

Resource Room News

A Publication of The Family Resource Room at

Kinsmen Children's Centre

Fall/Winter Newsletter 2005 Volume 3, Issue 2

Partners with Families Helping Children



What's New?

Fall is here...ALREADY! It seems like just yesterday we were all enjoying the carefree days of summer. Things have gotten off to a very busy start as students return from summer vacation to attend school and start fall session for the therapeutic preschool and the autism therapy program at Kinsmen Children's Centre, and the integrated preschool at Brunskill.

The Social Workers at the Alvin Buckwold Child Development Program (ABCDP) hosted their "Siblings with Special Needs" discussion which was posted at the Centre for parents to attend early October. There are books available in the Family Resource Room (FRR) with advice for siblings of children with special needs. Also available are books written by siblings themselves to help others with similar issues.

An ongoing ABCDP drop in program available through Social Work is "Parent Talk: coping when you have a preschooler with a disability." The program runs Tuesday mornings 9:15am to 11:00am. To take part in this group please contact Anita at 306-655-1085.

The Saskatoon Preschool Foundation offers subsidies to those who feel they cannot afford the cost to send their child to preschool. Application forms are available in the FRR. Contact 306-683-8384 for more information.

The Core Neighborhood Youth Coop is requesting garage sale items for their fundraising event October 22, 2005 from 8:00am to 2:00pm at 414 Avenue B South. For details or to make a donation contact the office at 665-3889. Funds help Saskatoon's disadvantaged youth to learn valuable work skills to enable

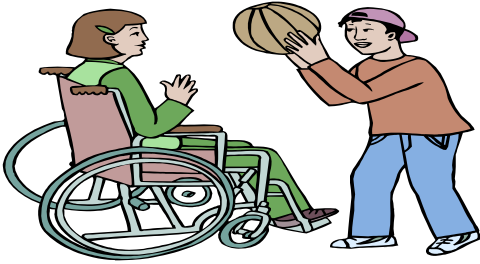
them to contribute back to the community. The group focuses on environmentally friendly work projects often using recyclable materials.

CHHA-NCR stands for the newly established Canadian Hard of Hearing Association National Capital Region Branch in Ottawa. The people who comprise the association are parents, family members and neighbors. The members believe in education, advocacy, removing barriers, integration and getting involved to assist those of us who have hearing loss. Contact Michel David, president of the association, at mdavid@chha.ca for more information.

Locally there is the Saskatchewan Deaf Children's Society which is a non-profit organization supporting families with deaf and hard of hearing children. Services provide informative materials, a library of books, videos, and activities for children and their families. Call 306-343-9611 for information. The Saskatchewan Deaf and Hard of Hearing Services Inc. provides interpretation, computerized note taking for school, vocational rehabilitation, career and personal as well as family counseling, assistive devices and a discount hearing aid battery program. Contact numbers are: 306-665-6575, 1-800-667-6575, or email at: saskatoon@sdhhs.ca

There is a "President's Choice" (as in the Superstore grocery name brand) Children's Charity available. The charity is dedicated to helping children who are physically or developmentally challenged. Direct financial assistance is provided to those who qualify for the purchase of mobility equipment, environmental modifications, physical therapy and more. Applications are available in the Family Resource Room or call 1-866-996-9918, email: pccharity@ngco.com

Fall and Winter Recreation Programs



Autism Treatment Services of Saskatchewan (ATSS) has educational programs, recreation, therapeutic and social programs to offer. They also have sibling groups for children and teens that have a family member with Autism. For more information call ATSS at: 306-665-7013.

The **Physical Activity for Active Living (PAAL)** program is for children and youth with physical or intellectual impairments and is offered through the Kinesiology Department at the University of Saskatchewan. Programs offered may include: swimming and aquatic activities, movement to music and voice, as well as gymnastics and creative games. The cost is \$90.00 for each session. For more information call: 306-966-1001 or visit their website at www.usask.ca/kinesiology

The **Saskatoon Association for Community Living** has programs for children, teens and adults with special needs. They can be contacted at 306-652-9111.

The **Special Olympics** office may be reached at 934-2402.

The **Saskatchewan Wheelchair Sports** association can be reached at 306-975-0824 or swsa@shaw.ca

The **City of Saskatoon Community Services** works to remove barriers to full participation. The Leisure Centers offer a buddy program for disabled individuals needing assistance at parks, pools, or leisure centers. You are allowed to sign in a helper for free. You must first submit a letter for permission so that free admission can be authorized. For more information call Jody Fick-Dryka: 306-975-3381.

