

# **Children's Autism Services of Edmonton**

- **Free Community Workshops**
- **Parent Learning Opportunities**
- **Group Programs for Children**

**January - June  
2018**

All workshops will be held at Children's Autism Services of  
Edmonton South Site Location:

**9765 54 Avenue  
Edmonton AB T6E 5J4**

Workshops are open to all community members  
**FREE of charge!**

All workshops are available via webcast. For more  
information, please contact:

[info@childremsautism.ca](mailto:info@childremsautism.ca)  
780-495-9235

**A maximum of 20 people are able to register for each  
workshop (not including webcast participants).**

Looking for PD Sessions for your school or program?

**Children's Autism Services of Edmonton can tailor  
workshops to fit your organization's needs!**

Common Workshops for Schools:

- Autism 101 for Educators
- Classroom Strategies for Children with ASD
- Communication and Interaction Strategies
- Understanding and Supporting Regulation

Call to book your organization's PD for the year!

Contact [corinne@childremsautism.ca](mailto:corinne@childremsautism.ca) for more information  
about availability and fees.  
780-495-9235

## REGISTRATION FORM

### ATTENDEE INFORMATION

<b>FIRST NAME:</b>	<b>LAST NAME:</b>
<b>ORGANIZATION/SCHOOL:</b>	
<b>TELEPHONE:</b>	<b>EXT:</b>
<b>EMAIL ADDRESS:</b>	

### WORKSHOP SELECTION

All workshops are from 6:00 – 8:00 pm on the date indicated  
*(unless otherwise specified)*

<input checked="" type="checkbox"/>	Date:	Topic:
<input type="checkbox"/>	February 6	What Happens After PUF?
<input type="checkbox"/>	February 20	Exploring Challenges with Toileting for Children with ASD
<input type="checkbox"/>	March 6	Tell Me More: Moving Beyond Requesting for Children with ASD
<input type="checkbox"/>	March 20	Facilitating Play Dates with Peers
<input type="checkbox"/>	April 10	Facilitating Sibling Relationships, and Making Time for Siblings
<input type="checkbox"/>	April 14 (Saturday)	Sibling Support Group and Networking
<input type="checkbox"/>	May 8	Tips and Tricks to Help Slow Down and Manage Anxiety
<input type="checkbox"/>	May 26 (Saturday)	Bike Riding 101
<input type="checkbox"/>	June 5	Sharing Your Child's Diagnosis and How Others Can Support Your Child

### I will attend:

- ☐ In Person     
 ☐ Via Webcast     
 Email Address: \_\_\_\_\_

### Will you require Respite for this workshop?

- ☐ Yes  
☐ No

## ***Community Workshops***

### **What Happens After PUF?**

Entering the school system after receiving Program Unit Funding can look different for each child. This workshop provides information on common school options for children with ASD and the levels of support provided, and also explores some strategies to help families and schools with transitions into new programs, new schools, new classrooms, etc.

**Date:** February 6, 2018

**Time:** 6:00pm – 8:00pm



### **Exploring Challenges with Toileting for Children with ASD**

Toilet training can be challenging for many families, and there are additional factors to consider for children with ASD. This workshop aims to explore toilet training by discussing common challenges that parents might encounter and provides strategies to support with this complex routine.



**Date:** February 20, 2018

**Time:** 6:00pm – 8:00pm

## **Tell Me More: Moving Beyond Requesting for Children with ASD**

In this session you will learn strategies for increasing the language skills of children who are talking using echolalia, single words, or sentences. We will discuss how to facilitate development of their vocabulary, comprehension and sentence structure skills, as well as how to increase their social and functional use of language.



**Date:** March 6, 2018

**Time:** 6:00pm – 8:00pm

## **Facilitating Play Dates with Peers**

Many children with ASD struggle in social situations with their peers. In this session, you will learn about stages of social play skills. We will discuss effective strategies for parents or other supporting adults to use with kids at each stage of development. We will also share guidelines that are helpful in planning play dates, setting our kids up for success as they learn to make and maintain friendships.

**Date:** March 20, 2018

**Time:** 6:00pm – 8:00pm



## **Facilitating Sibling Relationships, and Making Time for Siblings**

Having a child with special needs often impacts the time and energy that parents have for their other children, which can sometimes lead to difficulties in parent-child relationships, as well as difficulties within sibling relationships. This workshop will provide strategies for facilitating healthy and positive sibling interactions, and ways to make more time for siblings who have a brother or sister with special needs. The content will focus on the wellness of siblings, how to talk to a sibling about the needs of their brother or sister, as well as other parenting considerations, strategies, and resources.

**Date:** April 10, 2018

**Time:** 6:00pm – 8:00pm



## **Siblings Support Group and Networking**

Having a sibling with special needs is a very different and unique experience. This workshop will provide siblings an opportunity to connect with their peers, share their successes and challenges, learn new information, ask questions, and most importantly, have fun! This workshop is best suited for children ages 8-12, and is for kids only!

\*Note: if your child is outside of this age range, please contact [kendra@childrensautism.ca](mailto:kendra@childrensautism.ca) to discuss if this workshop would be a good fit for your child.



