To register for any of the programs in the Service Guide call (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca
You want the best for your kids. So do we.

Saying their first word, attending a friend’s birthday party, landing a job...

We’re here to help you realize your hopes and dreams for your child. Our goal is to make your family’s life less stressful and more enjoyable so everyone can reach their potential. We’ll partner with you to help you and your child build skills and embrace their unique traits and talents through Foundational Family Services offered as part of the Ontario Autism Program (OAP).

These services include consultation appointments, clinics, clinical and recreational groups for children and youth, and parent and caregiver workshops and training. All Foundational Family Services are provided at no cost and are included throughout this guide.

Many of our services are offered virtually using the Zoom Healthcare online platform. Descriptions indicate whether a service is offered virtually, in person, or both.

Ways you help us to support your child:
• You are a constant in your child’s everyday life
• You spend more time talking to and interacting with your child than we do
• Your child is most comfortable communicating, playing and interacting with you
• You know your child best and know what interests and motivates them

Ways we work with you and your child:
• We are an established Autism Program within McMaster Children’s Hospital delivering a wide variety of autism services
• We have strong partnerships within McMaster Children’s Hospital and the community to support connections to a range of exceptional child and youth services
• We are specialty trained and qualified professionals
• We individualize services to meet the needs of you and your child
• We incorporate up-to-date research into the services we offer

Ways we can work together to help your child:
• Together we will set goals for your child and your family
• Together we will find helpful strategies that you can use at home within your daily activities and routines to support changes in your child
• Together we will discuss the progress you see in your child
• Together we will determine next steps for you, your child and family

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Contents

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Features of this guide

SERVICE FEATURES
Keep an eye out for icons listed on Page 14. They will indicate features of different services, including which skill areas they target.

LEVELS
Use the chart on Page 15 to determine which level best applies to your child. If you have questions about levels, please contact us. These levels are a general guide; your child may not fit neatly into a category. If a service is only offered for certain levels, it will be indicated in the description.

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Expert Speaker Series

The McMaster Children’s Hospital Autism Program recognizes the wealth of knowledge and expertise we have within our broader community. This is why we are pleased to offer the Expert Speaker Series. Expert professionals from McMaster Children’s Hospital and the local community provide information on a range of topics of interest to parents and caregivers.

Some of our past topics have included:
- Understanding and Supporting Mental Health in Children and Youth with Autism
- Making Sense of Sensory Processing
- How to Make the Most out of Screen Time
- Journey to Adulthood
- Supporting Caregivers

New offerings continue to be added, so stay tuned for further details.

Is there a topic that you want to see featured in our Expert Speaker Series? We want to hear from you! Please send us your ideas for upcoming topics at (905) 521-2100 ext. 78972 or by email at autismprogram@hhsc.ca.
The McMaster Children’s Hospital Autism Program and the Young Caregivers Association have teamed up to offer something for the whole family. Participate in a parent connections group, sibling connection group, or a recreational group for children with autism. Register to attend any or all of the groups!

PARENT CONNECTIONS
Connect with other parents and caregivers who have a child/youth with autism and share similar experiences to you, whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth’s social and life skills or have a youth transitioning into adult services.

These sessions are facilitated by a Family Service Coordinator in collaboration with clinicians from the McMaster Children’s Hospital Autism Program.

When: 6:00 – 7:30 p.m.
Wednesday, April 26
Wednesday, May 31
Wednesday, June 28
Wednesday, July 26
Wednesday, August 30
Wednesday, September 27

To register: To learn more or register: Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

SIBLING CONNECTION GROUP
This 6-week virtual program is designed to bring siblings together! Led by Jenna Miller with the Young Caregivers Association, this group is for children ages 5-12 years old who support a sibling at home who has special needs. Together we will explore themes that can help siblings share their experiences and connect with others. Some of the themes include frustration, coping skills, and how to take time for themselves. Each week includes a variety of games, crafts, and activities that relate to the themes. The group provides children with an opportunity to connect with peers who understand the experience of having a sibling who needs some extra help.

When: Dates and times to be determined.

To register: Please contact Jenna Miller at 905-932-0799 or email jennam@youngcaregivers.ca.

RECREATIONAL GROUPS FOR CHILDREN WITH AUTISM
Children are invited to participate virtually in fun theme-based recreational groups offered throughout the spring and summer months.

To register: To learn more or register: Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.
# Parent and Caregiver Education and Training At-A-Glance

## April

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>APR 11</th>
<th>Next Steps After Your Child Receives a Diagnosis</th>
<th>Tuesday, April 11 from 1:00 - 3:00 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>APR 12</td>
<td>Supporting Your Teen with Self-Independence Skills</td>
<td>Wednesday, April 12 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>APR 13</td>
<td>Teaching Self-Management Strategies to Increase Independence</td>
<td>Thursday, April 13 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>APR 14</td>
<td>Preventing and Responding to Elopement</td>
<td>Friday, April 14 from 10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>Monday</td>
<td>APR 17</td>
<td>Introduction to Applied Behaviour Analysis (ABA)</td>
<td>Monday, April 17 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>APR 19</td>
<td>The Ins and Outs of Ministry Funding</td>
<td>Wednesday, April 19 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>APR 20</td>
<td>Understanding Your Child’s Behaviour Through a Sensory Lens</td>
<td>Thursday, April 20 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>APR 21</td>
<td>Overview of Autism Spectrum Disorder (ASD)</td>
<td>Friday, April 21 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Monday</td>
<td>APR 24</td>
<td>Promoting Positive Mealtimes</td>
<td>Monday, April 24 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>APR 26</td>
<td>Teaching a New Skill</td>
<td>Wednesday, April 26 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>APR 27</td>
<td>Special Services at Home (SSAH) Funding</td>
<td>Thursday, April 27 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>APR 28</td>
<td>Desensitization: How to Make Difficult Events Easier</td>
<td>Friday, April 28 from 1:00 - 3:00 p.m.</td>
</tr>
</tbody>
</table>

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
### PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

#### May

**Monday, May 1**
- **Picky Eating**
  - Monday, May 1 from 10:00 a.m. - 12:00 p.m.

**Wednesday, May 3**
- **Understanding Interfering Behaviour - Where to Start**
  - Wednesday, May 3 from 6:00 - 8:00 p.m.

**Thursday, May 4**
- **Next Steps After Your Child Receives a Diagnosis**
  - Thursday, May 4 from 6:00 - 8:00 p.m.

**Monday, May 8**
- **Introduction to Play Skills**
  - Monday, May 8 from 10:00 a.m. - 12:00 p.m.
- **Transition to Adult Services**
  - Monday, May 8 from 1:00 - 3:00 p.m.

**Wednesday, May 10**
- **Emotion Regulation**
  - Wednesday, May 10 from 10:00 a.m. - 12:00 p.m.
- **Introduction to Augmentative and Alternative Communication**
  - Wednesday, May 10 from 6:00 - 8:00 p.m.

**Thursday, May 11**
- **Toilet Training**
  - Thursday, May 11 from 1:00 - 3:00 p.m.

**Friday, May 12**
- **Helping Your Child Manage Change**
  - Friday, May 12 from 10:00 a.m. - 12:00 p.m.

**Monday, May 15**
- **Assistance for Children with Severe Disabilities (ACSD) Funding**
  - Monday, May 15 from 1:00 - 3:00 p.m.
- **When you have to say “No!” to your child**
  - Monday, May 15 from 6:00 - 8:00 p.m.

**Friday, May 26**
- **Getting Ready to Learn**
  - Friday, May 26 from 1:00 - 3:00 p.m.

**Monday, May 29**
- **Home and Community Safety**
  - Monday, May 29 from 10:00 - 11:00 a.m.

**Wednesday, May 31**
- **Let’s Communicate!**
  - Wednesday, May 31 from 6:00 - 8:00 p.m.

For more information or to register for a service, please contact **(905) 521-2100 ext. 78972** or email at **autismprogram@hhsc.ca**.
For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

June

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>The Ins and Outs of Ministry Funding</td>
<td>June 1 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Next Steps After Your Child Receives a Diagnosis</td>
<td>June 6 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Preventing and Responding to Elopement</td>
<td>June 7 from 6:00 - 7:30 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>Summer Success! How to Plan Your Summer for an Easier Fall</td>
<td>June 8 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>Co-Regulation with Your Child</td>
<td>June 9 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Monday</td>
<td>Understanding Interfering Behaviour - What Comes Next</td>
<td>June 12 from 10:00 a.m.- 12:00 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Improving Your Child's Sleep</td>
<td>June 13 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Special Services at Home (SSAH) Funding</td>
<td>June 14 from 12:00 - 2:00 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>Sexuality and Puberty</td>
<td>June 15 from 1:00 - 3:00 p.m.</td>
</tr>
<tr>
<td>Monday</td>
<td>Autism and Anxiety</td>
<td>June 19 from 10:00 a.m. - 12:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Overview of Autism Spectrum Disorder (ASD)</td>
<td>June 19 from 6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>Introduction to Applied Behaviour Analysis (ABA)</td>
<td>June 22 from 1:00 - 3:00 p.m.</td>
</tr>
</tbody>
</table>
# Parent and Caregiver Education and Training at-a-Glance

## July

<table>
<thead>
<tr>
<th>Day</th>
<th>Course Title</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Next Steps After Your Child Receives a Diagnosis</td>
<td>Jul 6, 1:00-3:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>Promoting Positive Mealtimes</td>
<td>Jul 7, 1:00-3:00 p.m.</td>
</tr>
<tr>
<td>Monday</td>
<td>Desensitization: How to Make Difficult Events Easier</td>
<td>Jul 10, 6:00-8:00 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>The Ins and Outs of Ministry Funding</td>
<td>Jul 12, 12:00-2:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>Understanding Interfering Behaviour - Where to Start</td>
<td>Jul 14, 10:00 a.m.-12:00 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Assistance for Children with Severe Disabilities (ACSD) Funding</td>
<td>Jul 18, 12:00-2:00 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Teaching a New Skill</td>
<td>Jul 19, 1:00-3:00 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>Understanding Your Child’s Behaviour Through a Sensory Lens</td>
<td>Jul 20, 1:00-3:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>Let’s Communicate!</td>
<td>Jul 21, 1:00-3:00 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Teaching Self-Management Strategies to Increase Independence</td>
<td>Jul 25, 1:00-3:00 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Toilet Training</td>
<td>Jul 26, 1:00-3:00 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>When you have to say “No!” to your child</td>
<td>Jul 27, 10:00 a.m.-12:00 p.m.</td>
</tr>
<tr>
<td>Monday</td>
<td>Emotion Regulation</td>
<td>Jul 31, 10:00 a.m.-12:00 p.m.</td>
</tr>
</tbody>
</table>

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
## PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

### August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
</table>
| **Tuesday AUG 1** | **Next Steps After Your Child Receives a Diagnosis**  
Tuesday, August 1 from 1:00 - 3:00 p.m. |
| **Wednesday AUG 2** | **Making the Transition to School Easier**  
Wednesday, August 2 from 6:00 - 8:00 p.m. |
| **Friday AUG 4** | **Helping Your Child Manage Change**  
Friday, August 4 from 10:00 a.m. - 12:00 p.m. |
| **Tuesday AUG 8** | **Introduction to Augmentative and Alternative Communication**  
Tuesday, August 8 from 10:00 a.m. - 12:00 p.m. |
| **Wednesday AUG 9** | **Understanding Interfering Behaviour - What Comes Next**  
Wednesday, August 9 from 6:00 - 8:00 p.m. |
| **Monday AUG 14** | **Getting Ready to Learn**  
Monday, August 14 from 10:00 a.m. - 12:00 p.m.  
**The Ins and Outs of Ministry Funding**  
Monday, August 14 from 1:00 - 3:00 p.m. |
| **Tuesday AUG 15** | **Transition to Adult Services**  
Tuesday, August 15 from 6:00 - 8:00 p.m. |
| **Thursday AUG 17** | **Introduction to Play Skills**  
Thursday, August 17 from 1:00 - 3:00 p.m. |
| **Friday AUG 18** | **Special Services at Home (SSAH) Funding**  
Friday, August 18 from 1:00 - 3:00 p.m. |
| **Monday AUG 21** | **Picky Eating**  
Monday, August 21 from 10:00 a.m. - 12:00 p.m. |
| **Wednesday AUG 23** | **Overview of Autism Spectrum Disorder (ASD)**  
Wednesday, August 23 from 1:00 - 3:00 p.m.  
**Supporting Your Teen with Self-Independence Skills**  
Wednesday, August 23 from 6:00 - 8:00 p.m. |
| **Thursday AUG 24** | **Preventing and Responding to Elopement**  
Thursday, August 24 from 1:00 - 2:30 p.m. |
| **Wednesday AUG 30** | **Home and Community Safety**  
Wednesday, August 30 from 1:00 - 2:00 p.m. |

