



# Family Pulse

*Where exceptional families thrive.*

Issue 114  
October 2019

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Welcome to October! In this issue we have an article about using what people love to connect with them, some updates on some staffing changes, as well as our usual SEAC updates. Additionally, October 10 is World Mental Health Day – a day to bring awareness to mental health and work to improve the mental health of everyone. Don't forget to check out What's Happening at WRFN and Upcoming Community Events—something is always happening!



**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 meeting began with some school board updates. There was also some discussion about how much the Board is making sure that all students are welcome, and also how they are also supporting other important relationships, including parents and administrative staff. After this, the group spent time discussing the issue of field trip accessibility for all students. There was discussion of a draft motion regarding all or as many students as possible travelling on the same mode of transportation, and also the general policies and procedures around how field trips are selected and planned to ensure that all students are able to participate. The group feels that all of these issues are intertwined extremely important, so they will be discussed again at the next meeting. **Association updates were also shared.**

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

#### ***Submitted by Sue Simpson, WRFN SEAC Representative***

WCDSB SEAC met on September 4, 2019. The following was discussed at the meeting..

#### **Special Education Plan 2019**

The Special Education Plan was submitted to the Ministry at the end of July. SEAC members had a chance to review the Plan. SEAC approved a motion to the Board of Trustees that the Special Education Plan 2019 be approved as presented at the SEAC meeting.

#### **SEAC Topics for 2019/2020**

October 2, 2019 – BIPSA

October 30, 2019 – Well Being Plan

December 4, 2019 – Board Certified Behaviour Analyst/ABA

January 8, 2020 – Special Olympics

February 5, 2020 – Ministry Updates/Budget Impact 2019

March 4, 2020 – Special Education Visioning Committee

April 1, 2020 – Assistive Technology and Special Education Liaisons

May 6, 2020 – Budget (Special Education Plan)

May 20, 2020 – Budget (if needed)

June 3, 2020 – Social

#### **Ministry Updates**

Letters were shared from the following: WCDSB Psychoeducational Consultants, June 2019 commenting on staff cuts; Dufferin-Peel Catholic District School Board, May 2019 commenting on class size; Greater Essex County District School Board commenting on implementation of Bill 64.

Superintendent Laura Shoemaker discussed the impact recent changes had on Special Education.

LD and After School TPAs have been received and the Board will determine a plan for use of funds.

#### **Trustee Updates**

Trustee Jeanne Gravelle reported on the 2019/2020 WCDSB Budget presentation confirming the budget was passed. She also shared that all Superintendents pointed that the Board made sure that the financial change impact was least impacting in the classroom.

#### **Association Updates were also shared.**

The next WCDSB SEAC meeting will be on October 3 at 4 pm at St. Mary's CSS.

## 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?

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

-----  
**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...

**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](#)

## What's Happening at WRFN...

### Staffing Changes

It is with mixed emotions that we share some staffing changes at WRFN. Krista McCann left WRFN in mid-September to pursue a new employment opportunity. She was recently Manager, Community Outreach and Communications with WRFN. Prior to that, Krista was our Program Coordinator overseeing all of our programs. During her four and a half years at WRFN, Krista worked closely with families, volunteers and community partners. Krista – Thank you for your commitment to families and the work of WRFN for the past several years. You will be missed by all who had the pleasure of working with you and we all wish you well in your new adventures.

### A Note from Krista

I would like to thank all of the families, friends and community partners that I've had the opportunity to connect with during my time at WRFN. I have truly enjoyed getting to know all of you and take with me so many wonderful memories and meaningful lessons.

Take care,

Krista

### Exceptional Swings

A special thank you goes out to our friends, off-duty Waterloo Regional Police Services officers, Sergeant John Gilbert and Constable Peter Reynolds for organizing the **Exceptional Swings Golf Tournament** in support of WRFN.

On September 8, 95 golfers participated in a fun day on the course at Grand Valley Golf & Country Club in Cambridge. Following golf, they enjoyed a delicious dinner and had a chance to win great prizes. Congratulations to Corey O'Driscoll for winning the 50/50 draw.

**Exceptional Swings** raised \$3800 for WRFN. Thanks to all who joined us at the tournament – golfers and volunteers, alike. With your generous support, exceptional families in our community will continue to thrive!



## What's Happening at WRFN

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## 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](#)

## Coffee Club Updates

Hi Guys,

It's October! Are you enjoying the chill or sad that it's here? Either way, here is an activity to warm you up. We had another activity in October, but by the time you see this newsletter, it will have already passed.

**Monday, October 28, 7 to 9 P. M. The Studio (109 Ottawa Street, South):** We will be watching some Halloween-themed *Star Trek* episodes. Come join us!

