

*Where exceptional families thrive.*

Issue 113  
September 2019

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Welcome to September! Once again, here we are transitioning back into the school year. We thought it would be useful to share some tips on how to manage mental health during this busy time of the year.

Back to school is a key transition time. Children don't know what to expect, and the fear of the unknown may be overwhelming. This kind of transition can be difficult for parents to manage as well. Even though their child may have been through this transition many times before, it always seems to feel big, new and scary. Parents may struggle to balance their own anxiety about what the new year may bring with managing their child's anxiety and expectations. We hope you'll find these tips useful in this time of transition.

Don't forget to check out What's Happening at WRFN and Upcoming Community Events—there's lots going on!



**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 Update**

*Submitted by Carmen Sutherland , WRFN Representative*

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

### **Waterloo Catholic District School Board - Special Education Advisory Update**

*Submitted by Sue Simpson, WRFN SEAC Representative*

WCDSB SEAC does not meet over the summer months. The next SEAC meeting will be on Wednesday, September 4 at 6 pm.

## Autism in High School

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

## What's Happening at WRFN



## A NEW CHAPTER

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

RSVP to Mary Pike would be appreciated,  
maryjpike@hotmail.com.

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

**SEPTEMBER 3**  
Summer Review &  
Fall Transitions -  
success or challenge?

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**OCTOBER 1**  
Planning for a Crisis -  
a supportive  
conversation to share  
individualized  
planning tools and  
strategies to  
minimize crisis

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**NOVEMBER 5**  
Post Secondary  
Education -  
tips and resources

**Doors open at  
6:30pm,  
meetings run from  
6:45 - 8:30PM at  
The Family Centre**  
65 Hanson Ave., Kitchener  
\*\*Bring your own  
reusable water bottle or  
tea thermos\*\*



## What's Happening at WRFN

### The 'Exceptional Swings' Golf Tournament



**ONLY \$80**



*Proceeds going to*



*Where exceptional families thrive*

**Sunday, September 8, 2019**

Grand Valley Golf Course, 1910 Roseville Rd, Cambridge, ON

**Registration: 11:00 a.m. – 1:00 p.m.**

**Tee off: 1:00 p.m.**

**Dinner & Prizes: 6:00 p.m.**

\$80 Per Player (Golf, Cart, as well as a Delicious Dinner and Deserts included). Prizes and Silent Auction Items

**To register and reserve your spot, please visit the Eventbrite page:**

<https://www.eventbrite.com/e/exceptional-swings-golf-tournament-tickets-63610067424>

For more information, please contact Pete Reynolds or John Gilbert at [info.exceptionalswings@gmail.com](mailto:info.exceptionalswings@gmail.com)

*Proceeds going to the Waterloo Region Family Network (WRFN); providing assistance to exceptional children and their families within the Region of Waterloo.*

**Please attend and share this great day to promote awareness and celebrate an agency that educates, connects and empowers families of children and individuals of all ages with special needs.**

## What's Happening at WRFN

### Waterloo Region Family Network's

# CAMP DAY!

For families who have a loved one with a disability

Join us Sunday, September 22  
between 2-5pm at Camp Ki-Wa-Y,  
3738 Hessen Strasse, St. Clements.  
Enjoy camp activities for all ages  
while connecting with others.  
Bring the whole family and  
your appetite!

**ACTIVITIES (2-4:15PM)**

- Canoeing	- Archery
- Hiking	- Hockey
- Rock climbing	- Basketball
- High ropes	- Camp fire

\*Please note that the only access to canoes is by stairs due to environmental barriers

**BARBEQUE (4:15-5 PM)**

Please register in advance at :

<https://bit.ly/2FtMKiW>

If you have any questions please contact Krista McCann,  
Krista.McCann@wrfn.info or 519-886-9150 x 2.

With generous support from:



## What's Happening at WRFN...

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

**Please visit [www.wrfn.info](http://www.wrfn.info) for a full list of our supports.**

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

**Kaleidoscope Kids**—Kaleidoscope is a free drop-in program. There is no age limit, and you are encouraged to bring your children with exceptionalities, siblings, or come by yourself. Kaleidoscope Kids meets every Friday (except July and August) from 10-11:30am. Learn more [here](#).

