

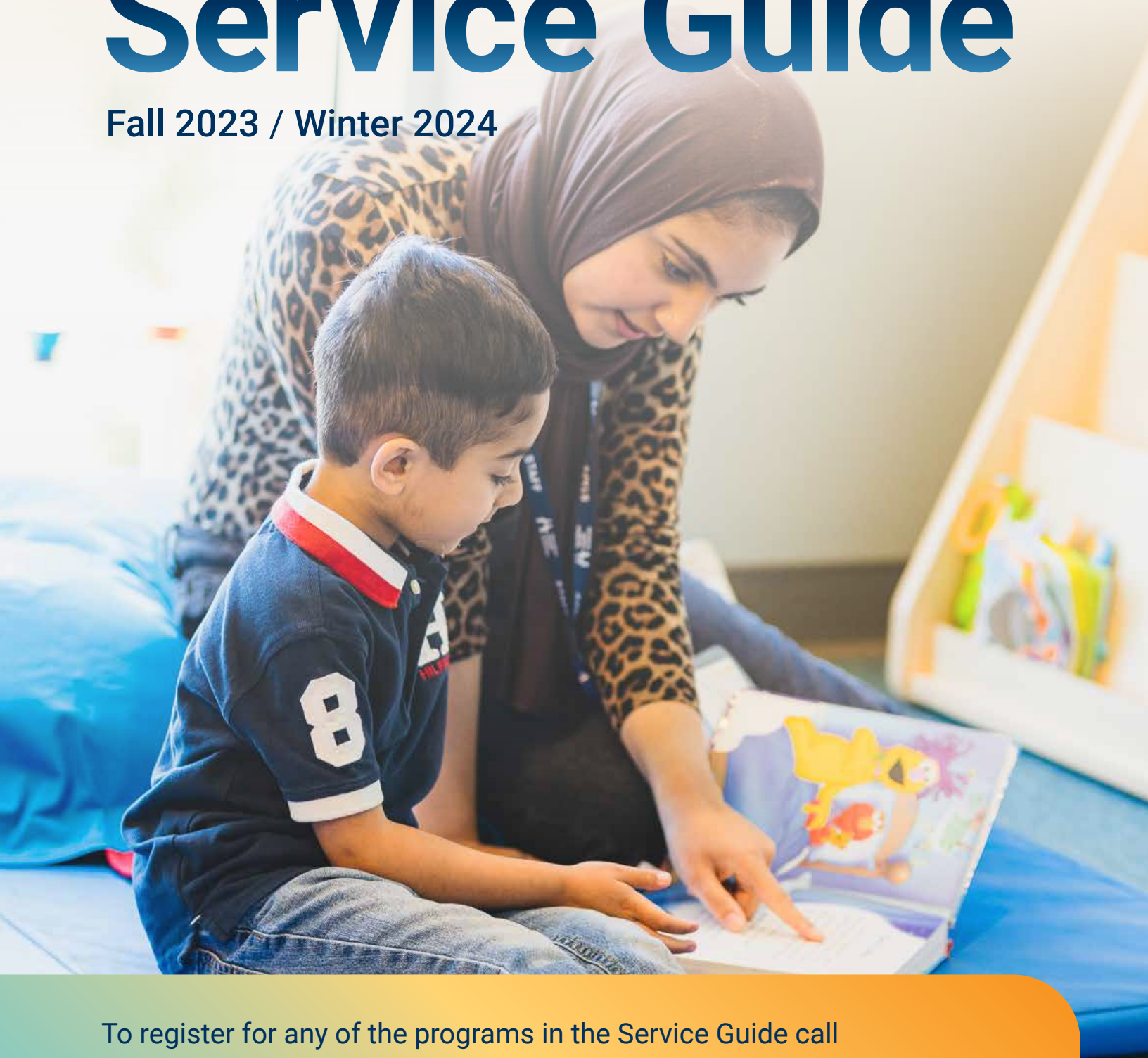
NEW!

Fee-based
services now
available.



Service Guide

Fall 2023 / Winter 2024



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 will partner with you to help you and your child build skills and embrace their unique traits and talents through **Foundational Family Services and fee-based services, including Core Clinical Services**. These services balance programming with your child and supporting you and your family to apply knowledge and skills in real-world settings (home, school, community) to ensure your child's ongoing skill development and participation.

We strive to be accessible and responsive to all families who choose us to be a part of their care team.

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 your family

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Features of this guide

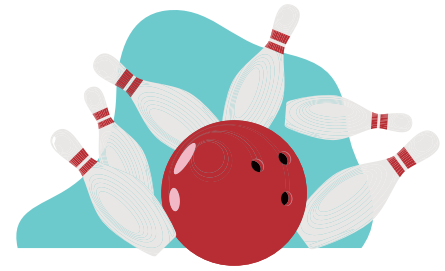
SERVICE FEATURES

Keep an eye out for icons listed on Page 16. They will indicate features of different services, including which skill areas they target.

LEVELS

Use the chart on Page 17 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.

Family Events



FAMILY BOWLING NIGHT!

Together with your child, enjoy an evening of bowling at Splitsville Hamilton with the McMaster Children's Hospital Autism Program. Spaces are limited and pre-registration is required. For registration or more information, please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

Location: Splitsville Hamilton
1525 Stone Church Rd East, Hamilton, ON

Includes:

- Lane and shoe rental
- Food and drinks are available for purchase from the venue

Date: Thursday, November 23 from
5:00 – 7:00 p.m.

Cost: No cost

A NIGHT AT THE MOVIES!

Together with your family, join us for a sensory friendly screening of the new release movie, Trolls Band Together. Spaces are limited and pre-registration is required. For registration or more information, please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

Location: Cineplex Hamilton Mountain
795 Paramount Drive, Stoney Creek, ON

Includes:

- Admission to the movie
- Food and drinks are available for purchase from the venue

Date: Thursday, December 7

- Movie starts at 6:00 p.m.
- Run time 1 hour 25 minutes

Cost: No cost

"When our daughter started the program she had some words but didn't string together more than 2 or 3 words. She now speaks in full sentences and asks us many questions."

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.

Recreation in Hamilton

Presented by the City of Hamilton's Recreation Division

Join us for a virtual information session with the City of Hamilton's Recreation Division. We will be speaking about our Inclusion Programs and services which will cover information about what is available, registration process and overview of the program (including Camp Kidaca). We will also be presenting information about our Recreation Assistance Program and covering who qualifies for funding, what is available for families and how to apply.

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.



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

Family Nights

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, October 25
Wednesday, November 29
Wednesday, December 20
Wednesday, January 31
Wednesday, February 28
Wednesday, March 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 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: 6:00 – 8:00 p.m.
Monday, October 16
Monday, October 23
Monday, October 30
Monday, November 6
Monday, November 13
Monday, November 20
Winter 2024 dates and times to be determined.

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



Family Nights are Expanding!

Welcome back to Family Nights at the Ron Joyce Children's Health Centre!

325 Wellington St. N., 4th floor

CHILD GROUP

Facilitated by McMaster Children's Hospital Autism Program staff, children and youth will have the opportunity to participate in fun activity stations.

When:

Tuesday, October 24, 2023

Parent Group Topic: Welcome to the MCH Autism Program

and **Tuesday, November 28, 2023**

Parent Group Topic: Autism Research Updates

6:00-7:30 p.m.

PARENT/CAREGIVER GROUP

Facilitated by McMaster Children's Hospital Autism Program staff, this parent/caregiver group provides an opportunity for you to meet with other parents and caregivers to share information and experiences, ask and answer questions, and make connections. Each group will focus on a different discussion topic and begin with a 30 minute presentation from a guest speaker.

To register:

Spaces are limited! Each month, spaces will be assigned on a first-come basis according to registration call. Registration opens on the first of each month for that month's Family Night.

For registration or more information, please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

SIBLING GROUP

Facilitated by Young Caregivers Association, children ages 5-12 years old can meet other children who have a brother or sister with Autism, talk about feelings related to Autism, ask questions, and share stories while participating in a variety of games, crafts and activities.



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

October

Wednesday OCT 4	Next Steps After Your Child Receives a Diagnosis Wednesday, October 4 from 10:00 a.m. - 12:00 p.m.
Thursday OCT 12	Co-Regulation with Your Child (Early childhood to grade 3) Thursday, October 12 from 1:00 - 3:00 p.m.
	Teaching Self-Management Strategies to Increase Independence Thursday, October 12 from 6:00 - 8:00 p.m.
Friday OCT 13	Overview of Ministry Funding Options Friday, October 13 from 10:00 a.m. - 12:00 p.m.
	Getting Ready to Learn Friday, October 13 from 1:00 - 3:00 p.m.
Monday OCT 16	Introduction to Play Skills Monday, October 16 from 10:00 a.m. - 12:00 p.m.
	Readiness for Toilet Training - Where to Start Monday, October 16 from 1:00 - 3:00 p.m.
Wednesday OCT 18	Introduction to Augmentative and Alternative Communication Wednesday, October 18 from 6:00 - 8:00 p.m.
Thursday OCT 19	Special Services at Home (SSAH) Funding Thursday, October 19 from 6:00 - 8:00 p.m.
Friday OCT 20	Preventing and Responding to Elopement Friday, October 20 from 1:00 - 2:30 p.m.
Monday OCT 23	Promoting Positive Mealtimes Monday, October 23 from 10:00 a.m. - 12:00 p.m.
Thursday OCT 26	Understanding Your Child Through a Sensory Lens Thursday, October 26 from 1:00 - 3:00 p.m.
	Supporting Communication with your School Thursday, October 26 from 6:00 - 8:00 p.m.
Friday OCT 27	Emotion Regulation (Grades 1-8) Friday, October 27 from 1:00 - 3:00 p.m.
Monday OCT 30	Using Visual Supports Monday, October 30 from 10:00 a.m. - 12:00 p.m.
	Supporting Your Teen with Self-Independence Skills Monday, October 30 from 1:00 - 3:00 p.m.