## Love What You Love

I don't care about Halloween. I much prefer the coziness of Thanksgiving or the holidays. While I love candy as much as the next woman, I'll take a turkey dinner over treats any day. I have friends, however, who are wild about Halloween; they wait all summer for it to come and while it is here they celebrate with all their might. This upcoming holiday has got me thinking about how much I enjoy that everyone's preferences are different. One of my favourite things about all people is figuring out the things they love, what makes them happy. If you know what makes a person happy, you can build on that to build a relationship. Sometimes this can mean learning to love something that you didn't care about previously like football or the theatre, or that can just mean you use something you don't have a passion for in order to connect to someone who has trouble connecting.

At Coffee Club, this happens naturally. Coffee Clubbers know that I love food, so they will sometimes tell me what they had for supper before they came, or tease me if I don't remember what I brought for the last potluck (YOU ALWAYS REMEMBER FOOD, Carmen!) We have someone else who loves history, and it genuinely makes my heart dance to listen to this person and my friend Lyn who is always at Coffee Club with me discuss history and different parts of the world. So, if you like Halloween, feel free to tell me about it. It would be a great vehicle for us to get to know one another. If you have a person with an exceptional quality in your life, find out what they love and build on that! It will be fun, and could lead to a richer relationship.

# 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).

### **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](#).

### **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.

October 19, 4-6pm at the Japanese Cultural Centre. Register and find more information [here](#)

### **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.



# Upcoming Events

## 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):

November 30—[Frozen 2](#)

## Premie 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/premiepowwr/>

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

## PROGRAMS/RECREATION

### Just Hangin Out

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

Winter Session: January 14 – March 10

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

# Upcoming Events

## **P.U.P.S Program from Guelph Bulldog**

Introduces the importance of fitness and activity in a fun, educational and creative way.

8 week activity program, Mondays 6-6:45 P. M.

Ages 2.5-5

Cost \$80 + HST

Click [here](#) for more information

## **First Ball Program from Guelph Bulldog**

Learn the basic elements of different sports.

6 week activity program ,

Ages 3-6

Cost \$60 + HST

Click [here](#) for more information

## **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

## **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) .

# Upcoming Events

## Cambridge Youth Soccer ACES Program

All abilities CElebrated Soccer 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 FUNdamentals 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).

## 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](#).

## 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.

## 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).

# 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.

Our Place Family Resource and Early Years Centre

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

## Movin'and Groovin'

Do you know someone who wants to be part of 10 weeks of a fun, fit, and fab program for adolescents of all abilities ages 7 to 25? This program incorporates many types of activities from dance and yoga, to sports and fitness, for people of all abilities ages? Contact Nicole for more information or to register at

[rein3560@mylaurier.ca](mailto:rein3560@mylaurier.ca), 519.546.4891

## Workshops and Training

### CMHA Family Education Series

#### 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>

### Strategies for Understanding FASD Behaviour with Karmen Krahn

November 9, 2019

9 AM-5 PM (registration begins at 8:15 am).

Register and find more information at <http://bit.ly/peelfasd>

Cost: \$14

Description: An opportunity for parents, caregivers and others who work with people with Fetal Alcohol Spectrum Disorder to gain a deeper understanding of the physiological roots of challenging behavior. Participants will leave with a comprehensive framework into which your best practices already fit, and some wildly practical strategies for bringing your hunches and assessments to life.

# Upcoming Events

## Respite Program

For individuals with a developmental disability Grade 9 and up

Friday, October 25, 2019 From 8:30 – 3:00 Aldaview Services

332 Hamilton Road, New Hamburg, Ontario

Join us for a fun filled day of arts & crafts, music, games, social time and much MORE!

Fees based on participants' needs and activity costs.

Accessible by GRT and Kiwanis Transit

For registration contact: Tammy Broughton

519-662-5174 ext 9 or [tbroughton@tcmhomes.com](mailto:tbroughton@tcmhomes.com) Respond by October 11, 2019 .

## Back to School Speaker Series with Geneva Centre for Autism

Healthy Sexuality for Individuals on the Autism Spectrum with Dr. Isabelle Hénault, October 23, 9:00 AM-4:00 PM EDT

Behaviour and Trauma, Autism's Greatest Puzzle with Lee Stickle, October 24 9:00AM-4:00 pm

Join in class or online.

Learn more about this speaker series [here](#).

## Connect Parent Group Connect Training

This training is to teach practitioners how to provide the Connect Program, which itself teaches parents and caregivers how to provide and implement security within the parent/child relationship.

