# Reimagine Your Potential



### WELLNESS SERVICES

NOVEMBER 2021

# **SURREY** PLACE

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# **Surrey Place Wellness Services**

Wellness Services are offered to current or past clients, families, caregivers and the broader community to proactively engage participants in their care by building awareness and enhancing knowledge, skills and resilience.

Our wide range of Wellness Events provide timely services that support the changing needs of our clients across the lifespan. These are delivered through various means, including groups, workshops, clinics, drop-ins, phone-ins and Telehealth services.

# Reimagine Your Potential with Surrey Place

Founded in 1962, Surrey Place helps children and adults living with developmental disabilities, autism spectrum disorder and visual impairments reach their full potential. Our comprehensive programs and services range from assessment and diagnosis to family counselling, one-on-one treatment, group support, wellness, and mental health services serving communities across Toronto and Northern Ontario. A broad network of clinicians and professionals deliver our services



# MENTAL HEALTH SUPPORTS

# **Building Better Mental Health**

Surrey Place offers a wide range of supports to help clients, caregivers, community members and professionals of all ages, in all aspects of their lives, including their mental health. We believe that mental health includes a person's emotional, psychological and social well-being, so we take a holistic approach to service delivery that wraps around the needs of our clients and families. October is recognized as Mental Health Awareness Month.



Get started on your journey today! Look for this icon to find our Mental Health Supports.



# FAMILY CONNECTIONS FACEBOOK GROUP

Calling all family members and caregivers of current or past Surrey Place clients — you're invited to join our Family Connections Facebook Group! This private group, brought to you by our Family Advisory Council, gives families a safe space to ask questions, share experiences, and learn from others caring for a loved one with a developmental disability.



# FOUNDATIONAL FAMILY SERVICES

The caregiver-child relationship is a life-long journey of learning and discovery and can be exceptionally true for caregivers raising a child with autism. Access to quality and timely information is critical for families so that they can support their child to reach their full potential.

Foundational Family Services are available to all families registered with the Ontario Autism Program (OAP) at no cost.

Foundational Family Services offer a wide range

of evidence-based services offered in a variety of formats to build family capacity to support their child's ongoing learning and development. They may include:

- Family and peer mentoring
- Caregiver workshops and follow-up
- Brief targeted consultation
- Transition supports
- Family resource and clinic days

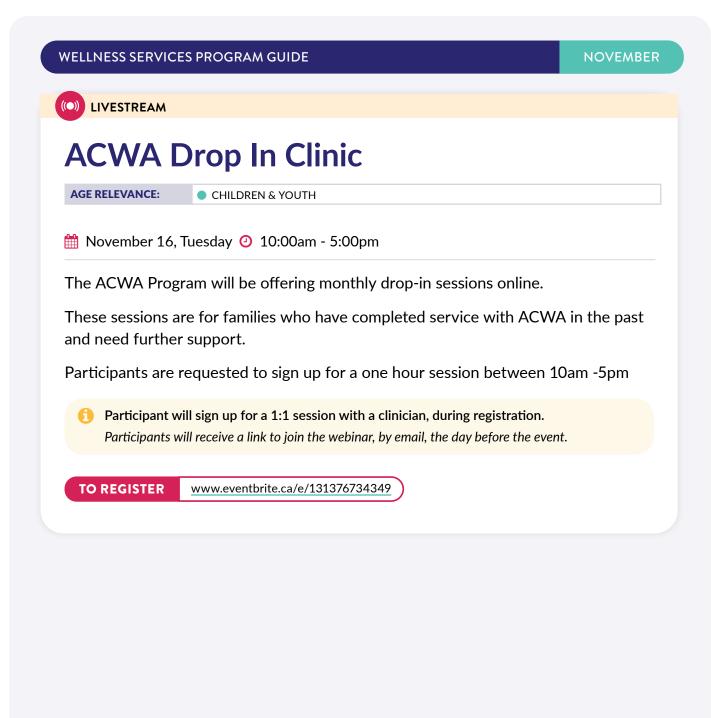
If you have any questions about our Foundational Family Services, please call 416-925-5141 ext. 2590.

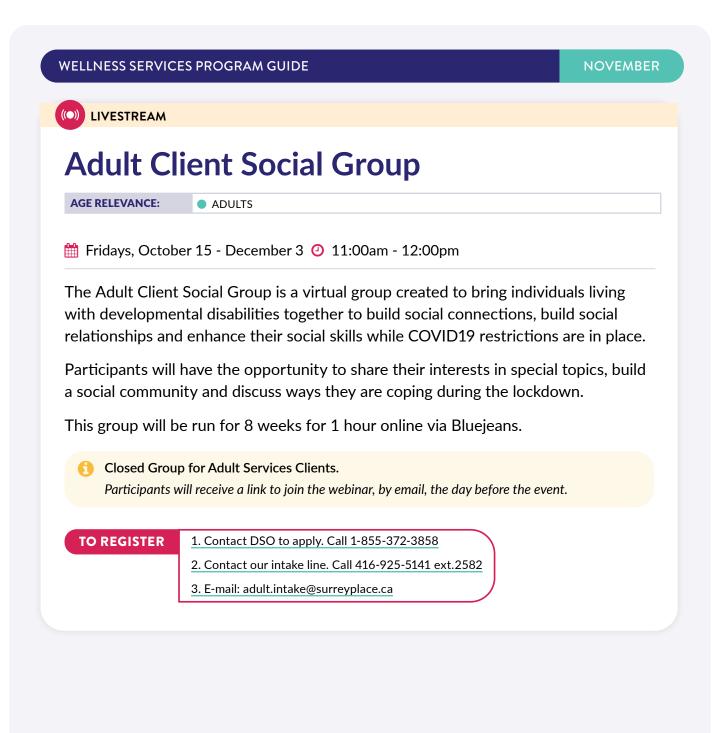
# **RESOURCE LIBRARY**

Whether you are a person living with a disability, a caregiver, or a community member in education or healthcare, the Resource Library has something for you. Using our easy-to-use interface, search for original content based on audience, age, and topics ranging from behaviour and communication to physical and mental health. Find up-to-date articles, tools and videos carefully curated by our clinicians to help you on your journey.