For more information or to register for a service, please contact
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PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

November

Thursday NOV 2	Next Steps After Your Child Receives a Diagnosis Thursday, November 2 from 6:00 - 8:00 p.m.
Friday NOV 3	Desensitization: How to Make Difficult Events Easier Friday, November 3 from 1:00 - 3:00 p.m.
Monday NOV 6	Let's Communicate! Monday, November 6 from 1:00 - 3:00 p.m. Money Management Monday, November 6 from 6:00 - 8:00 p.m.
Wednesday NOV 8	Overview of Ministry Funding Options Wednesday, November 8 from 6:00 - 8:00 p.m.
Thursday NOV 9	Preparing for a Successful Community Outing Thursday, November 9 from 6:00 - 8:00 p.m.
Friday NOV 10	Responding to School Refusal and Bullying (Grades 4-8) Friday, November 10 from 10:00 a.m. - 12:00 p.m. Teaching a New Skill Friday, November 10 from 1:00 - 3:00 p.m.
Wednesday NOV 15	Overview of Autism Spectrum Disorder (ASD) Wednesday, November 15 from 6:00 - 8:00 p.m.
Thursday NOV 16	Helping Your Child Manage Change Thursday, November 16 from 6:00 - 8:00 p.m. Introduction to Applied Behaviour Analysis (ABA) Thursday, November 16 from 6:00 - 8:00 p.m.
Friday NOV 17	Assistance for Children with Severe Disabilities (ACSD) Funding Friday, November 17 from 1:00 - 3:00 p.m.
Monday NOV 20	Autism and Anxiety (Grade 4-12) Monday, November 20 from 10:00 a.m. - 12:00 p.m. Readiness for Toilet Training - What Comes Next Monday, November 20 from 1:00 - 2:00 p.m.
Tuesday NOV 21	Improving Your Child's Sleep Tuesday, November 21 from 1:00 - 3:00 p.m.
Wednesday NOV 22	Understanding Interfering Behaviour - Where to Start Wednesday, November 22 from 1:00 - 3:00 p.m.
Thursday NOV 23	Transition to Adult Services Thursday, November 23 from 1:00 - 3:00 p.m.
Friday NOV 24	Home and Community Safety Friday, November 24 from 1:00 - 2:00 p.m.
Monday NOV 27	Picky Eating Monday, November 27 from 10:00 a.m. - 12:00 p.m. Toilet Training Monday, November 27 from 6:00 - 8:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

December

Friday DEC 1	When you have to say “No!” to your child Friday, December 1 from 10:00 a.m. - 12:00 p.m. <hr/> Sexuality and Puberty (Grade 4-12) Friday, December 1 from 1:00 - 3:00 p.m.
Monday DEC 4	Next Steps After Your Child Receives a Diagnosis Monday, December 4 from 1:00 - 3:00 p.m. <hr/> Making the Holidays Successful Monday, December 4 from 6:00 - 8:00 p.m.
Tuesday DEC 5	Introduction to Augmentative and Alternative Communication Tuesday, December 5 from 10:00 a.m. - 12:00 p.m.
Wednesday DEC 6	Understanding Interfering Behaviour - What Comes Next Wednesday, December 6 from 1:00 - 3:00 p.m.
Thursday DEC 7	Introduction to Play Skills Thursday, December 7 from 1:00 - 3:00 p.m.
Friday DEC 8	Using Visual Supports Friday, December 8 from 1:00 - 3:00 p.m.
Monday DEC 11	Responding to School Refusal and Bullying (Grade 9-12) Monday, December 11 from 10:00 a.m. - 12:00 p.m.
Tuesday DEC 12	Readiness for Toilet Training - Where to Start Tuesday, December 12 from 6:00 - 8:00 p.m.
Wednesday DEC 13	Supporting Communication with your School Wednesday, December 13 from 1:00 - 3:00 p.m.
Thursday DEC 14	Overview of Ministry Funding Options Thursday, December 14 from 1:00 - 3:00 p.m. <hr/> Understanding Your Child Through a Sensory Lens Thursday, December 14 from 6:00 - 8:00 p.m.
Friday DEC 15	Promoting Positive Mealtimes Friday, December 15 from 1:00 - 3:00 p.m.
Monday DEC 18	Special Services at Home (SSAH) Funding Monday, December 18 from 10:00 a.m. - 12:00 p.m.
Tuesday DEC 19	Co-Regulation with Your Child (Early childhood to Grade 3) Tuesday, December 19 from 10:00 a.m. - 12:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

January

Friday JAN 5	Next Steps After Your Child Receives a Diagnosis Friday, January 5 from 10:00 a.m. - 12:00 p.m.
Tuesday JAN 9	Readiness for Toilet Training - What Comes Next Tuesday, January 9 from 6:00 - 7:00 p.m.
	Teaching Self-Management Strategies to Increase Independence Tuesday, January 9 from 1:00 - 3:00 p.m.
Thursday JAN 11	Let's Communicate! Thursday, January 11 from 6:00 - 8:00 p.m.
Friday JAN 12	Overview of Ministry Funding Options Friday, January 12 from 10:00 a.m. - 12:00 p.m.
	Getting Ready to Learn Friday, January 12 from 1:00 - 3:00 p.m.
Monday JAN 15	Picky Eating Monday, January 15 from 10:00 a.m. - 12:00 p.m.
Wednesday JAN 17	Introduction to Applied Behaviour Analysis (ABA) Wednesday, January 17 from 1:00 - 3:00 p.m.
Thursday JAN 18	Assistance for Children with Severe Disabilities (ACSD) Funding Thursday, January 18 from 6:00 - 8:00 p.m.
Friday JAN 19	Overview of Autism Spectrum Disorder (ASD) Friday, January 19 from 10:00 a.m. - 12:00 p.m.
	Toilet Training Friday, January 19 from 1:00 - 3:00 p.m.
Monday JAN 22	Preparing for a Successful Community Outing Monday, January 22 from 1:00 - 3:00 p.m.
Wednesday JAN 24	Transition to Adult Services Wednesday, January 24 from 6:00 - 8:00 p.m.
Thursday JAN 25	Preventing and Responding to Elopement Thursday, January 25 from 6:00 - 7:30 p.m.
Friday JAN 26	Supporting Your Teen with Self-Independence Skills Friday, January 26 from 1:00 - 3:00 p.m.
Monday JAN 29	Desensitization: How to Make Difficult Events Easier Monday, January 29 from 6:00 - 8:00 p.m.
	Emotion Regulation (Grades 1-8) Monday, January 29 from 10:00 a.m. - 12:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

February

Friday FEB 2	Improving Your Child's Sleep Friday, February 2 from 1:00 - 3:00 p.m.
Monday FEB 5	Readiness for Toilet Training - Where to Start Monday, February 5 from 10:00 a.m. - 12:00 p.m.
	Sexuality and Puberty (Grades 4-12) Monday, February 5 from 1:00 - 3:00 p.m.
Wednesday FEB 7	Next Steps After Your Child Receives a Diagnosis Wednesday, February 7 from 6:00 - 8:00 p.m.
Thursday FEB 8	Helping Your Child Manage Change Thursday, February 8 from 1:00 - 3:00 p.m.
	Using Visual Supports Thursday, February 8 from 6:00 - 8:00 p.m.
Friday FEB 9	Teaching a New Skill Friday February 9 from 1:00 - 3:00 p.m.
Monday FEB 12	Promoting Positive Mealtimes Monday, February 12 from 10:00 a.m. - 12:00 p.m.
	Overview of Ministry Funding Options Monday, February 12 from 6:00 - 8:00 p.m.
Thursday FEB 15	Introduction to Play Skills Thursday, February 15 from 1:00 - 3:00 p.m.
	Responding to School Refusal and Bullying (Grades 4-8) Thursday, February 15 from 6:00 - 8:00 p.m.
Friday FEB 16	Co-Regulation with Your Child (Early childhood to grade 3) Friday, February 16 from 1:00 - 3:00 p.m.
Wednesday FEB 21	Introduction to Augmentative and Alternative Communication Wednesday, February 21 from 6:00 - 8:00 p.m.
Thursday FEB 22	Home and Community Safety Thursday, February 22 from 6:00 - 7:00 p.m.
Friday FEB 23	Special Services at Home (SSAH) Funding Friday, February 23 from 1:00 - 3:00 p.m.
Monday FEB 26	Supporting Communication with your School Monday, February 26 from 10:00 a.m. - 12:00 p.m.
	Money Management Monday, February 26 from 6:00 - 8:00 p.m.
Tuesday FEB 27	Understanding Interfering Behaviour - Where to Start Tuesday, February 27 from 6:00 - 8:00 p.m.
Thursday FEB 29	Understanding Your Child Through a Sensory Lens Thursday, February 29 from 1:00 - 3:00 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

