

# 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.

**JOIN GROUP**







# 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**







LIVESTREAM

## ACWA Drop In Clinic

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 16, Tuesday 10:00am - 5:00pm

The ACWA Program will be offering monthly drop-in sessions online.

These sessions are for families who have completed service with ACWA in the past and need further support.

Participants are requested to sign up for a one hour session between 10am -5pm



Participant will sign up for a 1:1 session with a clinician, during registration.

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

**TO REGISTER**[www.eventbrite.ca/e/131376734349](https://www.eventbrite.ca/e/131376734349)



LIVESTREAM

## Adult Client Social Group

AGE RELEVANCE:

● ADULTS

📅 Fridays, October 15 - December 3 ⌚ 11:00am - 12:00pm

The Adult Client Social Group is a virtual group created to bring individuals living with developmental disabilities together to build social connections, build social relationships and enhance their social skills while COVID19 restrictions are in place.

Participants will have the opportunity to share their interests in special topics, build a social community and discuss ways they are coping during the lockdown.

This group will be run for 8 weeks for 1 hour online via Bluejeans.



**Closed Group for Adult Services Clients.**

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

### TO REGISTER

1. [Contact DSO to apply. Call 1-855-372-3858](tel:1-855-372-3858)
2. [Contact our intake line. Call 416-925-5141 ext.2582](tel:416-925-5141)
3. [E-mail: adult.intake@surreyplace.ca](mailto:adult.intake@surreyplace.ca)



LIVESTREAM

## After School Yoga for Children and Youth

AGE RELEVANCE:

● CHILDREN &amp; 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, self-esteem, 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.

**TO REGISTER**[www.eventbrite.ca/e/185939278387](https://www.eventbrite.ca/e/185939278387)



LIVESTREAM

## Aided Language Stimulation Workshop

AGE RELEVANCE:

● ALL AGES

November 25, Thursday 10:00 - 11:00am

Aided language stimulation is a communication strategy used to teach someone to use their AAC system. This workshop will help you to find easy ways to model language within everyday routines and how to deal with challenges that you might face.



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

**TO REGISTER**[www.eventbrite.ca/e/158778660247](https://www.eventbrite.ca/e/158778660247)





LIVESTREAM

## Discussing a Diagnosis with my Child

AGE RELEVANCE:

● ALL AGES

 November 24, Wednesday  10:00 - 11:00am

A workshop designed to support parents, family and caregivers share a diagnosis with their loved one. This session explores the process, potential obstacles and considerations one might take when sharing a diagnosis. This session encourages sharing your thoughts ,experiences and any questions or concerns around this topic.



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

**TO REGISTER**[www.eventbrite.ca/e/186948186057](https://www.eventbrite.ca/e/186948186057)



LIVESTREAM

## Gentle Flow Yoga for Caregivers

AGE RELEVANCE:

● ALL AGES



📅 Mondays, November 4 - 25 ⌚ 10:00 - 10:30pm

Join us for Gentle Flow Yoga. This class will include stretches, gentle poses/asanas, breath work and meditation. A wonderful way to take some time for yourself and practice self care. Please wear comfortable clothes, bring any props that you may need and have a safe space to move.

See you on your mat!



Please wear comfortable clothing and bring water

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

**TO REGISTER**[www.eventbrite.ca/e/186058986437](https://www.eventbrite.ca/e/186058986437)







LIVESTREAM

# Guided Meditation

AGE RELEVANCE:

● ALL AGES



 Mondays, November 1 - 29  9:30 - 9:45am

Join us for a guided meditation on Monday mornings to help you set your intention for the week. Whether you practice meditation regularly, or are just starting out we hope you can practice with us!

Please make sure to wear comfortable clothing.



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

**TO REGISTER**[www.eventbrite.ca/e/186120540547](https://www.eventbrite.ca/e/186120540547)



LIVESTREAM

## Intro to AAC Workshop

AGE RELEVANCE:

● ALL AGES

 November 11, Thursday  10:00am - 12:00pm

This session introduces the concept of Augmentative and Alternative Communication (AAC) and will help families understand how it could benefit their child. We will review different types of symbolic communication, AAC tools and vocabulary selection. Strategies for introducing AAC at home will be discussed and demonstrated through case examples.



