



**Fee-based services
included inside!**

Service Guide

Spring / Summer 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 15. They will indicate features of different services, including which skill areas they target.

LEVELS

Use the chart on Page 16 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.

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.



Understanding Crisis Supports

Presented by COAST (Crisis Outreach And Support Team)

Join us for an information session with the Crisis Outreach and Support Team (COAST). COAST will be speaking about their services which will cover information about what is available, how to access services, and an overview of the process.



Recreation in Hamilton

Presented by the City of Hamilton's Recreation Division

Join us for an information session with the City of Hamilton's Recreation Division. The City of Hamilton will be speaking about Inclusion Programs and services which will cover information about what is available, the registration process and an overview of the program. They will also be presenting information about their 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.

Family Nights

The McMaster Children's Hospital Autism Program and Young Caregivers Association have teamed up to offer something for the whole family. Participate in a parent connections group or sibling connection group. Register to attend any or all of the groups!

PARENT CONNECTIONS

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

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

When: 6:00 – 7:30 p.m.
Wednesday, April 24
Wednesday, May 29
Wednesday, June 26
Wednesday, September 25

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

SIBLING CONNECTION GROUP

This 5-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: Week 1- Monday, May 27 5:30-7:00pm
Week 2- Monday, June 3 5:30-7:00pm
Week 3- Monday, June 10 5:30-7:00pm
Week 4- Monday, June 17 5:30-7:00pm
Week 5- Monday, June 24 5:30-7:00pm

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



Family Events



**FAMILY
CARNIVAL**

**CELEBRATE THE AUTISM
COMMUNITY**

FREE ! NO REGISTRATION REQUIRED!

**APRIL 27TH, 2024
10:30 AM-2:30 PM
HWDSB EDUCATION CENTRE
20 EDUCATION COURT**

Thank you to our sponsors





PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

April

Wednesday APR 3	Next Steps After Your Child Receives a Diagnosis Wednesday, April 3 from 6:00 - 8:00 p.m.
	Responding to School Refusal and Bullying (Grade 9 - 12) Wednesday, April 3 from 6:00 - 8:00 p.m.
Thursday APR 4	Improving Your Child's Sleep Thursday, April 4 from 6:00 - 8:00 p.m.
Friday APR 5	Overview of Ministry Funding Options Friday, April 5 from 1:00 - 3:00 p.m.
Monday APR 8	Getting Ready to Learn Monday, April 8 from 1:00 - 3:00 p.m.
Tuesday APR 9	Teaching Self-Management Strategies to Increase Independence Tuesday, April 9 from 1:00 - 3:00 p.m.
Wednesday APR 10	Overview of Autism Spectrum Disorder (ASD) Wednesday, April 10 from 1:00 - 3:00 p.m.
Thursday APR 11	Assistance for Children with Severe Disabilities (ACSD) Funding Thursday, April 11 from 10:00 a.m. - 12:00 p.m.
	Home and Community Safety Thursday, April 11 from 6:00 - 7:00 p.m.
Friday APR 12	Toilet Training Friday, April 12 from 1:00 - 3:00 p.m.
Monday APR 15	Let's Communicate! Monday, April 15 from 1:00 - 3:00 p.m.
	Money Management Monday, April 15 from 6:00 - 8:00 p.m.
Thursday APR 18	Understanding Interfering Behaviour - Where to Start Thursday, April 18 from 6:00 - 8:00 p.m.
Monday APR 22	Desensitization: How to Make Difficult Events Easier Monday, April 22 from 6:00 - 8:00 p.m.
Wednesday APR 24	Parent Connections Wednesday, April 24 from 6:00 - 7:30 p.m.
Thursday APR 25	Introduction to Applied Behaviour Analysis (ABA) Thursday, April 25 from 12:00 - 2:00 p.m.
Friday APR 26	Teaching a New Skill Friday, April 26 from 10:00 a.m. - 12:00 p.m.
Monday APR 29	Supporting Communication with your School Monday, April 29 from 12:00 - 2:00 p.m.

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

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

May

Thursday MAY 2	Introduction to Augmentative and Alternative Communication Thursday, May 2 from 10:00 a.m. - 12:00 p.m.
	Understanding Interfering Behaviour - What Comes Next Thursday, May 2 from 6:00 - 8:00 p.m.
Friday MAY 3	Co-Regulation with Your Child Friday, May 3 from 12:00 - 2:00 p.m.
Monday MAY 6	When you have to say “No!” to your child Monday, May 6 from 12:00 - 2:00 p.m.
Tuesday MAY 7	Next Steps After Your Child Receives a Diagnosis Tuesday, May 7 from 10:00 a.m. - 12:00 p.m.
Thursday MAY 9	Overview of Autism Spectrum Disorder (ASD) Thursday, May 9 from 10:00 a.m. - 12:00 p.m.
Monday MAY 13	Introduction to Play Skills Monday, May 13 from 10:00 a.m. - 12:00 p.m.
Wednesday MAY 15	Special Services at Home (SSAH) Funding Wednesday, May 15 from 10:00 a.m. - 12:00 p.m.
Thursday MAY 16	Promoting Positive Mealtimes Thursday, May 16 from 12:00 - 2:00 p.m.
Monday MAY 24	Understanding Your Child Through a Sensory Lens Friday, May 24 from 10:00 a.m. - 12:00 p.m.
Monday MAY 27	Readiness for Toilet Training - Where to Start Monday, May 27 from 10:00 a.m. - 12:00 p.m.
Wednesday MAY 29	Parent Connections Wednesday, May 29 from 6:00 - 7:30 p.m.
Thursday MAY 30	Emotion Regulation Thursday, May 30 from 10:00 a.m. - 12:00 p.m.
Friday MAY 31	Getting Ready to Learn Friday, May 31 from 12:00 - 2:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