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

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

## Coffee Club Update

Hi Guys,

Welcome to September! Even though most of us are not in school, September always feels like a new beginning for me, how about you?

**Monday, September 16, 7 to 9 P. M. Eastside Marios, Waterloo (450 King St. North):** We will be having dinner together, please bring your own money for dinner. **Please RSVP if you are coming by 3 PM Friday, September 13, so I can make a reservation.**

**Monday, September 30, 7 to 9 P. M. The Studio (109 Ottawa Street, South):** Board game night at The Studio! Bring your favourite board game(s) and a treat if you want!

If for any reason you need to contact me, please use the information below:

(519) 500-7153 (Cell Phone)

E-mail: [carmen.sutherland@wrfn.info](mailto:carmen.sutherland@wrfn.info)

Carmen

## Managing Back to School Mental Health

Back to school is a key transition time. Children don't know what to expect, and the fear of the unknown may be overwhelming. This kind of transition can be difficult for parents to manage as well. Even though their child may have been through this transition many times before, it always seems to feel big, new and scary. Parents may struggle to balance their own anxiety about what the new year may bring with managing their child's anxiety and expectations.

While most of the tips below are geared towards managing your child's anxiety, they can be applied to the parent as well.

**Practice your morning routine.** Depending on the needs of your child, start rehearsing your morning routine so your child can anticipate exactly what is expected of them once school starts. This will also allow parents to understand where things might go wrong during a normal school morning and come up with solutions in advance.

**Talk to your child.** Discuss your child's concerns and fears about the upcoming school year, addressing them as best you can. Talk about previous school years and things they liked and disliked. Let them know that you are aware of what they're going through and will support them through the transition.

**Be aware of timing.** The best time to discuss the upcoming changes with your child is when they are relaxed and not anxious. While it's very important to discuss your child's concerns and how to address them, it's best to wait for a time when everyone is calm.

**Keep an eye out for signs of stress.** Kids will often have their own red flags for stress, such as difficulty sleeping, temper tantrums, stomach aches etc. Keep a close eye on your child's stress levels as well as your own.

**Identify Coping Skills.** The ability to cope is not something we're born with. Coping involves a set of emotional and practical skills we learn through both observation and direct teaching. Help your child identify: What are they feeling? What made them feel this way? What helps them feel better? You can practise using coping strategies when your child is calm and relaxed to make it easier when using them while upset.

**Model confidence and calm behaviour.** This doesn't come easily to everyone. In fact, many parents that struggle with anxiety and stress have a great deal of difficulty maintaining calm behaviour. When parents learn strategies to cope with anxiety, it can have a very positive effect on their children, in addition to the positive effect on themselves.

**Don't overschedule and stick to a routine.** Overscheduling can be a source of stress for everyone. Ensure you have a regular routine (eg. mealtime, homework, bedtime). Children and parents alike can derive comfort from having their daily expectations met.

**Take care of your body.** Mental and physical health are fundamentally linked. Make sure to get enough sleep, drink water, and eat well.

Back to school can be an overwhelming time for everyone, but with some preparation and a lot of careful conversation, we can alleviate some of the anxiety and stress.

# Upcoming Events

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

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

## EVENTS

### **2019 ADHD Conference—Toronto**

For parents, adults with ADHD and their families, educators, and medical professionals.

Keynote Speakers - Dr. Kenny Handelman, Dr. Judy Wiener, Dr. Sheila Bennett

Topics—ADHD and Executive Functioning for Adults and children | Self-Regulation/Meltdowns - Home and Behavioural Strategies | Evidence Based School Interventions | ADHD/Family and Peer relationships | ADHD and gaming and screen use | ADHD Procrastination/Motivation | ADHD Anxiety and depression | ADHD in the Workplace | ADHD and Cannabis | Autism and ADHD

October 19 & 20 at the Japanese Canadian Cultural Centre

Register and get more information at [www.caddac.ca](http://www.caddac.ca).

