

Group and Family Programming Guide

Resources for Families and their Children with Autism Spectrum Disorder

Fall 2011 Programs

September to December 2011

IN THIS ISSUE . . .

**Family Programs for Parents/
Caregivers/Siblings**

**Therapeutic Programs for
Children and Adolescents with
ASD**

**Recreational/Social Programs for
Children, Adolescents & Adults
with ASD**

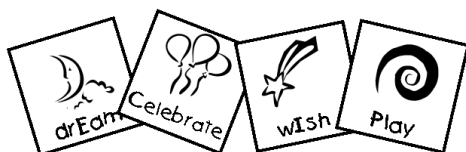
The agencies within the Saskatoon Health Region (SHR) who have programs for children and adolescents with an autism spectrum disorder have collaborated to produce a programming information guide for families. The program guide is produced 3 or 4 times a year. Families will now have all group programs offered by the Saskatoon Health Region in one easy to read document. On some occasions some of the agencies will not be offering any group programs in the time period covered by the guide. Please note that some of the programs listed are specifically for children with ASD and other programs serve children with other diagnosis who all have similar challenges. Please read each program description carefully to see if the program is suitable for your child and then contact the agency who is offering this specific program by following their intake/ registration procedure.

The agencies collaborating together include:

- Alvin Buckwold Child Development Program
- Children's Services, Mental Health and Addiction Services
- Youth Team-Mental Health and Addiction Services
- Saskatoon Region Early Childhood Intervention Program (ECIP)
- Autism Services



AUTISM SERVICES



Saskatoon Region
Early Childhood Intervention Program

AUTISM SERVICES REGISTRATION INFORMATION

In order to reduce costs, registration forms will no longer be mailed out with your Program Guide. Registration forms are available on the front page of our website and can also be e-mailed to you. If you would like to receive a form by mail, please contact us by phone at 665-7013 or by email at admin@autismservices.ca.

*You will only need to fill the **Fall 2011 Registration Form** and the **relevant participation information forms**. Media Consent does not need to be filled out unless this is your first time registering or you wish to change your consent.*

1. Payment by way of postdated cheque or credit card information **only must accompany every registration**, unless client sponsorship arrangements are being made. We will be asking parents who are registering their child for more than one program and paying by cheque to send a separate cheque for each program. **Payments will not be processed until it is confirmed that the participant is placed in a program.** You are welcome to post date your cheques to August 31st, 2011.
2. Once the registration deadline has been reached then all registration requests will be reviewed and program placement decisions will be finalized.
3. **Registration may be sent in by mail, drop off or faxed but please call the office if you are faxing. Registration is due Wednesday, August 31st at 4 pm.**
4. A registration confirmation letter will be sent to all registrants with receipts or returned cheques if necessary.

At Autism Services we never wish to have the cost of programming be a barrier to anyone's participation. Please let Jeff or Cassandra know if this is an issue for you and we can work out a payment plan or use our program sponsorship fund to waive your fee.

FAMILY PROGRAMS FOR PARENTS/CAREGIVERS/SIBLINGS

Stressbusters

Stressbusters is a psycho-educational group for children with High Functioning Autism or Asperger's aged 9-13 years who present with stress or anxiety. They must be verbal and be able to read so that they can participate fully in activities. Children will learn to identify different levels of stress and pinpoint strategies to help them cope better with stress. **Parents attend a concurrent group** for the same number of weeks. It is important to know that parents are expected to actively participate inside the group and at home adopting materials provided. Please note that there is a screening process for this group. Cost is this low due to some of the professionals volunteering their time and expertise to help with this group.



Day/Time: Once a week for eight weeks beginning late September 2011.
 Cost: \$40
 To Register: Complete a Autism Services Program Registration Form

First Steps

When we have a diagnosis of Autism or Asperger's then what? *First Steps* is a collaborative effort between Autism Services and the Alvin Buckwold Child Development Program (ABCDP). The group is an **information night about autism** for parents or caregivers of a child newly diagnosed or on the waiting list for confirmation of diagnosis of Autism or Asperger's.