June

Monday JUN 3	Next Steps After Your Child Receives a Diagnosis Monday, June 3 from 6:00 - 8:00 p.m.
Wednesday JUN 5	Picky Eating Wednesday, June 5 from 12:00 - 2:00 p.m.
Thursday JUN 6	Overview of Ministry Funding Options Thursday, June 6 from 10:00 a.m. - 12:00 p.m.
Friday JUN 7	Summer Success! How to Plan Your Summer for an Easier Fall Friday, June 7 from 12:00 - 2:00 p.m.
Monday JUN 10	Readiness for Toilet Training - What Comes Next Monday, June 10 from 10:00 - 11:00 a.m.
Wednesday JUN 12	Transition to Adult Services Wednesday, June 12 from 6:00 - 7:00 p.m.
Thursday JUN 13	Overview of Autism Spectrum Disorder (ASD) Thursday, June 13 from 6:00 - 8:00 p.m.
Friday JUN 14	Preventing and Responding to Elopement Friday, June 14 from 10:00 - 11:30 a.m.
Monday JUN 17	Introduction to Applied Behaviour Analysis (ABA) Monday, June 17 from 6:00 - 8:00 p.m.
Wednesday JUN 19	Assistance for Children with Severe Disabilities (ACSD) Funding Wednesday, June 19 from 6:00 - 8:00 p.m.
Friday JUN 21	Using Visual Supports Friday, June 21 from 12:00 - 2:00 p.m.
Monday JUN 24	Helping Your Child Manage Change Monday, June 24 from 12:00 - 2:00 p.m.
Wednesday JUN 26	Parent Connections Wednesday, June 26 from 6:00 - 7:30 p.m.
Thursday JUN 27	Preparing for a Successful Community Outing Thursday, June 27 from 6:00 - 8:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

July

Thursday JUL 4	Next Steps After Your Child Receives a Diagnosis Thursday, July 4 from 6:00 - 8:00 p.m.
	Supporting Your Teen with Self-Independence Skills Thursday, July 4 from 6:00-8:00 p.m.
Friday JUL 5	Desensitization: How to Make Difficult Events Easier Friday, July 5 from 12:00 - 2:00 p.m.
Tuesday JUL 9	Toilet Training Tuesday, July 9 from 6:00 - 8:00 p.m.
	Let's Get Real (Teen Workshop) NEW! Tuesday, July 9 from 6:00 - 7:30 p.m.
Friday JUL 12	Improving Your Child's Sleep Friday, July 12 from 10:00 a.m. - 12:00 p.m.
Tuesday JUL 16	Responding to School Refusal and Bullying (Grade 9 - 12) Tuesday, July 16 from 6:00 - 8:00 p.m.
Wednesday JUL 17	Let's Communicate! Wednesday, July 17 from 12:00 - 2:00 p.m.
Thursday JUL 18	Special Services at Home (SSAH) Funding Thursday, July 18 from 6:00 - 8:00 p.m.
Friday JUL 19	Co-Regulation with Your Child Friday, July 19 from 12:00 - 2:00 p.m.
Monday JUL 22	Getting Ready to Learn Monday, July 22 from 10:00 a.m. - 12:00 p.m.
Tuesday JUL 23	Autism and Anxiety Tuesday, July 23 from 12:00 - 2:00 p.m.
Wednesday JUL 24	Understanding Interfering Behaviour - Where to Start Wednesday, July 24 from 12:00 - 2:00 p.m.
Tuesday JUL 30	When you have to say "No!" to your child Tuesday, July 30 from 6:00 - 8:00 p.m.
Wednesday JUL 31	Promoting Positive Mealtimes Wednesday, July 31 from 6:00 - 8:00 p.m.
	Teaching a New Skill Wednesday, July 31 from 12:00-2:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

August

Friday AUG 2	Home and Community Safety Friday, August 2 from 10:00 - 11:00 a.m.
	Introduction to Augmentative and Alternative Communication Friday, August 2 from 12:00 - 2:00 p.m.
Wednesday AUG 7	Understanding Interfering Behaviour - What Comes Next Wednesday, August 7 from 12:00 - 2:00 p.m.
	Next Steps After Your Child Receives a Diagnosis Wednesday, August 7 from 6:00 - 8:00 p.m.
Thursday AUG 8	Making the Transition to School Easier Thursday, August 8 from 6:00 - 8:00 p.m.
Monday AUG 12	Teaching Self-Management Strategies to Increase Independence Monday, August 12 from 12:00 - 2:00 p.m.
Tuesday AUG 13	Money Management (Grade 9 - 12) Tuesday, August 13 from 6:00 - 8:00 p.m.
Wednesday AUG 14	Sexuality and Puberty Wednesday, August 14 12:00 -2:00 p.m.
Thursday AUG 15	Responding to School Refusal and Bullying (Grade 4 - 8) Thursday, August 15 from 12:00 - 2:00 p.m.
	Overview of Ministry Funding Options Thursday, August 15 from 6:00-8:00p.m.
Friday AUG 16	Readiness for Toilet Training - Where to Start Friday, August 16 from 12:00 - 2:00 p.m.
Monday AUG 19	Introduction to Applied Behaviour Analysis (ABA) Monday, August 19 from 12:00 - 2:00 p.m.
Tuesday AUG 20	Preparing for a Successful Community Outing Tuesday, August 20 from 12:00 - 2:00 p.m.
Thursday AUG 22	Assistance for Children with Severe Disabilities (ACSD) Funding Thursday, August 22 from 12:00 - 2:00 p.m.
Friday AUG 23	Introduction to Play Skills Friday, August 23 from 12:00 - 2:00 p.m.
Monday AUG 26	Picky Eating Monday, August 26 from 10:00 a.m. - 12:00 p.m.
Wednesday AUG 28	Supporting Communication with your School Wednesday, August 28 from 12:00 - 2:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