For more information or to register for a service, please contact  
(905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
# PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

## September

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday SEP 6</strong></td>
<td><strong>Toilet Training</strong></td>
<td>Wednesday, September 6 from 6:00 - 8:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Thursday SEP 7</strong></td>
<td><strong>Next Steps After Your Child Receives a Diagnosis</strong></td>
<td>Thursday, September 7 from 6:00 - 8:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Thursday SEP 14</strong></td>
<td><strong>Understanding Interfering Behaviour - Where to Start</strong></td>
<td>Thursday, September 14 from 6:00 - 8:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Friday SEP 15</strong></td>
<td><strong>Desensitization: How to Make Difficult Events Easier</strong></td>
<td>Friday, September 15 from 10:00 a.m. - 12:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Monday SEP 18</strong></td>
<td><strong>Assistance for Children with Severe Disabilities (ACSD) Funding</strong></td>
<td>Monday, September 18 from 6:00 - 8:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday SEP 19</strong></td>
<td><strong>Improving Your Child’s Sleep</strong></td>
<td>Tuesday, September 19 from 1:00 - 3:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday SEP 20</strong></td>
<td><strong>Sexuality and Puberty</strong></td>
<td>Wednesday, September 20 from 1:00 - 3:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday SEP 20</strong></td>
<td><strong>Introduction to Applied Behaviour Analysis (ABA)</strong></td>
<td>Wednesday, September 20 from 6:00 - 8:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Friday SEP 22</strong></td>
<td><strong>Autism and Anxiety</strong></td>
<td>Friday, September 22 from 1:00 - 3:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Monday SEP 25</strong></td>
<td><strong>Let’s Communicate!</strong></td>
<td>Monday, September 25 from 1:00 - 3:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday SEP 27</strong></td>
<td><strong>The Ins and Outs of Ministry Funding</strong></td>
<td>Wednesday, September 27 from 12:00 - 2:00 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday SEP 27</strong></td>
<td><strong>When you have to say “No!” to your child</strong></td>
<td>Wednesday, September 27 from 6:00 - 8:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
On-line Resources for Parents and Caregivers

Truth or Myth: Autism Spectrum Disorders (ASD)
https://youtu.be/HnzSG2_142I

Introduction to Applied Behaviour Analysis (ABA)
https://youtu.be/i6G9NJKBrQk

Overview of Autism Spectrum Disorder (ASD)
https://youtu.be/vWuSOcG1PW8
POSITIVE FEEDBACK

“I am so grateful and happy for the experience that (my son) and I have had in ABA therapy at Ron Joyce. All the staff are so kind and helpful. I feel his therapists are part of our family. We have seen so much improvement in (his) behaviour and life skills. It makes us happy to watch our son express his needs and wants without crying or screaming. I can’t thank you enough.”
Icon Legend

The following icons are listed underneath service descriptions to highlight specific skill areas targeted in the program for quick reference.
# Level Descriptions

To help parents and caregivers choose the most appropriate services, we have recommended each service according to both age and group level. If no age or level is specified, the service is open to all. These levels have been developed by our program for this specific purpose. If you have any questions about what level best matches your child, please do not hesitate to contact us at 905-521-2100, ext. 78972.

<table>
<thead>
<tr>
<th>AREA</th>
<th>LEVEL A</th>
<th>LEVEL B</th>
<th>LEVEL C</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOCIAL</td>
<td>• Does not play with toys as they were designed</td>
<td>• Plays with toys as they were designed and enjoys pretend play</td>
<td>• Participates in interactive and cooperative play with little to no assistance</td>
</tr>
<tr>
<td></td>
<td>• Enjoys solitary play</td>
<td>• Aware of adults and peers in close proximity</td>
<td>• Understands the rules of play including turn-taking, sharing, winning and losing</td>
</tr>
<tr>
<td></td>
<td>• May not respond to adult or peer attempts to interact</td>
<td>• May participate in some interactive or cooperative play with assistance</td>
<td>• Participates in verbal exchanges with self and peers during play</td>
</tr>
<tr>
<td></td>
<td>• Enjoys cause and effect toys</td>
<td>• Does not initiate peer interaction but will follow along in simple interactive games</td>
<td>• Plays board games and video games with minimal assistance</td>
</tr>
<tr>
<td>COMMUNICATION</td>
<td>• May not have a communication system in place</td>
<td>• Can request needs and wants with 1-4 word sentences or by using an augmentative communication system</td>
<td>• Advanced communication skills using verbal requests, comments and questions</td>
</tr>
<tr>
<td></td>
<td>• Primarily non-verbal</td>
<td>• Minimal back and forth conversation skills</td>
<td>• Can participate in both verbal and non-verbal communication</td>
</tr>
<tr>
<td></td>
<td>• Uses visuals or augmentative communication device with prompting</td>
<td></td>
<td>• Can initiate, maintain and end conversations with assistance</td>
</tr>
<tr>
<td></td>
<td>• Difficulty following simple instructions</td>
<td></td>
<td>• May become fixated or have trouble moving away from a preferred topic of discussion</td>
</tr>
<tr>
<td>BEHAVIOUR &amp; DAILY LIVING</td>
<td>• Needs help to complete daily routines such as washing, toileting or eating</td>
<td>• Can follow daily routines with minimal assistance</td>
<td>• Can follow daily routines with little to no assistance</td>
</tr>
<tr>
<td></td>
<td>• Engages in repetitive behaviours</td>
<td>• Does not like to deviate from daily routine and has difficulty with unexpected changes</td>
<td>• Adapts to transitions and changes to routine</td>
</tr>
<tr>
<td></td>
<td>• Difficulty transitioning from one activity to the next</td>
<td>• May engage in repetitive behaviours but is easily redirected</td>
<td>• Can follow complex individual and group instructions independently</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Can follow one/two step directions independently</td>
<td></td>
</tr>
</tbody>
</table>
Consultation

Service Planning Consultation
Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child’s needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>A, B, C</th>
</tr>
</thead>
</table>
| INCLUDES | • 1-hour appointment  
|         | • Available in-person or virtually |
| DATE | Flexible |
| COST | No cost |

Resource Consultation
Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>A, B, C</th>
</tr>
</thead>
</table>
| INCLUDES | • 1-hour appointment  
|         | • Available in-person or virtually |
| DATE | Flexible |
| COST | No cost |

School Support Consultation
ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>A, B, C</th>
</tr>
</thead>
</table>
| INCLUDES | • 1-hour appointment  
|         | • Available in-person or virtually |
| DATE | Flexible |
| COST | No cost |

Clinics

Clinic Appointment
Meet with a clinician to discuss a specific skill you’d like your child to develop or address a concern about your child’s behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

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| INCLUDES | • 1-hour appointment  
|         | • Available in-person or virtually |
| DATE | Flexible |
| COST | No cost |

Group Clinical Programs

Let’s Get Ready for Groups
This group will help your child build learning readiness skills needed to participate in group services. Children will be taught how to sit for circle time and attend to a teacher, follow a model to complete a craft, and participate in independent play activities alongside their peers. Parents/caregivers will participate along with their child to help them respond and complete the activities. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

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<th>LEVEL</th>
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</table>
| INCLUDES | • 6 45-minute sessions  
|         | • Available in-person |
| DATE | Fridays from 9:15 - 10:00 a.m. April 14 to May 19  
|      | Saturdays from 9:00 - 9:45 a.m. May 6 to June 17  
|      | Fridays from 9:15 - 10:00 a.m. June 9 to July 14  
|      | Fridays from 10:30 - 11:15 a.m. June 9 to July 14  
|      | Fridays from 9:15 - 10:00 a.m. July 28 to September 1  
|      | Fridays from 10:30 - 11:15 a.m. July 28 to September 1 |
| COST | No cost |
Beginning Social Skills

This group will help your child build social communication skills with peers, such as initiating and responding to conversation, interactive play, and making verbal requests. Parents/caregivers will participate along with their child to help them respond and engage with their peers. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

**LEVEL**  
B, C

**INCLUDES**  
• 6 45-minute sessions  
• Available in-person (masks will be required)

**DATE**  
Thursdays from 5:00 - 5:45 p.m. from April 20 to May 25  
Fridays from 9:00 - 9:45 a.m. April 21 to May 26  
Fridays from 10:15 - 11:00 a.m. April 21 to May 26  
Fridays from 9:00 - 9:45 a.m. July 7 to August 11  
Fridays from 10:15 - 11:00 a.m. July 7 to August 11  
Fridays from 9:00 - 9:45 a.m. September 1 to October 6  
Fridays from 10:15 - 11:00 a.m. September 1 to October 6

**COST**  
No cost

Group Recreational Programs

Fun with Science

Fun with Science is an interactive and recreational group designed for kids wanting to explore the world of science. In each session, the group will examine a scientific question and participants will work together to brainstorm, conduct, and discuss the results of an experiment. Sessions will incorporate participation in online games. This group will support your child to practice virtual readiness skills (i.e., following group instructions in a virtual setting, attending to a screen, etc.), as well as social and communication skills in an online platform. Parent/caregiver assistance will be required.

**LEVEL**  
A, B, C

**INCLUDES**  
• Weekly 45-minute virtual session  
• Sign up for one, several, or all sessions

**DATE**  
Wednesdays from 4:15 - 5:00 p.m.  
April 19 to May 10

**COST**  
No cost

P.A. Day Ice Cream Sundaes

You scream! I scream! We all scream for ice cream! Calling all ice cream lovers to make your PA Day extra sweet by designing the perfect ice cream sundae with our team of Autism Therapists. Encourage your child’s imagination by allowing them to choose flavours and toppings. The Autism Therapists will prepare ice cream themed activities and promote socialization as we talk about our “sweet” creations. Parent/caregiver assistance will be required.

**LEVEL**  
A, B, C

**INCLUDES**  
• 45 minute virtual session

**DATE**  
Friday, June 2 from 1:00 - 1:45 p.m.

**COST**  
No cost

Summer Travels

Let’s travel the world! Jump aboard our virtual airplane and discover the wonders of the world. Have you ever wanted to explore a jungle? Join a Hawaiian luau? Visit Disney World? Fly a rocketship into space? Or dig for dinosaur bones? Together with Autism Therapists, your child will participate in virtual field trips and activities that celebrate locations all around the globe. Let us take you on your summer vacation from the comfort of your home.

**LEVEL**  
A, B, C

**INCLUDES**  
• Weekly 45-minute virtual session  
• Sign up for one, several, or all sessions

**DATE**  
Thursdays from 2:15 - 3:00 p.m.  
July 6 to August 10

**COST**  
No cost

Getting Crafty

Getting Crafty is an interactive and recreational group designed for kids wanting to explore their artistic and creative abilities in a virtual setting. In each session, participants will get the opportunity to socialize and engage with peers while creating art, commenting and asking questions about their works of art, and participating in online games. This group will support your child to practice virtual readiness skills (i.e., following group instructions in a virtual setting, attending to a screen, etc.), as well as social and communication skills in an online platform. Parent/caregiver assistance will be required.

