **Qualia Counselling Services – New Moms Experiencing Postpartum Anxiety and Depression**

Qualia Counselling Services is extremely excited to announce the launch of a brand-new support group for new moms! The support group has an 8-week program designed for New Moms Experiencing Postpartum Anxiety and Depression. This specialty group is for new moms looking for a welcoming space to learn, share, and practice skills and techniques to manage their emotions and thought patterns as they lead a balanced life through their postpartum. For more information, please contact our administration team at [info@qualiacounselling.com](mailto:info@qualiacounselling.com) or [visit our website](#).

## Information, Opportunities & Resources

### **Guelph Wellington Family Network**

A group of family members and unpaid caregivers supporting an adult with a developmental disability. The Network is peer-based and led by families. The Guelph Wellington Family Network helps build connections and friendships, supports members through networking, education, and socializing and connects members to opportunities, supports, and information.

[familynetworkGW@Gmail.com](mailto:familynetworkGW@Gmail.com)

### **Indwell**

Indwell is a Christian charity creating affordable housing communities to support people seeking health, wellness & belonging. They are one of the fastest-growing developers of new supportive affordable housing in Ontario. Looking for housing? Visit <https://indwell.ca>.

### **Qualia Counselling Services**

Qualia Counselling Services is accepting new clients at all six locations with no waitlist. Qualia Counselling Services offers counselling sessions, in person and by telehealth, with skilled clinicians. They offer services for children (5+), adults, families and couples. Qualia Counselling Services provides the most evidence-based interventions to help individuals of all ages become their best self. In addition to therapeutic services, Qualia offers a robust selection of professional development courses, workshops, lunch & learns, bootcamps and CBT supervision to professionals. Follow the link provided for further details.

<https://qualiacounselling.com/training/>

### **Pearson Airport**

Pearson Airport has partnered with Autism Ontario and Magnusmode (creator of the Magnus Cards app) to create an activity book to help prepare for travel. The airport also has sunflower lanyards that can be requested to signify the presence of an invisible disability. There are 20 different Magnus Card decks (on phone app) to help navigate aspects of travel. For more Pearson Airport neurodiversity support options, please visit: [Travel tools for autism and other diverse needs | Pearson Airport \(torontopearson.com\)](#).

## Information, Opportunities & Resources

### **Sawubona Africentric Circle of Support**

Sawubona Africentric Circle of Support 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. This is a volunteer-run group that meets on the second and fourth Tuesday of each month from 7 – 8:30 pm via Zoom. There will be guest speakers, resource sharing, support and mentorship opportunities for attendees. Contact: For more details or to register, please contact [bpsgroup2020@gmail.com](mailto:bpsgroup2020@gmail.com).

### **South Asian Wellness Group**

The South Asian Wellness Group is a drop-in group every Thursday from 6 to 7:30 pm on Zoom with occasional in-person meetings. With a South Asian Peer Facilitator fluent in Punjabi, Hindi and Urdu, this group will focus on coping, recovery, and fostering hope from a South Asian lens. ALL Self Help & Peer Support groups are open to adults living in Waterloo Wellington communities who identify as living with mental health or/and substance use issues. To join this group or if you have questions about it, please send us an email: [selfhelpgroup@cmhaww.ca](mailto:selfhelpgroup@cmhaww.ca).

### **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!

### **Virtual Peer Support for Newly-Diagnosed Autistic Women**

Researchers are evaluating the impact of participating in a [virtual peer support program](#) on the well-being of newly-diagnosed autistic women. Who can participate? Adults 18 years or older who identify as a woman, have received a formal diagnosis of autism in the last 8 months, and live in Ontario. [See flyer for additional details](#). Questions? Contact Princess Owusu at [AWPeerSupport@camh.ca](mailto:AWPeerSupport@camh.ca).

## Information, Opportunities & Resources

### **CIA - Connecting, Interests and Activities**

CIA is a group in Waterloo Region for adults (18+) with Asperger's or Autism Spectrum Disorder (ASD) level 1. The purpose of the group is to create a safe and supportive space for people to have fun, meet and connect with others, and take part in activities. Join if you're looking for a positive place of belonging! Meetings take place at the Downtown Community Centre (35 B Weber Street West), in the Multi-Purpose Room on the second Thursday of each month. This is a drop-in group, so folks are welcome to join anytime between 5 and 7 pm.