**Date:** April 14, 2018

**Time:** 10:00am – 12:00pm

**\*\* Please note that this is a Saturday workshop\*\***

## **Tips and Tricks to Help Slow Down and Manage Anxiety**

Many children with ASD experience anxiety. Children who are not able to effectively communicate their anxiety may resort to other challenging behaviours. This workshop explores resources to support children to understand their own anxiety, and will discuss strategies that parents or other professionals can implement on a daily basis to help reduce anxiety.

**Date:** May 8, 2018

**Time:** 6:00pm – 8:00pm



## **Bike Riding 101**

The goal of this workshop is to get families and children ready for the outdoor bike riding season. This workshop will cover helmet fit - including strategies to encourage your child to tolerate wearing a helmet, road safety, bike fit, and basic bike riding skills such as pedaling, steering and breaking. We will also be teaching basic bike maintenance skills such as pumping tires, cleaning and lubricating chain, ensuring breaks work etc. Parent participation is required. Please bring your child's helmet, bike and running shoes.



**Date:** May 26, 2018

**Time:** 10:00 am – 12:00pm

OR

12:30pm – 2:30pm

**\*\* Please note that this is a Saturday workshop, and will be at the Maier Centre location\*\***

## **Sharing Your Child's Diagnosis and How Others Can Support Your Child**

Receiving a diagnosis of Autism Spectrum Disorder can be scary for families. Who should you tell? When should you tell them? What information do caregivers and other people supporting the child need? Even someone who has experience with autism may not approach the child in the way you'd like them to, so how do you go about teaching someone about your child and how to best support them? This workshop discusses strategies to support these challenging conversations with others, and also strategies for training and preparing someone to care for your child, for example, other family members or people in the community (e.g. school bus driver).

**Date:** June 5, 2017

**Time:** 6:00pm – 8:00pm



## **2018 Summer Camps With Children's Autism Services of Edmonton**

Our dedicated staff will incorporate different themes each week and will plan activities to support our campers with engagement, peer interactions and communication opportunities. This year we are excited to partner with community summer camp programs!

**More information on Summer Camp programming will be available  
in March 2018.**

Please note that registration for our Summer Camps fills up quickly, as we have a limited number of spots available.  
Registration will open in March 2018.



For more information, please contact:

**780-495-9235**

**[info@childrensautism.ca](mailto:info@childrensautism.ca)**



## Program Calendar

January 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
10 <sup>th</sup> Annual Conference						
28	29	30	31			

February 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3 <u>Session 1:</u> TalkAbility
4	5 <u>Week 1:</u> Social Games	6 <u>Workshop:</u> What Happens After PUF?	7 <u>Week 1:</u> Cooking with Friends	8	9	10 <u>Session 2:</u> TalkAbility
11	12 <u>Week 2:</u> Social Games	13 <u>Week 1:</u> Triple P	14 <u>Session 1:</u> More Than Words (South)	15 <u>Session 1:</u> More Than Words (Maier)	16	17 <u>TalkAbility:</u> Video Week
18	19 Family Day	20 <u>Week 2:</u> Triple P	21 <u>Session 2:</u> More Than Words (South)	22 <u>Session 2:</u> More Than Words (Maier)	23	24 <u>Session 3:</u> TalkAbility
		<u>Workshop:</u> Toileting	<u>Week 2:</u> Cooking with Friends			
25	26 <u>Week 3:</u> Social Games	27	28 <u>Week 3:</u> Cooking with Friends			

March 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 More Than Words Video Week	2	3
4	5 <u>Week 4:</u> Social Games	6 <u>Week 3:</u> Triple P  <u>Workshop:</u> Moving Beyond Requesting	7 <u>Session 3:</u> More Than Words (South)  <u>Week 4</u> Cooking with Friends	8 <u>Session 3:</u> More Than Words (Maier)	9	10 <u>Session 4:</u> TalkAbility
11	12 <u>Week 5:</u> Social Games	13 <u>Week 4:</u> Triple P	14 <u>Session 4:</u> More Than Words (South)  <u>Week 5</u> Cooking with Friends	15 <u>Session 4:</u> More Than Words (Maier)	16	17 <u>TalkAbility:</u> Video Week
18	19 <u>Week 6:</u> Social Games	20 <u>Week 5:</u> Triple P  <u>Workshop:</u> Play Dates	21 <u>Week 6</u> Cooking with Friends  <u>More Than Words:</u> Video Week	22	23	24 <u>Session 5:</u> TalkAbility
25	26	27 <u>Week 6:</u> Triple P (Check In)	28	29	30 Good Friday	31

Need Respite while you attend a workshop? Respite services are available during workshops, **with advance notice.**

Contact the Respite Coordinator for more information:  
[respite@childrensautism.ca](mailto:respite@childrensautism.ca)

April 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3 Week 7: Triple P (Check In)	4 Session 5: More Than Words (South)	5 Session 5: More Than Words (Maier)	6	7 TalkAbility: Video Week
8	9	10 Week 8: Triple P (Check In)  Workshop: Siblings	11 Session 5: More Than Words (South)	12 Session 6: More Than Words (Maier)	13	14 Siblings Support Group  Session 6: TalkAbility
15	16	17 Week 9: Triple P	18 Session 7: More Than Words (South)	19 Session 7: More Than Words (Maier)	20	21 Session 7: TalkAbility
22	23	24	25  More Than Words Video Week	26	27	28 TalkAbility: Video Week
29	30					