#### VISIT THE RESOURCE LIBRARY









(O) LIVESTREAM

# After School Yoga for Children and Youth

AGE RELEVANCE:

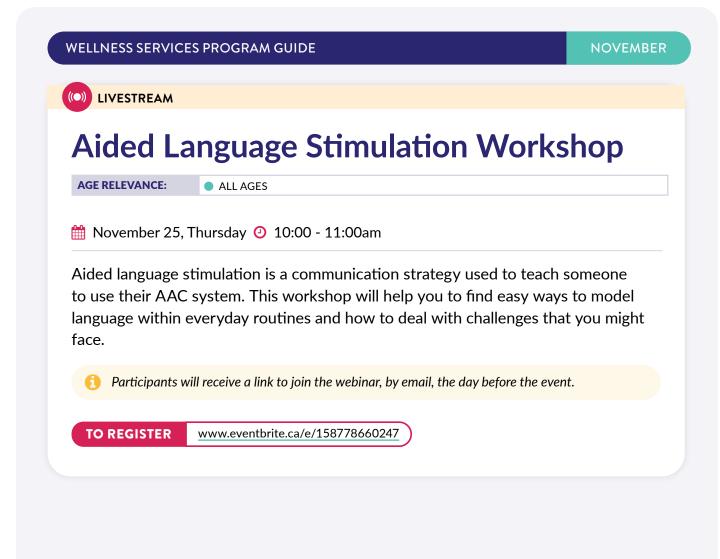
CHILDREN & YOUTH

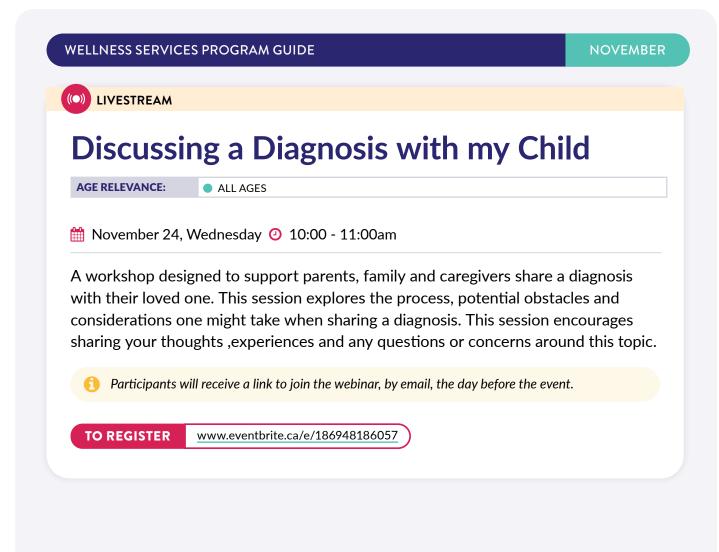
🛗 Wednesdays, November 3 - 24 🕑 4:30 - 5:00pm

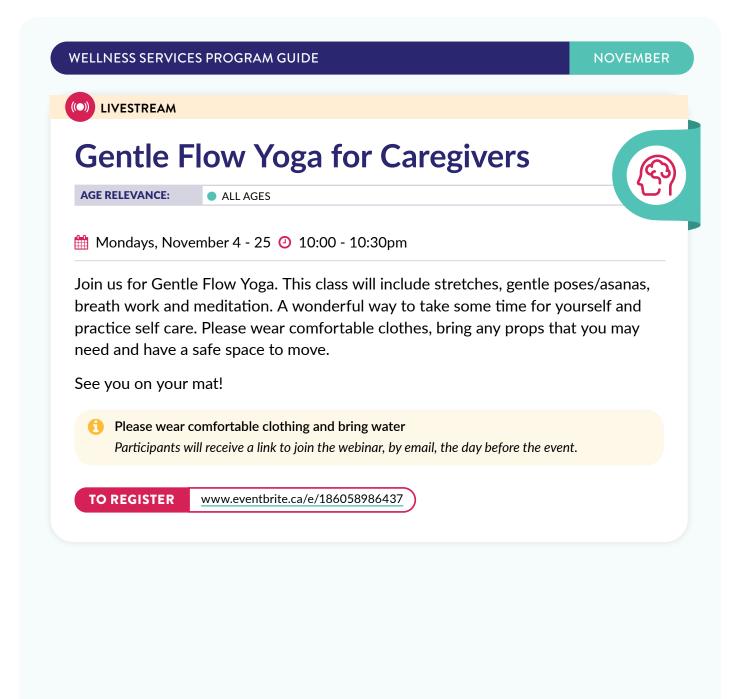
This after school yoga program for children and youth will guide participants through a gentle yoga sequence, focusing on improving balance, flexibility, selfesteem, and breath work. Each session will end with relaxation and meditation. The program is suitable for all levels and those who enjoy movement, connecting with peers and a virtual environment.

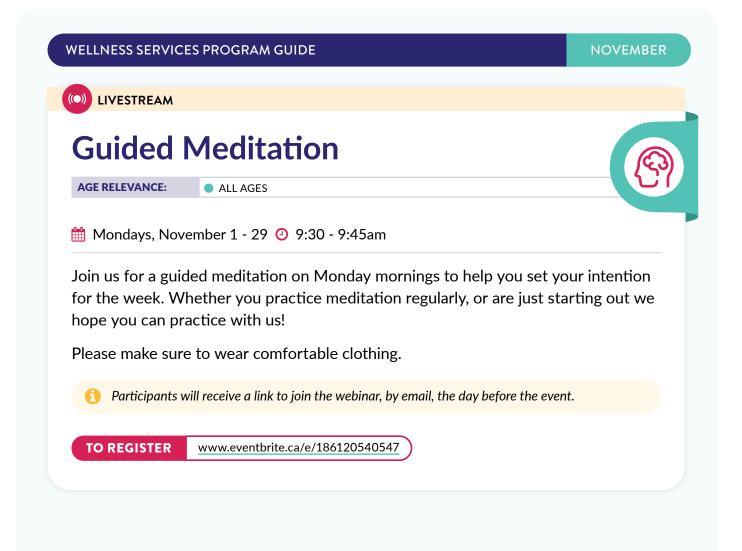
Please make sure to wear comfortable clothing, and are in a safe environment to move around in.