### **Sensory-Friendly Screenings**

Cineplex Entertainment in partnership with Autism Speaks Canada is delighted to present Sensory Friendly Screenings. This program provides a sensory-friendly environment for individuals with autism spectrum disorder or anyone for whom the environment is suitable and their families to view new release films in theatres across the country.

Tickets are available the Tuesday before the screening. Find more information [here](#).

Upcoming film(s):

October 5—[Abominable](#)

November 30—[Frozen 2](#)

### **Live Show: So You Think You're the Only One with ADHD?!**

Join CADDAC for an up-beat, inspiring, humorous, yet still somewhat educational, live show for Adults, Adolescents and older children with ADHD and their families and friends!

October 19, 7-10pm at the Japanese Cultural Centre. Learn more or register [here](#).

### **Stratford Festival—Relaxed Performances**

Stratford Festival is offering relaxed performances of Billy Elliot the Musical & The Neverending Story. These performances are specifically designed to welcome patrons who will benefit from a less restricted audience environment. Learn more about these performances [here](#).

# Upcoming Events

## Live Kids Show - Me and My ADHD

Join CADDAC for an up-beat, inspirational, humorous, interactive and yet still educational, live show for children with ADHD, their families and friends.

Featuring the screening of 3 new animated videos to help children understand ADHD and a live interactive experience by Jessica McCabe, Big Daddy Tazz and Rick Green.

October 19, 4-6pm at the Japanese Cultural Centre.

Learn more or register [here](#).

## Preemie POWWR Chat and Play Group

Join other parents of children born prematurely, talk openly about your questions and concerns among a group who understands. Bring your children along for interaction with other preemies at different stages.

Upcoming Events:

Our Place Family Resource Centre, 9:30-11:30a.m. (65 Hanson Ave. Kitchener) - Oct. 19, Nov. 16

Cambridge Family EarlyON 9:30-11:30am (105-73 Water St. N. Cambridge) - Sept. 9, Oct. 7

Find their regular events and special annual events on their Facebook page

<https://www.facebook.com/preemiepowwr/>

Contact Carolyn at [preemiepowwr@gmail.com](mailto:preemiepowwr@gmail.com) to learn more.

## Sensitive Santa

This special time to visit with Santa is reserved for children with social, emotional or behavioral needs. This sensory friendly environment provides lower lighting and quieter surroundings.

To keep this event sensory friendly and organized, we ask that each family register in advance.

Space is limited.

Events run Sundays: Nov 24, Dec 1, Dec 8 and Dec 15

If you know a child that would benefit from this event, please contact [hylandr@cambridge.ca](mailto:hylandr@cambridge.ca) or call 519-740-4680 ext. 4292 to register.

## PROGRAMS/RECREATION

### Gym Drop-In for Youth

The Family Centre runs a drop-in gym program Monday evenings from 7-8:30 p.m.

This program is for youth ages 12-17. This is a great opportunity to get active, have some fun and try out different sports. Don't forget your running shoes!

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

# Upcoming Events

## Weekly Skating

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

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

For more information contact Brian Hood, 519-622-4494 or [Brian@cambridgesportspark.com](mailto:Brian@cambridgesportspark.com).

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

The ADHD & Asperger's Centre in Guelph is running a 5 week social group for teens from 13 - 16 yrs old who have ADHD and/or Asperger's/ASD.

You will meet every week for two hours to:

Learn social skills | Discuss dating issues | Have fun | Play games | Make friends with other youth with neurodiversity

This group is run by Coach Kate, an ADHD & Asperger's/ASD specialized coach with ADHD and symptoms of Asperger's herself.

Learn more about this opportunity on their [website](#).

## Just Hangin' Out

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

Fall Session: September 17 – November 19

Winter Session: January 14 – March 10

For information contact [meloh@cambridge.ca](mailto:meloh@cambridge.ca), 519 740-4680 ext.4369

## Cambridge Youth Soccer ACES Program

All abilities **CE**lebrated **S**occer is a program designed for participants between the ages of 5 - 15 & 16 – 24 with intellectual and/or physical disabilities who are interested in learning more about the **FUN**damentals of physical literacy and soccer.