**LEVEL**  
A, B, C

**INCLUDES**  
• Weekly 45-minute virtual session  
• Sign up for one, several, or all sessions

**DATE**  
Wednesdays from 4:15 - 5:00 p.m.  
May 24 to June 14

**COST**  
No cost

Museum Tour

Let’s go to the museum! This group will enable your child to take a virtual tour of the museum to explore the world’s most ancient artifacts. Ever seen a mummy? Maybe some dinosaur bones? Join our museum tour to participate in the fun! Parents and siblings are encouraged to participate.

**LEVEL**  
A, B, C

**INCLUDES**  
• Weekly 45-minute virtual session  
• Sign up for one, several, or all sessions

**DATE**  
Wednesdays from 4:15 - 5:00 p.m.  
September 13 to October 4

**COST**  
No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis
The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

**LEVEL**  A, B, C

**INCLUDES**  • 2-hour virtual workshop  
• 1 follow-up individualized consultation

**DATE**  
Tuesday, April 11 from 1:00 - 3:00 p.m.  
Thursday, May 4 from 6:00 - 8:00 p.m.  
Tuesday, June 6 from 6:00 - 8:00 p.m.  
Thursday, July 6 from 1:00 - 3:00 p.m.  
Tuesday, August 1 from 1:00 - 3:00 p.m.  
Thursday, September 7 from 6:00 - 8:00 p.m.

**COST**  No cost

Overview of Autism Spectrum Disorder (ASD)
This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/ youth with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

**LEVEL**  A, B, C

**INCLUDES**  • 2-hour virtual workshop

**DATE**  
Friday, April 21 from 1:00 - 3:00 p.m.  
Monday, June 19 from 6:00 - 8:00 p.m.  
Wednesday, August 23 from 1:00 - 3:00 p.m.

**COST**  No cost

The Ins and Outs of Ministry Funding
This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. An overview of the various funding sources and the eligible expenses for each will be reviewed, as well opportunities to plan for ways to distribute allotted funds over your funding period. This workshop is facilitated by a Direct Funding Accounts Coordinator. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

**LEVEL**  A, B, C

**INCLUDES**  • 2-hour virtual workshop

**DATE**  
Wednesday, April 19 from 1:00 - 3:00 p.m.  
Thursday, June 1 from 6:00 - 8:00 p.m.  
Wednesday, July 12 from 12:00 - 2:00 p.m.  
Monday, August 14 from 1:00 - 3:00 p.m.  
Wednesday, September 27 from 12:00 - 2:00 p.m.

**COST**  No cost

Special Services at Home (SSAH) Funding
Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C

**INCLUDES**  • 2-hour virtual workshop  
• 1 follow-up individualized consultation

**DATE**  
Thursday, April 27 from 6:00 - 8:00 p.m.  
Wednesday, June 14 from 12:00 - 2:00 p.m.  
Friday, August 18 from 1:00 - 3:00 p.m.

**COST**  No cost

Assistance for Children with Severe Disabilities (ACSD) Funding
Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child’s disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than $64,000. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C

**INCLUDES**  • 2-hour virtual workshop  
• 1 follow-up individualized consultation

**DATE**  
Monday, May 15 from 1:00 - 3:00 p.m.  
Tuesday, July 18 from 12:00 - 2:00 p.m.  
Monday, September 18 from 6:00 - 8:00 p.m.

**COST**  No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
## Triple P Stepping Stones
This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child’s development, and cope with difficult situations. Recommended for parents and caregivers new to their child’s diagnosis.

**LEVEL**
A, B, C

**INCLUDES**
- 7 2-hour group sessions for parents/caregivers
- 3 follow-up individualized consultations
- Available virtually

**DATE**
- Tuesdays from 6:00 - 8:00 p.m. from April 11 to May 23
- Thursdays from 1:00 - 3:00 p.m. from April 13 to May 25
- Tuesdays from 1:00 - 3:00 p.m. from July 11 to August 22

**COST**
No cost

## Introduction to Applied Behaviour Analysis (ABA)
This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

**LEVEL**
A, B, C

**INCLUDES**
- 2-hour virtual workshop

**DATE**
- Monday, April 17 from 6:00 - 8:00 p.m.
- Thursday, June 22 from 1:00 - 3:00 p.m.
- Wednesday, September 20 from 6:00 - 8:00 p.m.

**COST**
No cost

## Getting Ready to Learn
This workshop will provide you with strategies and tips to prepare you and your child for learning. There are lots of skills that support young children to get ready for learning opportunities, including being able to sit, being able to follow instructions, and focusing. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**
A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Friday, May 26 from 1:00 - 3:00 p.m.
- Monday, August 14 from 10:00 a.m. - 12:00 p.m.

**COST**
No cost

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## Teaching a New Skill
This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**
A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Wednesday, April 26 from 6:00 - 8:00 p.m.
- Wednesday, July 19 from 1:00 - 3:00 p.m.

**COST**
No cost

## Introduction to Play Skills
During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles for helping your child develop their play skills. You will learn about the stages of play from independent toy play to more advanced cooperative play with others. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**
A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Monday, May 8 from 10:00 a.m. - 12:00 p.m.
- Thursday, August 17 from 1:00 - 3:00 p.m.

**COST**
No cost

## Improving Your Child’s Sleep
During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles that can be used to help children fall asleep and maintain a full night’s sleep. Strategies are covered step-by-step, in a practical manner to address a variety of sleep-related issues. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**
A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Tuesday, June 13 from 1:00 - 3:00 p.m.
- Tuesday, September 19 from 1:00 - 3:00 p.m.

**COST**
No cost

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For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
### Let's Communicate!

During this workshop you will learn about the development of communication skills and the many ways that children can send messages. Various strategies to support your child with increasing their meaningful communication with you and others will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL** A, B  
**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  
**DATE**  
- Wednesday, May 31 from 6:00 - 8:00 p.m.  
- Friday, July 21 from 1:00 - 3:00 p.m.  
- Monday, September 25 from 1:00 - 3:00 p.m.  
**COST** No cost

### Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth’s communication development. Strategies to support your child or youth’s use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL** A, B  
**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  
**DATE**  
- Wednesday, May 10 from 6:00 - 8:00 p.m.  
- Tuesday, August 8 from 10:00 a.m. - 12:00 p.m.  
**COST** No cost

### Promoting Positive Mealtimes

During this workshop facilitated by an Occupational Therapist and a Speech-Language Pathologist, you will learn about the development of the skills involved in eating and how to set up your mealtime environment for success. We will discuss strategies to reduce the stress and worry that can surround mealtimes with a child with eating-related issues and explore ways to make feeding fun. This workshop is intended for families looking to improve their child’s eating and mealtimes experience. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
- 2-hour virtual workshop  
- Follow-up individualized consultation  
**DATE**  
- Monday, April 24 from 1:00 - 3:00 p.m.  
- Friday, July 7 from 1:00 - 3:00 p.m.  
**COST** No cost

### Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered. After participating in this workshop, you will be offered up to three 1:1 virtual appointments to individualize the information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
- 2-hour virtual workshop  
- Follow-up individualized consultation  
**DATE**  
- Thursday, May 11 from 1:00 - 3:00 p.m.  
- Wednesday, July 26 from 1:00 - 3:00 p.m.  
- Wednesday, September 6 from 6:00 - 8:00 p.m.  
**COST** No cost

### Co-Regulation with Your Child

This workshop will explore how self-regulation develops during childhood and will provide strategies for parents/caregivers to co-regulate with their child so they can successfully manage their thoughts, feelings, and behaviour and learn to self-regulate. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  
**DATE**  
- Friday, June 9 from 1:00 - 3:00 p.m.  
**COST** No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Understanding Your Child’s Behaviour Through a Sensory Lens
During this workshop presented by Occupational Therapists, you will learn about the body’s different senses and gain an understanding of how sensory processing can impact participation in daily activities. Does your child move a lot and seek input to their muscles? Does your child seem sensitive to noise or certain types of touch? Strategies to support your child to cope with the demands of the environment and meet their body’s sensory needs will be shared. After participation in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Thursday, April 20 from 1:00 - 3:00 p.m.
- Thursday, July 20 from 1:00 - 3:00 p.m.

**COST** No cost

Pivotal Response Treatment (PRT)® Training
Pivotal Response Treatment (PRT) ® is an evidence-based, naturalistic developmental behavioural intervention for children with Autism up to age 12 years. This training includes 2 individual workshop sessions for parents/caregivers and 4 individual sessions that involve both child and parent/caregiver participation. You will learn strategies that increase your child’s skills in a specific pivotal area known to produce widespread positive improvements in learning, social communication, and behaviour. A screening will be completed to determine which pivotal area is most appropriate for your child or to provide recommendations for other services.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual individual workshop sessions for parents/caregivers
- 4-hour virtual individual sessions for child and parent/caregiver

**DATE**
Start dates and times are individualized

**COST** No cost

Summer Success! How to Plan Your Summer for an Easier Fall
This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Thursday, June 8 from 6:00 - 8:00 p.m.

**COST** No cost

Making the Transition to School Easier
This workshop will provide parents and caregivers with strategies to support their child’s transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times. After participating in this workshop, you will be offered a 1:1 appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Wednesday, August 2 from 6:00 - 8:00 p.m.

**COST** No cost

Understanding Interfering Behaviour - Where to Start
Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggression towards others. This workshop will teach you the ABCs of behaviour and how to identify the ‘why’ behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the “Introduction to Applied Behaviour Analysis” workshop and want to understand more about their child’s interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Wednesday, May 3 from 6:00 - 8:00 p.m.
- Friday, July 14 from 10:00 a.m. - 12:00 p.m.
- Thursday, September 14 from 6:00 - 8:00 p.m.

**COST** No cost

Understanding Interfering Behaviour - What Comes Next
Once you have identified why your child might be engaging in interfering behaviours, it’s important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child’s interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed “Understanding Interfering Behaviour - Where to Start” and have a good understanding of their child’s interfering behaviour, but want to know more about how best to support them to reduce this behaviour.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Monday, June 12 from 10:00 a.m. - 12:00 p.m.
- Wednesday, August 9 from 6:00 - 8:00 p.m.

**COST** No cost
POSITIVE FEEDBACK

“In Family Check Up, we received individualized support that was tailored to our family’s unique situation and needs. We were deeply listened to and understood for what felt like the first time since beginning this journey to support our son. The information shared was relevant and easily applicable and gave us the tools and skills to parent a neurodivergent child so much more effectively. We felt confident again as parents, our son was supported in the ways that connected for him and it has dramatically improved the functioning of our family as a whole.