September

Thursday SEP 5	Next Steps After Your Child Receives a Diagnosis Thursday, September 5 from 10:00 a.m. - 12:00 p.m.
Monday SEP 9	Understanding Your Child Through a Sensory Lens Monday, September 9 from 12:00 - 2:00 p.m.
Tuesday SEP 10	Preventing and Responding to Elopement Tuesday, September 10 from 6:00 - 7:30 p.m.
Wednesday SEP 11	Overview of Autism Spectrum Disorder (ASD) Wednesday, September 11 from 12:00 - 2:00 p.m.
Thursday SEP 12	Supporting Communication with your School Thursday, September 12 from 6:00 - 8:00 p.m.
Friday SEP 13	Readiness for Toilet Training - What Comes Next Friday, September 13 from 10:00 - 11:00 a.m.
Monday SEP 16	Special Services at Home (SSAH) Funding Monday, September 16 from 12:00 - 2:00 p.m.
Wednesday SEP 18	Responding to School Refusal and Bullying (Grade 9 - 12) Wednesday, September 18 from 6:00 - 8:00 p.m.
Monday SEP 23	Using Visual Supports Monday, September 23 from 10:00 a.m. - 12:00 p.m.
Wednesday SEP 25	Parent Connections Wednesday, September 25 from 6:00 - 7:30 p.m.
Thursday SEP 26	Helping Your Child Manage Change Thursday, September 26 from 6:00 - 8:00 p.m.
Friday SEP 27	Co-Regulation with Your Child Friday, September 27 from 12:00 - 2:00 p.m.
Monday SEP 30	Emotion Regulation Monday, September 30 from 12:00 - 2:00 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)

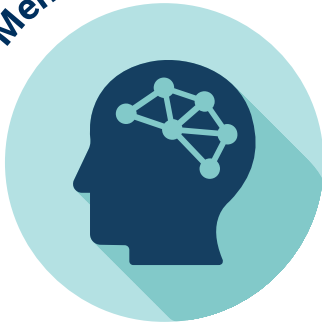
<https://youtu.be/vWuSOcG1PW8>



Icon Legend

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

Mental Health



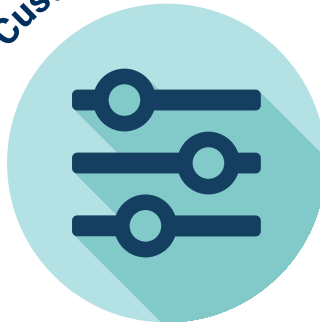
Social



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

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

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 • 1-hour appointment
• Available in-person or virtually

DATE Flexible

COST No cost

Resource Consultation

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

LEVEL A, B, C

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

DATE Flexible

COST No cost

School Support Consultation

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

LEVEL A, B, C

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

DATE Flexible

COST No cost

Clinics

Clinic Appointment

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

LEVEL A, B, C

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

DATE Flexible

COST No cost

Group Clinical Programs

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 • 6 45-minute sessions
• Available in-person

DATE Wednesdays 4:15 - 5:00 p.m. April 17 to May 22
Tuesdays 9:00 - 9:45 a.m. July 9 to August 13

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.

Beginning Social Skills



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

LEVEL B,C

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

DATE Tuesdays 4:15 - 5:00 p.m. May 7 to June 11
Tuesdays 10:15 - 11:00 July 9 to August 13

COST No cost

Group Recreational Programs

Pizza Party!



Make your own pizza at home and join our virtual pizza party! Parent/caregiver assistance will be required.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, April 17 5:30-6:15 p.m.

COST No cost

Getting Crafty



Getting Crafty is an interactive virtual group designed for kids wanting to explore their artistic and creative abilities. Participants will have the opportunity to socialize and engage with peers while creating art. Parent/caregiver assistance may be required.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, May 29 4:00-4:45 p.m.

COST No cost

Music and Movement



This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, June 19 from 4:00 to 4:45 p.m.

COST No cost

Beach Day



Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, July 17 4:15-5:00 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 • 2-hour virtual workshop

DATE Wednesday, April 3 from 6:00 - 8:00 p.m.
Tuesday, May 7 from 10:00 a.m. - 12:00 p.m.
Monday, June 3 from 6:00 - 8:00 p.m.
Thursday, July 4 from 12:00 - 2:00 p.m.
Wednesday, August 7 from 6:00 - 8:00 p.m.
Thursday, September 5 from 10:00 a.m. - 12:00 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, April 10 from 1:00 - 3:00 p.m.
Thursday, May 9 from 10:00 a.m. - 12:00 p.m.
Thursday, June 13 from 6:00 - 8:00 p.m.
Wednesday, September 11 from 12:00 - 2:00 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, April 5 from 1:00 -3:00 p.m. Thursday, June 6 from 10:00 a.m. -12:00p.m. Thursday, August 15 from 6:00 to 8:00 p.m
COST	No cost