March

Friday MAR 1	Introduction to Applied Behaviour Analysis (ABA) Friday, March 1 from 10:00 a.m. - 12:00 p.m.
	Autism and Anxiety (Grade 4-12) Friday, March 1 from 1:00 - 3:00 p.m.
Monday MAR 4	Readiness for Toilet Training - What Comes Next Monday, March 4 from 10:00 - 11:00 a.m.
	When you have to say “No!” to your child Monday, March 4 from 1:00 - 3:00 p.m.
Wednesday MAR 6	Responding to School Refusal and Bullying (Grade 9-12) Wednesday, March 6 from 6:00 - 8:00 p.m.
Thursday MAR 7	Next Steps After Your Child Receives a Diagnosis Thursday, March 7 from 1:00 - 3:00 p.m.
Friday MAR 8	Preparing for a Successful Community Outing Friday, March 8 from 10:00 a.m. - 12:00 p.m.
	Overview of Ministry Funding Options Friday, March 8 from 1:00 - 3:00 p.m.
Monday MAR 18	Picky Eating Monday, March 18 from 10:00 a.m. - 12:00 p.m.
	Transition to Adult Services Monday, March 18 from 1:00 - 3:00 p.m.
Wednesday MAR 20	Overview of Autism Spectrum Disorder (ASD) Wednesday, March 20 from 1:00 - 3:00 p.m.
Thursday MAR 21	Assistance for Children with Severe Disabilities (ACSD) Funding Thursday, March 21 from 10:00 a.m. - 12:00 p.m.
	Improving Your Child’s Sleep Thursday, March 21 from 6:00 - 8:00 p.m.
Monday MAR 25	Getting Ready to Learn Monday, March 25 from 10:00 a.m. - 12:00 p.m.
	Let’s Communicate! Monday, March 25 from 1:00 - 3:00 p.m.
Tuesday MAR 26	Understanding Interfering Behaviour - What Comes Next Tuesday March 26 from 6:00 - 8:00 p.m.
	Teaching Self-Management Strategies to Increase Independence Tuesday, March 26 from 1:00 - 3:00 p.m.
Friday MAR 29	Toilet Training Friday, March 29 from 1:00 - 3:00 p.m.

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>

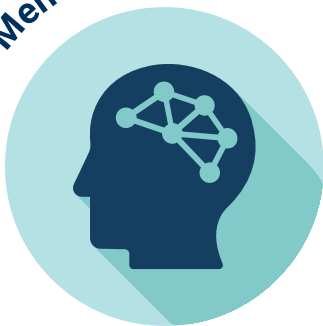




Icon Legend

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

Mental Health



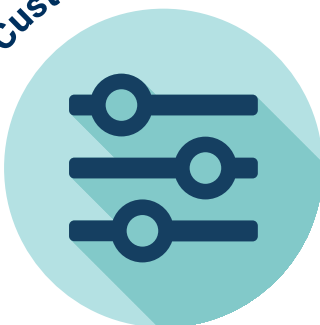
Social



Behaviour



Custom



Communication



Life Skills



Play & Leisure



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.

AREA	LEVEL A	LEVEL B	LEVEL C
SOCIAL	<ul style="list-style-type: none"> Does not play with toys as they were designed Enjoys solitary play May not respond to adult or peer attempts to interact Enjoys cause and effect toys 	<ul style="list-style-type: none"> Plays with toys as they were designed and enjoys pretend play Aware of adults and peers in close proximity May participate in some interactive or cooperative play with assistance Does not initiate peer interaction but will follow along in simple interactive games 	<ul style="list-style-type: none"> Participates in interactive and cooperative play with little to no assistance Understands the rules of play including turn-taking, sharing, winning and losing Participates in verbal exchanges with self and peers during play Plays board games and video games with minimal assistance
COMMUNICATION	<ul style="list-style-type: none"> May not have a communication system in place Primarily non-verbal Uses visuals or augmentative communication device with prompting Difficulty following simple instructions 	<ul style="list-style-type: none"> Can request needs and wants with 1-4 word sentences or by using an augmentative communication system Minimal back and forth conversation skills 	<ul style="list-style-type: none"> Advanced communication skills using verbal requests, comments and questions Can participate in both verbal and non-verbal communication Can initiate, maintain and end conversations with assistance May become fixated or have trouble moving away from a preferred topic of discussion
BEHAVIOUR & DAILY LIVING	<ul style="list-style-type: none"> Needs help to complete daily routines such as washing, toileting or eating Engages in repetitive behaviours Difficulty transitioning from one activity to the next 	<ul style="list-style-type: none"> Can follow daily routines with minimal assistance Does not like to deviate from daily routine and has difficulty with unexpected changes May engage in repetitive behaviours but is easily redirected Can follow one/two step directions independently 	<ul style="list-style-type: none"> Can follow daily routines with little to no assistance Adapts to transitions and changes to routine Can follow complex individual and group instructions independently

Early Childhood



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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child at a time.

Let's Get Ready for Groups

This group will help parents and caregivers learn strategies to support their child across a variety of group-based activities. The teaching strategies used are based on the science of Applied Behaviour Analysis (ABA) and will help you to prepare your child to transfer their skills to different settings, such as school, recreational activities, camp, etc. The focus will be on learning readiness skills, including attending to a leader/teacher, following a visual schedule, transitioning between activities, and remaining appropriate near peers. Parents/caregivers will participate along with their child within this group, which is facilitated by Autism Therapists who provide hands-on coaching with supervision from an OAP Clinical Supervisor.

LEVEL	A,B
INCLUDES	<ul style="list-style-type: none">• 6 45-minute sessions• Available in-person
DATE	<p>Mondays from 10:00 - 10:45 a.m. October 16 to November 27 Mondays from 11:15 a.m. - 12:00 p.m. October 16 to November 27 Tuesdays from 4:00 to 4:45 p.m. October 17 to November 21 Thursdays from 10:00 - 10:45 a.m. November 2 to December 7 Thursdays from 11:15 a.m. - 12:00 p.m. November 2 to December 7 Mondays from 10:00 - 10:45 a.m. January 8 to February 12 Mondays from 11:15 a.m. - 12:00 p.m. January 8 to February 12 Tuesdays from 4:00 to 4:45 p.m. January 9 to February 13 Thursdays from 10:00 - 10:45 a.m. January 25 to February 29 Thursdays from 11:15 a.m. - 12:00 p.m. January 25 to February 29</p>
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	<ul style="list-style-type: none"> • 6 45-minute sessions • Available in-person
DATE	Fridays from 9:00 - 9:45 a.m. October 13 to November 17 Mondays from 4:00 - 4:45 p.m. October 16 to November 27 Tuesdays from 11:00 - 11:45 a.m. from November 7 to December 12 Fridays from 9:00 - 9:45 a.m. January 12 to February 16 Mondays from 4:00 - 4:45 p.m. January 15 to February 19 Tuesdays from 11:00 - 11:45 a.m. from January 23 to February 27
COST	No cost

Communicate and Play



This group will help parents and caregivers learn strategies to facilitate the development of their child's communication, interaction, and play skills while engaged in fun, everyday routines and activities. Parents/caregivers will participate along with their child within this group, which is facilitated by Communicative Disorders Assistants and Autism Therapists with supervision from a Speech-Language Pathologist and OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 6 1-hour sessions • Available in-person
DATE	Fridays from 9:30 - 10:30 a.m. October 20 to November 24 Fridays from 11:00 a.m. - 12:00 p.m. October 20 to November 24 Fridays from 9:30 - 10:30 a.m. January 19 to February 23 Fridays from 11:00 a.m. - 12:00 p.m. January 19 to February 23
COST	No cost

Group Recreational Programs

Halloween



Trick or Treat! This group is designed to enable your child to enjoy some child-friendly spooky fun in a virtual setting. Your child will be able to practice their communication and group skills while participating in some Halloween themed activities including, stories, games, and more! Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Tuesday October 17 from 5:00 - 5:45 p.m.
COST	No cost

Fall into Fun



Let's celebrate fall! This group is designed to enable your child to enjoy fall fun through art and activities in a virtual setting. Your child will be able to practice their communication and group skills while participating in the creation of a fall themed craft and other activities. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Tuesday November 21 from 5:00 - 5:45 p.m.
COST	No cost

Visit with Santa



Skip the line ups at the mall and share your wish list with Santa from the comfort of your own home! Book a 15-minute appointment for your family to have a private virtual visit with Santa Claus.

LEVEL	A, B, C
INCLUDES	• 15-minute virtual session
DATE	Monday December 11 from 4:00-6:00 p.m. Wednesday December 13 from 3:00 - 5:00 p.m. Friday December 15 from 1:00-3:00 p.m. Monday December 18 from 4:00-6:00 p.m. Wednesday December 20 from 3:00 - 5:00 p.m.
COST	No cost

Winter Wonderland



Let's celebrate winter! This group is designed to enable your child to enjoy winter fun through art and activities in a virtual setting. Your child will be able to practice their communication and group skills while participating in the creation of a winter themed craft and other cold weather activities. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Tuesday January 23 from 5:00 - 5:45 p.m.
COST	No cost

Playdough Playtime



This group is designed to help your child build fine motor skills and develop social-communication skills with peers while having fun with playdough. Participants will start by following step by step instructions to make a child-friendly playdough recipe. The group will then work on different playdough creations and be encouraged to share their masterpieces with their peers. Ingredients for the playdough can be picked up from the Ron Joyce Children's Health Centre ahead of the group, or can be made with ingredients you may already have at home. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Tuesday February 20 from 5:00 - 5:45 p.m.
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
DATE	Wednesday, October 4 from 10:00 a.m. - 12:00 p.m. Thursday, November 2 from 6:00 - 8:00 p.m. Monday, December 4 from 1:00 - 3:00 p.m. Friday, January 5 from 10:00 a.m. - 12:00 p.m. Wednesday, February 7 from 6:00 - 8:00 p.m. Thursday, March 7 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 autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, November 15 from 6:00 - 8:00 p.m. Friday, January 19 from 10:00 a.m. - 12:00 p.m. Wednesday, March 20 from 1:00 - 3:00 p.m.
COST	No cost

Overview of Ministry Funding Options

This workshop provides an overview of currently available ministry funding options. For more in-depth assistance, parents and caregivers will be encouraged to register for application-specific workshops, such as Special Services at Home (SSAH) or Assistance for Children with Severe Disabilities (ACSD).