I would encourage all parents supporting a child with Autism to participate in the Family Check Up. It is a solution-focused, safe and supportive space meant to help families with neurodivergent children thrive. We are grateful for the skills learned, the support received and the successes we are beginning to see our son have. Thank you for everything!”
Helping Your Child Manage Change
This workshop will provide you with strategies to increase your child's flexibility. You'll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

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| INCLUDES | • 2 2-hour virtual workshops  
|          | • 1 follow-up individualized consultation |
| DATE    | Friday, May 12 from 10:00 a.m. - 12:00 p.m.  
|          | Friday, August 4 from 1:00 - 3:00 p.m. |
| COST    | No cost |

Desensitization: How to Make Difficult Events Easier
This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child’s interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child’s tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

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| INCLUDES | • 2-hour virtual workshop  
|          | • 1 follow-up individualized consultation |
| DATE    | Friday, April 28 from 1:00 - 3:00 p.m.  
|          | Monday, July 10 from 6:00 - 8:00 p.m.  
|          | Friday, September 15 from 10:00 a.m. - 12:00 p.m. |
| COST    | No cost |

When you have to say “No!” to your child
Does your child get upset when you tell them “No!”? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told “No!” or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

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| DATE    | Monday, May 15 from 6:00 - 8:00 p.m.  
|          | Thursday, July 27 from 10:00 a.m. - 12:00 p.m.  
|          | Wednesday, September 27 from 6:00 - 8:00 p.m. |
| COST    | No cost |
## Consultation

### Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child’s needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

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• Available in-person or virtually |
| DATE | Flexible |
| COST | No cost |

### Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

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| INCLUDES | • 1-hour appointment  
• Available in-person or virtually |
| DATE | Flexible |
| COST | No cost |

### School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

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| DATE | Flexible |
| COST | No cost |

## Clinics

### Clinic Appointment

Meet with a clinician to discuss a specific skill you’d like your child to develop or address a concern about your child’s behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

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• Available in-person or virtually |
| DATE | Flexible |
| COST | No cost |

## Group Clinical Programs

### Let’s Get Ready for Groups

This group will help your child build learning readiness skills needed to participate in group services. Children will be taught how to sit for circle time and attend to a teacher, follow a model to complete a craft, and participate in independent play activities alongside their peers. Parents/caregivers will participate along with their child to help them respond and complete the activities. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

<table>
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<th>LEVEL</th>
<th>A, B</th>
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| INCLUDES | • 6 45-minute sessions  
• Available in-person |
| DATE | Mondays from 4:00 - 4:45 p.m. April 24 to June 5  
Saturdays from 10:00 - 10:45 a.m. May 6 to June 17  
Mondays from 4:00 - 4:45 p.m. July 10 to August 21  
Fridays from 1:00 - 1:45 p.m. July 14 to August 18 |
| COST | No cost |

For more information or to register for a service, please contact

(905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Ready, Set, Participate!

This group will help your child build readiness skills needed to participate in group games and sports. Children will be taught how to attend to a coach, learn new actions used in sports (e.g., shooting baskets), and become more independent in group games and sports. Parents/caregivers will participate along with their child to help them meet their goals and learn strategies to help further support their child to participate in sports. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

**LEVEL**  B, C  
**INCLUDES**  • 6 45-minute virtual sessions  
• Available in-person  
**DATE**  Saturdays from 11:15 a.m. - 12:00 p.m. May 6 to June 17  
Fridays from 2:15 - 3:00 p.m. July 14 to August 18  
**COST**  No cost

Fun with Science

Fun with Science is an interactive and recreational group designed for kids wanting to explore the world of science. In each session, the group will examine a scientific question and participants will work together to brainstorm, conduct, and discuss the results of an experiment. Sessions will incorporate participation in online games. This group will support your child to practice virtual readiness skills (i.e., following group instructions in a virtual setting, attending to a screen, etc.), as well as social and communication skills in an online platform. Parent/caregiver assistance will be required.

**LEVEL**  B, C  
**INCLUDES**  • Weekly 45-minute virtual sessions  
• Sign up for one, several, or all sessions  
**DATE**  Wednesdays from 4:15 - 5:00 p.m. April 19 to May 10  
**COST**  No cost

Making Friends

The Making Friends group will provide children with opportunities to socialize and build skills to make friends. This group will teach children how to ask peers to play or join activities, respond to feedback from their peers, and further develop their conversational skills. Parents and caregivers will participate along with their child to help coach them to respond and engage with their peers. This group is facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

**LEVEL**  B, C  
**INCLUDES**  • 6 45-minute virtual sessions  
• Available virtually  
**DATE**  Wednesdays from 4:45 - 5:30 p.m. May 10 to June 14  
Thursdays from 1:00 - 1:45 p.m. July 26 to August 30  
**COST**  No cost

Getting Crafty

Getting Crafty is an interactive and recreational group designed for kids wanting to explore their artistic and creative abilities in a virtual setting. In each session, participants will get the opportunity to socialize and engage with peers while creating art, commenting and asking questions about their works of art, and participating in online games. This group will support your child to practice virtual readiness skills (i.e., following group instructions in a virtual setting, attending to a screen, etc.), as well as social and communication skills in an online platform. Parent/caregiver assistance will be required.

**LEVEL**  A, B, C  
**INCLUDES**  • Weekly 45-minute virtual sessions  
• Sign up for one, several, or all sessions  
**DATE**  Wednesdays from 4:15 - 5:00 p.m. May 24 to June 14  
**COST**  No cost

Group Recreational Programs

Lego Club

This group is designed for children who enjoy building and constructing with Lego and other building materials to practice using their social skills in a motivational setting. Autism Therapists will guide the group using child-friendly instructions and children will be encouraged to share their creations with their peers to practice social skills.

**LEVEL**  B, C  
**INCLUDES**  • Weekly 45-minute virtual sessions  
• Sign up for one, several, or all sessions  
**DATE**  Tuesdays from 4:00 - 4:45 p.m. May 30 to June 20  
Tuesdays from 4:00 - 4:45 p.m. September 12 to October 3  
**COST**  No cost

P.A. Day Ice Cream Sundaes

You scream! We all scream for ice cream! Calling all ice cream lovers to make your PA Day extra sweet by designing the perfect ice cream sundae with our team of Autism Therapists. Encourage your child’s imagination by allowing them to choose flavours and toppings. The Autism Therapists will prepare ice cream themed activities and promote socialization as we talk about our “sweet” creations. Parent/caregiver assistance will be required.

**LEVEL**  A, B, C  
**INCLUDES**  • 45 minute virtual session  
**DATE**  Friday, June 2 from 1:00 - 1:45 p.m.  
**COST**  No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Summer Travels

Let’s travel the world! Jump aboard our virtual airplane and discover the wonders of the world. Have you ever wanted to explore a jungle? Join a Hawaiian luau? Visit Disney World? Fly a rocketship into space? Or dig for dinosaur bones? Together with Autism Therapists, your child will participate in virtual field trips and activities that celebrate locations all around the globe. Let us take you on your summer vacation from the comfort of your home.

**LEVEL** A, B, C

**INCLUDES**
- Weekly 45-minute virtual sessions
- Sign up for one, several, or all sessions

**DATE**
Thursdays from 2:15 - 3:00 p.m. July 6 to August 10

**COST** No cost

Museum Tour

Let’s go to the museum! This group will enable your child to take a virtual tour of the museum to explore the world’s most ancient artifacts. Ever seen a mummy? Maybe some dinosaur bones? Join our museum tour to participate in the fun! Parents and siblings are encouraged to participate.

**LEVEL** A, B, C

**INCLUDES**
- Weekly 45-minute virtual sessions
- Sign up for one, several, or all sessions

**DATE**
Wednesdays from 4:15 - 5:00 p.m. September 13 to October 4

**COST** No cost

Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Tuesday, April 11 from 1:00 - 3:00 p.m.
- Thursday, May 4 from 6:00 - 8:00 p.m.
- Tuesday, June 6 from 6:00 - 8:00 p.m.
- Thursday, July 6 from 1:00 - 3:00 p.m.
- Tuesday, August 1 from 1:00 - 3:00 p.m.
- Thursday, September 7 from 6:00 - 8:00 p.m.

**COST** No cost

Special Services at Home (SSAH) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Thursday, April 27 from 6:00 - 8:00 p.m.
- Wednesday, June 14 from 12:00 - 2:00 p.m.
- Friday, August 18 from 1:00 - 3:00 p.m.

**COST** No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/youth with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop

**DATE**
- Friday, April 21 from 1:00 - 3:00 p.m.
- Monday, June 19 from 6:00 - 8:00 p.m.
- Wednesday, August 23 from 1:00 - 3:00 p.m.

**COST** No cost

The Ins and Outs of Ministry Funding

This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. An overview of the various funding sources and the eligible expenses for each will be reviewed, as well opportunities to plan for ways to distribute allotted funds over your funding period. This workshop is facilitated by a Direct Funding Accounts Coordinator. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop

**DATE**
- Wednesday, April 19 from 1:00 - 3:00 p.m.
- Thursday, June 1 from 6:00 - 8:00 p.m.
- Wednesday, July 12 from 12:00 - 2:00 p.m.
- Monday, August 14 from 1:00 - 3:00 p.m.
- Wednesday, September 27 from 12:00 - 2:00 p.m.

**COST** No cost
For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Assistance for Children with Severe Disabilities (ACSD) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child’s disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than $64,000. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE Monday, May 15 from 1:00 - 3:00 p.m. Tuesday, July 18 from 12:00 - 2:00 p.m. Monday, September 18 from 6:00 - 8:00 p.m.
COST No cost

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child’s development, and cope with difficult situations. Recommended for parents and caregivers new to their child’s diagnosis.

LEVEL A, B, C
INCLUDES • 7 2-hour group sessions for parents/caregivers • 3 follow-up individualized consultations • Available virtually
DATE Tuesdays from 6:00 - 8:00 p.m. from April 11 to May 23
Thursdays from 1:00 - 3:00 p.m. from April 13 to May 25
Tuesdays from 1:00 - 3:00 p.m. from July 11 to August 22
COST No cost

Family Check-Up® (FCU)

Some children and youth with Autism experience high levels of emotional and behavioural problems that can be long-lasting and stressful for families. The “Family Check-Up®” (FCU) program has been shown to decrease the chances that children will develop emotional and behavioural problems and to improve parent well-being, but it has never been tested in families with children with Autism. We want to know how FCU works for families with 6- to 17- year-old children with Autism. FCU involves 3 visits to identify unique family strengths and challenges. It focuses on engaging parents, supporting positive parenting, and connecting families to services. Some parents will also have the opportunity to access the Everyday Parenting Curriculum® (EPC), which is tailored to each family based on their “Check-Up.” This program is supervised by a psychologist and is being offered as part of a research study. Participation in research is voluntary.

LEVEL A, B, C
INCLUDES • 3 individualized visits
DATE Start dates and times are individualized
COST No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
DATE Monday, April 17 from 6:00 - 8:00 p.m.
Thursday, June 22 from 1:00 - 3:00 p.m.
Wednesday, September 20 from 6:00 - 8:00 p.m.
COST No cost

Pivotal Response Treatment (PRT)® Training

Pivotal Response Treatment (PRT)® is an evidence-based, naturalistic developmental behavioural intervention for children with Autism up to age 12 years. This training includes 2 individual workshop sessions for parents/caregivers and 4 individual sessions that involve both child and parent/caregiver participation. You will learn strategies that increase your child’s skills in a specific pivotal area known to produce widespread positive improvements in learning, social communication, and behaviour. A screening will be completed to determine which pivotal area is most appropriate for your child or to provide recommendations for other services.

LEVEL A, B, C
INCLUDES • 2 1-hour virtual individual workshop sessions for parents/caregivers • 4 1-hour virtual individual sessions for child and parent/caregiver
DATE Start dates and times are individualized
COST No cost
Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT)® approach to increasing your child’s self-management skills and decreasing your child’s dependence on caregivers and teachers. Self-management skills can include: self-care, daily habits/household chores, leisure routines, and self-advocacy. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  B, C  
**INCLUDES** • 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE** Thursday, April 13 from 6:00 - 8:00 p.m.  
Tuesday, July 25 from 1:00 - 3:00 p.m.  
**COST** No cost

Getting Ready to Learn

This workshop will provide you with strategies and tips to prepare you and your child for learning. There are lots of skills that support young children to get ready for learning opportunities, including being able to sit, being able to follow instructions, and focusing. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C  
**INCLUDES** • 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE** Friday, May 26 from 1:00 - 3:00 p.m.  
Monday, August 14 from 10:00 a.m. - 12:00 p.m.  
**COST** No cost

Teaching a New Skill

This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C  
**INCLUDES** • 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE** Wednesday, April 26 from 6:00 - 8:00 p.m.  
Wednesday, July 19 from 1:00 - 3:00 p.m.  
**COST** No cost

Introduction to Play Skills

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles for helping your child develop their play skills. You will learn about the stages of play from independent toy play to more advanced cooperative play with others. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C  
**INCLUDES** • 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE** Monday, May 8 from 10:00 a.m. - 12:00 p.m.  
Thursday, August 17 from 1:00 - 3:00 p.m.  
**COST** No cost

Improving Your Child’s Sleep

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles that can be used to help children fall asleep and maintain a full night’s sleep. Strategies are covered step-by-step, in a practical manner to address a variety of sleep-related issues. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C  
**INCLUDES** • 2-hour virtual workshop  
• Follow-up individualized consultation  
**DATE** Tuesday, June 13 from 1:00 - 3:00 p.m.  
Tuesday, September 19 from 1:00 - 3:00 p.m.  
**COST** No cost

Let’s Communicate!