Special Services at Home (SSAH) Funding

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

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, May 15 from 10:00 a.m. - 12:00 p.m. Thursday, July 18 from 6:00 - 8:00 p.m. Monday, September 16 from 12:00 - 2:00 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	Thursday, April 11 from 10:00 a.m. - 12:00 p.m. Wednesday, June 19 from 6:00 - 8:00 p.m. Thursday, August 22 from 1:00 - 3:00 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 April 16 to June 18 Tuesdays from 6:00 - 8:00 p.m. from April 16 to June 18 Tuesdays from 12:00 - 2:00 p.m. from September 17 to November 19 Tuesdays from 6:00 - 8:00 p.m. from September 17 to November 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	• 2-hour virtual workshop
DATE	Thursday, April 25 from 12:00 - 2:00 p.m. Monday, June 17 from 6:00 - 8:00 p.m. Monday, August 19 from 12:00 - 2:00 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	Monday, April 8 from 10:00 a.m. - 12:00 p.m. Friday, May 31 from 12:00 - 2:00 p.m. Monday, July 22 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, April 26 from 10:00 a.m. - 12:00 p.m. Wednesday July 10 from 12:00 - 2:00 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, May 13 from 10:00 a.m. - 12:00 p.m. Friday, August 23 from 12:00 - 2:00 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	Thursday, April 4 from 6:00 - 8:00 p.m. Friday, July 12 from 10:00 a.m. - 12:00 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, June 27 from 6:00 - 8:00 p.m. Tuesday, August 20 from 12:00 - 2:00 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, April 15 from 1:00 - 3:00 p.m. Wednesday, July 17 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	Thursday, May 2 from 10:00 a.m. - 12:00 p.m. Friday, August 2 from 12:00 - 2:00 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	Friday, June 21 from 12:00 - 2:00 p.m. Monday, September 23 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Promoting Positive Mealtimes

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

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • Follow-up individualized consultation
DATE	Thursday, May 16 from 12:00 - 2:00 p.m. Wednesday, July 31 from 6:00 - 8:00 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	Wednesday, June 5 from 12:00 - 2:00 p.m. Monday, August 26 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, May 27 from 10:00 a.m. - 12:00 p.m. Friday, August 16 from 12:00 - 2:00 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, June 10 from 10:00 - 11:00 a.m. Friday, September 13 from 12:00 - 1:00 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	Friday, April 12 from 12:00 - 2:00 p.m. Tuesday, July 9 from 6:00 - 8:00 p.m.
COST	No cost

Co-Regulation with Your Child

This workshop will explore how self-regulation develops during childhood and will provide strategies for parents/caregivers to co-regulate with their child so they can successfully manage their thoughts, feelings, and behaviour and learn to self-regulate.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 3 from 12:00 - 2:00 p.m. Friday, July 19 from 12:00 - 2:00 p.m. Friday, September 27 from 12:00 - 2:00 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	Friday, May 24 from 10:00 a.m. - 12:00 p.m. Monday, September 9 from 12:00 - 2:00 p.m.
COST	No cost

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

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 7 from 12:00 - 2:00 p.m.
COST	No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, August 8 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	Thursday, April 18 from 6:00 - 8:00 p.m. Wednesday July 24 from 12:00 - 2:00 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	Thursday, May 2 from 6:00 - 8:00 p.m. Wednesday August 7 from 12:00 - 2:00 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	Monday, June 24 from 12:00 - 2:00 p.m. Thursday, September 26 from 6:00 - 8:00 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	Monday, April 22 from 6:00 - 8:00 p.m. Friday, July 5 from 12:00 - 2:00 p.m.
COST	No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, May 6 from 12:00 - 2:00 p.m. Tuesday, July 30 from 6:00 - 8:00 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.

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

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 Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 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 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.

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 BCBA's 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 BCBA's 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

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 an 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

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

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

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

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

DATE Flexible

COST No cost

Resource Consultation

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

School Support Consultation

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

Clinics

Clinic Appointment

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

Group Clinical Programs

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

- 6 45-minute sessions
- Available in-person

DATE Wednesdays 4:15 - 5:00 p.m. July 24 to August 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 sessions
• Available in-person

DATE Mondays 4:15 - 5:00 p.m. July 15 to August 26

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 1-hour sessions
• Available in-person

DATE Tuesdays 4:00 - 5:00 p.m. July 9 to August 13

COST No cost

Group Recreational Programs

Pizza Party!



Make your own pizza at home and join our virtual pizza party! Parent/caregiver assistance will be required.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, April 17 5:30-6:15 p.m.

COST No cost

Getting Crafty



Getting Crafty is an interactive virtual group designed for kids wanting to explore their artistic and creative abilities. Participants will have the opportunity to socialize and engage with peers while creating art. Parent/caregiver assistance may be required.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, May 29 4:00-4:45 p.m.

COST No cost

Music and Movement



This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, June 19 4:00-4:45 p.m.

COST No cost

Beach Day



Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL A, B, C

INCLUDES • 45-minute virtual session

DATE Wednesday, July 17 4:15-5:00 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 • 2-hour virtual workshop

DATE Wednesday, April 3 from 6:00 - 8:00 p.m.
Tuesday, May 7 from 10:00 a.m. - 12:00 p.m.
Monday, June 3 from 6:00 - 8:00 p.m.
Thursday, July 4 from 12:00 - 2:00 p.m.
Wednesday, August 7 from 6:00 - 8:00 p.m.
Thursday, September 5 from 10:00 a.m. - 12:00 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, April 10 from 1:00 - 3:00 p.m.
Thursday, May 9 from 10:00 a.m. - 12:00 p.m.
Thursday, June 13 from 6:00 - 8:00 p.m.
Wednesday, September 11 from 12:00 - 2:00 p.m.

