



Parent Education Programs

Fall 2018

Welcome

Introduction to Children's Autism Services of Edmonton

In the Parent Education Programs you will be given the education and tools to help your child succeed.

Children's Autism Services of Edmonton will do our best to assist you in any way possible. Please take the time to read the material and ask questions that are important to you

All programs will be held at one of the Children's Autism Services of Edmonton locations:

Maier Centre South Location:

9765 54 Avenue Edmonton, Alberta T6E 5J4

Maier Centre Location:

17451 103 Avenue Edmonton, Alberta T5S 1J4

For more information, please contact:

info@childrensautism.ca

(780) 495-9235

All of our evening workshops can be webcasted!
Evening workshops are available to the public at a cost of \$50 per participant. Please call the front desk for information on pricing for families currently accessing services with Children's Autism Services of Edmonton.

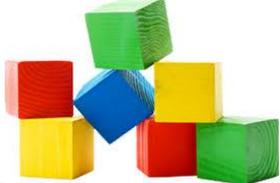
Please call **780-495-9235** for more information, or to register.

Fall 2018 Parent Education Programs	
September 18	The Building Blocks of Regulation <i>Evening Workshop (can be webcasted)</i>
September 25	My Child Isn't Talking Yet, What Should I Do? <i>Evening Workshop (can be webcasted)</i>
October 2	Building Engagement for Communication <i>Evening Workshop (can be webcasted)</i>
October 4	Triple P <i>Parent Group</i>
October 10	More Than Words <i>Parent Group</i>
October 16	Picky Eating and Nutrition <i>Evening Workshop (can be webcasted)</i>
October 22	Tony Attwood
October 30	The Building Blocks of Regulation <i>Evening Workshop (can be webcasted)</i>
November 6	Using Visual Supports for Communication <i>Evening Workshop (can be webcasted)</i>
December 11	Toilet Training <i>Evening Workshop (can be webcasted)</i>

The Building Blocks of Regulation

Why does everyone keep talking about 'Emotional Regulation'? What does this term mean? This workshop explores the basics of Emotional Regulation and provides families and professionals with some ideas to try to help their child stay calm and happy throughout their day.

This evening workshop will be at the **Maier Centre South** location.

Date:	September 18, 2018/ October 30, 2018	
Time:	6:00pm – 8:00pm	

My Child Isn't Talking Yet, What Should I Do?

Children learn to communicate through a variety of ways, and often parents are able to learn the subtle nuances of their child's communication. This communication however, can be very limited and is not always functional. This workshop explores communication options and methods to stimulate early language development in young children. Along with a discussion on enhancing nonverbal communication strategies (e.g. gestures), visual communication systems (e.g. PECS, pictures, objects, etc) will be explored. This introductory workshop is intended for parents of children who are new to the world of nonverbal communication methods.

This evening workshop will be at the **Maier Centre South** location.

	Date:	September 25, 2018
	Time:	6:00pm – 8:00pm

Building Engagement for Communication

Parents sometimes feel like their child is 'in their own world' or is just not interested in many toys or activities. In some cases, children may seem disinterested in people, instead choosing to play by themselves, and may even become upset if someone touches the toys they are playing with. This workshop aims to provide parents and professionals with information and strategies as a starting point to help a child with ASD learn that people can be fun too!

This evening workshop will be at the **Maier Centre South** location.



Date:

October 2, 2018

Time:

6:00pm – 8:00pm

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.

This parent education group will be at the **Maier Centre** location (west Edmonton).

October 4 – November 29, 2018
Thursdays, 6:00pm – 8:00pm

6 In-Class Sessions
3 Phone Call Check-Ins



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.

This parent group will be at the **Maier Centre South** location.

October 10 – December 19, 2018
Wednesdays, 9:00am – 11:30am

8 In-Class Sessions
3 Video Feedback Sessions



Picky Eating and Nutrition

Having a child who is very picky about the items they eat can be challenging and frustrating for any parent. This workshop discusses the theory behind limited food repertoires for children of all ages, and explores strategies to implement food exploration at home with the ultimate goal of expanding a child's food repertoire.

This evening workshop will be at the **Maier Centre South** location.



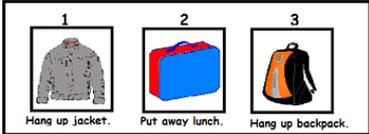
Date: October 16, 2018

Time: 6:00pm – 8:00pm

Using Visual Supports for Communication

Visual supports for communication are used by everyone – think of all the calendars and apps that we (as adults) use to help us manage all of the activities we do each day. Children with autism also need this type of support, both to understand their routines and to express what they cannot yet express in verbal language. This workshop will introduce different visual supports we can use to help our children both understand their day and learn to express themselves.

This evening workshop will be at the **Maier Centre South** location.

Date:	November 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.

This evening workshop will be at the **Maier Centre South** location.

	Date	December 11, 2018
	Time:	6:00pm – 8:00pm

CHILDREN'S
Autism Services
OF EDMONTON



REGISTER NOW - 11th Annual Autism Conference
October 22nd, 2018 and January 24th and 25th, 2019

Children's Autism Services of Edmonton is offering the first day of our annual conference with Dr. Tony Attwood on Monday October 22, 2018. Day 2 and Day 3 will be on January 24th and 25th, 2019.



Dr. Attwood is a renowned clinical psychologist known for his knowledge of Asperger's Syndrome and has written several publications on Asperger's Syndrome.

Dr. Attwood will be speaking at the Edmonton Expo Centre on strategies to improve social understanding and friendship skills as well as cognitive behavior therapy to children with severe autism to manage emotions and how it can be applied to everyday life.

Join us for the second and third day of our 11th Annual Autism Conference at the River Cree Resort and Casino. This event will also feature highly distinguished experts in the field of autism including the New York Times best-selling author Steve Silberman.

This conference attracts the latest in autism research and science to Edmonton and has become the largest of its kind in Western Canada. Please note that speaker selection for the January conference will be done via email survey.

For more information and to register, visit:

www.childre autism.ca

One Day:	October 22 nd	\$275
One Day:	January 24 th	\$275
One Day:	January 25 th	\$275
Two Days:	January 24 th & 25 th	\$529
All 3 Days:	October 22 nd , January 24 th & 25 th (3 Day VIP Package)	\$649