During this workshop you will learn about the development of communication skills and the many ways that children can send messages. Various strategies to support your child with increasing their meaningful communication with you and others will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL**  A, B  
**INCLUDES** • 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE** Wednesday, May 31 from 6:00 - 8:00 p.m.  
Friday, July 21 from 1:00 - 3:00 p.m.  
Monday, September 25 from 1:00 - 3:00 p.m.  
**COST** No cost

For more information or to register for a service, please contact  (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth’s communication development. Strategies to support your child or youth’s use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL A, B
INCLUDES • 2-hour virtual workshop
          • 1 follow-up individualized consultation
DATE Wednesday, May 10 from 6:00 - 8:00 p.m.
          Tuesday, August 8 from 10:00 a.m. - 12:00 p.m.
COST No cost

Promoting Positive Mealtimes

During this workshop facilitated by an Occupational Therapist and a Speech-Language Pathologist, you will learn about the development of the skills involved in eating and how to set up your mealtime environment for success. We will discuss strategies to reduce the stress and worry that can surround mealtimes with a child with eating-related issues and explore ways to make feeding fun. This workshop is intended for families looking to improve their child’s eating and mealtime experience. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
          • Follow-up individualized consultation
DATE Monday, April 24 from 1:00 - 3:00 p.m.
          Friday, July 7 from 1:00 - 3:00 p.m.
COST No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating, as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. This workshop builds on the information shared in the Promoting Positive Mealtimes workshop. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
          • 1 follow-up individualized consultation
DATE Monday, May 1 from 10:00 a.m. - 12:00 p.m.
          Monday, August 21 from 10:00 a.m. - 12:00 p.m.
COST No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered. After participating in this workshop, you will be offered up to three 1:1 virtual appointments to individualize the information for you and your family.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
          • Follow-up individualized consultation
DATE Thursday, May 11 from 1:00 - 3:00 p.m.
      Wednesday, July 26 from 1:00 - 3:00 p.m.
      Wednesday, September 6 from 6:00 - 8:00 p.m.
COST No cost

Co-Regulation with Your Child

This workshop will explore how self-regulation develops during childhood and will provide strategies for parents/caregivers to co-regulate with their child so they can successfully manage their thoughts, feelings, and behaviour and learn to self-regulate. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
          • 1 follow-up individualized consultation
DATE Friday, June 9 from 1:00 - 3:00 p.m.
COST No cost

Understanding Your Child’s Behaviour Through a Sensory Lens

During this workshop presented by Occupational Therapists, you will learn about the body’s different senses and gain an understanding of how sensory processing can impact participation in daily activities. Does your child move a lot and seek input to their muscles? Does your child seem sensitive to noise or certain types of touch? Strategies to support your child to cope with the demands of the environment and meet their body’s sensory needs will be shared. After participation in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
          • 1 follow-up individualized consultation
DATE Thursday, April 20 from 1:00 - 3:00 p.m.
      Thursday, July 20 from 1:00 - 3:00 p.m.
COST No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
### Summer Success! How to Plan Your Summer for an Easier Fall

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE** Thursday, June 8 from 6:00 - 8:00 p.m.

**COST** No cost

### Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child’s transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times. After participating in this workshop, you will be offered a 1:1 appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE** Wednesday, August 2 from 6:00 - 8:00 p.m.

**COST** No cost

### Understanding Interfering Behaviour - Where to Start

Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggressing towards others. This workshop will teach you the ABCs of behaviour and how to identify the ‘why’ behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the “Introduction to Applied Behaviour Analysis” workshop and want to understand more about their child’s interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE** Wednesday, May 3 from 6:00 - 8:00 p.m.
  - Friday, July 14 from 10:00 a.m. - 12:00 p.m.
  - Thursday, September 14 from 6:00 - 8:00 p.m.

**COST** No cost

### Understanding Interfering Behaviour - What Comes Next

Once you have identified why your child might be engaging in interfering behaviours, it’s important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child’s interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed “Understanding Interfering Behaviour - Where to Start” and have a good understanding of their child’s interfering behavior, but want to know more about how best to support them to reduce this behaviour.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE** Monday, June 12 from 10:00 a.m. - 12:00 p.m.
  - Wednesday, August 9 from 6:00 - 8:00 p.m.

**COST** No cost

### Helping Your Child Manage Change

This workshop will provide you with strategies to increase your child’s flexibility. You’ll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2 2-hour virtual workshops
- 1 follow-up individualized consultation

**DATE** Friday, May 12 from 10:00 a.m. - 12:00 p.m.
  - Friday, August 4 from 10:00 a.m. - 12:00 p.m.

**COST** No cost

### Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child’s interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child’s tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE** Friday, April 28 from 1:00 - 3:00 p.m.
  - Monday, July 10 from 6:00 - 8:00 p.m.
  - Friday, September 15 from 10:00 a.m. - 12:00 p.m.

**COST** No cost

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For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
When you have to say “No!” to your child

Does your child get upset when you tell them “No!”? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told “No!” or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
• 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Wednesday, May 17 from 6:00 - 8:00 p.m.  
Friday, July 28 from 10:00 a.m. - 12:00 p.m.  
Wednesday, September 27 from 6:00 - 8:00 p.m.  
**COST** No cost

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
• 1-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Monday, May 29 from 10:00 - 11:00 a.m.  
Wednesday, August 30 from 1:00 - 2:00 p.m.  
**COST** No cost

Preventing and Responding to Elopement

Your child may be considered a “flight risk” if they make repeated attempts to leave a designated area without permission or supervision. This workshop is for families who are looking for ways to prevent their child from eloping and what to do when elopement does happen. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
• 90-minute virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Friday, April 14 from 10:00 - 11:30 a.m.  
Wednesday, June 7 from 6:00 - 7:30 p.m.  
Thursday, August 24 from 1:00 - 2:30 p.m.  
**COST** No cost
Consultation

Service Planning Consultation
Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

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| INCLUDES | • 1-hour appointment  
|          | • Available in-person or virtually |
| DATE   | Flexible |
| COST   | No cost |

Resource Consultation
Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

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| INCLUDES | • 1-hour appointment  
|          | • Available in-person or virtually |
| DATE   | Flexible |
| COST   | No cost |

School Support Consultation
ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

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| INCLUDES | • 1-hour appointment  
|          | • Available in-person or virtually |
| DATE   | Flexible |
| COST   | No cost |

Clinics

Clinic Appointment
Meet with a clinician to discuss a specific skill you’d like your child to develop or address a concern about your child’s behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

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| INCLUDES | • 1-hour appointment  
|          | • Available in-person or virtually |
| DATE   | Flexible |
| COST   | No cost |

Clinical Group Programs

Ready, Set, Participate!
This group will help your child build readiness skills needed to participate in group games and sports. Children will be taught how to attend to a coach, learn new actions used in sports (e.g., shooting baskets), and become more independent in group games and sports. Parents/caregivers will participate along with their child to help them meet their goals and learn strategies to help further support their child to participate in sports. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

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| INCLUDES | • 6 45-minute sessions  
|          | • Available in-person |
| DATE   | Tuesdays from 4:15 - 5:00 p.m. April 11 to May 16 Tuesdays from 4:15 - 5:00 p.m. June 13 to July 18 Tuesdays from 4:15 - 5:00 p.m. August 15 to September 19 |
| COST   | No cost |

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Children's Friendship Training

Children's Friendship Training (CFT) is a group-based program for kids 8-12 years old. Participants learn and develop the skills needed to make and keep friends through role playing and activities. Parents/caregivers learn strategies to support their children as they develop these skills. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

**LEVEL**
- C

**INCLUDES**
- 10 1 hour child group sessions; run concurrently with 10 1 hour parent/caregiver group sessions
- Available in person

**DATE**
Dates and times to be determined

**COST**
No cost

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**Fun with Science**

Fun with Science is an interactive and recreational group designed for kids wanting to explore the world of science. In each session, the group will examine a scientific question and participants will work together to brainstorm, conduct, and discuss the results of an experiment. Sessions will incorporate participation in online games. This group will support your child to practice virtual readiness skills (i.e., following group instructions in a virtual setting, attending to a screen, etc.), as well as social and communication skills in an online platform. Parent/caregiver assistance will be required.

**LEVEL**
- B, C

**INCLUDES**
- Weekly 45-minute virtual sessions
- Sign up for one, several, or all sessions

**DATE**
Wednesdays from 4:15 - 5:00 p.m. April 19 to May 10

**COST**
No cost

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**Getting Crafty**

Getting Crafty is an interactive and recreational group designed for kids wanting to explore their artistic and creative abilities in a virtual setting. In each session, participants will get the opportunity to socialize and engage with peers while creating art, commenting and asking questions about their works of art, and participating in online games. This group will support your child to practice virtual readiness skills (i.e., following group instructions in a virtual setting, attending to a screen, etc.), as well as social and communication skills in an online platform. Parent/caregiver assistance will be required.

**LEVEL**
- A, B, C

**INCLUDES**
- Weekly 45-minute virtual sessions
- Sign up for one, several, or all sessions

**DATE**
Wednesdays from 4:15 - 5:00 p.m. May 24 to June 14

**COST**
No cost

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**Group Recreational Programs**

**Lego Club**

This group is designed for children who enjoy building and constructing with Lego and other building materials to practice using their social skills in a motivational setting. Autism Therapists will guide the group using child-friendly instructions and children will be encouraged to share their creations with their peers to practice social skills.

**LEVEL**
- B, C

**INCLUDES**
- Weekly 45-minute virtual sessions
- Sign up for one, several, or all sessions

**DATE**
Tuesdays from 4:00 - 4:45 p.m. May 30 to June 20
Tuesdays from 4:00 - 4:45 p.m. September 12 to October 3

**COST**
No cost

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**Virtual Games**

This group provides a virtual platform for your child to connect and socialize with their peers. Together with our Autism Therapists, your child will chat about and share their favourite video games while playing virtual games with friends.

**LEVEL**
- A, B, C

**INCLUDES**
- Weekly 45-minute virtual sessions
- Sign up for one, several, or all sessions

**DATE**
Tuesdays from 4:00 - 4:45 p.m. April 11 to May 16
Tuesdays from 4:00 - 4:45 p.m. July 4 to August 8

**COST**
No cost

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**P.A. Day Ice Cream Sundaes**

You scream! I scream! We all scream for ice cream! Calling all ice cream lovers to make your PA Day extra sweet by designing the perfect ice cream sundae with our team of Autism Therapists. Encourage your child's imagination by allowing them to choose flavours and toppings. The Autism Therapists will prepare ice cream themed activities and promote socialization as we talk about our "sweet" creations. Parent/caregiver assistance will be required.

**LEVEL**
- A, B, C

**INCLUDES**
- 45 minute virtual session

**DATE**
Friday, June 2 from 1:00 - 1:45 p.m.

**COST**
No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Summer Travels

Let’s travel the world! Jump aboard our virtual airplane and discover the wonders of the world. Have you ever wanted to explore a jungle? Join a Hawaiian luau? Visit Disney World? Fly a rocket ship into space? Or dig for dinosaur bones? Together with Autism Therapists, your child will participate in virtual field trips and activities that celebrate locations all around the globe. Let us take you on your summer vacation from the comfort of your home.