Sundays October 27—December 15, 9:30am—10:25am

CYS Indoor Facility, 745 Fountain Street, Cambridge. CYS jersey provided.

For more information contact Jon Morgan at 519 277-0325 or [grassroots@cambridgesoccer.ca](mailto:grassroots@cambridgesoccer.ca).

# Upcoming Events

## Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. This program through the City of Cambridge is designed for adults with disabilities.

Dates: Sept 14 – Dec 21, 2019 (Except Oct 12)

Registration can be done for programs indicated with a Barcode in person at City Hall or any Recreation Centre, or online Coral. Coral can be accessed through the City of Cambridge website [www.cambridge.ca](http://www.cambridge.ca).

## Monarch House Social Groups

**Lego Club**—A collaborative play therapy group where children work in teams to build Lego. Intended for children with ASD ages 5-8. Starting September 24, 2019.

**Homework Club**—Involves collaborative group work through completion of a group project. Participants will be given different roles each week and will learn essential skills such as problem solving, compromising, conversation skills, and team work. Starting September 26, 2019.

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

To learn more about these programs contact Shawna Fleming at [sfleming@monarchhouse.ca](mailto:sfleming@monarchhouse.ca).

## Play-A-Latte Cafe

Have you heard of Play-A-Latte Cafe? We are a new cafe that opened in March that is geared towards both coffee lovers and parents alike! Our indoor playground is catered to children aged 0-7, providing a wooden play structure and a daily dose of activities run by our Early Childhood Educators. We also have special events and host birthdays!

Why would you want to bring your child to our facility? We are a small enclosed playground with muted decor and a calming environment. We play quiet music, we have no flashing lights, TVs or displays and you can see your child from any viewpoint. We are a peanut-free cafe and offer options that cater to different diets including vegan and gluten free. Our coffee and tea is also delicious!

We also host “sensory” times when we turn the lights off, turn the music off and offer sensory activities. Check out our website [www.playalattecafe.com](http://www.playalattecafe.com).

Do you have questions about our facility? Come check us out or give us a call! We want to know how we can accommodate you and your family! Mention to us that you are a part of WRFN and we will give you a \$2 discount off admission.

## Our Place Family Resource and Early Years Centre

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

Check out all the great programs they have running!

# Upcoming Events

## **Sky Zone Sensory Jumps**

Sky Zone will turn off the music and dial down the distractions for the comfort and pleasure of their exceptional guests, friends and families. Sensory Jumps are held every

Thursday from 4:00pm - 5:00pm

Sky Zone will do their best to make every effort to accommodate all jumpers.

Please call us at 519-804-4455 if you have any questions.

Cost: \$15 + tax each, chaperones are free.

## **WORKSHOPS/TRAINING**

### **Workshop: Character Integration Therapy**

Psych Professor Alina Kislenko of McMaster University, an award winning reg. psychotherapist, humanitarian, and author (and founder of The ADHD & Asperger's/ASD Centre), shares a psychological modality that brings light to the many noisy little selves living inside of us. This method is called Character Integration Therapy and has been life changing for many as it tends to bring on surprisingly quick change and growth.

**\*\*Neurotypical friendly but made for the Neurodivergent (ADHD &/or Asperger's - the instructor has ADHD & ASD herself)\*\***

Learn more about this opportunity on their [website](#).

### **CMHA Family Education Series**

CMHA Waterloo Wellington is offering a free Family Education Series. Topics Include:  
Current Knowledge about Mental Health Issues | Understanding & Coping with Mental Health Issues  
Communication and Boundary Setting | Treatment Options | Substance Use | Legal Issues  
Recovery – Wellness Planning & Crisis Prevention | Community Resources  
Supporting Recovery | Taking Care of Yourself

Every Wednesday for 8 weeks – September 11 – October 30, 2019, 6:30pm-8:30pm.

Please plan to attend all eight sessions.

For more information and to register, please call: Emily Schacht 519-749-4300x 3729 or  
Laura McShane 519-744-7645x 3041

### **Information Session on Early Communication & Development**

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

No registration necessary.

Contact Monarch House for more information at 519-514-5770 or [waterloo@monarchhouse.ca](mailto:waterloo@monarchhouse.ca).