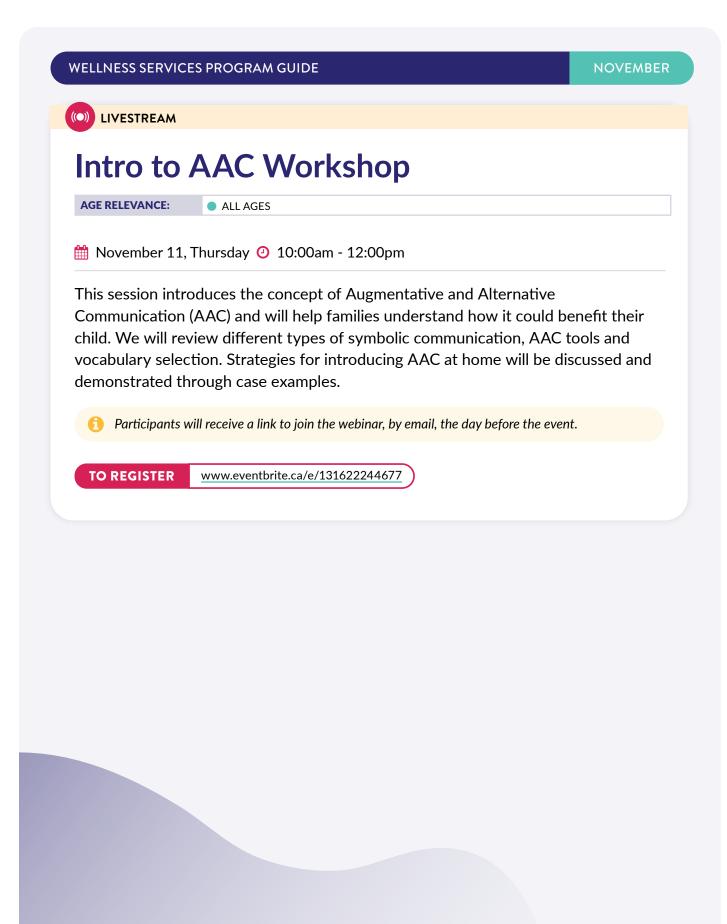
Participants will receive a link to join the webinar, by email, the day before the event.

