

KIDS 6-12

Cultural Enrichment (8-12 years)

African Family Revival Organization @ The Family Centre (Mondays 5:00-6:30)

Intended Community: Children who have immigrated to Canada who are wanting to continue to learn about their parent's culture as well as Canadian culture. The intention is to increase the resilience by strengthening their ties to their cultures and communities. This can help to build the confidence they need to overcome isolation and cultural challenges.

Homework Club (Grade 1 - 12)

Somali Canadian Association @ A.R. Kaufman Public School (Tuesdays and Thursdays 6:00-8:00pm)

Open to the public
The homework club provides tutoring services for students in the Waterloo Region.

Play With Me (5-12 years)

Muslim Social Services

Intended Community: Newcomer children from war-torn countries
Children will have the opportunity to enhance their ability to socialize, establish friendships, and feel at home while learning games, riddles and songs.

Healing through Art (6-12 years)

Muslim Social Services

Intended Community: Newcomer children
Children will have the opportunity to express themselves through art.

Music Therapy (6-12 years)

Muslim Social Services

Intended Community: Newcomer children
Music therapy not only builds a strong community, but aids in creating an environment that is more sensitive to cultures while embracing the idea of social change and social integration.

Mindfulness (7-9 years)

Family and Children's Services of the Waterloo Region

Open to the public
A group where children will learn a variety of easy mindfulness techniques to support them to better adjust and cope with common everyday stresses. The children will begin to understand how mindfulness is like a super power and can be used anywhere and can be easily incorporated into their busy lives.

Creative Space (6-12 years)

Family and Children's Services of the Waterloo Region @ The Family Centre (Wednesdays)

Open to the public
Children work together on a collective art project and independently. They will get to use mediums such as clay and paint.

Music Academy (6-12 years)

Family and Children's Services of the Waterloo Region @ The Family Centre (Mondays and Wednesdays)

Open to the public
Through the use of instruments and games children will learn about tempo, rhythm and basic note reading. Children are able to experiment with the ukulele, keyboard, and percussion instruments.

Player's Theatre (8-12 years)

Family and Children's Services of the Waterloo Region @ The Family Centre (Mondays)

Open to the public
Children will have fun while learning the basics of acting and theatre. Through acting and theatre children will gain confidence as they work and learn together while building relationships.

Music Therapy (3-12 years)

KidsAbility

Open to the public
Firefly's program is facilitated by a registered music therapist who has extensive experience working with a wide range of needs. It is therapy based with the aim of meeting non-musical means. No specific diagnosis is required for a child or teen to participate in Firefly's music therapy programs. Group and 1:1 sessions are both offered.

Social Explorers (3-12 years)

KidsAbility @ the Waterloo site

Open to the public
Social Crusaders introduces Superflex® and the Team of Unthinkables® to teach self-monitoring and social skills to learners. Continuing to build upon Social Thinking® concepts by Michelle Garcia Winner, students will learn how to defeat common social villains who attempt to invade their brain with un-social thoughts and actions. Activities include guided discussions, role plays, video examples, games, crafts and gross motor activities.

Simplifying Mental Health plus Life Enhancement Skills (SMILES) (8-12 years)

Family and Children's Services of the Waterloo Region @ The Family Centre (March Break and Summer)

Intended Community: Children who have a parent, sibling, or close family member experiencing some form of mental health (specifically schizophrenia, bi-polar disorder, depression, or anxiety). This four day program is designed to help children; gain a better understanding and provide education about mental health, learn problem solving and coping skills, and meet new friends in similar situations.

Playtime Academy (4-7 years)

KidsAbility

Open to the public
This program is a fun and engaging group for children who require additional support learning how to interact and play appropriately with their peers. Each exercise will be broken down and taught using interactive lessons, modelling, and role playing. Your child will have many opportunities to participate in fun group games.

Firefly Swimming Lessons (3-12 years)

KidsAbility

Open to the public
This program provides an opportunity for children to learn basic swimming skills in a safe and supportive environment. The accessible pool is a welcoming place to practice and grow confident in new abilities. This program was designed as an alternative to swimming lessons in a traditional setting. It is intended to be sensory-friendly and individualized by using a wide range of strategies to develop skills in a positive, fun setting.

Firefly Friends Summer Camp (3-12 years)

KidsAbility

Open to the public
Activities include: games, crafts, music, outdoor play, swimming, and much more! Each week there is a new theme that will promote learning, exploring and creating fun camp memories.

Tutorial Program (Grades 3-11)

Eritrean Islamic Community of KWR @ The Family Centre (Wednesdays 6-8pm)

Open to the public
Tutorial program for children and youth for Math, English, Science and French.

Social Discovery (8-12 years)

KidsAbility

Open to the public
Social Discovery introduces the concepts of what it means to be a Social Detective. This group uses the concepts from Social Thinking® by Michelle Garcia Winner as it's core curriculum. Learners will participate in guided discussions, video examples, games, crafts, and gross motor activities.