# Upcoming Events

## **Cognitive Behavioural Therapy Workshop for Postpartum Depression**

Our Place Family Resource and Early Years Centre is hosting a free one-day Cognitive Behavioural Therapy (CBT) workshop for postpartum depression. The workshops will be delivered by Dr. Ryan Van Lieshout, MD, PhD.

You may be eligible to participate in the workshop if you are 18 years of age or older and have given birth within the past 12 months.

The workshops are part of a study conducted by McMaster University.

To register for the workshop or to receive more information please contact the study coordinators, Meena Rangan and Haley Layton [kw1daycbt@gmail.com](mailto:kw1daycbt@gmail.com).

## **FASD & Education**

Experienced school services staff from WRDSB and WCDSB share their knowledge on how FASD presents at school.

This event is for caregivers, educational staff and service providers.

Repeat presentation—choose one date to attend.

October 8— <https://bit.ly/31RfquC>

October 22— <https://bit.ly/30jmXSJ>

## **Upcoming Workshops at Developmental Services Resource Centre**

**Financial Supports**—Sept. 17— 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 Disabilities.

**Information Session on Recreation & Leisure Activities**—Oct. 1— Learn more about the many community recreation and leisure activities and supports available to families who have a child ages 0-18 diagnosed with Autism and/or Intellectual Disabilities

Questions or to register, call 519-741-1121 Rehana Khanam ext. 2201 or email [r.khanam@dscwr.com](mailto:r.khanam@dscwr.com). You can also register online at [www.dscwr.com](http://www.dscwr.com).

## **Fetal Alcohol Spectrum Disorder Training Series for Caregivers**

This is a four-night Fetal Alcohol Syndrome Disorder (FASD) training series for Caregivers hosted by Developmental Services Resource Centre.

- Learn how prenatal exposure affects the brain
- Learn how FASD impacts behaviour with a focus on executive and adaptive functioning
  - Identify what is needed to support individuals living with FASD
  - Learn about local resources and supports available to families

The training takes place October 2, 9, 16 and 23 from 9:30am-12:00pm.

Register with Karen Huber, [k.huber@dscwr.com](mailto:k.huber@dscwr.com) or at 519-741-1121 ext. 2246.

# Upcoming Events

## Rise Up Family Conference

More than 20 leading experts from Canada, the United States, and other countries (such as Kenya) are coming to see you! With their wealth of knowledge from research, teaching and personal experiences, they will provide insightful, culturally meaningful knowledge for parents, parents-to-be, caregivers, and service providers to be effective leaders in their own homes and communities.

[Learn more about this event.](#)

## Trauma Informed Parenting Workshop

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

Part One— September 18, 6-8:30p.m. | Part Two— September 25, 6-8:30p.m.

Where: Carizon Community Services Room, 6445 Westmount Rd. E, Kitchener  
Interpreters provided upon request! Child minding is also available for these sessions!

Registration is required.

Please contact Jamie at 226-339-0571 or email at [jkeyzer@carizon.ca](mailto:jkeyzer@carizon.ca).

## Triple P Positive Parenting Group through CMHRT

Triple P Positive Parenting Program is an evidence-based 8-week group intervention that offers parents simple and practical parenting skills and strategies. The program can be helpful for parents who have children with challenging behaviors and who would like to learn new ideas and to gain support from other parents in a similar situation. It can also be helpful for parents who simply want to gain confidence and new ideas in parenting.

Please contact [cmhrtintake@uwaterloo.ca](mailto:cmhrtintake@uwaterloo.ca) or (519) 888-4567 ext. 33842 if you would like to participate in the program and to discuss whether it is suitable for your family. Space is limited. For more information, please see <https://uwaterloo.ca/cmhrt/>.

## ADHD & Asperger's Centre - Parents of Kids with ADHD & Asperger's/ASD Class

Join with ADHD and Asperger's experts and other parents/caregivers of kids of all ages with ADHD and/or Asperger's to get your questions answered, support from people who've been there, and a hopeful perspective on your child's future.

This is a 5 week group starting September 11.