LEVEL A, B, C
INCLUDES • Weekly 45-minute virtual sessions
• Sign up for one, several, or all sessions
DATE Thursdays from 2:15 - 3:00 p.m. July 6 to August 10
COST No cost

Museum Tour

Let’s go to the museum! This group will enable your child to take a virtual tour of the museum to explore the world’s most ancient artifacts. Ever seen a mummy? Maybe some dinosaur bones? Join our museum tour to participate in the fun! Parents and siblings are encouraged to participate.

LEVEL A, B, C
INCLUDES • Weekly 45-minute virtual sessions
• Sign up for one, several, or all sessions
DATE Wednesdays from 4:15 - 5:00 p.m. September 13 to October 4
COST No cost

Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation
DATE Tuesday, April 11 from 1:00 - 3:00 p.m.
Thursday, May 4 from 6:00 - 8:00 p.m.
Tuesday, June 6 from 6:00 - 8:00 p.m.
Thursday, July 6 from 1:00 - 3:00 p.m.
Tuesday, August 1 from 1:00 - 3:00 p.m.
Thursday, September 7 from 6:00 - 8:00 p.m.
COST No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/youth with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
DATE Friday, April 21 from 1:00 - 3:00 p.m.
Monday, June 19 from 6:00 - 8:00 p.m.
Wednesday, August 23 from 1:00 - 3:00 p.m.
COST No cost

The Ins and Outs of Ministry Funding

This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. An overview of the various funding sources and the eligible expenses for each will be reviewed, as well opportunities to plan for ways to distribute allotted funds over your funding period. This workshop is facilitated by a Direct Funding Accounts Coordinator. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
DATE Wednesday, April 19 from 1:00 - 3:00 p.m.
Thursday, June 1 from 6:00 - 8:00 p.m.
Wednesday, July 12 from 12:00 - 2:00 p.m.
Monday, August 14 from 1:00 - 3:00 p.m.
Wednesday, September 27 from 12:00 - 2:00 p.m.
COST No cost

Special Services at Home (SSAH) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C
INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation
DATE Thursday, April 27 from 6:00 - 8:00 p.m.
Wednesday, June 14 from 12:00 - 2:00 p.m.
Friday, August 18 from 1:00 - 3:00 p.m.
COST No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Assistance for Children with Severe Disabilities (ACSD) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child’s disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than $64,000. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES
- 2-hour virtual workshop
- 1 follow-up individualized consultation

DATE
Monday, May 15 from 1:00 - 3:00 p.m.
Tuesday, July 18 from 12:00 - 2:00 p.m.
Monday, September 18 from 6:00 - 8:00 p.m.

COST No cost

Family Check-Up® (FCU)

Some children and youth with Autism experience high levels of emotional and behavioural problems that can be long-lasting and stressful for families. The “Family Check-Up®” (FCU) program has been shown to decrease the chances that children will develop emotional and behavioural problems and to improve parent well-being, but it has never been tested in families with children with Autism. We want to know how FCU works for families with 6- to 17-year-old children with Autism. FCU involves 3 visits to identify unique family strengths and challenges. It focuses on engaging parents, supporting positive parenting, and connecting families to services. Some parents will also have the opportunity to access the Everyday Parenting Curriculum® (EPC), which is tailored to each family based on their “Check-Up.” This program is supervised by a psychologist and is being offered as part of a research study. Participation in research is voluntary.

LEVEL A, B, C

INCLUDES
- 3 individualized visits

DATE Start dates and times are individualized

COST No cost

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child’s development, and cope with difficult situations. Recommended for parents and caregivers new to their child’s diagnosis.

LEVEL A, B, C

INCLUDES
- 7 2-hour group sessions for parents/caregivers
- 3 follow-up individualized consultations
- Available virtually

DATE
Tuesdays from 6:00 - 8:00 p.m. from April 11 to May 23
Thursdays from 1:00 - 3:00 p.m. from April 13 to May 25
Tuesdays from 1:00 - 3:00 p.m. from July 11 to August 22

COST No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL A, B, C

INCLUDES
- 2-hour virtual workshop

DATE
Monday, April 17 from 6:00 - 8:00 p.m.
Thursday, June 22 from 1:00 - 3:00 p.m.
Wednesday, September 20 from 6:00 - 8:00 p.m.

COST No cost

Pivotal Response Treatment (PRT)® Training

Pivotal Response Treatment (PRT)® is an evidence-based, naturalistic developmental behavioural intervention for children with Autism up to age 12 years. This training includes 2 individual workshop sessions for parents/caregivers and 4 individual sessions that involve both child and parent/caregiver participation. You will learn strategies that increase your child’s skills in a specific pivotal area known to produce widespread positive improvements in learning, social communication, and behaviour. A screening will be completed to determine which pivotal area is most appropriate for your child or to provide recommendations for other services.

LEVEL A, B, C

INCLUDES
- 2 1-hour virtual individual workshop sessions for parents/caregivers
- 4 1-hour virtual individual sessions for child and parent/caregiver

DATE Start dates and times are individualized

COST No cost
Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT)® approach to increasing your child’s self-management skills and decreasing your child’s dependence on caregivers and teachers. Self-management skills can include: self-care, daily habits/household chores, leisure routines, and self-advocacy. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  B, C

**Includes**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**Date**
- Thursday, April 13 from 6:00 - 8:00 p.m.
- Tuesday, July 25 from 1:00 - 3:00 p.m.

**Cost**  No cost

Teaching a New Skill

This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C

**Includes**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**Date**
- Wednesday, April 26 from 6:00 - 8:00 p.m.
- Wednesday, July 19 from 1:00 - 3:00 p.m.

**Cost**  No cost

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth’s communication development. Strategies to support your child or youth’s use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL**  A, B

**Includes**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**Date**
- Wednesday, May 10 from 6:00 - 8:00 p.m.
- Tuesday, August 8 from 10:00 a.m. - 12:00 p.m.

**Cost**  No cost

Promoting Positive Mealtimes

During this workshop facilitated by an Occupational Therapist and a Speech-Language Pathologist, you will learn about the development of the skills involved in eating and how to set up your mealtime environment for success. We will discuss strategies to reduce the stress and worry that can surround mealtimes with a child with eating-related issues and explore ways to make feeding fun. This workshop is intended for families looking to improve their child’s eating and mealtime experience. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL**  A, B, C

**Includes**
- 2-hour virtual workshop
- Follow-up individualized consultation

**Date**
- Monday, April 24 from 1:00 - 3:00 p.m.
- Friday, July 7 from 1:00 - 3:00 p.m.

**Cost**  No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating, as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. This workshop builds on the information shared in the Promoting Positive Mealtimes workshop. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL**  A, B, C

**Includes**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**Date**
- Monday, May 1 from 10:00 a.m. - 12:00 p.m.
- Monday, August 21 from 10:00 a.m. - 12:00 p.m.

**Cost**  No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered. After participating in this workshop, you will be offered up to three 1:1 virtual appointments to individualize the information for you and your family.

**LEVEL**  A, B, C

**Includes**
- 2-hour virtual workshop
- Follow-up individualized consultation

**Date**
- Thursday, May 11 from 1:00 - 3:00 p.m.
- Wednesday, July 26 from 1:00 - 3:00 p.m.
- Wednesday, September 6 from 6:00 - 8:00 p.m.

**Cost**  No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Supporting Your Teen with Self-Independence Skills

Are you looking for tips to help your teen to become more independent with organizing their day, managing their time or being more independent with daily routines? This workshop will outline strategies to help your child navigate the transition to adolescence. Topics covered will include: organization, time management, hygiene routines, understanding puberty and sexuality as well as strategies for how to handle bullying.

**LEVEL** A, B, C  
**INCLUDES**  
• 2-hour virtual workshop  
• Follow-up individualized consultation  
**DATE**  
Wednesday, April 12 from 1:00 - 3:00 p.m.  
Wednesday, August 23 from 6:00 - 8:00 p.m.  
**COST** No cost

Understanding Your Child’s Behaviour Through a Sensory Lens

During this workshop presented by Occupational Therapists, you will learn about the body’s different senses and gain an understanding of how sensory processing can impact participation in daily activities. Does your child move a lot and seek input to their muscles? Does your child seem sensitive to noise or certain types of touch? Strategies to support your child to cope with the demands of the environment and meet their body’s sensory needs will be shared. After participation in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
• 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Thursday, April 20 from 1:00 - 3:00 p.m.  
Thursday, July 20 from 1:00 - 3:00 p.m.  
**COST** No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
• 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Thursday, June 8 from 6:00 - 8:00 p.m.

**COST** No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child’s transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times. After participating in this workshop, you will be offered a 1:1 appointment to individualize the information for you and your family.

**LEVEL** A, B, C  
**INCLUDES**  
• 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Wednesday, August 2 from 6:00 - 8:00 p.m.

**COST** No cost

Understanding Interfering Behaviour - Where to Start

Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggressing towards others. This workshop will teach you the ABCs of behaviour and how to identify the ‘why’ behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the “Introduction to Applied Behaviour Analysis” workshop and want to understand more about their child’s interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

**LEVEL** A, B, C  
**INCLUDES**  
• 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Wednesday, May 3 from 6:00 - 8:00 p.m.  
Friday, July 14 from 10:00 a.m. - 12:00 p.m.  
Thursday, September 14 from 6:00 - 8:00 p.m.

**COST** No cost

Understanding Interfering Behaviour - What Comes Next

Once you have identified why your child might be engaging in interfering behaviours, it’s important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child’s interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed “Understanding Interfering Behaviour - Where to Start” and have a good understanding of their child’s interfering behavior, but want to know more about how best to support them to reduce this behaviour.

**LEVEL** A, B, C  
**INCLUDES**  
• 2-hour virtual workshop  
• 1 follow-up individualized consultation  
**DATE**  
Monday, June 12 from 10:00 a.m. - 12:00 p.m.  
Wednesday, August 9 from 6:00 - 8:00 p.m.

**COST** No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Helping Your Child Manage Change
This workshop will provide you with strategies to increase your child’s flexibility. You’ll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL  A, B, C
INCLUDES  • 2 2-hour virtual workshops
            • 1 follow-up individualized consultation

DATE  Friday, May 12 from 10:00 a.m. - 12:00 p.m.
      Friday, August 4 from 10:00 a.m. - 12:00 p.m.

COST  No cost

Desensitization: How to Make Difficult Events Easier
This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child’s interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child’s tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL  A, B, C
INCLUDES  • 2-hour virtual workshop
            • 1 follow-up individualized consultation

DATE  Friday, April 28 from 1:00 - 3:00 p.m.
      Monday, July 10 from 6:00 - 8:00 p.m.
      Friday, September 15 from 10:00 a.m. - 12:00 p.m.

COST  No cost

Home and Community Safety
This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL  A, B, C
INCLUDES  • 1-hour virtual workshop
            • 1 follow-up individualized consultation

DATE  Monday, May 29 from 10:00 - 11:00 a.m.
      Wednesday, August 30 from 1:00 - 2:00 p.m.

COST  No cost

When you have to say “No!” to your child
Does your child get upset when you tell them “No!”? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told “No!” or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL  A, B, C
INCLUDES  • 2-hour virtual workshop
            • 1 follow-up individualized consultation

DATE  Wednesday, May 17 from 6:00 - 8:00 p.m.
      Friday, July 28 from 10:00 a.m. - 12:00 p.m.
      Wednesday, September 27 from 6:00 - 8:00 p.m.