The Family Resource Room & Advisory Team Agency News

We bid a sad farewell to the cafeteria at Kinsmen Children's Centre. It is now permanently closed and a vending machine is in its place to dispense snacks such as fruit cups, sandwiches, cookies, soups etc. There is a microwave adjacent to the machine for client use. Please try to remember to bring change or dollar bills. The machine can give change back for a purchase from \$5.00 and \$10.00 bills. Anyone who has comments or suggestions about this can fill out a note and place it in the wooden box on the cafeteria counter. Trevor Siemens, Client Representative, Saskatoon Health Region may also be contacted with your concerns at 306-655-1026.

Alvin Buckwold and Prairie Hills Early Childhood Intervention Program (ECIP) held a bake sale at KCC and raised money for the "Parents Forever" children's Christmas party.

Autism Treatment Services of Saskatchewan (ATSS) has activity programs for fall and winter as stated above. Those who may wish to volunteer time to help out with programs are welcome to contact ATSS.

Epilepsy Saskatoon is a non-profit organization in search of volunteers. Information about epilepsy and support are available. Their coffee club is a great place to meet others who are affected by epilepsy. The club meets the 3rd Saturday of each month from 1:30pm to 3:30pm and is planning a Christmas party on December 17th, 2005. A number of fundraising activities are planned in 2006 for which help is needed. There will be a Valentine's Bake

sale in February, the Spring Dinner and workshop in March, and a barbeque in June. Contact the office at: 306-665-1939 for more information.

Radius Acquired Brain Injury Community Integration Service works to facilitate integration opportunities for children and youth with an Acquired Brain Injury towards an improved quality of life. The Brain Trust 2005 Provincial Conference called: "Life Transitions" will be held November 16th-17th, 2005 at the Saskatoon Inn. Registration deadline is November 9th. Contact Kelly Froehlich for more information at: 306-787-0802 or email: kfroehli@health.gov.sk.ca

The Saskatchewan Cerebral Palsy Association (SCPA) is holding their 15th Annual Great Canadian Stationary Bike Race on October 22nd at Market Mall Shopping Centre on Preston Avenue in Saskatoon. Prizes will be awarded for top fund raisers and outstanding team and individual riders. The next races will be: January 16th-20th, and February 27th-March 3rd, 2006. Funds raised go to help individuals with Cerebral Palsy and their families. For information contact the office at: 306-955-7272, 1-800-925-4524 or email: saskcpa@shaw.ca

The Saskatoon Association for Community Living offers assistance for families in



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education, residential and employment placements, and transition planning for the family member with an intellectual disability (i.e., Down Syndrome, Developmental Delay, Autism). There are monthly recreational activities, family support, respite and counseling services. In addition the association is active in the community through public education and advocacy on behalf of persons with intellectual disabilities. Currently there is a "Teen and Kids Club" that meets usually twice per month for recreation activities. They can be reached at: 306-652-9111.

The Saskatchewan Fetal Alcohol Support Network (FASN) invites you to participate in parent and caregiver support programs offered throughout the fall and winter in Saskatoon and Regina. Support programs being offered will address issues such as: understanding FASD, sensory issues, advocating for your child, care for the caregiver, services (i.e., respite) in Saskatchewan, managing crisis, and sibling support.

The National "we Cares" project has trained community members throughout Saskatchewan and is available to deliver FASD workshops across the province. These workshops include information about FASD, strategies for supporting those with FASD, demonstrations and activities as well as opportunity for questions and discussion.

The Network website has excellent tip sheets one can download at www.skfasnetwork.ca There is practical information on how to deal with difficult behaviors, learning problems, and other issues concerning those with FASD. Contact the FASN Network at: 306-975-0884 or 1-866-673-3276. The email address is: fasdnetwork@sasktel.net. Tip sheets and books about FASD are also available from the Family Resource Room.

The Supported Housing Project for Persons with FASD will be holding

information call Eunice Bergstrom at: 306-975-0896.

The FASD-Pre Conference is an exciting interactive series of sessions to create understanding, inspiration and hope for the future for individuals and families facing the challenges of FASD. The conference is on November 2nd 9:00am to 4:15pm at the Sheraton Cavalier in Saskatoon. FASD, support for adults with FASD, and building family networks. To register call 604-984-6447 or online at: www.cacl.ca

The Saskatchewan Association for Community Living (SACL) mission is to ensure that citizens of Saskatchewan with intellectual disabilities are full active and valued members of society and that they have worthwhile opportunities and choices in all aspects of daily life. The John Dolan Resource Centre is a "gold mine" of resources concerning intellectual disability and community living. You may contact the Centre at 306-955-3344, ext.20 for resource requests. Lalita Martfeld is the librarian there. She was recently awarded a Saskatchewan Centennial Medal for her work to create a linked network of resource libraries across the province. She is also on the Family Resource Room Advisory Team providing valuable input and information for us all. Lalita has been quoted as saying "knowledge is power and you have to know about your child's disability...as your child's advocate." That's why the Family Resource Room at Kinsmen Children's Centre and the John Dolan Resource Centre are vital to providing information that may empower caregivers and families who are raising children with disabilities.