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, October 13 from 10:00 a.m. - 12:00 p.m. Wednesday, November 8 from 6:00 - 8:00 p.m. Thursday, December 14 from 1:00 - 3:00 p.m. Friday, January 12 from 10:00 a.m. - 12:00 p.m. Monday, February 12 from 6:00 - 8:00 p.m. Friday, March 8 from 1:00 - 3:00 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, October 19 from 6:00 - 8:00 p.m. Monday, December 18 from 10:00 a.m. - 12:00 p.m. Friday, February 23 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 needed 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 \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 17 from 1:00 - 3:00 p.m. Thursday, January 18 from 6:00 - 8:00 p.m. Thursday, March 21 from 10:00 a.m. - 12:00 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 1:00 - 3:00 p.m. from October 10 to December 12 Tuesdays from 6:00 - 8:00 p.m. from October 10 to December 12 Tuesdays from 1:00 - 3:00 p.m. from January 16 to March 19 Tuesdays from 6:00 - 8:00 p.m. from January 16 to March 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.

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	Thursday, November 16 from 6:00 - 8:00 p.m. Wednesday, January 17 from 1:00 - 3:00 p.m. Friday, March 1 from 10:00 a.m. - 12:00 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

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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, October 13 from 1:00 - 3:00 p.m. Friday, January 12 from 1:00 - 3:00 p.m. Monday, March 25 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 10 from 1:00 - 3:00 p.m. Friday February 9 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, October 16 from 10:00 a.m. - 12:00 p.m. Thursday, December 7 from 1:00 - 3:00 p.m. Thursday, February 15 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, November 21 from 1:00 - 3:00 p.m. Friday, February 2 from 1:00 - 3:00 p.m. Thursday, March 21 from 6:00 - 8:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, November 9 from 6:00 - 8:00 p.m. Monday, January 22 from 1:00 - 3:00 p.m. Friday, March 8 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Let's Communicate!

During this workshop you will learn about the pathway for communication development 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.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Monday, November 6 from 1:00 - 3:00 p.m. Thursday, January 11 from 6:00 - 8:00 p.m. Monday, March 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.

LEVEL A, B

INCLUDES • 2-hour virtual workshop

DATE Wednesday, October 18 from 6:00 - 8:00 p.m.
Tuesday, December 5 from 10:00 a.m. - 12:00 p.m.
Wednesday, February 21 from 6:00 - 8:00 p.m.

COST No cost

Using Visual Supports

During this workshop you will learn about the importance and benefits of using many different types of visual supports, as well as how these visuals can be implemented and modified throughout the life span to support your child.

LEVEL A, B

INCLUDES • 2-hour virtual workshop

DATE Monday, October 30 from 10:00 a.m. - 12:00 p.m.
Friday, December 8 from 1:00 - 3:00 p.m.
Thursday, February 8 from 6:00 - 8:00 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.

LEVEL A, B, C

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

DATE Monday, October 23 from 10:00 a.m. - 12:00 p.m.
Friday, December 15 from 1:00 - 3:00 p.m.
Monday, February 12 from 10:00 a.m. - 12:00 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, November 27 from 10:00 a.m. - 12:00 p.m.
Monday, January 15 from 10:00 a.m. - 12:00 p.m.
Monday, March 18 from 10:00 a.m. - 12:00 p.m.

COST No cost

Readiness for Toilet Training - Where to Start

Is your child not yet toilet trained but starting school for the first time? Is your child already in school and toilet training is a goal? This workshop is offered to parents and caregivers who are just starting out but don't quite know where to begin. ABA-trained clinicians will discuss how a child's care team (family, friends, educators, therapists) can come together to support the goal of toilet training. A special focus will be made on how parents/caregivers will know that their child is ready to start, what skills to teach their child in the meantime, and how to collaborate with others to achieve your child's highest level of independence with this important daily living skill. A follow up group discussion will be offered to parents and caregivers who attend this workshop to provide more individualized guidance and supports.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, October 16 from 1:00 - 3:00 p.m.
Tuesday, December 12 from 6:00 - 8:00 p.m.
Monday, February 5 from 10:00 a.m. - 12:00 p.m.

COST No cost

Readiness for Toilet Training - What Comes Next

This workshop is offered to parents and caregivers who have already participated in Toileting Readiness - Where to Start. During this follow up workshop, ABA-trained clinicians will lead a group discussion about how things are going as you prepare your child for toilet training, troubleshooting any issues that you may be having, learning more about next steps in this process, and connecting you to other available resources.

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop

DATE Monday, November 20 from 1:00 - 2:00 p.m.
Tuesday, January 9 from 6:00 - 7:00 p.m.
Monday, March 4 from 10:00 - 11:00 a.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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, November 27 from 6:00 - 8:00 p.m.
Friday, January 19 from 1:00 - 3:00 p.m.
Friday, March 29 from 1:00 - 3:00 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, October 12 from 1:00 - 3:00 p.m.
Tuesday, December 19 from 10:00 a.m. - 12:00 p.m.
Friday, February 16 from 1:00 - 3:00 p.m.

COST No cost

Understanding Your Child 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, October 26 from 1:00 - 3:00 p.m.
Thursday, December 14 from 6:00 - 8:00 p.m.
Thursday, February 29 from 1:00 - 3:00 p.m.

COST No cost

Making the Holidays Successful

The holiday season can be challenging and busy. For our family members who need consistency and routine it can be even more stressful. This workshop will provide strategies to help with planning and organizing your time, ideas of fun activities to do with the family, tips to make family visits and outings more successful, as well as strategies to help with the transition back to school in January.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, December 4 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

DATE Wednesday, November 22 from 1:00 - 3:00 p.m.
Tuesday February 27 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

DATE Wednesday, December 6 from 1:00 - 3:00 p.m.
Tuesday March 26 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 Behavior Analyst.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, November 16 from 6:00 - 8:00 p.m.
Thursday, February 8 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 3 from 1:00 - 3:00 p.m. Monday, January 29 from 6:00 - 8:00 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, December 1 from 10:00 a.m. - 12:00 p.m. Monday, March 4 from 1:00 - 3:00 p.m.
COST	No cost

We value your input.

A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

“RJCHC’s autism services are essential to the well-being and development of our boys. The team make our struggles their struggles. We trust our children with Hamilton Health Sciences because the therapists treat us like family.”

– Tom and Liz

NEW! Fee-Based Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until March 31st, 2024.

Are you interested in our fee-based services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, 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.

NEW! Fee-Based Services continued

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Board Certified Behaviour Analyst (BCBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our BCBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment

This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The BCBA will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy

An individualized therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by our BCBAs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

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

NEW! Fee-Based Services continued

Speech and Language Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment

This intake assessment is completed by a S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

Speech Therapy

These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

AAC Everywhere

In this group we will use fun activities and daily routines to facilitate the use and application of high-tech Augmentative and Alternative Communication (AAC) with your child/youth. You will learn strategies to support communication goals and how to integrate your practice into everyday life. This group will be facilitated by a Communicative Disorders Assistant and a Speech-Language Pathologist.

This group is appropriate for children/youth who:

- have had an assessment completed by a Ron Joyce Children's Health Centre S-LP
- currently have a prescribed and customized high-tech device (e.g., iPad, tablet, or dedicated device with an augmentative/alternative communication application), for communication purposes that is consistently available to them for use in a variety of environments (e.g., home, school)
- are not actively involved with the Technology Access Clinic

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 1 90-minute parent/caregiver training session • 5 1-hour therapy sessions • Resources and materials to support practice at home • Summary report • Available in-person
DATE	Dates and times to be determined
COST	\$1,700

NEW! Fee-Based Services continued

Occupational Therapy Services

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence 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. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

Sensory Explorers

This group will teach parents/caregivers of children up to 6 years of age skills and strategies to understand and meet their child's unique sensory processing needs. This group will include a combination of assessment and therapy services facilitated by Occupational Therapists and an Autism Therapist. This unique opportunity provides you with a chance to learn not only from Occupational Therapists, but from others with similar experiences!

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 3 weekly 45-minute parent/caregiver training sessions (virtual) • 3 weekly 45-minute parent/caregiver AND child sessions (in person) • Resources and materials to support follow up at home • Summary report
DATE	Wednesdays from 1:00-1:45 p.m. November 1 to December 6 or Wednesdays from 1:00-1:45 p.m. January 3 to February 7
COST	\$1,700

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

Grade 1 to 3



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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 1-hour appointment • Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child at a time.