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

**TO REGISTER**[www.eventbrite.ca/e/131622244677](https://www.eventbrite.ca/e/131622244677)



LIVESTREAM

## Let's Talk! Adult Peer Support Group

AGE RELEVANCE:

● ALL AGES

Wednesdays, November 17 - December 22 2:00 - 3:30pm

The Let's Talk! Adult Peer Support Group is a place where adults with intellectual and developmental disability can come to share their experiences, stresses and successes in a safe environment.

The Peer facilitators and other members all bring lived experience, and support and learn from each other through sharing and responding with empathy.

Topics are decided by the group each session and can range from getting medical support, relationships, housing options to family stresses and leisure.



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

**TO REGISTER**[www.eventbrite.ca/e/187727176037](https://www.eventbrite.ca/e/187727176037)



LIVESTREAM

## Nutrition: Let's Start With the Basics

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 30, Tuesday 1:00 - 3:00pm

This is an introductory workshop about nutrition. This session is for those who want to learn how our food choices can impact us on a daily basis. Participants will learn about Nutrients, Digestion and how to make simple changes that can lead to better health. Participants will leave with tips to take to the Grocery Store and more.



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

**TO REGISTER**[www.eventbrite.ca/e/167641968641](https://www.eventbrite.ca/e/167641968641)



LIVESTREAM

## Nourishing your Mind, Body and Soul Series

AGE RELEVANCE:

● ALL AGES



### Meditation and Mindfulness

November 1, Monday 10:00am-11:00am

**TO REGISTER**[www.eventbrite.ca/e/186914635707](http://www.eventbrite.ca/e/186914635707)

### Self-Care

November 8, Monday 10:00am-11:00am

**TO REGISTER**[www.eventbrite.ca/e/186945417777](http://www.eventbrite.ca/e/186945417777)

### Nutrition

November 15, Monday 10:00am-11:00am

**TO REGISTER**[www.eventbrite.ca/e/186919801157](http://www.eventbrite.ca/e/186919801157)

### Creating Your Vision Board

November 22, Monday 10:00am-11:00am

**TO REGISTER**[www.eventbrite.ca/e/185999669017](http://www.eventbrite.ca/e/185999669017)

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.



LIVESTREAM

## Reading and Writing FUNdamentals

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 2, Tuesday 10:00am - 12:00pm

Learn the FUNdamentals of reading and writing development. Through hands-on demonstration participants will be introduced to strategies to support pre-literacy/early literacy skills, hand skills and early printing skills at home.

Who Should Attend: Anyone interested in learning about how to develop reading and writing skills for clients with emerging literacy.

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

**TO REGISTER**[www.eventbrite.ca/e/135713716379](http://www.eventbrite.ca/e/135713716379)







LIVESTREAM

## Relaxation Group

AGE RELEVANCE:

● ADULTS



 Mondays, November 1 - 29  2:00 - 3:30pm

In this group, adult clients will improve their ability to deal with stress. Relaxation and mindfulness skills such as deep breathing and mindful eating will be taught and practiced in the group. Participants will also be provided with a guidebook to enhance their learning.

You must be DSO eligible to receive adult services.



Best suited for adult who can join and participate in on-line programs independently.

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

**TO REGISTER**

Call: [1-855-DS ADULT \(372-3858\)](tel:1-855-DS-ADULT)

Email: [adult.intake@surreyplace.ca](mailto:adult.intake@surreyplace.ca)



LIVESTREAM

## Resource Clinic for Caregivers (0-5)

AGE RELEVANCE:

● CHILDREN &amp; 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.

**TO REGISTER**[www.eventbrite.ca/e/186938156057](https://www.eventbrite.ca/e/186938156057)



LIVESTREAM

## Resource Clinic for Caregivers (6-17)

AGE RELEVANCE:

● CHILDREN &amp; 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.