The SACL is a non-profit organization working in areas such as: family and individual advocacy, counseling and information services, policy and legislative development, employment support, public awareness, education, training, and

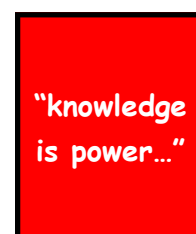
community development.

The Spina Bifida & Hydrocephalus Association of Saskatchewan North recently held a Family Education Day at Kinsmen Children's Centre. It was a great success with health care product companies in attendance and resources about Spina Bifida on display from the Family Resource Room. There is a "Kids in Motion" wheelchair dance program offered at the University School of Dance. Children learned and performed dance routines and found that (from an anonymous quote) "...dancing with your feet is one thing but dancing with your heart is another." To find out about dance classes call the school at: 306-966-1001 or www.usask.ca/kinesiology. The website for The Spina Bifida Association is: www.sbhasn.ca/Spina_Bifida.htm

The Parent Information boards at Kinsmen Children's Centre are full of information on upcoming events. Please check these and the Family Resource Room when you come to Kinsmen Children's Centre.

Parenting programs as well as emotional healing and support groups are offered through the Saskatoon Adlerian Society: 306-975-0885, Family Service Saskatoon: 306-244-0127, Catholic Family Services: 306-244-7773. Additional family education classes for parenting children with disabilities and related support group contacts can be obtained through the Saskatoon Family Support Centre at: 306-933-7751.

"Engaging Communities": 14th Annual Canadian Down Syndrome Conference on November 3rd and 4th. Contact: Peter Krebs 306-654-2075 or krebsp@sasktel.net



We want to hear from you!

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Kinsmen Children's Centre
1319 Colony Street
Saskatoon, Saskatchewan
S7N 2Z1**

Phone: 655-6871

Fax: 655-1449

email:

kccfrr@saskatoonhealthregion.ca

We're on the web:

www.saskatoonhealthregion.ca

**The Good Food Box Program:
Access to good food at a good
price!**

CHEP stands for the Child Hunger and Education Program. The Good Food Box Program is an alternative food distribution system that provides a variety of top quality, fresh, nutritious foods at an affordable price. Individual families as part of neighborhood based groups each with a volunteer coordinator, pay for and order boxes ahead of time. The CHEP program worker purchases foods in bulk from local producers and from wholesalers then volunteers and staff pack the boxes which are then delivered to neighborhood depots. This program enables families to access nutritious fresh food that looks, smells, and tastes delicious. The box contains recipes and information about food and the food system. For more information about the **Good Food Box Program call: Debra Horseman at 655-5387.**

If you want to take part in an already established food box program contact Desiree at the "Buttons and Bows Children's Boutique" at: 306-652-5437. This is a unique community oriented store at 116-103rd Street in the Sutherland area of Saskatoon. They offer new and used clothes, accessories, and furniture for premature infants on up to the teen years. The "Bunny Burrow" is a community classroom at the store which offers school and toddler activity programs as well as pre and post natal classes. They are connected with CHEP so that you may access the good food box program here as well as have help with transportation to pick up your food box. Yes, it is good quality locally grown produce, where possible, at an affordable price (small fruit and veggie box for \$12.00, large for \$17.00) with lots of variety in every box.

Family Resource Room Advisory Team

The Family Resource Room Advisory Team members are a group of special needs agencies that work together to provide information and services to help families.

The contact numbers for the various agencies are as follows:

- Alvin Buckwold Child Development Program: 655-1070
- Alvin Buckwold & Prairie Hills Early Childhood Intervention Program: 655-1083
- *Autism Treatment Services of Saskatchewan:* 665-7013
- *Epilepsy Saskatoon:* 665-1939
Toll Free : 1-866--EPILEPSY
- *Radius Acquired Brain Injury Community Integration Service:* 665-0362
- *Saskatchewan Cerebral Palsy Association:* 955-7272
- *Saskatchewan Association for Community Living and John Dolan Resource Centre:* 955-3344
- *Saskatchewan Fetal Alcohol Support Network:* 975-0884 or Toll Free 1-866-673-3276
- *Saskatoon Association for Community Living:* 652-9111
- *Spina Bifida & Hydrocephalus Association of Saskatchewan North:* Canada Toll Free 1-800-565-9488

Winter's Coming!

Need a snow suit this winter that is easy to put on without getting out of your wheelchair? Contact 1-877-713-6558 or the website: **www.snomobilewear.com**