COST No cost

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

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, April 5 from 1:00 -3:00 p.m. Thursday, June 6 from 10:00 a.m. -12:00p.m. Thursday, August 15 from 6:00 to 8:00 p.m.
COST	No cost

Special Services at Home (SSAH) Funding

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

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, May 15 from 10:00 a.m. - 12:00 p.m. Thursday, July 18 from 6:00 - 8:00 p.m. Monday, September 16 from 12:00 - 2:00 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	Thursday, April 11 from 10:00 a.m. - 12:00 p.m. Wednesday, June 19 from 6:00 - 8:00 p.m. Thursday, August 22 from 1:00 - 3:00 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 April 16 to June 18 Tuesdays from 6:00 - 8:00 p.m. from April 16 to June 18 Tuesdays from 12:00 - 2:00 p.m. from September 17 to November 19 Tuesdays from 6:00 - 8:00 p.m. from September 17 to November 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	• 2-hour virtual workshop
DATE	Thursday, April 25 from 12:00 - 2:00 p.m. Monday, June 17 from 6:00 - 8:00 p.m. Monday, August 19 from 12:00 - 2:00 p.m.
COST	No cost

Pivotal Response Treatment (PRT)[®] Training

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

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

Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT)® approach to increasing your child's self-management skills and decreasing your child's dependence on caregivers and teachers. Self-management skills can include: self-care, daily habits/ household chores, leisure routines, and self-advocacy.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, April 9 from 12:00 - 2:00 p.m. Monday, August 12 from 12:00 - 2:00 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	• 2-hour virtual workshop
DATE	Monday, April 8 from 10:00 a.m. - 12:00 p.m. Friday, May 31 from 12:00 - 2:00 p.m. Monday, July 22 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, April 26 from 10:00 a.m. - 12:00 p.m. Wednesday July 31 from 12:00 - 2:00 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, May 13 from 10:00 a.m. - 12:00 p.m. Friday, August 23 from 12:00 - 2:00 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	Thursday, April 4 from 6:00 - 8:00 p.m. Friday, July 12 from 10:00 a.m. - 12:00 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.

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, June 27 from 6:00 - 8:00 p.m. Tuesday, August 20 from 12:00 - 2:00 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, April 15 from 1:00 - 3:00 p.m. Wednesday, July 17 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	Thursday, May 2 from 10:00 a.m. - 12:00 p.m. Friday, August 2 from 12:00 - 2:00 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	Friday, June 21 from 12:00 - 2:00 p.m. Monday, September 23 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Promoting Positive Mealtimes

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

LEVEL A, B, C

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

DATE Thursday, May 16 from 12:00 - 2:00 p.m.
Wednesday, July 31 from 6:00 - 8:00 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 Wednesday, June 5 from 12:00 - 2:00 p.m.
Monday, August 26 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 Friday, April 12 from 12:00 - 2:00 p.m.
Tuesday, July 9 from 6:00 - 8:00 p.m.

COST No cost

Co-Regulation with Your Child

This workshop will explore how self-regulation develops during childhood and will provide strategies for parents/caregivers to co-regulate with their child so they can successfully manage their thoughts, feelings, and behaviour and learn to self-regulate.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, May 3 from 12:00 - 2:00 p.m.
Friday July 19 from 12:00 - 2:00 p.m.
Friday, September 27 from 12:00 - 2:00 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 Friday May 24 from 10:00 a.m. - 12:00 p.m.
Monday, September 9 from 12:00 - 2:00 p.m.

COST No cost

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

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, June 7 from 12:00 - 2:00 p.m.

COST No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, August 8 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 Thursday, April 18 from 6:00 - 8:00 p.m.
Wednesday July 24 from 12:00 - 2:00 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 Thursday, May 2 from 6:00 - 8:00 p.m.
Wednesday August 7 from 12:00 - 2:00 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 Monday, June 24 from 12:00 - 2:00 p.m.
Thursday, September 26 from 6:00 - 8:00 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 Monday, April 22 from 6:00 - 8:00 p.m.
Friday, July 5 from 12:00 - 2:00 p.m.

COST No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, May 6 from 12:00 - 2:00 p.m.
Tuesday, July 30 from 6:00 - 8:00 p.m.

COST No cost

Home and Community Safety

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

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop

DATE Thursday, April 11 from 6:00 - 7:00 p.m.
Friday, August 2 from 10:00 - 11:00 a.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, June 14 from 10:00 - 11:30 a.m.
Tuesday, September 10 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 Monday, April 29 from 12:00 - 2:00 p.m.
Wednesday, August 28 from 12:00 - 2:00 p.m.
Thursday, September 12 from 6:00 - 8:00 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 Thursday, May 30 from 10:00 a.m. - 12:00 p.m.
Monday, September 30 from 12:00 - 2:00 p.m.

COST No cost

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

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 Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 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 autismprogram@hhsc.ca.



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 BCBA's 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 BCBA's 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

Creative Kids



Excite your child's creative side while building their social communication and cooperative play skills with peers. Participants will be given the opportunity to expand their social skills, including starting and joining conversations and sharing in one another's interests, while doing arts and crafts, drama, movement, and music activities together. The 3-hour session without a parent/caregiver present will also provide the opportunity to build your child's independence and participation in a group setting. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 5 3-hour sessions • All materials will be provided • Summary report • Available in-person
DATE	Monday, July 15 to Friday, July 19 from 9:00 a.m. - 12:00 p.m. or Monday, August 19 to Friday, August 23 from 9:00 a.m. - 12:00 p.m.
COST	\$3,000

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

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 an 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

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

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

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.