Presenter Dr. Marlene M. Moretti and Colleagues

October 23-25, 2019, 9:00-4:00 PM

Register and learn more information [here](#)

## The Play Project's Autism Intensive Workshop

The PLAY Project's Autism Intensive Workshop is coming to Mississauga, Ontario on Friday, October 25 and Saturday, October 26, 2019.

Richard Solomon, MD and Cindy Harrison, M.Sc., Reg. CASLPO, will present The PLAY Project's Workshop for parents and professionals. Through the use of video case studies, analysis of parent and child interaction, and group activities, this engaging and fast-paced workshop will provide an overview of The PLAY Project's practical, [evidence-based](#) parent-implemented approach.

Professionals: add a new tool to your clinical toolbox!

# Upcoming Events

## **Supporting Our Most Challenging Children: Practical Techniques to Address Oppositionality, Rigidity, And Other Challenging Behaviours in Therapeutic Settings**

Friday, October 18, 9:00 AM-4:00 PM, SickKids Centre for Community Mental Health Learning Institute

This workshop will explore techniques to support children who engage in challenging behaviours that act as barriers to success in treatment and in daily life. Register and learn more information [here](#).

### **Workshops at DSRC**

There are many workshops being offered at DSRC in the next few weeks. Topics include “Discussing Puberty and Sexuality with Your Child,” “Communication Development and Autism,” “Anxiety and Autism Spectrum Disorder,” “Helping Children with Autism Navigate the Social World,” and “Parenting Children with Autism”

For more information, click [here](#).

### **Speech-Language Pathology Clinics at DSRC**

For DSRC clients, living in Waterloo Region, with an Intellectual Disability and/or Autism Spectrum Disorder, over the age of 6 years. Please call the Information Resource Assistant at DSRC (519 741 1121) to make an appointment:

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

Wednesday, October 30, and Tuesday, Nov 26, 2019

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

For more information, please click [here](#)

### **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.

November 3, 2019

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



# Upcoming Events

## **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/>.

## **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).

## **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.

Saturday, November 9, University of Guelph

[Learn more about this event](#)

# Upcoming Events

## 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

## Strategies for Adult ADHD/Asperger's Group

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

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

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

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

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

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

## 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, FASD Coordinator at [k.huber@dscwr.com](mailto:k.huber@dscwr.com) or at 519-741-1121 ext. 2246.

## 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

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

# Upcoming Events

## Upcoming Workshops at Bridges to Belonging

There are many upcoming workshops at Bridges to Belonging. For more information, please go to [bridgestobelonging.ca](http://bridgestobelonging.ca)

## The Walrus Talks Inclusion

TD Bank Group Presents The Walrus Talks Inclusion is an evening with 7 speakers addressing how technology, education, and design are breaking barriers for people with disabilities. Wednesday, October 23, 2019, click here

## RESOURCES

### 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. For children age 1 to 5.5 years old.

No referrals needed/drop-ins welcome. Upcoming Date(s):

October 31

November 28

All screenings are at Monarch House. For more information email [waterloo@monarchhouse.ca](mailto:waterloo@monarchhouse.ca) or call 519-514-5770.

Ontario Developmental Services Housing Task Force Final Report 2018

The Housing Task Force is pleased to release their final report, **GENERATING IDEAS AND ENABLING ACTION: Addressing the Housing Crisis Confronting Ontario Adults with Developmental Disabilities**

Find the English Version [here](#).

## 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).

## **Partners for Planning Action Guide - Thriving After High School**

This Action Guide gives advice on topics such as how to prepare for life after high school at home and at school, life after graduations, and other important issues such as friendship. Find the guide [here](#).

## **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)

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: Search for Services, I Have a Concern, and Resources for Parents

# Upcoming Events

## Support Groups

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

Groups include, but are not limited to:

- Parents for Children's Mental Health (PCMH) Support Groups (includes ADHD and general groups)
  - APSGO—for parents of acting-out youth
- Community Mental Health Support Groups for Family & Friends (includes general and addiction groups and mental health groups)
- 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

## ENGAGEMENT OPPORTUNITIES

### **Secret Agent Society**

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](#)

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

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

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

### **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.



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## **Down Syndrome Association of Ontario is Looking for Your Good News Stories**

The DSAO is looking for YOUR good news stories! It can be a recent accomplishment, a milestone reached, a community partner to highlight, or just something cool that happened that you want to share. It can be a photo, a video, a sound file, a poem, a written story, or some combination.

Submissions received by October 24<sup>th</sup> may be chosen to be featured in our Canadian Down Syndrome Week series, Nov 1-7, but we are accepting stories on an ongoing basis to be shared