Let's Get Ready for Groups

This group will help parents and caregivers learn strategies to support their child across a variety of group-based activities. The teaching strategies used are based on the science of Applied Behaviour Analysis (ABA) and will help you to prepare your child to transfer their skills to different settings, such as school, recreational activities, camp, etc. The focus will be on learning readiness skills, including attending to a leader/teacher, following a visual schedule, transitioning between activities, and remaining appropriate near peers. Parents/caregivers will participate along with their child within this group, which is facilitated by Autism Therapists who provide hands-on coaching with supervision from an OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 6 45-minute sessions • Available in-person
DATE	Thursdays from 4:00 - 4:45 p.m. October 12 to November 16 Wednesdays from 4:00 - 4:45 p.m. November 8 to December 13 Thursdays from 4:00 - 4:45 p.m. January 11 to February 15 Wednesdays from 4:00 - 4:45 p.m. January 24 to February 28
COST	No cost

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 A, B

INCLUDES • 6 45-minute virtual sessions
• Available in-person

DATE Wednesdays from 4:00 - 4:45 p.m. October 18 to November 22
Wednesdays from 5:15 - 6:00 p.m. October 18 to November 22
Wednesdays from 4:00 - 4:45 p.m. January 17 to February 21
Wednesdays from 5:15 - 6:00 p.m. January 17 to February 21

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 4:30 - 5:15 p.m. October 18 to November 22
Wednesdays from 4:30 - 5:15 p.m. January 31 to March 6

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 Thursdays from 5:00 - 5:45 p.m. October 12 to November 16
Thursdays from 5:00 - 5:45 p.m. January 18 to February 22

COST No cost

Halloween



Trick or Treat! This group is designed to enable your child to enjoy some child-friendly spooky fun in a virtual setting. Your child will be able to practice their communication and group skills while participating in some Halloween themed activities including, stories, games, and more! Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Tuesday October 17 from 5:00 - 5:45 p.m.

COST No cost

Fall into Fun



Let's celebrate fall! This group is designed to enable your child to enjoy fall fun through art and activities in a virtual setting. Your child will be able to practice their communication and group skills while participating in the creation of a fall themed craft and other activities. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Tuesday November 21 from 5:00 - 5:45 p.m.

COST No cost

Visit with Santa



Skip the line ups at the mall and share your wish list with Santa from the comfort of your own home! Book a 15-minute appointment for your family to have a private virtual visit with Santa Claus.

LEVEL A, B, C

INCLUDES • 15-minute virtual session

DATE Monday December 11 from 4:00-6:00 p.m.
Wednesday December 13 from 3:00 - 5:00 p.m.
Friday December 15 from 1:00-3:00 p.m.
Monday December 18 from 4:00-6:00 p.m.
Wednesday December 20 from 3:00 - 5:00 p.m.

COST No cost

Winter Wonderland



Let's celebrate winter! This group is designed to enable your child to enjoy winter fun through art and activities in a virtual setting. Your child will be able to practice their communication and group skills while participating in the creation of a winter themed craft and other cold weather activities. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Tuesday January 23 from 5:00 - 5:45 p.m.

COST No cost

Playdough Playtime



This group is designed to help your child build fine motor skills and develop social-communication skills with peers while having fun with playdough. Participants will start by following step by step instructions to make a child-friendly playdough recipe. The group will then work on different playdough creations and be encouraged to share their masterpieces with their peers. Ingredients for the playdough can be picked up from the Ron Joyce Children's Health Centre ahead of the group, or can be made with ingredients you may already have at home. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Tuesday February 20 from 5:00 - 5:45 p.m.
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
DATE	Wednesday, October 4 from 10:00 a.m. - 12:00 p.m. Thursday, November 2 from 6:00 - 8:00 p.m. Monday, December 4 from 1:00 - 3:00 p.m. Friday, January 5 from 10:00 a.m. - 12:00 p.m. Wednesday, February 7 from 6:00 - 8:00 p.m. Thursday, March 7 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 autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, November 15 from 6:00 - 8:00 p.m. Friday, January 19 from 10:00 a.m. - 12:00 p.m. Wednesday, March 20 from 1:00 - 3:00 p.m.
COST	No cost

Overview of Ministry Funding Options

This workshop provides an overview of currently available ministry funding options. For more in-depth assistance, parents and caregivers will be encouraged to register for application-specific workshops, such as Special Services at Home (SSAH) or Assistance for Children with Severe Disabilities (ACSD).

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, October 13 from 10:00 a.m. - 12:00 p.m. Wednesday, November 8 from 6:00 - 8:00 p.m. Thursday, December 14 from 1:00 - 3:00 p.m. Friday, January 12 from 10:00 a.m. - 12:00 p.m. Monday, February 12 from 6:00 - 8:00 p.m. Friday, March 8 from 1:00 - 3:00 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, October 19 from 6:00 - 8:00 p.m. Monday, December 18 from 10:00 a.m. - 12:00 p.m. Friday, February 23 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 \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 17 from 1:00 - 3:00 p.m. Thursday, January 18 from 6:00 - 8:00 p.m. Thursday, March 21 from 10:00 a.m. - 12:00 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	<ul style="list-style-type: none"> • 7 2-hour group sessions for parents/caregivers • 3 follow-up individualized consultations • Available virtually
DATE	Tuesdays from 1:00 - 3:00 p.m. from October 10 to December 12 Tuesdays from 6:00 - 8:00 p.m. from October 10 to December 12 Tuesdays from 1:00 - 3:00 p.m. from January 16 to March 19 Tuesdays from 6:00 - 8:00 p.m. from January 16 to March 19
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	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, November 16 from 6:00 - 8:00 p.m. Wednesday, January 17 from 1:00 - 3:00 p.m. Friday, March 1 from 10:00 a.m. - 12:00 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	<ul style="list-style-type: none"> • 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.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, October 12 from 6:00 - 8:00 p.m. Tuesday, January 9 from 1:00 - 3:00 p.m. Tuesday, March 26 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Friday, October 13 from 1:00 - 3:00 p.m. Friday, January 12 from 1:00 - 3:00 p.m. Monday, March 25 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Friday, November 10 from 1:00 - 3:00 p.m. Friday February 9 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, October 16 from 10:00 a.m. - 12:00 p.m. Thursday, December 7 from 1:00 - 3:00 p.m. Thursday, February 15 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.

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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, November 21 from 1:00 - 3:00 p.m. Friday, February 2 from 1:00 - 3:00 p.m. Thursday, March 21 from 6:00 - 8:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, November 9 from 6:00 - 8:00 p.m. Monday, January 22 from 1:00 - 3:00 p.m. Friday, March 8 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Let's Communicate!

During this workshop you will learn about the pathway for communication development 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.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Monday, November 6 from 1:00 - 3:00 p.m. Thursday, January 11 from 6:00 - 8:00 p.m. Monday, March 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.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, October 18 from 6:00 - 8:00 p.m. Tuesday, December 5 from 10:00 a.m. - 12:00 p.m. Wednesday, February 21 from 6:00 - 8:00 p.m.
COST	No cost

Using Visual Supports

During this workshop you will learn about the importance and benefits of using many different types of visual supports, as well as how these visuals can be implemented and modified throughout the life span to support your child.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Monday, October 30 from 10:00 a.m. - 12:00 p.m. Friday, December 8 from 1:00 - 3:00 p.m. Thursday, February 8 from 6:00 - 8:00 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • Follow-up individualized consultation
DATE	Monday, October 23 from 10:00 a.m. - 12:00 p.m. Friday, December 15 from 1:00 - 3:00 p.m. Monday, February 12 from 10:00 a.m. - 12:00 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, November 27 from 10:00 a.m. - 12:00 p.m. Monday, January 15 from 10:00 a.m. - 12:00 p.m. Monday, March 18 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, November 27 from 6:00 - 8:00 p.m. Friday, January 19 from 1:00 - 3:00 p.m. Friday, March 29 from 1:00 - 3:00 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, October 12 from 1:00 - 3:00 p.m.
Tuesday, December 19 from 10:00 a.m. - 12:00 p.m.
Friday, February 16 from 1:00 - 3:00 p.m.

COST No cost

Understanding Your Child 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, October 26 from 1:00 - 3:00 p.m.
Thursday, December 14 from 6:00 - 8:00 p.m.
Thursday, February 29 from 1:00 - 3:00 p.m.

COST No cost

Making the Holidays Successful

The holiday season can be challenging and busy. For our family members who need consistency and routine it can be even more stressful. This workshop will provide strategies to help with planning and organizing your time, ideas of fun activities to do with the family, tips to make family visits and outings more successful, as well as strategies to help with the transition back to school in January.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, December 4 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

DATE Wednesday, November 22 from 1:00 - 3:00 p.m.
Tuesday February 27 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

DATE Wednesday, December 6 from 1:00 - 3:00 p.m.
Tuesday March 26 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 Behavior Analyst.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, November 16 from 6:00 - 8:00 p.m.
Thursday, February 8 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, November 3 from 1:00 - 3:00 p.m.
Monday, January 29 from 6:00 - 8:00 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, December 1 from 10:00 a.m. - 12:00 p.m.
Monday, March 4 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@hhscc.ca.

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community, including kitchen safety, crossing the road safely, not speaking to strangers, and more.

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop

DATE Friday, November 24 from 1:00 - 2:00 p.m.
Thursday, February 22 from 6:00 - 7:00 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.

LEVEL A, B, C

INCLUDES • 90-minute virtual workshop

DATE Friday, October 20 from 1:00 - 2:30 p.m.
Thursday, January 25 from 6:00 - 7:30 p.m.

COST No cost

Supporting Communication with your School

This workshop will discuss how to support effective communication with your child's school team. Topics will include commonly used terminology, specialized services in the school boards, sharing information, and maintaining a positive open line of communication. Building a strong relationship with your school's team will help set your child up for success.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, October 26 from 6:00 - 8:00 p.m.
Wednesday, December 13 from 1:00 - 3:00 p.m.
Monday, February 26 from 10:00 a.m. - 12:00 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.

LEVEL C

INCLUDES • 2-hour virtual workshop

DATE Friday, October 27 from 1:00 - 3:00 p.m.
Monday, January 29 from 10:00 a.m. - 12:00 p.m.