May 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2 Session 8: More Than Words (South)	3 Session 8: More Than Words (Maier)	4	5 Session 8: TalkAbility
6	7	8 Workshop: Managing Anxiety	9	10	11	12
13	14	15	16	17	18	19
20	21 Victoria Day	22	23	24	25	26 Workshop: Bike Riding
27	28	29	30	31		

## ***Parent Learning Opportunities***

### **More Than Words**

This parent course is designed for parents of children with ASD who are 6 years old or younger. Strategies explored are geared for children in a few stages of development, from those who are non-verbal to those who are beginning to speak in short conversations. In this course, parents learn how to help their child interact with adults and other children, and how to expand their child's communication skills.



#### **Maier Centre:**

**Thursdays: 9:00 – 11:30am**

**Starts February 15, 2018**

**8 In-Class Sessions**

**3 Video/Feedback Sessions**

**Cost: \$750**

#### **South Site:**

**Wednesdays: 1:00 – 3:30pm**

**Starts February 14, 2018**

**8 In-Class Sessions**

**3 Video/Feedback Sessions**

**Cost: \$750**

For more information, or to register for Parent Courses or Group Programs:

**780-495-9235**

**info@childrensautism.ca**

Funding support may be available for families currently accessing Specialized Services through Children's Autism Services of Edmonton. Please connect with your Consultant Team for more information if you are interested in any of these programs.

## **TalkAbility**

The early years are especially crucial for verbal children on the autism spectrum because they still face special communication challenges. Often, these children find it difficult to: have conversations with others, play with children their own age, talk about things that interest someone else, or change a routine without become frustrated.

This parent course is specifically designed for parents of verbal children ages 3-7 years with practical social communication difficulties.



### **Maier Centre:**

**Saturdays: 10:00am- 12:30pm**

**Starts February 3, 2018**

**8 In-Class Sessions**

**4 Video/Feedback Sessions**

**Cost: \$750**

## **Triple P**

Stepping Stones Triple P (Positive Parenting Program) is similar to other Triple P programs, but includes adaptations for children who have a disability. This parent course helps parents build their skill sets to manage challenging behaviours in a way that meets the developmental level of the child. Parents will learn and practice implementing strategies that will work for their family, and create a 'toolbox' of strategies to help them tackle the tough times at home.

### **South Site:**

**Tuesdays: 1:00pm – 3:30pm**

**Starts February 13, 2017**

**6 In-Class Sessions**

**3 Phone Call Check-Ins**

**Cost: \$600**



## ***Programs for Kids***

### **Cooking With Friends**

The focus of this group will be on encouraging children to explore foods in fun and different ways. Together with their parents and peers, children will work on developing social and teamwork skills in the kitchen, as well as following instructions and simple recipes. Parent participation is required.

#### **Maier Centre**

**Wednesdays (2 Groups):**

**4:30pm – 5:15pm**

**5:15pm – 6:00pm**

**Starts February 7, 2018**

**6 Weeks**

**Materials Fee for all Families: \$30**

**Cost: \$350**



Therapyware provides safe, high quality toys, books and other materials to help support children's learning and meet their unique needs.

Therapyware is located inside the Maier Centre at:  
17451 103 Avenue  
Edmonton AB T5S 1J4  
**780-702-7215**

Store Hours:

Monday – Friday 8:30am – 5:00pm  
or by appointment



Orders can also be placed online at: [www.therapyware.com](http://www.therapyware.com) or at [peggy@therapyware.com](mailto:peggy@therapyware.com)



## **Social Games**

Basic social play will be learned and practiced during this 6-week group. We will practice sharing, turn-taking and communicating while playing games. Video modeling and role play will be used to demonstrate how to interact with each other. Facilitators will include members of the speech-language pathology team.

This session is geared toward children aged 5-9 years old who are able to express their needs but need support with peer interaction. This group is for a maximum of 6 participants.

A parent training component will be included. Parents will learn how to:

- Support their child's participation in social games (e.g. tag, duck-duck-goose)
- Help their child practice skills related to peer interaction – waiting, playing by the rules, inviting others to play, etc.
- Support playdates with peers

Parents will also provide mutual support by sharing their experiences, both challenges and successes, with each other.

Parent participation is required.



### **Maier Centre**

**Mondays: 4:30pm – 5:30pm**

**Starts February 5, 2018  
6 Weeks**

**Cost: \$350**



# 10<sup>th</sup> Annual Autism Conference

With Guest Speakers:



Sean  
Covey



Silken  
Laumann



Michael John  
Carley

For more information, or to register,  
please visit:

[www.childrensautism.ca](http://www.childrensautism.ca)

**JAN 24<sup>TH</sup> – JAN 26<sup>TH</sup>, 2018**

**ROGERS PLACE**

and Edmonton Marriott River Cree Resort