Jr Robotics Lego (3-12 years)

KidsAbility

Open to the public
Jr. Robotics uses the WeDo Lego system to teach your child how to build and program their own creations! It introduces participants to robotics and computer programming. Participants will build models with working motors, sensors, and pulleys. They will then program the models exploring a variety of theme based activities. Combined, this will develop their skills in technology, language, and literacy.

Music and Mingle (4-8 years)

KidsAbility

Open to the public
A social skills and interaction group designed for children who have difficulty socializing with their peers. The program uses movement, instrument playing, and singing to give children the opportunity to practice skills such as turn taking, sharing, requesting, and participating in a structured and supported group setting.

If you have questions or would like to register please email:

ResilienceProject@facswaterloo.org

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YOUTH 10-18

Mini Me-to-We (10-13 years)

Family and Children's Services of the Waterloo Region @ The Family Centre and African Family Revival Organization @ Sunnyside Senior Public School

Open to the public
This group builds upon many of the children's 40 Developmental Assets including empathy and self-esteem, as well as to broaden their awareness on those in need in their community. Children will begin to learn how one small action can create change and make a difference.

Music Academy (13-16 years)

Family and Children's Services of the Waterloo Region @ The Family Centre (Wednesdays)

Open to the public
Through the use of instruments and games youth will learn about tempo, rhythm and basic note reading. Children are able to experiment with the ukulele, keyboard, and percussion instruments.

Mountain Biking (12-18 years)

Family and Children's Services of the Waterloo Region and Adventure for Change.

Open to the public
Mountain bikes, helmet and safety gear is provided. It fosters positive social peer interaction, the importance of physical activity and community connections. If youth complete the program, they will be given the bike to keep. Youth will have the opportunity to learn the mechanical skills in mountain biking featuring weekly rides and two mountain bike races.

Me-to-We (14 years and Up)

Family and Children's Services of the Waterloo Region @ The Family Centre

Open to the public
This group is for youth who want to give back through volunteering their time at local community agencies and organizations.

DROP-IN PROGRAMS

Art Drop-In (6-12 years)

Family and Children's Services of the Waterloo Region (Mondays 5:30pm-7:30pm)

Open to the public
Children learn a variety of different art techniques through practice with paint, clay, colour, and more.

Basketball Program (13-18 years)

Somali Canadian Association @ A.R. Kaufman Public School

(Saturdays from 6:00-9:00pm)

Open to the public
Basketball drop in program for children and youth in the Waterloo Region.

Youth Basketball Drop-in

African Family Revival Organization @ The Family Centre (Thursdays 6:00 - 8:45pm)

Intended Community: Children who have immigrated to Canada however other youth are welcome to join them. Drop-in for some basketball.

Soccer Program (8-18 years)

Somali Canadian Association @ W.T. Townshend Public School (Ages 8-12) and Sandhills Public School (Boys 13-18) (Saturdays from 6:00-9:00pm)

Open to the public
Soccer drop in program for children and youth in the Waterloo Region.

FAMILY EVENTS

Children's Grief Awareness Day Event

Hummingbird Centre for Hope (November 2020)

Open to the public
Children do have the capacity to grieve and this event is for children who are grieving and their families. More details to come.

Bi-monthly Family Friendly Events @ The Family Centre

Open to the public
Free and fun events for the whole family are held about 6 times a year. Follow us on social media to keep up to date.

FAMILY

Art Hangout (Children with adult companion)

KW Art Gallery @ Family and Children's Services of the Waterloo Region (Saturdays in February, May and October 2020)

Open to the public
Art making workshops in a variety of mediums presented by KWAG educators. Children and their caregivers express themselves and create art together in a supportive environment.

Healthy Bodies, Healthy Minds

Hummingbird Centre for HOPE @ The Family Centre

Intended Community: Widowed parents and their children.
As the parents do a physical workout, their kids will be learning about mindfulness in their grief journey.

CAREGIVERS

Legacy Kids Virtual Program

Hummingbird Centre for HOPE

Intended Community: Widowed parents whose spouse/partner has died and they have children living at home. In this three week virtual group widowed parents will learn strategies to support their grieving children.

Women's Literacy Program

Somali Canadian Association @ A.R. Kaufman Public School (Tuesdays and Thursdays 6:00-8:00pm)

Open to the public
Promotes the development of literacy skills for newcomer women for whom English is a second language. The literacy classes are on site while children are in homework support programming.

CONTACT US

Not all programs run all year and all programs (excluding the drop-in programs) require registration. If you want to know if a program is currently running or would like to register please email: ResilienceProject@facswaterloo.org

As our project continues to grow so does our list of programs. Keep up to date on our website, by following us on social media, or email us to be added to our mailing list.



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