COST No cost

We value your input.

A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

NEW! Fee-Based Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until March 31st, 2024.

Are you interested in our fee-based services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, 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.

NEW! Fee-Based Services continued

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Board Certified Behaviour Analyst (BCBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our BCBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment



This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The BCBA will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy



An individualized therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by our BCBAs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

Let's Cook!



Spark your child's love of food while building their independence with simple cooking tasks. Participants will be taught how to gather and organize ingredients in a recipe, engage with kitchen appliances, and participate in a meal time routine alongside their peers. Parents/caregivers will participate along with their child to help them learn to complete the activities. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 6 90-minute sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in-person
DATE	Tuesdays from 3:30 - 5:00 p.m. January 9 to February 13
COST	\$1,700

NEW! Fee-Based Services continued

Speech and Language Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment



This intake assessment is completed by a S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

Speech Therapy



These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

AAC Everywhere



In this group we will use fun activities and daily routines to facilitate the use and application of high-tech Augmentative and Alternative Communication (AAC) with your child/youth. You will learn strategies to support communication goals and how to integrate your practice into everyday life. This group will be facilitated by a Communicative Disorders Assistant and a Speech-Language Pathologist.

This group is appropriate for children/youth who:

- have had an assessment completed by a Ron Joyce Children's Health Centre S-LP
- currently have a prescribed and customized high-tech device (e.g., iPad, tablet, or dedicated device with an augmentative/alternative communication application), for communication purposes that is consistently available to them for use in a variety of environments (e.g., home, school)
- are not actively involved with the Technology Access Clinic

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 1 90-minute parent/caregiver training session • 5 1-hour therapy sessions • Resources and materials to support practice at home • Summary report • Available in-person
DATE	Dates and times to be determined
COST	\$1,700

NEW! Fee-Based Services continued

Occupational Therapy Services

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence 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. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

Sensory Explorers

This group will teach parents/caregivers of children up to 6 years of age skills and strategies to understand and meet their child's unique sensory processing needs. This group will include a combination of assessment and therapy services facilitated by Occupational Therapists and an Autism Therapist. This unique opportunity provides you with a chance to learn not only from Occupational Therapists, but from others with similar experiences!

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 3 weekly 45-minute parent/caregiver training sessions (virtual) • 3 weekly 45-minute parent/caregiver AND child sessions (in person) • Resources and materials to support follow up at home • Summary report
DATE	Wednesdays from 1:00-1:45 p.m. November 1 to December 6 or Wednesdays from 1:00-1:45 p.m. January 3 to February 7
COST	\$1,700

Sensory Detectives

This group will teach parents/caregivers of children 7-12 years of age skills and strategies to understand and meet their child's unique sensory processing needs. This group will include a combination of assessment and therapy services facilitated by Occupational Therapists and an Autism Therapist. This unique opportunity provides you with a chance to learn not only from Occupational Therapists, but from others with similar experiences!

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 3 weekly 45-minute parent/caregiver training sessions (virtual) • 3 weekly 45-minute parent/caregiver AND child sessions (in person) • Resources and materials to support follow up at home • Summary report
DATE	Wednesdays from 4:00-4:45 p.m. November 1 to December 6 or Wednesdays from 4:00-4:45 p.m. January 3 to February 7
COST	\$1,700

NEW! Fee-Based Services continued

Mental Health Services

Our Mental Health Services will target your child's mental health and emotional well-being. Our psychological assessments explore your child's strengths and needs in areas like cognitive/learning, worry/anxiety, or mood/depression. Using a combination of time spent individually with your child and your active participation in sessions, you and your child will be taught strategies to support your child to regulate their emotions and cope with mental health challenges. All Mental Health Services are either directly provided or closely supervised by a doctoral level Psychologist. Mental Health Services may be eligible for reimbursement from private insurance providers.

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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$1,900

Comprehensive Psychological Assessment

Comprehensive psychological assessments are used to explore complex concerns 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 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	\$4,700

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. These assessments 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, AttentionDeficit/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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 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 cannot be used for this type of assessment, but some Extended Health Benefits plans cover psychological services

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

Grade 4 to 8



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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 1-hour appointment • Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child at a time.

Let's Get Ready for Groups



This group will help parents and caregivers learn strategies to support their child across a variety of group-based activities. The teaching strategies used are based on the science of Applied Behaviour Analysis (ABA) and will help you to prepare your child to transfer their skills to different settings, such as school, recreational activities, camp, etc. The focus will be on learning readiness skills, including attending to a leader/teacher, following a visual schedule, transitioning between activities, and remaining appropriate near peers. Parents/caregivers will participate along with their child within this group, which is facilitated by Autism Therapists who provide hands-on coaching with supervision from an OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 6 45-minute sessions • Available in-person
DATE	Mondays from 4:30 - 5:15 p.m. October 23 to December 4 Mondays from 4:30 - 5:15 p.m. January 8 to February 5
COST	No cost

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	A, B
INCLUDES	<ul style="list-style-type: none"> • 6 45-minute virtual sessions • Available in-person
DATE	Wednesdays from 6:30 - 7:15 p.m. October 18 to November 22 Wednesdays from 6:30 - 7:15 p.m. January 17 to February 21
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	<ul style="list-style-type: none"> • Weekly 45-minute virtual sessions • Sign up for one, several, or all sessions
DATE	Thursdays from 5:00 - 5:45 p.m. October 12 to November 16 Thursdays from 5:00 - 5:45 p.m. January 18 to February 22
COST	No cost

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	<ul style="list-style-type: none"> • Weekly 45-minute virtual sessions • Sign up for one, several, or all sessions
DATE	Thursdays from 6:30 - 7:15 p.m. October 12 to November 16 Thursdays 6:30 - 7:15 p.m. January 18 to February 22
COST	No cost

Halloween



Trick or Treat! This group is designed to enable your child to enjoy some child-friendly spooky fun in a virtual setting. Your child will be able to practice their communication and group skills while participating in some Halloween themed activities including, stories, games, and more! Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Tuesday October 17 from 5:00 - 5:45 p.m.
COST	No cost

Fall into Fun



Let's celebrate fall! This group is designed to enable your child to enjoy fall fun through art and activities in a virtual setting. Your child will be able to practice their communication and group skills while participating in the creation of a fall themed craft and other activities. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Tuesday November 21 from 5:00 - 5:45 p.m.
COST	No cost

Visit with Santa



Skip the line ups at the mall and share your wish list with Santa from the comfort of your own home! Book a 15-minute appointment for your family to have a private virtual visit with Santa Claus.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 15-minute virtual session
DATE	Monday December 11 from 4:00-6:00 p.m. Wednesday December 13 from 3:00 - 5:00 p.m. Friday December 15 from 1:00-3:00 p.m. Monday December 18 from 4:00-6:00 p.m. Wednesday December 20 from 3:00 - 5:00 p.m.
COST	No cost

Winter Wonderland



Let's celebrate winter! This group is designed to enable your child to enjoy winter fun through art and activities in a virtual setting. Your child will be able to practice their communication and group skills while participating in the creation of a winter themed craft and other cold weather activities. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Tuesday January 23 from 5:00 - 5:45 p.m.
COST	No cost

Playdough Playtime



This group is designed to help your child build fine motor skills and develop social-communication skills with peers while having fun with playdough. Participants will start by following step by step instructions to make a child-friendly playdough recipe. The group will then work on different playdough creations and be encouraged to share their masterpieces with their peers. Ingredients for the playdough can be picked up from the Ron Joyce Children's Health Centre ahead of the group, or can be made with ingredients you may already have at home. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Tuesday February 20 from 5:00 - 5:45 p.m.
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
DATE	Wednesday, October 4 from 10:00 a.m. - 12:00 p.m. Thursday, November 2 from 6:00 - 8:00 p.m. Monday, December 4 from 1:00 - 3:00 p.m. Friday, January 5 from 10:00 a.m. - 12:00 p.m. Wednesday, February 7 from 6:00 - 8:00 p.m. Thursday, March 7 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 autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, November 15 from 6:00 - 8:00 p.m. Friday, January 19 from 10:00 a.m. - 12:00 p.m. Wednesday, March 20 from 1:00 - 3:00 p.m.
COST	No cost

Overview of Ministry Funding Options

This workshop provides an overview of currently available ministry funding options. For more in-depth assistance, parents and caregivers will be encouraged to register for application-specific workshops, such as Special Services at Home (SSAH) or Assistance for Children with Severe Disabilities (ACSD).

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, October 13 from 10:00 a.m. - 12:00 p.m. Wednesday, November 8 from 6:00 - 8:00 p.m. Thursday, December 14 from 1:00 - 3:00 p.m. Friday, January 12 from 10:00 a.m. - 12:00 p.m. Monday, February 12 from 6:00 - 8:00 p.m. Friday, March 8 from 1:00 - 3:00 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, October 19 from 6:00 - 8:00 p.m. Monday, December 18 from 10:00 a.m. - 12:00 p.m. Friday, February 23 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 \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 17 from 1:00 - 3:00 p.m. Thursday, January 18 from 6:00 - 8:00 p.m. Thursday, March 21 from 10:00 a.m. - 12:00 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	<ul style="list-style-type: none"> • 7 2-hour group sessions for parents/caregivers • 3 follow-up individualized consultations • Available virtually
DATE	Tuesdays from 1:00 - 3:00 p.m. from October 10 to December 12 Tuesdays from 6:00 - 8:00 p.m. from October 10 to December 12 Tuesdays from 1:00 - 3:00 p.m. from January 16 to March 19 Tuesdays from 6:00 - 8:00 p.m. from January 16 to March 19
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	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, November 16 from 6:00 - 8:00 p.m. Wednesday, January 17 from 1:00 - 3:00 p.m. Friday, March 1 from 10:00 a.m. - 12:00 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	<ul style="list-style-type: none"> • 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.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, October 12 from 6:00 - 8:00 p.m. Tuesday, January 9 from 1:00 - 3:00 p.m. Tuesday, March 26 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Friday, November 10 from 1:00 - 3:00 p.m. Friday February 9 from 1:00 - 3:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, November 9 from 6:00 - 8:00 p.m. Monday, January 22 from 1:00 - 3:00 p.m. Friday, March 8 from 10:00 a.m. - 12:00 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.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Wednesday, October 18 from 6:00 - 8:00 p.m. Tuesday, December 5 from 10:00 a.m. - 12:00 p.m. Wednesday, February 21 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.