If you have any questions, please reach out to Kelly Groh at 519-731-3923 or [grohtech@xplornet.com](mailto:grohtech@xplornet.com).

### **Virtual Support Group for Adolescents with FASD**

The return of the Virtual Support Group for Teens with FASD. This group meets every Wednesday night at 7 – 8:30 pm. Contact Rob for more information at [rmacdonald@starlingcs.ca](mailto:rmacdonald@starlingcs.ca).

### **Street Therapy**

Street Therapy is a fee-for-service psychotherapy clinic located at 177 Victoria St. N in Kitchener. Street Therapy will offer a monthly ADHD support group. The group will take place virtually on the first Saturday of every month throughout the year. Their goal is to help provide the local ADHD community a safe space to connect with like-minded individuals and encourage access to a neuro-inclusive community. Please have a look at the following link for details.

<https://www.streettherapy.ca/groups/>

### **Waterloo Wellington Down Syndrome Society Support Group**

Mothers Connection is a group supporting Moms with young children with Down syndrome with childcare provided. Go to [WWDSS.ca](http://WWDSS.ca) or email [info@wwdss.ca](mailto:info@wwdss.ca) for more information.

### **Centre for ADHD Awareness Canada (CADDAC) Past Webinar Presentations**

Are you interested in accessing the recordings of CADDAC's seminars from the live presentations at the 15th Annual ADHD Conference? Please click the link below!

<https://caddac.ca/past-premium-conferences-workshops/>

## Information, Opportunities & Resources

### **Sunbeam Development Resource Centre Autism the Monthly Fathers' Support Group**

If you are a father in Waterloo Region who has a child (of any age) with an intellectual disability and/or autism. The group meets monthly. It is a great opportunity for dads to discuss a wide range of topics related to parenting a child with an intellectual disability and/or autism. Fathers learn from guest speakers as well as from each other, sharing wisdom, understanding and a chance to talk to other dads who “get it.” Some of the topics discussed in the past year were: mindfulness, sharing the diagnosis and advocating for your child. The Fathers Support Group meets on the 3rd Tuesday of the month from 6:30 – 8:00 pm. Please call 519-741-1121 for more information about how to join.

### **Sunbeam Development Resource Centre: Mothers' Support Group** ***Weekly Group***

The Mothers' Support Group is a 6-week group, providing the opportunity for mothers to discuss a range of topics related to parenting a child with an intellectual disability and/or autism. Topics include understanding and sharing the diagnosis, grief and resilience, community resources, behavioural challenges and self-care. Guest speakers from the community and SDRC also contribute their expertise. The weekly group is a great way to connect with other mothers who understand your daily experience. It is a small group of 6 – 10 members and runs for 6 consecutive weeks. Two times are offered: Wednesday evenings from 7:00 pm - 8:30 pm or Thursday mornings from 10:00 am - 11:30 am.

### ***Monthly Group:***

The Monthly groups are offered at two different times: Daytime: The last Friday of the month from 10:00 am to 11:30 am. The Evening time is on the last Tuesday of the month from 7:00 to 8:30 pm. The purpose of the group is to connect with other mothers, share ideas, learn more about community resources and get support. Speakers are often invited to share information on topics of interest to group members. Some of the topics discussed in the past year were anxiety, school issues and grief.

Please call 519-741-1121 for more information about how to join either.

## Information, Opportunities & Resources

### **CADDAC Support Groups**

#### ***ADHD Support Groups - Adult ADHD and Parent Support Groups***

CADDAC is excited to announce that our ADHD Support groups for both Adults and Parents are now back in session! In addition, we are excited to introduce a new Western Time zone Parent Support Group. You do not need to join the group of the time zone you're in. You can join whichever regional meeting that fits in your schedule. [Learn more and register!](#)

#### ***ADHD and Substance Use Disorder Peer-led Support Group***

Through these virtual group sessions, participants will receive emotional support and mentorship, critical education about ADHD, and strategies on how to manage some of the core symptoms that have led to substance use. These groups will be offered in different time zones across Canada and will be peer-led by trained Peer Support Facilitators.