Psychological Assessment Consultation

All psychological assessments begin with this consultation with a Psychologist to share your questions and concerns about your child/youth so you can determine which type of assessment is best and when it should occur.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Parent/caregiver appointment with Psychologist • Available virtually
DATE	Flexible
COST	\$225

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@hhsc.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

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

DATE Flexible

COST No cost

Resource Consultation

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

School Support Consultation

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

Clinics

Clinic Appointment

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

Group Clinical Programs

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

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 sessions
- Available in-person

DATE Mondays 4:15 - 5:00 p.m. May 6 to June 17

COST No cost

Children's Friendship Training

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

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 10 1-hour child group sessions; run concurrently with parent/caregiver group sessions • Available in person
DATE	Wednesdays 6:30 - 7:30 p.m. April 24 to June 26, 2024
COST	No cost

Group Recreational Programs

Pizza Party!

Make your own pizza at home and join our virtual pizza party! Parent/caregiver assistance will be required.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, April 17 5:30-6:15 p.m.
COST	No cost

Game On

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

LEVEL	B, C
INCLUDES	• 45-minute virtual session
DATE	Monday, April 29 4:15-5:00 p.m.
COST	No cost

Getting Crafty

Getting Crafty is an interactive virtual group designed for kids wanting to explore their artistic and creative abilities. Participants will have the opportunity to socialize and engage with peers while creating art. Parent/caregiver assistance may be required.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, May 29 4:00-4:45 p.m.
COST	No cost

Music and Movement

This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, June 19 4:00-4:45 p.m.
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	• 45-minute virtual session
DATE	Monday, June 24 4:15-5:00 p.m.
COST	No cost

Beach Day

Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, July 17 4:15-5:00 p.m.
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	• 45-minute virtual session
DATE	Wednesday, September 11 4:15-5:00 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	• 2-hour virtual workshop
DATE	Wednesday, April 3 from 6:00 - 8:00 p.m. Tuesday, May 7 from 10:00 a.m. - 12:00 p.m. Monday, June 3 from 6:00 - 8:00 p.m. Thursday, July 4 from 12:00 - 2:00 p.m. Wednesday, August 7 from 6:00 - 8:00 p.m. Thursday, September 5 from 10:00 a.m. - 12:00 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, April 10 from 1:00 - 3:00 p.m. Thursday, May 9 from 10:00 a.m. - 12:00 p.m. Thursday, June 13 from 6:00 - 8:00 p.m. Wednesday, September 11 from 12:00 - 2:00 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, April 5 from 1:00 - 3:00 p.m. Thursday, June 6 from 10:00 a.m. - 12:00 p.m. Thursday, August 15 from 6:00 to 8:00 p.m.
COST	No cost

Special Services at Home (SSAH) Funding

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

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, May 15 from 10:00 a.m. - 12:00 p.m. Thursday, July 18 from 6:00 - 8:00 p.m. Monday, September 16 from 12:00 - 2:00 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	Thursday, April 11 from 10:00 a.m. - 12:00 p.m. Wednesday, June 19 from 6:00 - 8:00 p.m. Thursday, August 22 from 1:00 - 3:00 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 April 16 to June 18 Tuesdays from 6:00 - 8:00 p.m. from April 16 to June 18 Tuesdays from 12:00 - 2:00 p.m. from September 17 to November 19 Tuesdays from 6:00 - 8:00 p.m. from September 17 to November 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	• 2-hour virtual workshop
DATE	Thursday, April 25 from 12:00 - 2:00 p.m. Monday, June 17 from 6:00 - 8:00 p.m. Monday, August 19 from 12:00 - 2:00 p.m.
COST	No cost

Pivotal Response Treatment (PRT)[®] Training

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

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

Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT)[®] approach to increasing your child's self-management skills and decreasing your child's dependence on caregivers and teachers. Self-management skills can include: self-care, daily habits/household chores, leisure routines, and self-advocacy.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, April 9 from 12:00 - 2:00 p.m. Monday, August 12 from 12:00 - 2:00 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, April 26 from 10:00 a.m. - 12:00 p.m. Wednesday July 31 from 12:00 - 2:00 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, June 27 from 6:00 - 8:00 p.m. Tuesday, August 20 from 12:00 - 2:00 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	Thursday, May 2 from 10:00 a.m. - 12:00 p.m. Friday, August 2 from 12:00 - 2:00 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
DATE	Thursday, May 16 from 12:00 - 2:00 p.m. Wednesday, July 31 from 6:00 - 8:00 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	Wednesday, June 5 from 12:00 - 2:00 p.m. Monday, August 26 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	Friday, April 12 from 12:00 - 2:00 p.m. Tuesday, July 9 from 6:00 - 8:00 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	Friday May 24 from 10:00 a.m. - 12:00 p.m. Monday, September 9 from 12:00 - 2:00 p.m.
COST	No cost

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

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 7 from 12:00 - 2:00 p.m.
COST	No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, August 8 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	Thursday, July 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	Thursday, April 18 from 6:00 - 8:00 p.m. Wednesday July 24 from 12:00 - 2:00 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 Thursday, May 2 from 6:00 - 8:00 p.m.
Wednesday August 7 from 12:00 - 2:00 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 Monday, June 24 from 12:00 - 2:00 p.m.
Thursday, September 26 from 6:00 - 8:00 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 Monday, April 22 from 6:00 - 8:00 p.m.
Friday, July 5 from 12:00 - 2:00 p.m.

COST No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, May 6 from 12:00 - 2:00 p.m.
Tuesday, July 30 from 6:00 - 8:00 p.m.

COST No cost

Home and Community Safety

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

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop

DATE Thursday, April 11 from 6:00 - 7:00 p.m.
Friday, August 2 from 10:00 - 11:00 a.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, June 14 from 10:00 - 11:30 a.m.
Tuesday, September 10 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 Monday, April 29 from 12:00 - 2:00 p.m.
Wednesday, August 28 from 12:00 - 2:00 p.m.
Thursday, September 12 from 6:00 - 8:00 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 Thursday, August 15 from 12:00 - 2:00 p.m.