Day/Dates: A one evening session held on the last **Thursday** of every month beginning on September 29, 2011
Time: 6:30 - 8:30 pm
Place: ABCDP, Kinsmen Children's Centre 1319 Colony Street, Meeting Room
Cost: No charge
To Register: For information, contact Joanne Toh at ABCDP, 655-1265 or Cassandra Phillips at 665-7013 ext. 230.

Incredible Years Basic Parent Training Group

Incredible Years is a 9 week parenting group for parents of children with oppositional behaviour who are 2 to 7 years old, involving videotaped vignettes of parents and children, group discussion, role plays and home activities.

Research has shown that The Incredible Years program can reduce discipline and behavioral problems. Topics include: play, praise and rewards, effective limit-setting and handling misbehavior.

Referral Process: Please contact Karen Bassingthwaite (655-7852) for information on the referral process to Incredible Years.

Chill and Chat Night for Families

Chill and Chat Night is a support group for parents and caregivers of children with autism. It is an opportunity for parents to get together and support one another.

When families identify topics for education sessions, these will be arranged on an ad hoc basis. By request, one session titled "All About Acquired Behavioural Analysis (ABA)" with Sunbul Raj, Behaviourist, Autism Services co-facilitating with Cassandra is planned for the fall.

Day/Dates: First Wednesday of every month beginning on September 7, 2011.

Time: 7:00 pm

Place: Autism Services, 609 - 25th Street East

Cost: No charge

To Register: Registration is not required, however it is always nice to know you will be in attendance. Please confirm with Cassandra Phillips at 665-7013, Ext. 230 or e-mail cphillips@autismservices.ca

Mom's Salsa Night

Our mom's night out continues to be a great success. This is an evening of camaraderie for moms, grandmothers or caregivers of children with autism. Dates and times will be announced as we are in the process of selecting a new venue for this event.



Cost: Pay as you go.

To Register: Register with Cassandra Phillips at 665-7013, Ext. 230 or e-mail cphillips@autismservices.ca

Dad's Wing Night

Our Dad's Wing Night is a popular night out. This is an evening of camaraderie for fathers and grandfathers of children with autism.



Day/Dates: To be announced.

Place: Tony Romas on Circle Drive

Cost: Pay as you go

To Register: Contact Cassandra Phillips at 665-7013, Ext. 230 or e-mail cphillips@autismservices.ca

Stepping Stones—Positive Parenting Program

This group is open to parents of children who are at risk for developmental, cognitive and/or physical challenges. Modules address the basics of positive parenting and strategies for teaching new skills and managing problem behaviours. You may take one or all modules.*

Module 1: Tuesday, September 27; 1:30 - 3:00 pm

Module 2: Tuesday, October 4 & 18 1:30 - 3:00 pm

Module 3: Tuesday, October 25 & November 1; 1:30-3:00 pm

Place: ABCDP, Kinsmen Children's Ctr, 1319 Colony Street

Cost: No charge but registration is required

To Register: Call 655-1070 to register or for more information

* We are also taking names of parents interested in attending after-work/evening sessions. Please phone to inform them of your interest and we will place your name on a wait list.

I'm Important Too! Sibling Group

I'm Important Too! Is for non-impacted siblings (aged 8-13 years) of a family member with Autism. The siblings will learn about Autism, talk about how they feel about having a brother or sister on the spectrum, and have fun at the same time. The final group will bring parents and children together for one session to discuss next steps.



Day/Dates: Wednesdays, November 9, 16, 23 & 30, 4:30 - 5:30 pm

Cost: \$40

To Register: Contact Cassandra Phillips at 665-7013, Ext. 230 or e-mail cphillips@autismservices.ca

Make and Take Workshop

Saskatoon Region Early Childhood Intervention Program is hosting a Make and Take Workshop

This workshop is for parents, caregivers and professionals who are interested in making resources for children up to 3 years old.