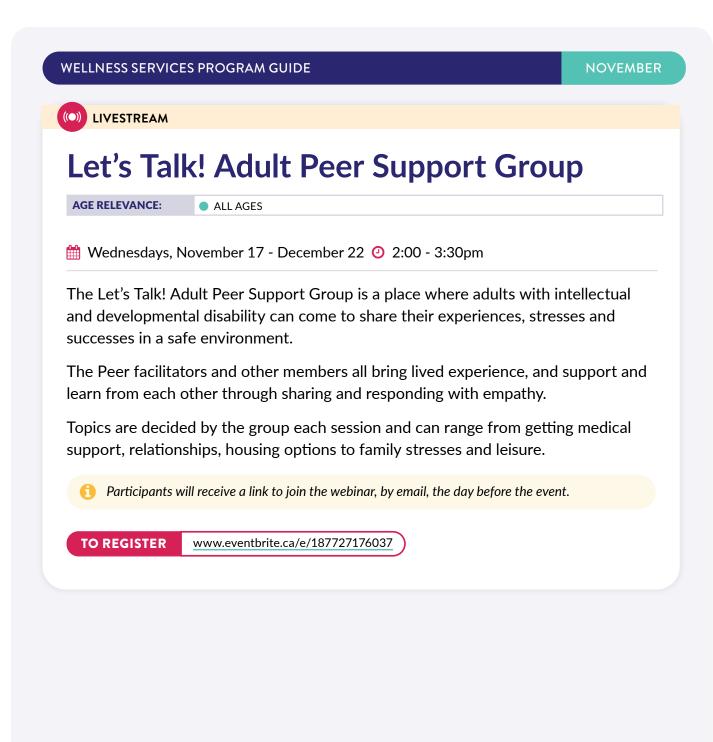


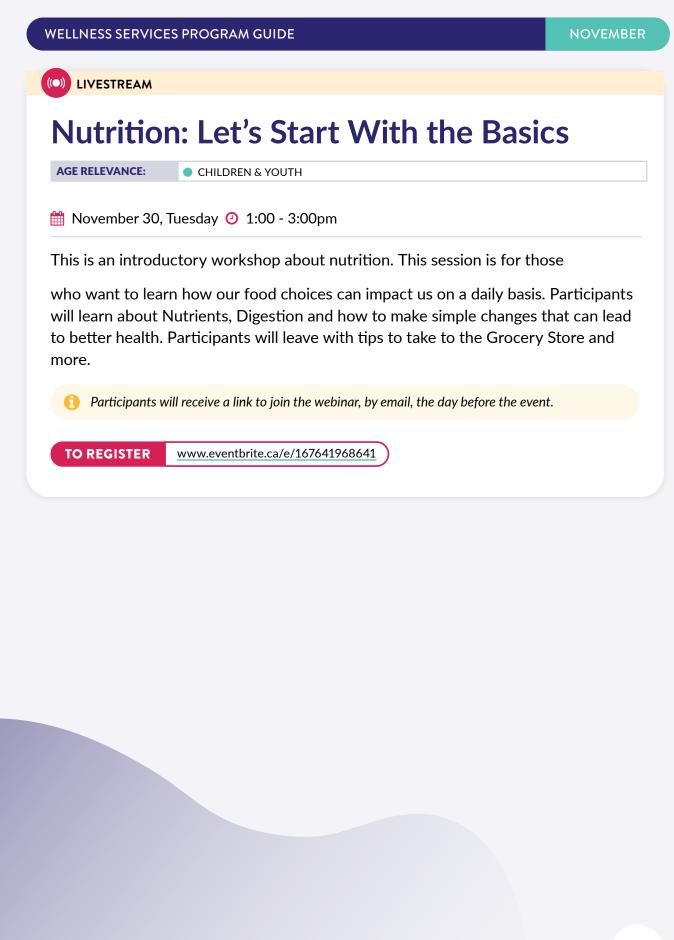












NOVEMBER

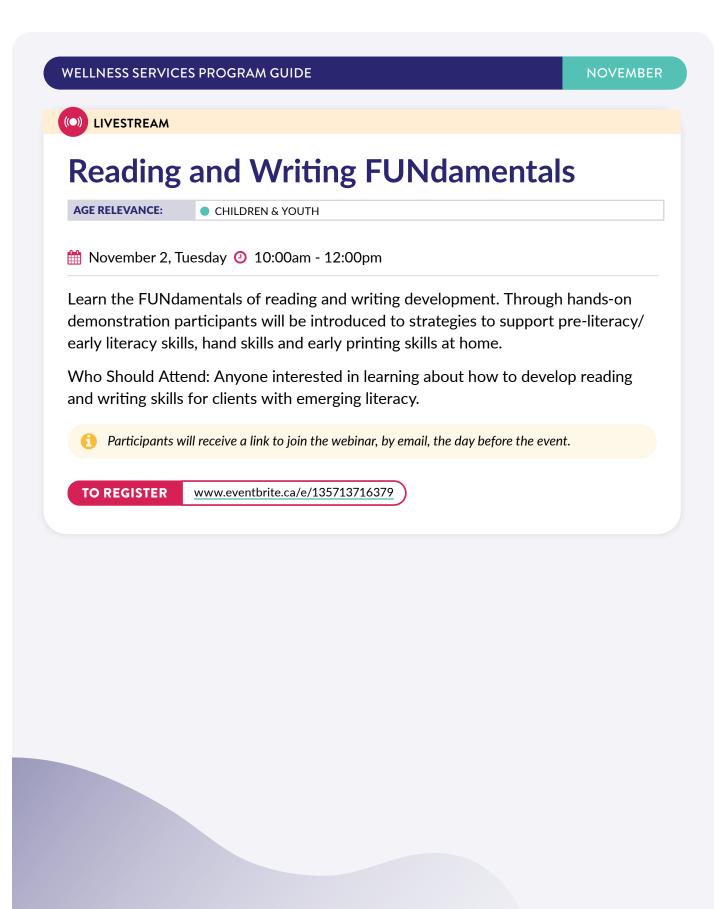
#### (O) LIVESTREAM

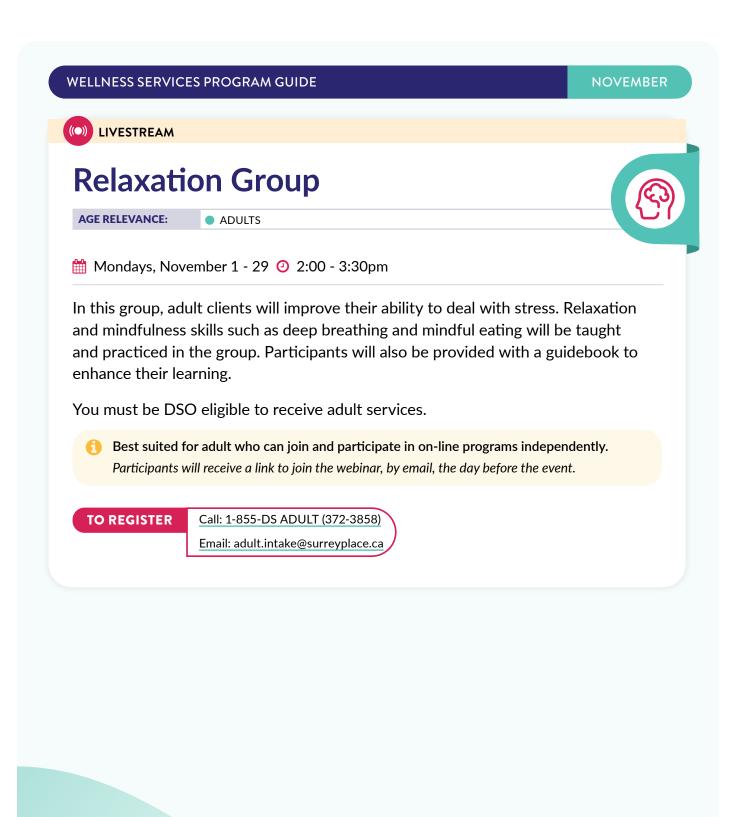
# Nourishing your Mind, Body and Soul Series

AGE RELEVANCE:	ALL AGES	(६३)
Meditation and Min	dfulness	<ul> <li>Movember 1, Monday ② 10:00am-11:00am</li> <li>TO REGISTER www.eventbrite.ca/e/186914635707</li> </ul>
Self-Care		Movember 8, Monday ② 10:00am-11:00am         TO REGISTER         www.eventbrite.ca/e/186945417777
Nutrition		<ul> <li>November 15, Monday ② 10:00am-11:00am</li> <li>TO REGISTER www.eventbrite.ca/e/186919801157</li> </ul>
Creating Your Vision	) Board	<ul> <li>Movember 22, Monday ② 10:00am-11:00am</li> <li>TO REGISTER www.eventbrite.ca/e/185999669017</li> </ul>

Join us for a four day Nourishing Your Mind, Body & Soul Series. Session four is the final session where participants will have the opportunity to be creative!

Participants will receive a link to join the webinar, by email, the day before the event.





#### WELLNESS SERVICES PROGRAM GUIDE

(O) LIVESTREAM

# **Resource Clinic for Caregivers (0-5)**

AGE RELEVANCE:

CHILDREN & YOUTH

🛗 November 18, Thursday 🕗 9:00am - 1:00pm

The Resource Clinic provides families/caregivers with the opportunity to meet with a Service Coordinator one-to-one. A Service Coordinator can assist you to navigate and answer questions you have about supports and services available to your child in the city of Toronto (respite programs, recreational programs, camps, financial supports). Support to complete funding applications can also be provided.

If you are active or waitlisted to Service Coordination at Surrey Place, please call your Service Coordinator for assistance.

If you require completion of funding forms please ensure you have all supporting documentation ready.

Caregivers will be asked to select a 1-hour timeslot between 9am-1pm and will be sent a link to join a meeting with a Service Coordinator the day before the event. The meeting will be held on Microsoft Teams Platform.



(O) LIVESTREAM

# **Resource Clinic for Caregivers (6-17)**

AGE RELEVANCE:

CHILDREN & YOUTH

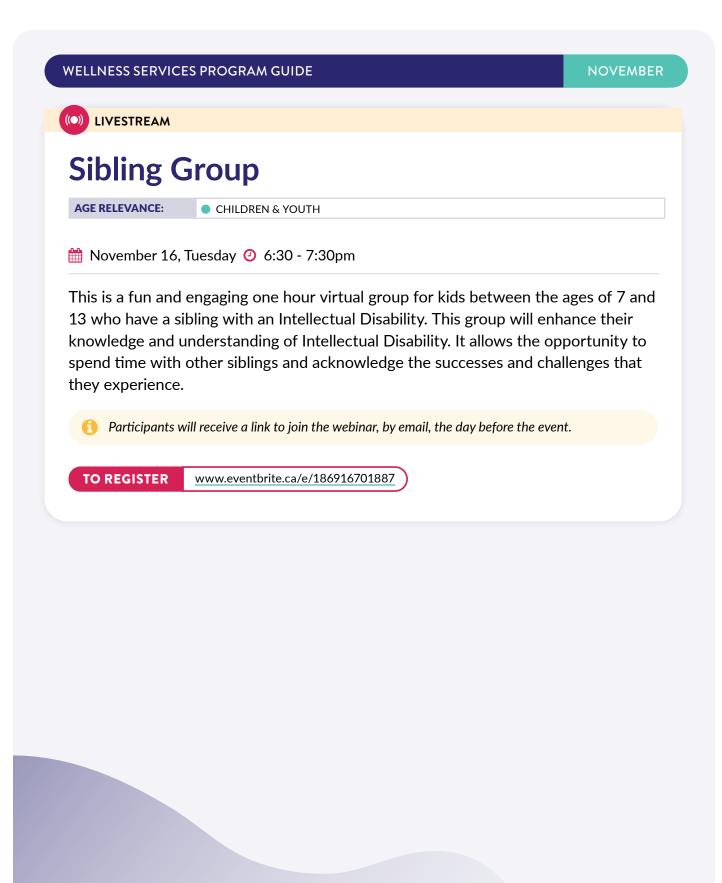
🛗 November 16, Tuesday 🕗 9:30am - 1:30pm

The Resource Clinic provides families/caregivers with the opportunity to meet with a Service Coordinator one-to-one. A Service Coordinator can assist you to navigate and answer questions you have about supports and services available to your child in the city of Toronto (respite programs, recreational programs, camps, financial supports). Support to complete funding applications can also be provided.