COST No cost

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

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	Wednesday, August 14 from 12:00 -2:00 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	Thursday, May 30 from 10:00 a.m. - 12:00 p.m. Monday, September 30 from 12:00 - 2:00 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	Tuesday, July 23 from 12:00 - 2:00 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.



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 Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 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 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.

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 BCBA's 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 BCBA's 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

3, 2, 1, STEM!



Explore your child's interest in science, technology, engineering, and mathematics (STEM) while building their social communication and interaction skills with peers. Participants will be given the opportunity to grow their social skills, including initiating and joining conversations and sharing in one another's interests, while doing STEM-related activities together, such as science experiments, building structures, and completing group challenges. The 3-hour session without a parent/caregiver present will also provide the opportunity to build your child's independence and participation in a group setting. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 5 30-minute sessions • All materials will be provided • Summary report • Available in-person
DATE	Monday, July 15 to Friday, July 19 from 1:00 - 4:00 p.m. or Monday, August 19 to Friday, August 23 from 1:00 - 4:00 p.m.
COST	\$3,000

Let's Kick It!



Is your child interested in sports? Do they have readiness skills to participate actively with their peers? This group will build upon your child's interests and readiness skills (e.g., shooting baskets, kicking a soccer ball) by helping them learn to communicate with their teammates, work together (e.g., passing the ball to score a goal), and be a good sport (e.g., winning or losing) while playing various team sports. Parents/caregivers will participate along with their child to support them to practice the strategies taught. This group will be facilitated by Autism Therapists with supervision for an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 8 1-hour sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in-person
DATE	Mondays from 6:00-7:00 p.m. July 22 to September 23
COST	\$1,700

Fee-Based Services continued

Speech and Language Services Occupational Therapy 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 an 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

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

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

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.

Secret Agent Society



Secret Agent Society is a spy-themed group-based cognitive behavioural therapy program for kids 8-12 years old that targets emotional regulation and social functioning. It teaches children how to: recognize emotions; express their feelings in appropriate ways; cope with feelings of anger and anxiety; communicate and play with others; cope with mistakes, transitions, and problems; prevent and manage bullying and teasing; and acknowledge their personal strengths. This group involves child and parent/caregiver participation. This program is facilitated by Autism Therapists and supervised by a Registered Psychologist. A screening will be completed in order to determine whether this group is clinically appropriate. Parents/caregivers who are interested should contact us by July 31st to book a screening appointment.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • A 90-minute parent/caregiver information session • 14 weekly 1-hour child sessions immediately followed by 30-minute parent/caregiver sessions • Access to the SAS Digital Headquarters and Mentor Portal for 1 year • Virtual Service • Register by July 31, 2024
DATE	Program to begin Fall 2024. Dates and times to be determined.
COST	\$4,800

Facing Your Fears



Facing Your Fears is a group-based cognitive behavioural therapy program for kids 8-14 years old who are struggling with anxiety. The goal is to help your child develop coping strategies to manage anxiety, and to provide you as a parent/caregiver with the understanding of the nature of your child's difficulties and with strategies to help. Participating in the group requires that one parent/caregiver (the same one each week) and your child attend all sessions. This program is co-facilitated and supervised by a Registered Psychologist. A screening will be completed in order to determine whether this group is clinically appropriate. Parents/caregivers who are interested should contact us by July 31st to book a screening appointment.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 12 weekly 90-minute sessions for parents/caregivers and children • Parent/caregiver and child workbooks and materials • Virtual service • Register by July 31, 2024
DATE	Program to begin Fall 2024. Dates and times to be determined
COST	\$4,000

Psychological Assessment Consultation



All psychological assessments begin with this consultation with a Psychologist to share your questions and concerns about your child/youth so you can determine which type of assessment is best and when it should occur.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Parent/caregiver appointment with Psychologist • Available virtually
DATE	Flexible
COST	\$225

Fee-Based Services continued

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@hhsc.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

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

DATE Flexible

COST No cost

Resource Consultation

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

School Support Consultation

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

Clinics

Clinic Appointment

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

LEVEL A, B, C

INCLUDES

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

DATE Flexible

COST No cost

Group Clinical Programs

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 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

- 6 1-hour teen group sessions; run concurrently with parent/caregiver group sessions
- Available in person

DATE Wednesdays 6:00 - 7:00 p.m. July 24 to August 28, 2024

COST No cost

Group Recreational Programs

Pizza Party!



Make your own pizza at home and join our virtual pizza party! Parent/caregiver assistance will be required.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, April 17 5:30-6:15 p.m.
COST	No cost

Game On



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

LEVEL	B, C
INCLUDES	• 45-minute virtual session
DATE	Monday, April 29 4:15-5:00 p.m.
COST	No cost

Getting Crafty



Getting Crafty is an interactive virtual group designed for kids wanting to explore their artistic and creative abilities. Participants will have the opportunity to socialize and engage with peers while creating art. Parent/caregiver assistance may be required.

LEVEL	B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, May 29 4:00-4:45 p.m.
COST	No cost

Music and Movement



This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, June 19 4:00-4:45 p.m.
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	• 45-minute virtual session
DATE	Monday, June 24 4:15-5:00 p.m.
COST	No cost

Beach Day



Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Wednesday, July 17 4:15-5:00 p.m.
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	• 45-minute virtual session
DATE	Wednesday, September 11 4:15-5:00 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	• 2-hour virtual workshop
DATE	Wednesday, April 3 from 6:00 - 8:00 p.m. Tuesday, May 7 from 10:00 a.m. - 12:00 p.m. Monday, June 3 from 6:00 - 8:00 p.m. Thursday, July 4 from 12:00 - 2:00 p.m. Wednesday, August 7 from 6:00 - 8:00 p.m. Thursday, September 5 from 10:00 a.m. - 12:00 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.