**TO REGISTER**[www.eventbrite.ca/e/186002888647](https://www.eventbrite.ca/e/186002888647)



LIVESTREAM

## Sibling Group

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 16, Tuesday 6:30 - 7:30pm

This is a fun and engaging one hour virtual group for kids between the ages of 7 and 13 who have a sibling with an Intellectual Disability. This group will enhance their knowledge and understanding of Intellectual Disability. It allows the opportunity to spend time with other siblings and acknowledge the successes and challenges that they experience.



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

**TO REGISTER**[www.eventbrite.ca/e/186916701887](https://www.eventbrite.ca/e/186916701887)



## Triple P Seminars

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

### Seminar 1: Positive Parenting

November 5, Friday ⌚ 1:00 - 3:00pm

**TO REGISTER**[www.eventbrite.ca/e/186965257117](http://www.eventbrite.ca/e/186965257117)

### Seminar 2: Reaching Potential

November 12, Friday ⌚ 1:00 - 3:00pm

**TO REGISTER**[www.eventbrite.ca/e/186967363417](http://www.eventbrite.ca/e/186967363417)

### Seminar 3: Changing Behaviour

November 19, Friday ⌚ 1:00 - 3:00pm

**TO REGISTER**[www.eventbrite.ca/e/186969680347](http://www.eventbrite.ca/e/186969680347)

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



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.*



# 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 \(372-3858\)](tel:1-855-DS-ADULT)

Email: [adult.intake@surreyplace.ca](mailto:adult.intake@surreyplace.ca)





LIVESTREAM

# Understanding Trauma

AGE RELEVANCE:

● ALL AGES



November 10, Wednesday 10:00am - 12:00pm

Understanding trauma and how it affects our mind, body and how we navigate the world has never been more important. This workshop helps participants understand the meaning of trauma, the impact and the ways we can all help prevent trauma and become a stronger trauma informed community.

This session will be held in a safe and caring Online environment . Participants will learn ways to heal and treat trauma and have the opportunity to practice meditation, breath work and chair yoga.

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

**TO REGISTER**[www.eventbrite.ca/e/186976791617](https://www.eventbrite.ca/e/186976791617)



LIVESTREAM

## Wednesday Autumn Social Group

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

Wednesdays, October 27 - December 15 4:30 - 5:30pm

Autumn Social Group is a group filled with fun activities for children/teenagers with intellectual disabilities to connect, communicate, and express themselves. The program will be primarily client-centered, focusing on interesting topics and themes raised by the group members. The group will be facilitated by psychology staff and trainees at Surrey Place.



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

**TO REGISTER**[www.eventbrite.ca/e/170441308542](https://www.eventbrite.ca/e/170441308542)



LIVESTREAM

## Yoga - Friday Flow

AGE RELEVANCE:

● ADULTS



Fridays, November 5 - 26 1:30 - 2:00pm

Friday Flow will include a variety of postures, including traditional sun salutations, stretches, strengthen and connecting with our breath. This class will also focus on mindfulness and self acceptance . A perfect way to end your week and head into the week end!

Cant wait to Flow with you.



Please wear comfortable clothing and bring water

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

**TO REGISTER**[www.eventbrite.ca/e/186051764837](https://www.eventbrite.ca/e/186051764837)



LIVESTREAM

# Zumba

AGE RELEVANCE:

● ALL AGES

 Mondays & Friday, November 1 - 29  10:00 - 10:45am

Zumba sessions will be 45 minutes in duration. Participants move at your own pace and anyone with pre-existing injuries manage what you can, the goal is to have fun and bring your own energy. arrive for Zumba 5min before the start time, mute mic/video. Wear comfortable shoes and clothing and select a space that will allow for some movement.