COST  No cost

Preventing and Responding to Elopement
Your child may be considered a “flight risk” if they make repeated attempts to leave a designated area without permission or supervision. This workshop is for families who are looking for ways to prevent their child from eloping and what to do when elopement does happen. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL  A, B, C
INCLUDES  • 90-minute virtual workshop
            • 1 follow-up individualized consultation

DATE  Friday, April 14 from 10:00 - 11:30 a.m.
      Wednesday, June 7 from 6:00 - 7:30 p.m.
      Thursday, August 24 from 1:00 - 2:30 p.m.

COST  No cost
**Emotion Regulation**

This workshop will provide information about emotion regulation in children with autism and evidence-based strategies for improving emotion regulation skills. Topics will include emotion recognition and understanding, along with some strategies to help children stay calmer. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

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| INCLUDES | • 1.5-hour virtual workshop  
• 1 follow-up individualized consultation |
| DATE   | Wednesday, May 10 from 10:00 a.m. - 12:00 p.m.  
Monday, July 31 from 10:00 a.m. - 12:00 p.m. |
| COST   | No cost |

**Autism and Anxiety**

This workshop will provide information about how anxiety presents in children and youth with Autism and evidence-based strategies for coping with and preventing anxiety.

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| INCLUDES | • 2-hour virtual workshop  
• 1 follow-up individualized consultation |
| DATE   | Monday, June 19 from 10:00 a.m. - 12:00 p.m.  
Friday, September 22 from 1:00 - 3:00 p.m. |
| COST   | No cost |
Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child’s needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

**LEVEL** A, B, C

**INCLUDES**
- 1-hour appointment
- Available in-person or virtually

**DATE** Flexible

**COST** No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

**LEVEL** A, B, C

**INCLUDES**
- 1-hour appointment
- Available in-person or virtually

**DATE** Flexible

**COST** No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

**LEVEL** A, B, C

**INCLUDES**
- 1-hour appointment
- Available in-person or virtually

**DATE** Flexible

**COST** No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you’d like your child to develop or address a concern about your child’s behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

**LEVEL** A, B, C

**INCLUDES**
- 1-hour appointment
- Available in-person or virtually

**DATE** Flexible

**COST** No cost

Group Clinical Programs

PEERS®

PEERS™ (Program for the Education and Enrichment of Relational Skills) is a teen social skills group that targets: conversational skills; how to find common interests; using humour; being a good host; making a phone call; handling rejection, teasing, bullying, rumours, gossip and disagreements; and how to change a bad reputation. Teen and parent groups are run one after the other. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

**LEVEL** C

**INCLUDES**
- 13 1-hour teen group sessions; run concurrently with parent/caregiver group sessions
- Available in-person

**DATE** Dates and times to be determined

**COST** No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Teen Independence - Life Skills

This group will introduce a variety of life skills to participants in a fun and supportive environment with plenty of hands-on practice. Each week will target a different life skill during a 1.5 hour group session, while parents simultaneously learn strategies to promote further teaching and generalization at home. Topics will include: nail care, using utensils, shaving, tying shoes, applying and removing nail polish, buttons and zippers, laundry, and basic First Aid. Participants will be asked to identify which weeks they would like to participate in during registration. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL A, B, C

INCLUDES
• 8 90-minute teen group sessions; run concurrently with parent/caregiver group sessions
• Available in person

DATE Wednesdays from 6:00-7:30 p.m. June 7 to July 26

COST No cost

Teen Independence - Money Management

In this group, teens will be taught essential money management skills that will increase their independence and support them living on their own in adulthood. Sessions will include multiple examples and hands-on practice activities to increase competence with each skill. Topics will include: opening a bank account, monitoring a balance, completing transactions (cash, debit, e-transfer), budgeting and saving money. The group will be facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL C

INCLUDES
• 8 1-hour sessions
• Available in person

DATE Tuesdays from 6:00-7:00 p.m. starting August 9 to September 27

COST No cost

Group Recreational Programs

Virtual Games

This group provides a virtual platform for your child to connect and socialize with their peers. Together with our Autism Therapists, your child will chat about and share their favourite video games while playing virtual games with friends.

LEVEL A, B, C

INCLUDES
• Weekly 45-minute virtual sessions
• Sign up for one, several, or all sessions

DATE Tuesdays from 4:00 - 4:45 p.m. April 11 to May 16
   Tuesdays from 4:00 - 4:45 p.m. July 4 to August 8

COST No cost

Teen Hang Out

Teen Hang Out is designed to encourage social interactions with peers. Together with our Autism Therapists, your teen will participate in both structured and informal activities, including games, crafts, physical movement, and chatting about their favourite movies, video games, Yoububers, and interests within a social setting.

LEVEL B, C

INCLUDES
• Weekly 45-minute virtual sessions
• Sign up for one, several, or all sessions

DATE Tuesdays from 6:30 - 7:15 p.m. April 18 to May 23
   Tuesdays from 6:30 - 7:15 p.m. August 22 to September 26

COST No cost

Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL A, B, C

INCLUDES
• 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Tuesday, April 11 from 1:00 - 3:00 p.m.
   Thursday, May 4 from 6:00 - 8:00 p.m.
   Tuesday, June 6 from 6:00 - 8:00 p.m.
   Thursday, July 6 from 1:00 - 3:00 p.m.
   Tuesday, August 1 from 1:00 - 3:00 p.m.
   Thursday, September 7 from 6:00 - 8:00 p.m.

COST No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/young with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

LEVEL A, B, C

INCLUDES
• 2-hour virtual workshop

DATE Friday, April 21 from 1:00 - 3:00 p.m.
   Monday, June 19 from 6:00 - 8:00 p.m.
   Wednesday, August 23 from 1:00 - 3:00 p.m.

COST No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
### The Ins and Outs of Ministry Funding

This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. An overview of the various funding sources and the eligible expenses for each will be reviewed, as well opportunities to plan for ways to distribute allotted funds over your funding period. This workshop is facilitated by a Direct Funding Accounts Coordinator. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

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<th>LEVEL</th>
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<tbody>
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<td>INCLUDES</td>
<td>• 2-hour virtual workshop</td>
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| DATE | Wednesday, April 19 from 1:00 - 3:00 p.m.  
Wednesday, July 12 from 12:00 - 2:00 p.m.  
Monday, August 14 from 1:00 - 3:00 p.m.  
Wednesday, September 27 from 12:00 - 2:00 p.m. |
| COST | No cost |

### Special Services at Home (SSAH) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type of disability, the amount and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

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| INCLUDES | • 2-hour virtual workshop  
• 1 follow-up individualized consultation |
| DATE | Thursday, April 27 from 6:00 - 8:00 p.m.  
Wednesday, June 14 from 12:00 - 2:00 p.m.  
Friday, August 18 from 1:00 - 3:00 p.m. |
| COST | No cost |

### Assistance for Children with Severe Disabilities (ACSD) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child’s disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than $64,000. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

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| INCLUDES | • 2-hour virtual workshop  
• 1 follow-up individualized consultation |
| DATE | Monday, May 15 from 1:00 - 3:00 p.m.  
Tuesday, July 18 from 12:00 - 2:00 p.m.  
Monday, September 18 from 6:00 - 8:00 p.m. |
| COST | No cost |

### Family Check-Up® (FCU)

Some children and youth with Autism experience high levels of emotional and behavioural problems that can be long-lasting and stressful for families. The “Family Check-Up®” (FCU) program has been shown to decrease the chances that children will develop emotional and behavioural problems and to improve parent well-being, but it has never been tested in families with children with Autism. We want to know how FCU works for families with 6- to 17- year-old children with Autism. FCU involves 3 visits to identify unique family strengths and challenges. It focuses on engaging parents, supporting positive parenting, and connecting families to services. Some parents will also have the opportunity to access the Everyday Parenting Curriculum® (EPC), which is tailored to each family based on their “Check-Up.” This program is supervised by a psychologist and is being offered as part of a research study. Participation in research is voluntary.

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<td>INCLUDES</td>
<td>• 3 individualized visits</td>
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<td>DATE</td>
<td>Start dates and times are individualized</td>
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<td>COST</td>
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### Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

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<td>• 2-hour virtual workshop</td>
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| DATE | Monday, April 17 from 6:00 - 8:00 p.m.  
Thursday, June 22 from 1:00 - 3:00 p.m.  
Wednesday, September 20 from 6:00 - 8:00 p.m. |
| COST | No cost |

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Teaching a New Skill
This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C  

**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  

**DATE**  
- Wednesday, April 26 from 6:00 - 8:00 p.m.  
- Wednesday, July 19 from 1:00 - 3:00 p.m.  

**COST**  No cost  

**Introduction to Augmentative and Alternative Communication**
During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

**LEVEL**  A, B  

**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  

**DATE**  
- Wednesday, May 10 from 6:00 - 8:00 p.m.  
- Tuesday, August 8 from 10:00 a.m. - 12:00 p.m.  

**COST**  No cost  

**Supporting Your Teen with Self-Independence Skills**
Are you looking for tips to help your teen to become more independent with organizing their day, managing their time or being more independent with daily routines? This workshop will outline strategies to help your child navigate the transition to adolescence. Topics covered will include: organization, time management, hygiene routines, understanding puberty and sexuality as well as strategies for how to handle bullying.

**LEVEL**  A, B, C  

**INCLUDES**  
- 2-hour virtual workshop  
- Follow-up individualized consultation  

**DATE**  
- Wednesday, April 12 from 1:00 - 3:00 p.m.  
- Wednesday, August 23 from 6:00 - 8:00 p.m.  

**COST**  No cost  

**Sexuality and Puberty**
Join us for an interactive workshop that covers topics including puberty, teaching boundaries, social rules, dating and relationships. There will be an opportunity during the workshop for caregivers to break out into groups according to the gender of their child to discuss more specific topics. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for your youth.

**LEVEL**  A, B  

**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  

**DATE**  
- Thursday, June 15 from 1:00 - 3:00 p.m.  
- Wednesday, September 20 from 1:00 - 3:00 p.m.  

**COST**  No cost  

**Summer Success! How to Plan Your Summer for an Easier Fall**
This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL**  A, B, C  

**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  

**DATE**  
- Thursday, June 8 from 6:00 - 8:00 p.m.  

**COST**  No cost  

**Making the Transition to School Easier**
This workshop will provide parents and caregivers with strategies to support their child’s transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times. After participating in this workshop, you will be offered a 1:1 appointment to individualize the information for you and your family.

**LEVEL**  A, B, C  

**INCLUDES**  
- 2-hour virtual workshop  
- 1 follow-up individualized consultation  

**DATE**  
- Wednesday, August 2 from 6:00 - 8:00 p.m.  

**COST**  No cost
Understanding Interfering Behaviour - Where to Start

Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggression towards others. This workshop will teach you the ABCs of behaviour and how to identify the ‘why’ behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the “Introduction to Applied Behaviour Analysis” workshop and want to understand more about their child’s interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Wednesday, May 3 from 6:00 - 8:00 p.m.
Friday, July 14 from 10:00 a.m. - 12:00 p.m.
Thursday, September 14 from 6:00 - 8:00 p.m.

COST No cost

Understanding Interfering Behaviour - What Comes Next

Once you have identified why your child might be engaging in interfering behaviours, it’s important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child’s interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed “Understanding Interfering Behaviour - Where to Start” and have a good understanding of their child’s interfering behavior, but want to know more about how best to support them to reduce this behaviour.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Monday, June 12 from 10:00 a.m. - 12:00 p.m.
Wednesday, August 9 from 6:00 - 8:00 p.m.

COST No cost

Helping Your Child Manage Change

This workshop will provide you with strategies to increase your child’s flexibility. You’ll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 2 2-hour virtual workshops
• 1 follow-up individualized consultation

DATE Friday, May 12 from 10:00 a.m. - 12:00 p.m.
Friday, August 4 from 10:00 a.m. - 12:00 p.m.