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, April 10 from 1:00 - 3:00 p.m. Thursday, May 9 from 10:00 a.m. - 12:00 p.m. Thursday, June 13 from 6:00 - 8:00 p.m. Wednesday, September 11 from 12:00 - 2:00 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, April 5 from 1:00 -3:00 p.m. Thursday, June 6 from 10:00 a.m. -12:00p.m. Thursday, August 15 from 6:00 to 8:00 p.m.
COST	No cost

Special Services at Home (SSAH) Funding

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

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, May 15 from 10:00 a.m. - 12:00 p.m. Thursday, July 18 from 6:00 - 8:00 p.m. Monday, September 16 from 12:00 - 2:00 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	Thursday, April 11 from 10:00 a.m. - 12:00 p.m. Wednesday, June 19 from 6:00 - 8:00 p.m. Thursday, August 22 from 1:00 - 3:00 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, April 25 from 12:00 - 2:00 p.m. Monday, June 17 from 6:00 - 8:00 p.m. Monday, August 19 from 12:00 - 2:00 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, April 26 from 10:00 a.m. - 12:00 p.m. Wednesday July 31 from 12:00 -2:00 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, June 27 from 6:00 - 8:00 p.m. Tuesday, August 20 from 12:00 - 2:00 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 Thursday, May 2 from 10:00 a.m. - 12:00 p.m.
Friday, August 2 from 12:00 - 2:00 p.m.

COST No cost

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

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, June 7 from 12:00 - 2:00 p.m.

COST No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Thursday, August 8 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 Thursday, July 4 from 6:00 to 8:00 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, April 15 from 6:00 - 8:00 p.m.
Tuesday, August 13 from 6:00 - 8:00 p.m.

COST No cost

Let's Get Real

The purpose of this workshop is to provide a safe and supportive space for autistic youth to learn and talk about dating (e.g., friend vs. partner), consent, relationships (e.g., red vs. green flags), gender identity, and sexual orientation. The content will be shared by our clinicians to facilitate an interactive conversation about what youth may experience with relationships, help them identify trusted people who they can talk openly to, and learn where to find accurate information. Youth may choose to participate and ask questions anonymously.

LEVEL C

INCLUDES • 90-minute virtual workshop

DATE Tuesday, July 9 from 6:00 - 7:30 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 Wednesday, August 14 from 12:00 to 2:00 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 Thursday, April 18 from 6:00 - 8:00 p.m.
Wednesday July 24 from 12:00 - 2:00 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 Thursday, May 2 from 6:00 - 8:00 p.m.
Wednesday August 7 from 12:00 - 2:00 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 Monday, June 24 from 12:00 - 2:00 p.m.
Thursday, September 26 from 6:00 - 8:00 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 Monday, April 22 from 6:00 - 8:00 p.m.
Friday, July 5 from 12:00 - 2:00 p.m.

COST No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, May 6 from 12:00 - 2:00 p.m.
Tuesday, July 30 from 6:00 - 8:00 p.m.

COST No cost

Home and Community Safety

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

LEVEL A, B, C

INCLUDES • 1-hour virtual workshop

DATE Thursday, April 11 from 6:00 - 7:00 p.m.
Friday, August 2 from 10:00 - 11:00 a.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, June 14 from 10:00 - 11:30 a.m.
Tuesday, September 10 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	• 1-hour virtual workshop
DATE	Wednesday, June 12 from 6:00 - 7:00 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	Monday, April 29 from 12:00 - 2:00 p.m. Wednesday, August 28 from 12:00 - 2:00 p.m. Thursday, September 12 from 6:00 - 8:00 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	Wednesday, April 3 from 6:00 - 8:00 p.m. Tuesday, July 16 from 6:00 - 8:00 p.m. Wednesday, September 18 from 6:00 - 8:00 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	Thursday, May 30 from 10:00 a.m. - 12:00 p.m. Monday, September 30 from 12:00 - 2:00 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	Tuesday, July 23 from 12:00 - 2:00 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.

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 Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 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 autismprogram@hhsc.ca.



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 BCBA's 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 BCBA's 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 Connect



This group will introduce a variety of social skills that help to build and maintain friendships with other teens. Each week will target a different social skill during a 1-hour group session, while parents simultaneously learn strategies to promote further teaching and generalization at home. Topics will include conversational skills, use of technology in social interactions, and how to respond to rejection or bullying, among others. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 8 1-hour sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in-person
DATE	Mondays from 6:00-7:00 p.m. April 29 to June 24
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.

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	Program to begin September 2024. Date and time to be determined.
COST	\$1,700

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. Teens will learn about their sensory systems, including how to notice and connect body sensations with emotions, which is an important skill for self-regulation. 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 peers with similar experiences.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 6 1-hour therapy sessions • Resources and materials to support practice at home • Available in-person
DATE	Thursdays from 5:00 - 6:00 p.m. May 2 to June 6 or Thursdays from 5:00 - 6:00 p.m. June 20 to July 25 or Thursdays from 5:00 - 6:00 p.m. August 8 to September 12
COST	\$1,500

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

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.

Psychological Assessment Consultation

All psychological assessments begin with this consultation with a Psychologist to share your questions and concerns about your child/ youth so you can determine which type of assessment is best and when it should occur.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Parent/caregiver appointment with Psychologist • Available virtually
DATE	Flexible
COST	\$225

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



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.