Please wear comfortable clothing and bring water

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

**TO REGISTER**[www.eventbrite.ca/e/186973571987](https://www.eventbrite.ca/e/186973571987)



LIVESTREAM

# Building Conversation Skills

AGE RELEVANCE:

● CHILDREN &amp; 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.*

**TO REGISTER**[www.eventbrite.ca/e/185974273057](https://www.eventbrite.ca/e/185974273057)



LIVESTREAM

## Caregiver Connect: Autism Support Group

AGE RELEVANCE:

● CHILDREN &amp; 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.*

TO REGISTER

[www.eventbrite.ca/e/185989157577](https://www.eventbrite.ca/e/185989157577)





LIVESTREAM

## Eating and Mealtime Routines

AGE RELEVANCE:

● CHILDREN &amp; 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.eventbrite.ca/e/186005797347](https://www.eventbrite.ca/e/186005797347)



LIVESTREAM

## Family Resource Clinic Day

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 1, Monday 9:30am - 2:30pm

This is an opportunity to meet with an Autism Services Family Support Staff one-to-one. Participants can be supported to navigate community resources (respite programs, childcare, recreational programs, camps, etc.), receive assistance with applying for financial supports (government and charitable funding applications), and ask questions about the Ontario Autism Program.



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.eventbrite.ca/e/186038284517](https://www.eventbrite.ca/e/186038284517)



LIVESTREAM

## Foundations of ABA

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

📅 November 26, Friday ⌚ 10:00am - 12:00pm

Applied Behaviour Analysis (ABA) is the scientific methodology that is used to support each child's skill development within autism services at Surrey Place. This workshop will provide parents with knowledge on the basic principles of ABA. The session will include key teaching strategies, along with parent discussion and activities related to everyday parenting.



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.eventbrite.ca/e/186048304487](https://www.eventbrite.ca/e/186048304487)



LIVESTREAM

## Getting Started with Toilet Training

AGE RELEVANCE:

● CHILDREN &amp; 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.*

**TO REGISTER**[www.eventbrite.ca/e/186089708327](https://www.eventbrite.ca/e/186089708327)



LIVESTREAM

# Healthy Sleep Habits

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 18, Thursday 1:00 - 3:00pm

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.*

**TO REGISTER**[www.eventbrite.ca/e/186952177997](https://www.eventbrite.ca/e/186952177997)



LIVESTREAM

# Introduction to ASD

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 11, Thursday 10:00am - 12:00pm

Want to learn more about Autism Spectrum Disorder (ASD)? This informative workshop helps caregivers learn the basics about Autism. Participants will learn about the common features of ASD and how they can affect everyday life, as well as recent research on causes of ASD and brain development. Families will also begin to look at the strengths and needs of their own child.



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.eventbrite.ca/e/186159607397](https://www.eventbrite.ca/e/186159607397)



LIVESTREAM

## Let's Play! Teaching Early Play Skills

AGE RELEVANCE:

● CHILDREN &amp; 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.eventbrite.ca/e/186164792907](https://www.eventbrite.ca/e/186164792907)



LIVESTREAM

## Orientation to the OAP

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 25, Thursday 1:00 - 3:00pm

Do you have questions about the Ontario Autism Program (OAP)? In this workshop, you will learn about changes to the OAP, how they affect you and your family, and information to help you navigate childhood budgets and interim one-time funding. Families will also have the opportunity to learn about the wide range of autism services available at Surrey Place.



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.eventbrite.ca/e/186922709857](https://www.eventbrite.ca/e/186922709857)





LIVESTREAM

## Supporting Executive Function Skills

AGE RELEVANCE:

● CHILDREN &amp; 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.*

**TO REGISTER**[www.eventbrite.ca/e/186034713837](https://www.eventbrite.ca/e/186034713837)



LIVESTREAM

## Supporting Transitions

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 8, Monday 1:00 - 3:00pm

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.*

**TO REGISTER**[www.eventbrite.ca/e/186962258147](https://www.eventbrite.ca/e/186962258147)



LIVESTREAM

# Transition to Adulthood

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 10, Wednesday 5:00 - 7:00pm

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.*

**TO REGISTER**[www.eventbrite.ca/e/186954535047](https://www.eventbrite.ca/e/186954535047)



LIVESTREAM

## Using ABA in Daily Life

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

November 4, Thursday 1:00 - 3:00pm

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.*

**TO REGISTER**[www.eventbrite.ca/e/185926570377](https://www.eventbrite.ca/e/185926570377)