Autism Program
McMaster
Children's Hospital

Virtual Workshops
Summer Calendar

We are excited to offer free virtual workshops for parents and caregivers! The Zoom Health Platform is used to deliver all workshops. Access is very easy and instructions will be sent to you upon confirmation of your registration. Registration is limited!

To register for any of the workshops listed below: **email autismprogram@hhsc.ca** or **call 905-521-2100 ext. 78972**. Please identify the workshop title and date and time you would like to attend.

Virtual Workshops Offered:

Next Steps

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.

Dates and Times Available
Tuesday, July 28 from 6:30 – 8:30 p.m.
Thursday, July 30 from 1:00 – 3:00 p.m.
Wednesday, August 19 from 10:00 a.m. – 12:00 p.m.
Friday, August 21 from 1:00 – 3:00 p.m.

Desensitization: How to make Difficult Events Easier

The COVID-19 pandemic has brought a lot of changes for families and their children. This workshop focuses on making activities, like wearing a mask, getting a haircut, washing hands, or going to the store, more seamless for the entire family. You will learn strategies to help reduce your child's challenging behavior during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance in challenging situations.

Dates and Times Available
Tuesday, July 14 from 6:30 – 8:30 p.m.
Thursday, July 9 from 1:00 – 3:00 p.m.
Friday, August 7 from 10:00 a.m. – 12:00 p.m.
Thursday, August 13 from 1:00 – 3:00 p.m.
Monday, August 24 from 6:30 – 8:30 p.m.

Anxiety and Autism

This workshop will review the current literature on evidence-based strategies related to anxiety in youth with autism.

Dates and Times Available
Wednesday, July 29 from 1:00 – 3:00 p.m.
Thursday, July 30 from 10:00 a.m. – 12:00 p.m.
Friday, August 7 from 10:00 a.m. – 12:00 p.m.
Friday, August 14 from 1:00 – 3:00 p.m.
Thursday, August 20 from 6:30 – 8:30 p.m.

Introduction to Play Skills
This workshop helps caregivers learn ABA strategies for helping your child develop their play skills. You'll learn the stages of play from independent toy play to more advanced cooperative play with others.

Dates and Times Available
Friday, July 17 from 1:00 – 3:00 p.m.
Tuesday, July 21 from 10:00 a.m. – 12:00 p.m.
Monday, July 27 from 1:00 – 3:00 p.m.
Friday, August 7 from 10:00 a.m. – 12:00 p.m.
Thursday, August 13 from 10:00 a.m. – 12:00 p.m.
Tuesday, August 25 from 6:30 – 8:30 p.m.

Understanding Challenging Behaviours
This two-part (two, 2-hour workshops) series for parents and caregivers will give you the skills to begin developing an intervention plan for challenging behaviour. In part one, you will learn to identify and collect data to better understand a behaviour. In part two, we'll review your data and discuss strategies to reduce challenging behviour. This workshop will be facilitated by a Clinical Coordinator who is a Board Certified Behaviour Analyst. Following participating in the Part 2 workshop, you will be offered a 1:1 virtual appointment with a behavioural clinician to individualize the information for you and your family.

Dates and Times Available	
Part 1	**Part 2**
Monday, July 20 from 6:30 – 8:30 p.m.	Monday, July 27 from 6:30 – 8:30 p.m.
Thursday, July 16 from 10:00 a.m. – 12:00 p.m.	Thursday, July 23 from 10:00 a.m. – 12:00 p.m.
Tuesday, July 21 from 1:00 – 3:00 p.m.	Tuesday, July 28 from 1:00 – 3:00 p.m.
Tuesday, August 4 from 6:30 – 8:30 p.m.	Tuesday, August 11 from 6:30 – 8:30 p.m.
Monday, August 10 from 10:00 a.m. – 12:00 p.m.	Monday, August 17 from 10:00 a.m. – 12:00 p.m.
Thursday, August 20 from 1:00 – 3:00 p.m.	Thursday, August 20 from 1:00 – 3:00 p.m.

Teaching a New Skill
This 2-hour workshop helps parents and caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene or dressing. Participants will finish the workshop with a plan to help set their child up for success. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

Dates and Times Available
Wednesday, July 15 from 1:00 – 3:00 p.m.
Thursday, July 23 from 6:30 – 8:30 p.m.
Wednesday, July 29 from 10:00 – 11:00 a.m.
Thursday, August 6 from 10:00 a.m. – 12:00 p.m.
Friday, August 14 from 1:00 – 3:00 p.m.
Thursday, August 27 from 6:30 – 8:30 p.m.

Improving Your Child's Sleep

During this 2-hour workshop, you will learn about Applied Behaviour Analysis (ABA) based strategies to help children fall asleep and maintain a full night's sleep. Approaches are covered step-by-step in a practical manner to address a variety of sleep-related issues. After participation in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

Dates and Times Available
Thursday, July 16 from 6:30 – 8:30 p.m.
Wednesday, July 22 from 10:00 a.m. – 12:00 p.m.
Friday, July 24 from 1:00 – 3:00 p.m.
Thursday, August 6 from 10:00 a.m. – 12:00 p.m.
Tuesday, August 25 from 6:30 – 8:30 p.m.
Monday, August 31 from 1:00 – 3:00 p.m.

Toilet Training

During this 2-hour 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 participation in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

Dates and Times Available
Tuesday, July 14 from 10:00 a.m. – 12:00 p.m.
Monday, July 20 from 1:00 – 3:00 p.m.
Thursday, July 30 from 6:30 – 8:30 p.m.
Tuesday, August 4 from 10:00 a.m. – 12:00 p.m.
Wednesday, August 12 from 6:30 – 8:30 p.m.
Monday, August 24 from 1:00 – 3:00 p..

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.

Dates and Times Available
Monday, July 6 from 6:30 – 8:30 p.m.
Monday, July 13 from 1:00 – 3:00 p.m.
Monday, July 27 from 10:00 a.m. – 12:00 p.m.
Thursday, August 6 from 1:00 – 3:00 p.m.
Tuesday, August 18 from 6:30 – 8:30 p.m.
Friday, August 28 from 10:00 a.m. – 12:00 p.m.