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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • Follow-up individualized consultation
DATE	Monday, October 23 from 10:00 a.m. - 12:00 p.m. Friday, December 15 from 1:00 - 3:00 p.m. Monday, February 12 from 10:00 a.m. - 12:00 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, November 27 from 10:00 a.m. - 12:00 p.m. Monday, January 15 from 10:00 a.m. - 12:00 p.m. Monday, March 18 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, November 27 from 6:00 - 8:00 p.m. Friday, January 19 from 1:00 - 3:00 p.m. Friday, March 29 from 1:00 - 3:00 p.m.
COST	No cost

Understanding Your Child 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, October 26 from 1:00 - 3:00 p.m. Thursday, December 14 from 6:00 - 8:00 p.m. Thursday, February 29 from 1:00 - 3:00 p.m.
COST	No cost

Making the Holidays Successful

The holiday season can be challenging and busy. For our family members who need consistency and routine it can be even more stressful. This workshop will provide strategies to help with planning and organizing your time, ideas of fun activities to do with the family, tips to make family visits and outings more successful, as well as strategies to help with the transition back to school in January.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, December 4 from 6:00 - 8:00 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	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, October 30 from 1:00 - 3:00 p.m. Friday, January 26 from 1:00 - 3:00 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	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Wednesday, November 22 from 1:00 - 3:00 p.m. Tuesday February 27 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

DATE Wednesday, December 6 from 1:00 - 3:00 p.m.
Tuesday March 26 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 Behavior Analyst.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, November 16 from 6:00 - 8:00 p.m.
Thursday, February 8 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, November 3 from 1:00 - 3:00 p.m.
Monday, January 29 from 6:00 - 8:00 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.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, December 1 from 10:00 a.m. - 12:00 p.m.
Monday, March 4 from 1:00 - 3:00 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, crossing the road safely, not speaking to strangers, and more.

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop

DATE Friday, November 24 from 1:00 - 2:00 p.m.
Thursday, February 22 from 6:00 - 7:00 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.

LEVEL A, B, C

INCLUDES • 90-minute virtual workshop

DATE Friday, October 20 from 1:00 - 2:30 p.m.
Thursday, January 25 from 6:00 - 7:30 p.m.

COST No cost

Supporting Communication with your School

This workshop will discuss how to support effective communication with your child's school team. Topics will include commonly used terminology, specialized services in the school boards, sharing information, and maintaining a positive open line of communication. Building a strong relationship with your school's team will help set your child up for success.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, October 26 from 6:00 - 8:00 p.m.
Wednesday, December 13 from 1:00 - 3:00 p.m.
Monday, February 26 from 10:00 a.m. - 12:00 p.m.

COST No cost

Responding to School Refusal and Bullying

This workshop will discuss bullying behaviour in elementary school-aged children. We will identify the different types of bullying and its impact on autistic children. As bullying may often occur in the school setting, strategies for reporting, working on social skills, and working with your child's school team will be reviewed. Children who experience bullying often refuse to go to school, leading to poor attendance. Strategies to address school refusal, both related to bullying and not, will also be provided.

LEVEL B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, November 10 from 10:00 a.m. - 12:00 p.m.
Thursday, February 15 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, December 1 from 1:00 - 3:00 p.m. Monday, February 5 from 1:00 - 3:00 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.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, October 27 from 1:00 - 3:00 p.m. Monday, January 29 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Autism and Anxiety

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.

LEVEL	C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, November 20 from 10:00 a.m. - 12:00 p.m. Friday, March 1 from 1:00 - 3:00 p.m.
COST	No cost

We value your input.

A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

NEW! Fee-Based Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until March 31st, 2024.

Are you interested in our fee-based services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.



NEW! Fee-Based Services continued

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Board Certified Behaviour Analyst (BCBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our BCBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment

This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The BCBA will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy

An individualized therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by our BCBAs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

Let's Cook!



Spark your child's love of food while building their independence with simple cooking tasks. Participants will be taught how to gather and organize ingredients in a recipe, engage with kitchen appliances, and participate in a meal time routine alongside their peers. Parents/caregivers will participate along with their child to help them learn to complete the activities. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 6 90-minute sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in-person
DATE	Tuesdays from 3:30 - 5:00 p.m. November 7 to December 12
COST	\$1,700

Independence at Home



This group will introduce a variety of at-home skills to participants in a fun and supportive environment with plenty of hands-on practice. Each week will cover a different life skill, including washing dishes, doing laundry, and making a bed. Other daily living tasks may be chosen based on parent/caregiver and child input. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 6 90-minute sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in-person
DATE	Wednesdays from 6:00 - 7:30 p.m. November 8 to December 13 Wednesdays from 6:00 - 7:30 p.m. January 10 to February 14
COST	\$1,700

NEW! Fee-Based Services continued

Speech and Language Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment



This intake assessment is completed by a S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

Speech Therapy



These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Materials may be provided to support practice at home • therapy sessions with child(ren) and caregiver(s) • parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

AAC Everywhere



In this group we will use fun activities and daily routines to facilitate the use and application of high-tech Augmentative and Alternative Communication (AAC) with your child/youth. You will learn strategies to support communication goals and how to integrate your practice into everyday life. This group will be facilitated by a Communicative Disorders Assistant and a Speech-Language Pathologist.

This group is appropriate for children/youth who:

- have had an assessment completed by a Ron Joyce Children's Health Centre S-LP
- currently have a prescribed and customized high-tech device (e.g., iPad, tablet, or dedicated device with an augmentative/alternative communication application), for communication purposes that is consistently available to them for use in a variety of environments (e.g., home, school)
- are not actively involved with the Technology Access Clinic

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 1 90-minute parent/caregiver training session • 5 1-hour therapy sessions • Resources and materials to support practice at home • Summary report • Available in-person
DATE	Dates and times to be determined
COST	\$1,700

NEW! Fee-Based Services continued

Occupational Therapy Services

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence 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. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Materials may be provided to support practice at home • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

Sensory Detectives

This group will teach parents/caregivers of children 7-12 years of age, skills and strategies to understand and meet their child's unique sensory processing needs. This group will include a combination of assessment and therapy services facilitated by Occupational Therapists and an Autism Therapist. This unique opportunity provides you with a chance to learn not only from Occupational Therapists, but from others with similar experiences!

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 3 weekly 45-minute parent/caregiver training sessions (virtual) • 3 weekly 45-minute parent/caregiver AND child sessions (in person) • Resources and materials to support follow up at home • Summary report
DATE	Wednesdays from 4:00-4:45 p.m. November 1 to December 6 or Wednesdays from 4:00-4:45 p.m. January 3 to February 7
COST	\$1,700

NEW! Fee-Based Services continued

Mental Health Services

Our Mental Health Services will target your child's mental health and emotional well-being. Our psychological assessments explore your child's strengths and needs in areas like cognitive/learning, worry/anxiety, or mood/depression. Using a combination of time spent individually with your child and your active participation in sessions, you and your child will be taught strategies to support your child to regulate their emotions and cope with mental health challenges. All Mental Health Services are either directly provided or closely supervised by a doctoral level Psychologist. Mental Health Services may be eligible for reimbursement from private insurance providers.

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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$1,900

Comprehensive Psychological Assessment

Comprehensive psychological assessments are used to explore complex concerns 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 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	\$4,700

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. These assessments 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 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 cannot be used for this type of assessment, but some Extended Health Benefits plans cover psychological services

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

High School



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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child at a time.

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	<ul style="list-style-type: none">• 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. October 18 to December 6
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	<ul style="list-style-type: none"> Weekly 45-minute virtual sessions Sign up for one, several, or all sessions
DATE	Thursdays from 6:30 - 7:15 p.m. October 12 to November 16 Thursdays 6:30 - 7:15 p.m. January 18 to February 22
COST	No cost

Teen Anime Club



Through comic books, art, shows and videos, this group will navigate a shared interest in anime, which refers to animated Japanese TV shows and movies. This group will offer a space for teens to come together, discuss, and enjoy various aspects of anime culture.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> Weekly 45-minute virtual sessions Sign up for one, several, or all sessions
DATE	Thursdays from 5:00 - 5:45 p.m. November 23 to December 14
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, Youtubers, and interests within a social setting.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> Weekly 45-minute virtual sessions Sign up for one, several, or all sessions
DATE	Thursdays from 6:15 - 7:00 p.m. January 18 to February 22
COST	No cost

Visit with Santa



Skip the line ups at the mall and share your wish list with Santa from the comfort of your own home! Book a 15-minute appointment for your family to have a private virtual visit with Santa Claus.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 15-minute virtual session
DATE	Monday December 11 from 4:00-6:00 p.m. Wednesday December 13 from 3:00 - 5:00 p.m. Friday December 15 from 1:00-3:00 p.m. Monday December 18 from 4:00-6:00 p.m. Wednesday December 20 from 3:00 - 5:00 p.m.
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	<ul style="list-style-type: none"> 2-hour virtual workshop
DATE	Wednesday, October 4 from 10:00 a.m. - 12:00 p.m. Thursday, November 2 from 6:00 - 8:00 p.m. Monday, December 4 from 1:00 - 3:00 p.m. Friday, January 5 from 10:00 a.m. - 12:00 p.m. Wednesday, February 7 from 6:00 - 8:00 p.m. Thursday, March 7 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 autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop
DATE	Wednesday, November 15 from 6:00 - 8:00 p.m. Friday, January 19 from 10:00 a.m. - 12:00 p.m. Wednesday, March 20 from 1:00 - 3:00 p.m.
COST	No cost

Overview of Ministry Funding Options

This workshop provides an overview of currently available ministry funding options. For more in-depth assistance, parents and caregivers will be encouraged to register for application-specific workshops, such as Special Services at Home (SSAH) or Assistance for Children with Severe Disabilities (ACSD).