If you are active or waitlisted to Service Coordination at Surrey Place, please call your Service Coordinator for assistance.

If you require completion of funding forms please ensure you have all supporting documentation ready.

Caregivers will be asked to select a 1-hour timeslot between 9:30am-1:30pm and will be sent a link to join a meeting with a Service Coordinator the day before the event. The meeting will be held on Microsoft Teams Platform.



#### WELLNESS SERVICES PROGRAM GUIDE

# **Triple P Seminars**

AGE RELEVANCE: • CHIL	DREN & YOUTH
Seminar 1: Positive Parenting	<ul> <li>November 5, Friday ② 1:00 - 3:00pm</li> <li>TO REGISTER</li> <li>www.eventbrite.ca/e/186965257117</li> </ul>
Seminar 2: Reaching Potential	Image: November 12, Friday       Image: 120 - 3:00pm         TO REGISTER       www.eventbrite.ca/e/186967363417
Seminar 3: Changing Behaviour	<ul> <li>Movember 19, Friday 2 1:00 - 3:00pm</li> <li>TO REGISTER www.eventbrite.ca/e/186969680347</li> </ul>

Positive Parenting for Children with a Disability is a 3 part seminar series. We will discuss the seven key principles of positive parenting, review the steps to successful teaching at home, and discuss common behaviour problems and steps to manage these behaviours. Families are encouraged to attend all 3 seminars:

- 1: Positive Parenting for children with a disability
- 2- Helping your Child Reach their Potential

3- Changing Problem Behaviour into Positive Behaviour

1 This session is best suited for caregivers of children under 12. Participants will receive a link to join the webinar, by email, the day before the event.

#### WELLNESS SERVICES PROGRAM GUIDE

(O) LIVESTREAM

# **Triple P: Positive Parenting Program**

AGE RELEVANCE:

ADULTS

🛗 Wednesdays, October 13 - December 1 🕗 1:00 - 2:30pm

What is Triple P?

'Triple P' stands for 'Positive Parenting Program'. Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need.

Why participate in Triple P?

Triple P can help you:

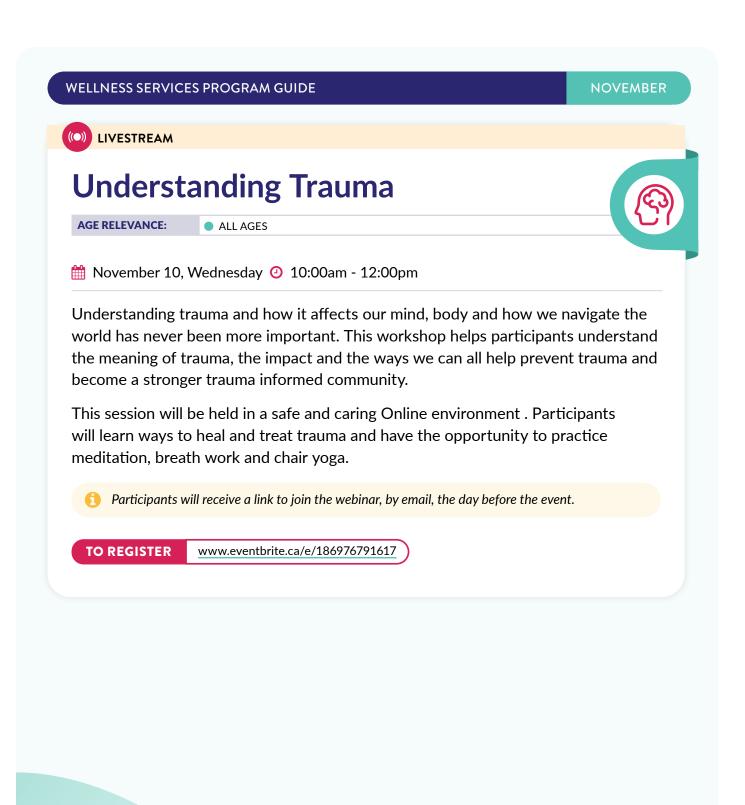
- Raise happy, confident kids
- Manage misbehaviour
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent

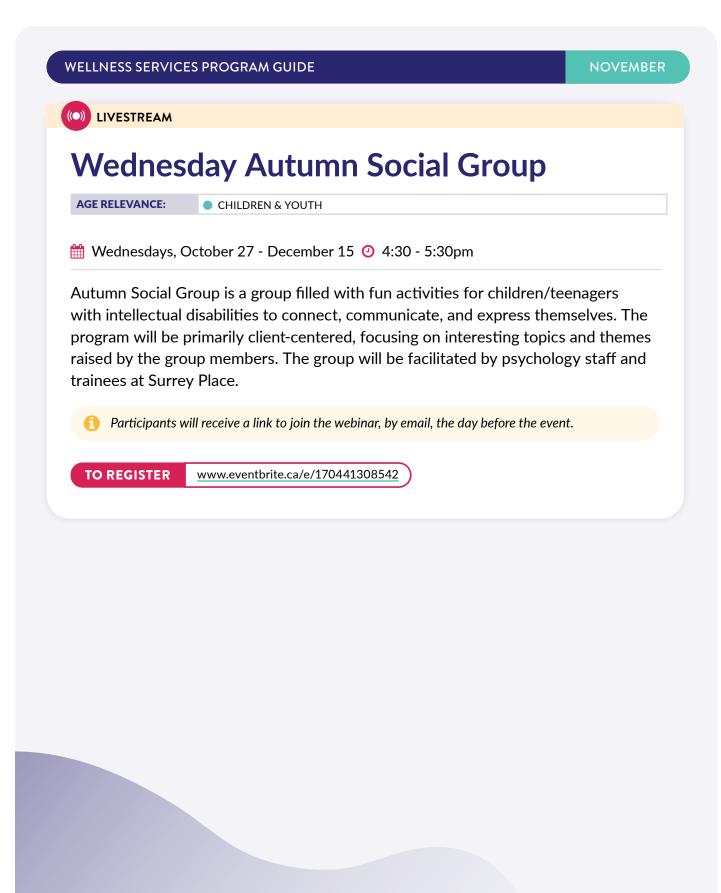
You must be DSO eligible to receive adult services.