Learn more about this opportunity [here](#).

# Upcoming Events

## Strategies for Adult ADHD/Asperger's Group

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

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

Cost is \$15/session, but the first session is FREE. No diagnosis or registration necessary.

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

## Upcoming Workshops at Extend-A-Family

**Sex Talks**—Sex Talks is a series of one-hour workshops, over six consecutive weeks. It is designed for people 16+ who have a developmental and/or physical disability, and is delivered in partnership with SHORE Centre

**Understanding Conflict & Communication**— This is a two-part workshop for personal and professional development. These 2-hour workshops are designed for people who provide support and are open to all community members.

To learn more about these workshops please visit <https://www.eafwr.on.ca/events/category/training/>.

## SUPPORT GROUPS

There are a number of support groups that run throughout the community on a variety of different topics. Visit the Events Calendar on our website to learn more about these opportunities:

<https://wrfn.info/events/>.

Groups include, but are not limited to:

- Parents for Children's Mental Health (PCMH) Support Groups (includes ADHD and general groups)
  - APSGO—for parents of acting-out youth
- Community Mental Health Support Groups for Family & Friends (includes general and addiction groups and mental health groups)
  - Preemie Parents of Waterloo-Wellington Region (Preemie POWWR)
- Fathers Group—for Fathers of a child with an intellectual disability and/or autism
- The A-Team Waterloo Region— run by individuals with Asperger's Syndrome, for individuals with Asperger's Syndrome
  - Support Groups for Adults with ASD (19+) and Parents/Caregivers of Adults with ASD (19+)

# Upcoming Events

## RESOURCES

### Check out [FamilyCompassWR.ca](http://FamilyCompassWR.ca)!

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

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

### **FREE Monthly Developmental Screening Clinic offered by Monarch House**

This monthly clinic is a free of charge service for parents to address questions and/or concerns regarding their child's development. The screenings include information on a child's speech and language skills, motor skills, problem solving skills and personal/social skills.

For children age 1 to 5.5 years old.

No referrals needed. Drop ins are also welcomed.

Upcoming Date(s):

September 26 | October 31 | November 28

All screenings are at Monarch House, 630 Weber St. N Suite 204, Waterloo.

For more information email [waterloo@monarchhouse.ca](mailto:waterloo@monarchhouse.ca) or call 519-514-5770.

### **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)

### **KidsAbility Fall Resource Guide!**

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

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

The guide can also be found on the KidsAbility website at [www.kidsability.ca](http://www.kidsability.ca)

# Upcoming Events

## Eye See...Eye Learn

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

Find a participating optometrist near you at [EyeSeeEyeLearn.ca](http://EyeSeeEyeLearn.ca).

## ENGAGEMENT OPPORTUNITIES

### Sleep Quality in Parents of Children 4-10 years with Autism Spectrum Disorder - Holland Bloorview Kids Rehabilitation Hospital

The purpose of this study is to study the relationships between your child's sleep and your sleep and health. This information might help improve sleep in other parents of children with Autism Spectrum Disorder (ASD).

Click [here](#) to learn more about this study.

### Better Nights, Better Days

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

Learn more about this opportunity [here](#).

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

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

If you have any questions or concerns about this research, please contact Eric Gilliland at [technokidstudy@gmail.com](mailto:technokidstudy@gmail.com) or Dr. Babb at [kbabb@uwindSOR.ca](mailto:kbabb@uwindSOR.ca).

# Upcoming Events

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

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

Your child may qualify if they have been diagnosed with high functioning autism and ADHD.

Learn more about this opportunity [here](#).

## **Secret Agent Society: Operation Regulation – Trasdiagnostic Trial**

Do you have a child between 8-13 years of age with Neurodevelopmental Disorders?

York University invites you to participate in a research study: Secret Agent Society: Operation Regulation – Trasdiagnostic Trial.

This study is about a new program aimed at helping youth with neurodevelopmental disorders cope with their emotions and handle the day-to-day stressors in their lives using a variety of activities and tools, like an emotion-focused computer game, cue cards, and parent and teacher handouts.

Learn more about this opportunity [here](#).