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop
DATE	Friday, October 13 from 10:00 a.m. - 12:00 p.m. Wednesday, November 8 from 6:00 - 8:00 p.m. Thursday, December 14 from 1:00 - 3:00 p.m. Friday, January 12 from 10:00 a.m. - 12:00 p.m. Monday, February 12 from 6:00 - 8:00 p.m. Friday, March 8 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@hsc.ca.

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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, October 19 from 6:00 - 8:00 p.m. Monday, December 18 from 10:00 a.m. - 12:00 p.m. Friday, February 23 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 needed 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 \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 17 from 1:00 - 3:00 p.m. Thursday, January 18 from 6:00 - 8:00 p.m. Thursday, March 21 from 10:00 a.m. - 12:00 p.m.
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	Thursday, November 16 from 6:00 - 8:00 p.m. Wednesday, January 17 from 1:00 - 3:00 p.m. Friday, March 1 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 10 from 1:00 - 3:00 p.m. Friday February 9 from 1:00 - 3:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, November 9 from 6:00 - 8:00 p.m. Monday, January 22 from 1:00 - 3:00 p.m. Friday, March 8 from 10:00 a.m. - 12:00 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.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, October 18 from 6:00 - 8:00 p.m. Tuesday, December 5 from 10:00 a.m. - 12:00 p.m. Wednesday, February 21 from 6:00 - 8:00 p.m.
COST	No cost

Making the Holidays Successful

The holiday season can be challenging and busy. For our family members who need consistency and routine it can be even more stressful. This workshop will provide strategies to help with planning and organizing your time, ideas of fun activities to do with the family, tips to make family visits and outings more successful, as well as strategies to help with the transition back to school in January.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, December 4 from 6:00 - 8:00 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
DATE	Monday, October 30 from 1:00 - 3:00 p.m. Friday, January 26 from 1:00 - 3:00 p.m.
COST	No cost

Money Management

Would you like to increase your financial literacy or become more financially independent? As a parent or caregiver, do you hope your teen can start to learn skills that will help them be financially responsible in the future? In this workshop, youth and their parent or caregiver will participate together as facilitators introduce ways to support financial independence. Topics will include considerations around opening a bank account and having a credit/debit card, monitoring online banking, completing transactions, budgeting and saving money. Activities for youth to practice financial literacy will be suggested and helpful tools (e.g., apps and websites) will be shared.

LEVEL	C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, November 6 from 6:00 - 8:00 p.m. Monday, February 26 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, December 1 from 1:00 - 3:00 p.m. Monday, February 5 from 1:00 - 3:00 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
DATE	Wednesday, November 22 from 1:00 - 3:00 p.m. Tuesday February 27 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
DATE	Wednesday, December 6 from 1:00 - 3:00 p.m. Tuesday March 26 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 Behavior Analyst.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, November 16 from 6:00 - 8:00 p.m. Thursday, February 8 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, November 3 from 1:00 - 3:00 p.m. Monday, January 29 from 6:00 - 8:00 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.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, December 1 from 10:00 a.m. - 12:00 p.m. Monday, March 4 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.

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community, including kitchen safety, crossing the road safely, not speaking to strangers, and more.

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop

DATE Friday, November 24 from 1:00 - 2:00 p.m.
Thursday, February 22 from 6:00 - 7:00 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.

LEVEL A, B, C

INCLUDES • 90-minute virtual workshop

DATE Friday, October 20 from 1:00 - 2:30 p.m.
Thursday, January 25 from 6:00 - 7:30 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 • 90-minute virtual workshop

DATE Thursday, November 23 from 1:00 - 3:00 p.m.
Wednesday, January 24 from 6:00 - 8:00 p.m.
Monday, March 18 from 1:00 - 3:00 p.m.

COST No cost

Supporting Communication with your School

This workshop will discuss how to support effective communication with your child's school team. Topics will include commonly used terminology, specialized services in the school boards, sharing information, and maintaining a positive open line of communication. Building a strong relationship with your school's team will help set your child up for success.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, October 26 from 6:00 - 8:00 p.m.
Wednesday, December 13 from 1:00 - 3:00 p.m.
Monday, February 26 from 10:00 a.m. - 12:00 p.m.

COST No cost

Responding to School Refusal and Bullying

This workshop will discuss bullying behaviour in elementary school-aged children. We will identify the different types of bullying and its impact on autistic children. As bullying may often occur in the school setting, strategies for reporting, working on social skills, and working with your child's school team will be reviewed. Children who experience bullying often refuse to go to school, leading to poor attendance. Strategies to address school refusal, both related to bullying and not, will also be provided.

LEVEL B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, December 11 from 10:00 a.m. - 12:00 p.m.
Wednesday, March 6 from 6:00 - 8:00 p.m.

COST No cost

Autism and Anxiety

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.

LEVEL C

INCLUDES • 2-hour virtual workshop

DATE Monday, November 20 from 10:00 a.m. - 12:00 p.m.
Friday, March 1 from 1:00 - 3:00 p.m.

COST No cost

We value your input.

A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

NEW! Fee-Based Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until March 31st, 2024.

Are you interested in our fee-based services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.



NEW! Fee-Based Services continued

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Board Certified Behaviour Analyst (BCBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our BCBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment

This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The BCBA will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy

An individualized therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by our BCBAs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

Let's Cook!



Spark your child's love of food while building their independence with simple cooking tasks. Participants will be taught how to gather and organize ingredients in a recipe, engage with kitchen appliances, and participate in a meal time routine alongside their peers. Parents/caregivers will participate along with their child to help them learn to complete the activities. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 6 90-minute sessions • Parent caregiver training • All materials will be provided • Summary report • Available in-person
DATE	Tuesdays from 6:00 - 7:30 p.m. November 7 to December 12 or Tuesdays from 6:00 - 7:30 p.m. January 9 to February 13
COST	\$1,700

NEW! Fee-Based Services continued

Speech and Language Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment



This intake assessment is completed by a S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

Speech Therapy



These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

AAC Everywhere



In this group we will use fun activities and daily routines to facilitate the use and application of high-tech Augmentative and Alternative Communication (AAC) with your child/youth. You will learn strategies to support communication goals and how to integrate your practice into everyday life. This group will be facilitated by a Communicative Disorders Assistant and a Speech-Language Pathologist.

This group is appropriate for children/youth who:

- have had an assessment completed by a Ron Joyce Children's Health Centre S-LP
- currently have a prescribed and customized high-tech device (e.g., iPad, tablet, or dedicated device with an augmentative/alternative communication application), for communication purposes that is consistently available to them for use in a variety of environments (e.g., home, school)
- are not actively involved with the Technology Access Clinic

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 1 90-minute parent training session • 5 1-hour therapy sessions • Resources and materials to support practice at home • Summary report • Available in-person
DATE	Dates and times to be determined
COST	\$1,700

NEW! Fee-Based Services continued

Occupational Therapy Services

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

"This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence 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. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Materials may be provided to support practice at home • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

ExtraSensory!

This group will teach teens skills and strategies to understand and meet their own unique sensory processing needs. They will also learn to advocate for their sensory needs. This group will include a combination of assessment and therapy services facilitated by Occupational Therapists. It will be a unique opportunity for teens to learn from others with similar experiences!

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 6 45-minute therapy sessions • Resources and materials to support practice at home • Available in-person
DATE	Wednesdays from 6:00-6:45 p.m. November 1 to December 6 or Wednesdays from 6:00-6:45 p.m. January 3 to February 7
COST	\$1,700

NEW! Fee-Based Services continued

Mental Health Services

Our Mental Health Services will target your child's mental health and emotional well-being. Our psychological assessments explore your child's strengths and needs in areas like cognitive/learning, worry/anxiety, or mood/depression. Using a combination of time spent individually with your child and your active participation in sessions, you and your child will be taught strategies to support your child to regulate their emotions and cope with mental health challenges. All Mental Health Services are either directly provided or closely supervised by a doctoral level Psychologist. Mental Health Services may be eligible for reimbursement from private insurance providers.

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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$1,900

Comprehensive Psychological Assessment

Comprehensive psychological assessments are used to explore complex concerns 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 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	\$4,700

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. These assessments 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.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 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 cannot be used for this type of assessment, but some Extended Health Benefits plans cover psychological services

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



“My son is now pairing vocalizations and babbles. He now is saying “I love you”. This program helped me with strategies to encourage him to communicate what he needs”.

– Milky

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.