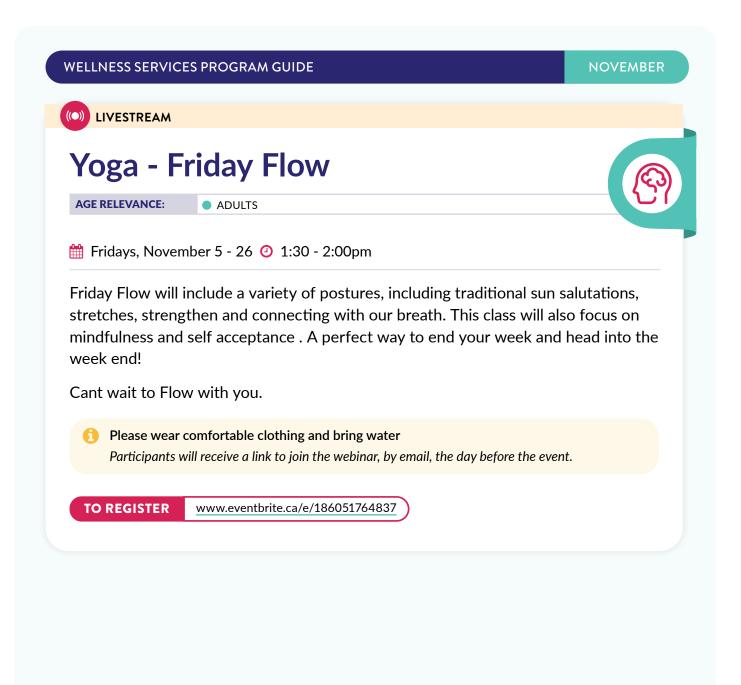
Participants will receive a link to join the webinar, by email, the day before the event.

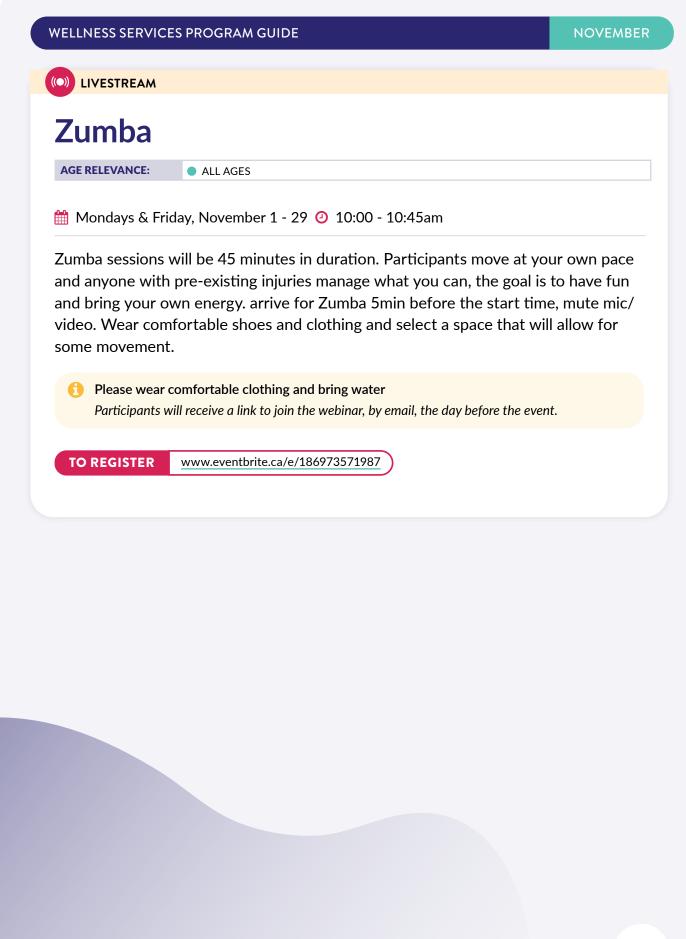
#### **TO REGISTER**

Call: 1-855-DS ADULT (372-3858) Email: adult.intake@surreyplace.ca











NOVEMBER

(O) LIVESTREAM

# **Building Conversation Skills**

AGE RELEVANCE:

CHILDREN & YOUTH

🛗 November 5, Friday 🧿 1:00 - 3:00pm

In this session, families will learn about the components of successful conversations. It will also focus on effective strategies for teaching conversation skills to their children and how to encourage engagement in conversations with peers. This workshop is appropriate for caregivers of children with intermediate communication skills (3-4+ word sentences).

Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.

(O) LIVESTREAM

## **Caregiver Connect: Autism Support Group**

AGE RELEVANCE: O CHILDREN & YOUTH

🛗 Tuesdays, November 2 - December 7 🧿 12:00 - 1:00pm

The focus of this weekly support group is to connect caregivers of children with ASD with other caregivers. Sessions will include discussions on topics such as: managing stress, providing engaging activities at home, supporting changes in routines, and advocating for your child. Participants will have the opportunity to provide input on the focus of each session's discussion topic.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.



NOVEMBER



# **Eating and Mealtime Routines**

AGE RELEVANCE:

CHILDREN & YOUTH

🛗 November 22, Monday 🕗 5:00 - 7:00pm

There is a wide range of information available on diet and nutrition for individuals with autism. Filtering through this information can be overwhelming. In this workshop families will discuss nutritional considerations, common eating challenges around mealtime routines such as picky eating and sitting at the table for meals, and learn behavioural strategies to address them.

