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The Waterloo Region Family Network is a not-for-profit, family-driven resource centre dedicated to providing the support, knowledge and assistance families need in order to make informed decisions.

The Network assists all families of children (all ages) with special needs, regardless of diagnosis or lack thereof.

Through a strong network of parents and community partners, we offer lifelong support to families as they navigate the world of “disability.”

Programs include parent-to-parent mentoring, a variety of workshops and seminars, ongoing support groups and personal guidance to ensure families are aware of, and appropriately connected to, all available community resources.



### Waterloo Region Family Network

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## Waterloo Region Family Network



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### *Seminar Schedule Winter 2011*

*“You don’t have to  
navigate the world of  
disability alone.”*

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## Seminar/Workshop Schedule Winter 2011

**Thursday, January 6th, 2011**

**blueballoon “Get to Know Us”**

**7:00-9:00pm**

**blueballoon 283 Northfield Dr. East**

**Waterloo, ON**

Come out for an evening with blueballoon’s interdisciplinary team. Enjoy an opportunity to see the site, learn more about services offered, and participate in an open question and answer forum with an occupational therapist, speech and language pathologist, physical therapist, behavioural consultant and music therapist. blueballoon Health Services offers a comprehensive approach to health care based on an interdisciplinary model and individualizes programs for each child and family.

**Thursday, January 27, 2011**

**Vacation Planning Special Needs Style**

**7:00-9:00pm**

**KidsAbility Waterloo**

Les Rolt, Cruise and vacation specialist with Cruise Ship Centres travel agency, will be speaking to the issues surrounding planning a vacation with special needs in mind. Some topics he will cover include; finding a travel agent experienced with special needs travel, various travel options, special needs to consider and how to plan for them. Three families, with recent travel experience, will also present how they planned & enjoyed their trips while still meeting their special needs including tips for planning a magical Disney vacation.

**Thursday, February 3rd, 2011**

**Inspirational speaker Matthew Griffin**

**7:00-9:00pm**

**KidsAbility, Waterloo**

Join us for an inspirational evening with Matthew Griffin, an adult living with Asperger Syndrome. Matthew will share insight into what it’s like to journey into adulthood with autism. He will share some of his personal story and experiences with family, friends and the support he received from the community as well as share how he has come to develop his own motivational speaking business.

**Thursday, February 17th, 2011**

**Dreaming of Summer**

**7:00-9:00pm**

**KidsAbility Waterloo**

Meg Shirley, Therapeutic Recreationist at KidsAbility in Waterloo, will provide an overview for parents on what to look for in a camp, questions to ask camp directors, 1:1 worker considerations and available funding options. Lolita Paroski, Inclusion Coordinator for the City of Kitchener, will also share information about the *Every Kid Counts* program. This program offers Inclusion Facilitator (1:1) support for children with disabilities who attend any City of Kitchener and/or City of Waterloo summer program. She will discuss details such as eligibility and the registration process, and she will guide you through the Camp-Readiness checklist.

**Thursday, February 24th, 2011**

**Dreaming of Summer– Cambridge**

**7:00-9:00pm**

**Community Living Cambridge**

Sheryl Dedman, Therapeutic Recreationist at KidsAbility in Cambridge, will provide an overview for parents on what to look for in a camp, questions to ask, 1:1 worker considerations and available funding options. Robyn Hyland, Inclusion Coordinator for the City of Cambridge, will also share information on the services and supports that the city of Cambridge offers.

**Thursday, March 3rd, 2011**

**Putting Yourself First**

**7:00-9:00pm**

**KidsAbility Waterloo**

Caroline Duimering, MSW, RSW, Social Worker, KidsAbility Centre for Child Development, will present *Putting Yourself First—A guide to reducing stress in your life*. This seminar will present the latest research on strategies to reduce stress and to live a healthy lifestyle. As parents, we mistakenly believe that we do our children a favour by focusing all of our energy on them, and we forget about the machine driving the family unit- the parent. This will be a fun night for parents struggling with managing too many tasks, and for those who need a boost.

**All are welcome to attend!**

**Please note the locations of each seminar as listed.**

**To Register for the above seminars please email:**

**[amylewis@waterlooregionfamilynetwork.com](mailto:amylewis@waterlooregionfamilynetwork.com)**

**Or call:**

**519-804-1786 x.200**

**“ Has your life been touched by a child with special needs? So has ours.....We can help!”**