<https://caddac.ca/programs-and-events/#support-groups>

### **True Connections Upcoming Social Communication Support Group**

The "True Connections" group offers weekly social Zoom meet-ups to learn about social communication, values & friendships, and other related skills such as understanding non-literal language (i.e., sarcasm, slang, puns) and body language cues. This group will meet once a week on Zoom to participate in interactive content lessons and activities, including some virtual reality! The start date for the group is not set yet, but we are planning on a late January/early February 2025 start date. The group runs for 12 weeks for the cost of \$60, one weekday evening from 4:30 - 6 pm on Zoom. For questions or more information, please contact Brittany via email at [brittanyfelice@elemenoe.ca](mailto:brittanyfelice@elemenoe.ca) or call 519-800-3483.



# Information, Opportunities & Resources

## Engagement Opportunities

### Siblings Canada

#### ***For Families***

Are you a sibling of a person with a disability? Watch the webcast, [Understanding the Experiences of Siblings of People with Disabilities](#). The session sheds light on some of the research Siblings Canada has done on siblings of individuals with neurodevelopmental disabilities, and the challenges, joys, and important roles that siblings play in the lives of their family members with disabilities. After watching the video, you will have the chance to [answer 3 questions to help with the work](#) they do.

#### ***For Service Providers***

If you work for a community agency, service provider, or disability organization, Siblings Canada wants to learn more about how organizations are including siblings in their programs and services. [If you want to contribute to this research, please consider completing this 5-minute survey.](#)

### P4P Planning and Facilitation Collaborative

The Planning and Facilitation Collaborative (PFC) is live! This space allows professionals and aspiring professionals to share knowledge, experiences, and develop skills through online courses on planning and facilitation. We invite planners and facilitators to join the PFC and help spread the word. For more information, visit this [link](#).

### Help Shape the Future of FASD Support in Ontario

Have you used the [FASDinfoTSAF.ca](http://FASDinfoTSAF.ca) website, attended FASD training for service providers, or participated in FASD support groups? Health Nexus is seeking your feedback on our FASD programs to help improve support for individuals and families across Ontario. Share your thoughts in our anonymous survey [here](#) and help shape the future of FASD support in the province. Your input makes a difference.

## Information, Opportunities & Resources

### **Spectrum Events Calendar and More**

Check out the [Rainbow Community Calendar](#), where you'll find details on SPECTRUM's groups and events. This is also your clearinghouse of 2SLGBTQIA+ events in Waterloo Region.

#### ***QRIB Hangouts***

Come join the QRIB community hangouts, where Queer, Racialized, Indigenous, and Black individuals foster a home away from home! In collaboration with the Willow River Centre, Spectrum's BRIQ House hosts get-togethers with refreshments (ex., Karaoke, bonfires, etc). The events are free though capped at 30 people, so we recommend RSVPing! All allies are welcome and encouraged to donate (ex. \$5) to the Willow River Centre to support safer queer racialized spaces locally. [RSVP here](#).

#### ***Recruiting Board Members***

Spectrum is looking for individuals with the following experience or skills: finance and accounting, IT, legal and liability, or governance. This is a great opportunity to network and build connections within the community.

They strive for their board to match their community as fully as possible. Therefore, they are especially interested in hearing from candidates who identify as non-binary and/or Black, Indigenous, or Racialized. If you are interested, visit [here](#).

### **Opportunity to Provide Feedback on an Accessible Fitness App**

Lee-Anne from Sekond Skin Society is in the process of designing an innovative fitness app that aims to make fitness classes more accessible for individuals with varying abilities and limitations. The app includes a range of accessibility features, allowing people to participate in fitness classes both online and in person.

Lee-Anne is looking for feedback from individuals with diverse disabilities to help improve the app—especially for those who use assistive technology. She is offering a free trial to anyone interested in trying it out.

If you or someone you know would like to access the app or provide feedback, please reach out to Lee-Anne at [lee-anne@sekondskinsociety.com](mailto:lee-anne@sekondskinsociety.com).

To learn more, check out the short demo video: <https://youtu.be/V1s3ON-2u9I?si=vFoG2mLemeAmbe0g>.