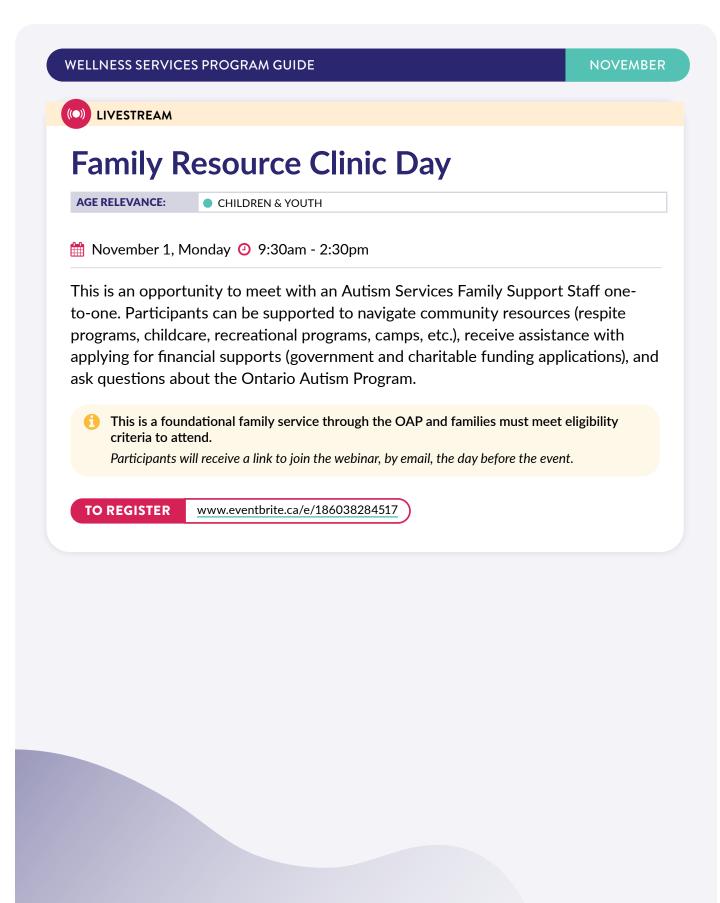
Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

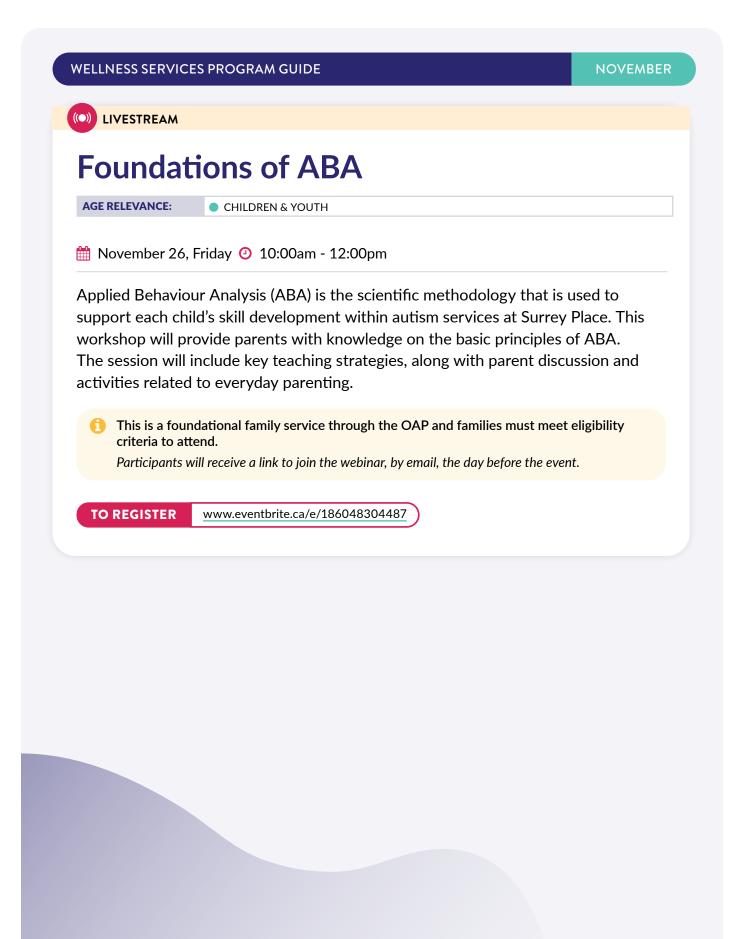
This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.

TO REGISTER www

www.eventbrite.ca/e/186005797347







(O) LIVESTREAM

## **Getting Started with Toilet Training**

AGE RELEVANCE:

CHILDREN & YOUTH

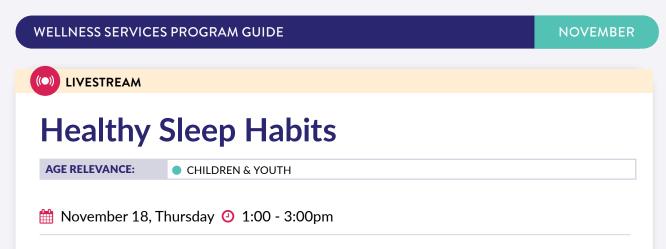
🛗 November 19, Friday 🕑 10:00am - 12:00pm

Caregivers will learn about signs of readiness, different toilet training methods, and teaching strategies that can help with the toileting process. Families will also have an opportunity to develop a plan to get started. This session is appropriate for families of young children that have not yet started toilet training or who have recently started and would like additional support.

Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.

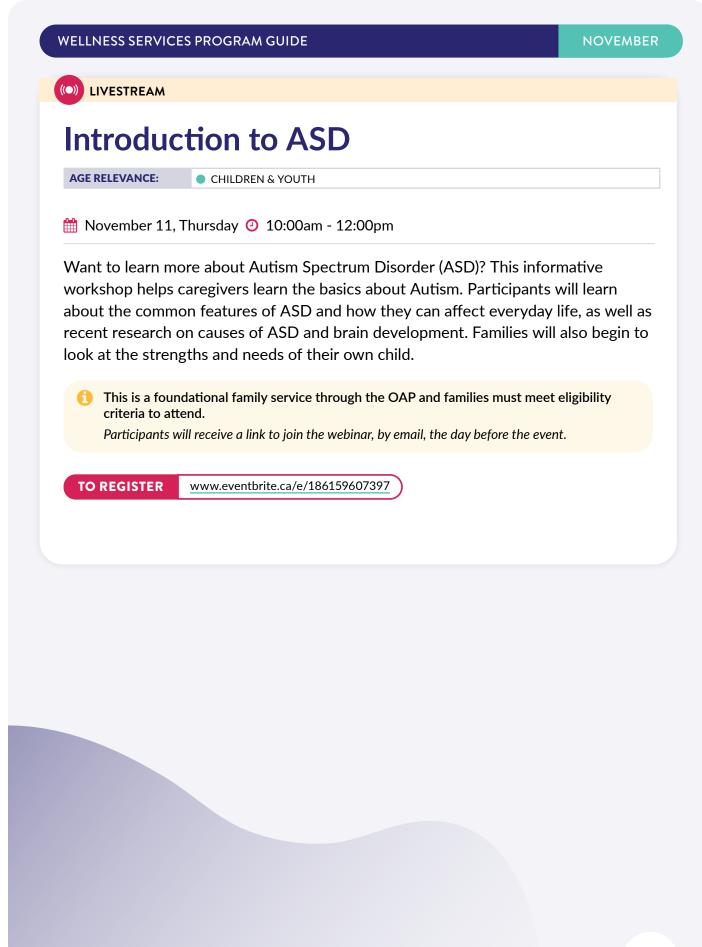


If your child is experiencing sleep issues you will know how much of an impact it can have on everyday life. In this workshop families will learn the benefits of healthy sleep habits and common sleep issues such as falling asleep on their own and night awakenings will be discussed. Caregivers will also learn how to apply various strategies to improve their child's sleep routine.

Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.





LIVESTREAM

# Let's Play! Teaching Early Play Skills

AGE RELEVANCE:

CHILDREN & YOUTH

🛗 November 15, Monday 🧿 1:00 - 3:00pm

Play offers opportunities for parents to share in meaningful interactions with their children. In this session, caregivers will explore stages of play and creative ways to engage with their child. This session focuses on strategies to teach early play skills such as imitation, turn taking, increasing length of play interactions, and expanding ways to play with toys.

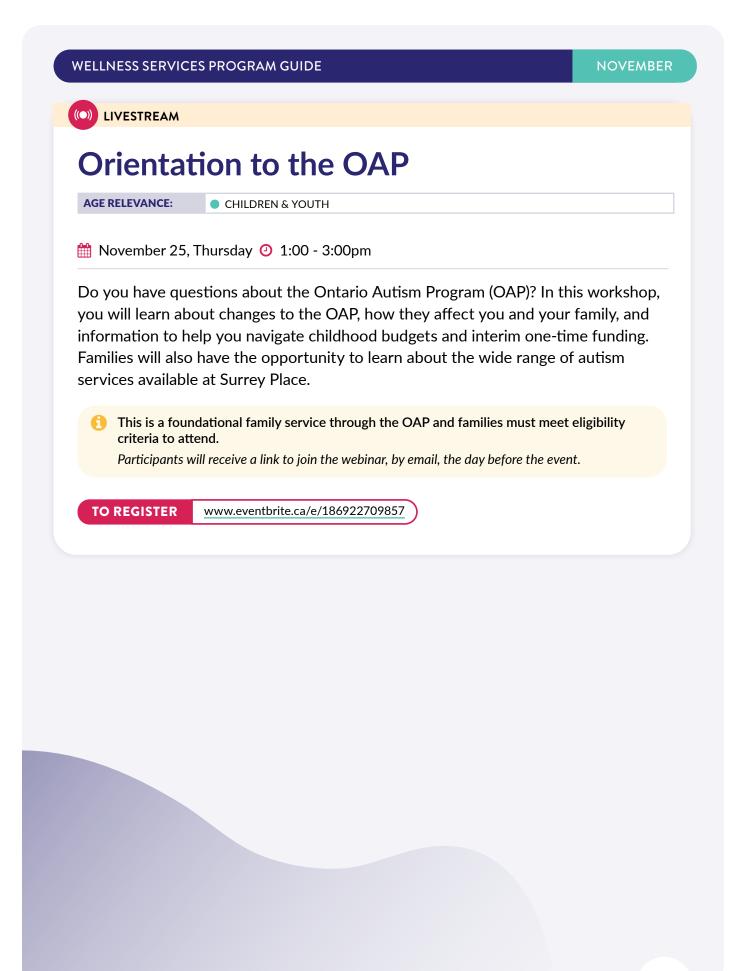
Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.

TO REGISTER www.e

www.eventbrite.ca/e/186164792907



#### WELLNESS SERVICES PROGRAM GUIDE

(O) LIVESTREAM

## **Supporting Executive Function Skills**

AGE RELEVANCE:

CHILDREN & YOUTH

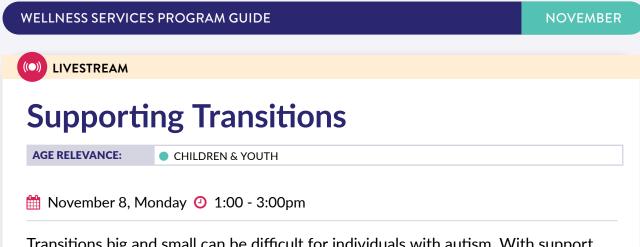
🛗 November 24, Wednesday 🥝 5:00 - 7:00pm

Does your child struggle with time management, initiating and completing tasks, or organizing their thoughts? In this workshop we will discuss how the implementation of behavioural strategies could support the needs of your child and allow them to independently initiate and complete daily tasks. This session is appropriate for caregivers of children who are school age or older.

Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.

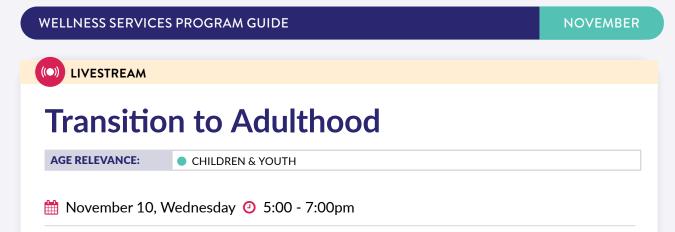


Transitions big and small can be difficult for individuals with autism. With support and preparation, these changes can be easier. Please join us to discuss common and larger life transitions your child may encounter, such as starting a new activity, changing schools, moving, or welcoming a new sibling. Caregivers will learn multiple strategies that can help manage these transitions.

After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.



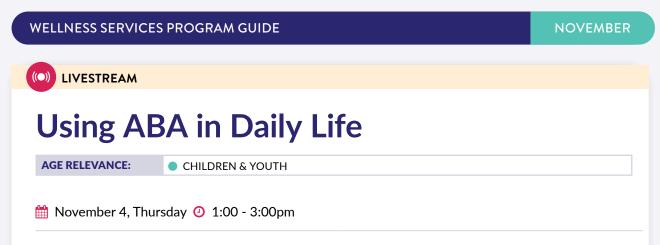
The transition to adulthood can be difficult for individuals with autism. With support and preparation, these changes can be easier. Please join us to discuss the different types of transitions your teen may encounter (e.g., employment, day programs, or post-secondary school). Caregivers will learn about strategies that can help manage this transition and resources they can access for support.

Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

This session is appropriate for caregivers of teens with ASD between the ages of 14 and 18.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.



Do you want a better understanding of how to use Applied Behaviour Analysis (ABA)? Families will review the principles of ABA and discuss how they can be included in their everyday family life. There will be an opportunity to create an individualized teaching plan to help guide you in teaching your child a new skill. This session is designed for families with a foundational knowledge in ABA.

Note: After attending this session, families are eligible for a 1-hour individual follow up to focus on individualized goals and help caregivers plan to apply their learning to their own families and homes.

This is a foundational family service through the OAP and families must meet eligibility criteria to attend.

Participants will receive a link to join the webinar, by email, the day before the event.