COST No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child’s interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child’s tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Friday, April 28 from 1:00 - 3:00 p.m.
Monday, July 10 from 6:00 - 8:00 p.m.
Friday, September 15 from 10:00 a.m. - 12:00 p.m.

COST No cost

When you have to say “No!” to your child

Does your child get upset when you tell them “No!”? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told “No!” or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Wednesday, May 17 from 6:00 - 8:00 p.m.
Friday, July 28 from 10:00 a.m. - 12:00 p.m.
Wednesday, September 27 from 6:00 - 8:00 p.m.

COST No cost

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop
• 1 follow-up individualized consultation

DATE Monday, May 29 from 10:00 - 11:00 a.m.
Wednesday, August 30 from 1:00 - 2:00 p.m.

COST No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.
Preventing and Responding to Elopement

Your child may be considered a “flight risk” if they make repeated attempts to leave a designated area without permission or supervision. This workshop is for families who are looking for ways to prevent their child from eloping and what to do when elopement does happen. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** A, B, C

**INCLUDES**
- 90-minute virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Friday, April 14 from 10:00 - 11:30 a.m.
- Wednesday, June 7 from 6:00 - 7:30 p.m.
- Thursday, August 24 from 1:00 - 2:30 p.m.

**COST** No cost

Emotion Regulation

This workshop will provide information about emotion regulation in children with autism and evidence-based strategies for improving emotion regulation skills. Topics will include emotion recognition and understanding, along with some strategies to help children stay calmer. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

**LEVEL** B, C

**INCLUDES**
- 1.5-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Wednesday, May 10 from 10:00 a.m. - 12:00 p.m.
- Monday, July 31 from 10:00 a.m. - 12:00 p.m.

**COST** No cost

Autism and Anxiety

This workshop will provide information about how anxiety presents in children and youth with Autism and evidence-based strategies for coping with and preventing anxiety.

**LEVEL** B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Monday, June 19 from 10:00 a.m. - 12:00 p.m.
- Friday, September 22 from 1:00 - 3:00 p.m.

**COST** No cost

Transition to Adult Services

This workshop will provide parents and caregivers with information about the transition to adulthood process for youth with Autism, including applying to DSO and ODSP. Come learn about what programs and services may be available as your child transitions into the adult world.

**LEVEL** A, B, C

**INCLUDES**
- 2-hour virtual workshop
- 1 follow-up individualized consultation

**DATE**
- Monday, May 8 from 1:00 - 3:00 p.m.
- Tuesday, August 15 from 6:00 - 8:00 p.m.

**COST** No cost

For more information or to register for a service, please contact **(905) 521-2100 ext. 78972** or email at **autismprogram@hhsc.ca.**
Ontario Autism Program (OAP) Core Clinical Services

PRICING FOR OAP CORE CLINICAL SERVICES (1:1 ABA Therapy, Mental Health/Psychological Services, Speech and Language Services, and Occupational Therapy Services)

Prices for core clinical services include parking at Ron Joyce Children’s Health Centre during your visit, as well as any materials and supplies needed for the service. There is no tax on these purchases.

To be added to our registration list for these services, contact the Autism Program by calling (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca. Wait times will vary, and our Family Service Coordinators will be happy to discuss other services to support your family.

Applied Behaviour Analysis (ABA)

1:1 ABA Therapy

All 1:1 ABA therapy begins with a comprehensive assessment and individualized behaviour plan to meet your child’s needs. Program plans can focus on building skills, like communication, toileting and play, or reducing challenging behaviours, like yelling, aggression, and self-injury. Skill building programs are provided by Autism Therapists and are overseen by a Board Certified Behaviour Analyst OAP Clinical Supervisor. Behaviour reduction programs are provided by Behaviour Therapists who are Board Certified Behaviour Analyst OAP Clinical Supervisors.

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<tr>
<th>AGE</th>
<th>Early Childhood Grade 1-3</th>
<th>Grade 4-8</th>
<th>High School</th>
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<tbody>
<tr>
<td>LEVEL</td>
<td>A, B, C</td>
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<tr>
<td>INCLUDES</td>
<td>• Assessment (during weeks 1 &amp; 2)</td>
<td>• Behaviour plan</td>
<td>1:1 therapy with child (during weeks 3-12)</td>
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<td>DATE</td>
<td>Flexible</td>
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<tr>
<td>COST</td>
<td>1:1 Building Skills ($2700 for 2 hours/week for 12 weeks) or 1:1 Reducing Challenging Behaviours ($4500 for 4 hours/week for 12 weeks). Assessment and observation are included in the Service Package. Additional treatment hours are available (cost varies depending upon service goal).</td>
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For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca.
Speech and Language Services
All Speech and Language Services are supported by a regulated Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment
This assessment completed by a Speech-Language Pathologist, is used to evaluate a child’s speech, language, and social communication strengths and needs. The Speech-Language Pathologist will provide strategies and/or make recommendations regarding treatment and provide a written report for parents/caregivers that can inform educational and treatment planning.

| AGE              | Early Childhood  
| Grade 1-3        |
| LEVEL            | A, B, C          |
| INCLUDES         | Clinical interview  
| Observation  
| Completion of standardized testing and questionnaires as appropriate  
| Feedback session  
| Written report  
| Available in-person or virtually |
| DATE             | Flexible         |
| COST             | $380             |

1:1 Speech Therapy Session
Following an assessment with a Speech-Language Pathologist (SLP), this in-clinic or virtual therapy session offers practical strategies to promote your child’s speech and language development and social interactions. You will learn to engage your child in motivating, enjoyable activities while using these strategies. Resources and materials will be provided to support practice at home. Speech therapy sessions may be provided by a Speech-Language Pathologist or Communicative Disorders Assistant depending upon service goal. Communicative Disorders Assistants are overseen by a Speech-Language Pathologist.

| AGE              | Early Childhood  
| Grade 1-3        |
| LEVEL            | A, B, C          |
| INCLUDES         | 1-hour therapy session with child and caregiver  
| Resources and materials to support practice at home *assessment to be completed with a Ron Joyce Children’s Health Centre SLP prior to treatment session  
| Available in-person or virtually |
| DATE             | Flexible         |
| COST             | $150 - $170 (Cost varies depending on service goal) |

Occupational Therapy Services
All Occupational Therapy Services are with a regulated Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment
This assessment is used to evaluate a child’s strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. This assessment is individualized based on a child’s unique skills and abilities. The Occupational Therapist (OT) will provide strategies and/or make recommendations regarding treatment and provide a written report for parents/caregivers that can inform educational and treatment planning.

| AGE              | Early Childhood  
| Grade 1-3        |
| Grade 4-8        |
| High School      |
| LEVEL            | A, B, C          |
| INCLUDES         | Clinical interview  
| Observation  
| Completion of standardized testing and questionnaires as appropriate  
| Feedback session  
| Written report  
| Available in-person or virtually |
| DATE             | Flexible         |
| COST             | $380             |

1:1 Occupational Therapy Session
Following an assessment with an Occupational Therapist, this in-person or virtual therapy session offers practical strategies to facilitate your child’s engagement in their daily activities. You will learn how to apply these strategies to support your child’s development and participation in the identified goal areas of your occupational therapy assessment. Resources and materials will be provided to support practice at home.

| AGE              | Early Childhood  
| Grade 1-3        |
| Grade 4-8        |
| High School      |
| LEVEL            | A, B, C          |
| INCLUDES         | 1-hour therapy session with child and caregiver  
| Resources and materials to support practice at home *assessment to be completed with a Ron Joyce Children’s Health Centre SLP prior to treatment session  
| Available in-person or virtually |
| DATE             | Flexible         |
| COST             | $170             |
Mental Health Services

The McMaster Children’s Hospital Autism Program is excited to be able to offer OAP Core Clinical Mental Health Services! Service begins with a consultation appointment (free of charge), which provides the opportunity to discuss concerns related to your child’s development, learning, or social-emotional well-being. The psychologist will make service recommendations, including whether psychological assessment or treatment is recommended. Cost will vary depending on service plan. For more information about the Mental Health/Psychological Services available, contact the Autism Program by phone (905-521-2100 ext. 78972) or email (autismprogram@hhsc.ca). All Mental Health Services are with a Ph.D. level Psychologist.

Mental Health Assessment

Mental health assessments are used to explore social, emotional, and behavioural difficulties that are causing significant concerns about your child. These difficulties may also be getting in the way of your child’s ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their mental health challenges can be accounted for by additional diagnoses, such as anxiety, mood, or obsessive-compulsive disorders. Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

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<td>Grade 4-8</td>
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<tr>
<td></td>
<td>High School</td>
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| LEVEL | B, C |

| INCLUDES | Clinical interview  
|          | Behavioural observations  
|          | Questionnaires  
|          | Feedback session  
|          | Written report  
|          | Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person |

| DATE | Flexible |

| COST | $1600 |

Please note that OAP Core Clinical Funding may be used for this type of assessment, and some Extended Health Benefits plans cover psychological services.

Comprehensive Psychological Assessment

Comprehensive psychological assessments are used to investigate complex behavioural presentations that may include all or some combination of cognitive, learning, and/or social, emotional, and behavioural difficulties. These difficulties are significantly impairing your child’s ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their challenges can be accounted for by additional diagnoses, including neurodevelopmental disorders (e.g., Intellectual Developmental Disorder, Attention-Deficit/Hyperactivity Disorder, Specific Learning Disorder) and/or mental health disorders (e.g., anxiety, mood, obsessive-compulsive disorders). Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

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<th>AGE</th>
<th>Grade 1-3</th>
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<td>Grade 4-8</td>
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<td>High School</td>
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| LEVEL | A, B, C |

| INCLUDES | Clinical interview  
|          | Behavioural observations  
|          | Completion of standardized testing and questionnaires  
|          | Feedback session  
|          | Written report  
|          | Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person |

| DATE | Flexible |

| COST | $4200 |

Please note that OAP Core Clinical Funding may be used for this type of assessment, and some Extended Health Benefits plans cover psychological services.
# Psychoeducational Assessment

Psychoeducational assessments are used to identify areas of strength and need in a student’s learning profile allowing for a deeper understanding of their educational abilities. It may also be used to make a decision as to whether their challenges in school can be accounted for by additional diagnoses, such as a Specific Learning Disorder, Attention-Deficit/Hyperactivity Disorder, or Intellectual Developmental Disorder. Recommendations are made to enable students to access appropriate academic accommodations and supports at school, home, and in the community.

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<th>COST</th>
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Please note that OAP Core Clinical Funding cannot be used for this type of assessment, but some Extended Health Benefits plans cover psychological services.
Have you received a letter or email from the Government of Ontario to transition to AccessOAP?

AccessOAP is building a new way to connect with autism services and supports across Ontario. They are helping families with children on the autism spectrum:
- register for and navigate the Ontario Autism Program (OAP), and
- make informed choices about the services and supports available to them.

Is your family already accessing OAP services and supports?

The Government of Ontario will send you an email or letter asking you to create your account with AccessOAP. You must wait until you receive this letter or email before you can create your new AccessOAP account.

Once you create your account you can:
- see the full list of programs and services available to you;
- access your family OAP account information;
- get the support you need to make the right decisions for you and your family.

Create an account with AccessOAP as soon as you receive your letter or email from the Government of Ontario.

The information contained in your unique letter or email is needed to start the transition process.

Connect with AccessOAP by phone at 1-833-425-2445, or on their website at www.accessoap.ca for any questions or to learn more about this process.

If you need assistance registering with AccessOAP, our Family Service Coordinators at the McMaster Children’s Hospital Autism Program would be happy to help. Call (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca

Families can continue to access services from the OAP and reach out to the Ontario Autism Program through the Central Resource Team at the Ministry of Children, Community, and Social Services at oap@ontario.ca or 1-888-444-4530.