When: Thursday, October 13, 2011, 6:30 – 8:30 pm

Where: Kinsmen Children's Centre
1319 Colony Street

To Register: For details and to register, please call Shirley at 655-1245

THERAPEUTIC PROGRAMS FOR CHILDREN AND ADOLESCENTS WITH ASD

Stomping on Stress

This is a group for youth 14 to 19 years experiencing anxiety and/or fears. The group offers opportunities for youth to share information and issues, and to teach skills for coping. Youth say, *"It really helps to hear from others who go through similar things."*

Day/Time: Tuesdays, 4:00 – 5:30 pm
Dates: October 2011 (when sufficient referrals have been received)
Place: Youth Resource Centre, 311 – 20th Street East
Cost: No charge
To Register: Call Centralized Intake at 665-7950



Skills for Anger Management

This group is offered to youth who have problems understanding and managing their anger. Participants learn how to be in control of their responses to anger. By learning and practicing new skills, group members can make better choices, be assertive and have fewer hassles with family, friends, etc. This group is most suitable for teens 14 to 18 years old.

Day/Time: Mondays, 4:00 – 5:30 pm
Dates: October 2011 (when sufficient referrals have been received)
Place: Youth Resource Centre, 311 – 20th Street East
Cost: No charge
To Register: Call Centralized Intake at 655-7590



Anxiety Group (Friends for Life)

The FRIENDS for Life program is designed to assist children (8 to 12 years) to develop skills to effectively cope with difficult and/or anxiety-provoking situations—the group is geared for children who are demonstrating symptoms of anxiety—they don't have to have a formal diagnosis of anxiety. FRIENDS is a 10-week cognitive behavioral program.

There is parent component wherein parents meet with one of the facilitators at the last 10 minutes of the children's group to review what the children have learned in the session and how they can support their child in completing homework assignments and practicing the skills taught. Parents are provided with weekly handouts.

General Criteria: Groups are offered 2 to 3 times a year and are divided into a younger age group (8 to 10 years) or older age group (10 to 12 years) depending on referrals.

In general we would be looking for children who are:

- Verbal
- Able to attend to the information presented
- Able to function within a group such that their behavior does not prevent others from learning
- While the requirement to read or write is minimized, children must be of at least average cognitive ability
- Have the capacity for insight
- Have parents and/or caregivers who are able to support the child to practice the skills in real-life situations

Dates/Day/Time: To be announced
Place: 715 Queen Street, Mental Health and Addiction Services
Cost: Free
To Register: Contact Karen Bassingthwaite at 655-7852

Battling the Blues

This is a group for youth coping with depression. Youth learn skills to feel better and have more fun. The group meets for approximately 12 weeks and also offers three separate sessions for the parents. Parents learn about depression, methods of treatment and ways they can assist their child in mastering skills taught in the *Battling the Blues* group.

Day/Time: Wednesdays, 4:00–5:30 pm
Dates: October 2011 (when sufficient referrals have been received)
Place: Youth Resource Centre, 311—20th Street East
Cost: No charge
To Register: Call Centralized Intake at 655-7950



*To register for the following Therapeutic Programs please complete a Program Registration Form available for download from the Autism Services website at www.autismservices.ca Registration may be sent **by mail, dropped off, or faxed in but please call the office if you are faxing. Registration is open until Wednesday, August 31st until 4 pm.** Payment by way of post-dated cheque or credit card only and must accompany every registration unless client sponsorship arrangements are being made.*

Music Therapy

Autism Services offers Music Therapy at a **highly subsidized rate** as a means of allowing participants to try the therapy at a reduced price to determine if your child enjoys and benefits from the therapy. The program is not intended to be offered to the same child on an ongoing basis and therefore participants are eligible to attend a **maximum of two sessions** before becoming ineligible for the program. We hope this will enable us to offer the program to many children and still give parents enough time to make an informed decision about whether they wish to contact the services of the music therapist privately.

Participants between the ages of **3 to 19 years** will have the opportunity to work individually with Leanne Hoeft a Saskatoon-based Music Therapist. Research has shown that music therapy can be an effective form of intervention for individuals with autism. Improvements may occur in social behaviors, cognitive skills, communication, attention to task, body awareness and coordination, self-care skills, and ritualistic behaviors. Music therapy uses a variety of techniques including music listening, music composition, singing, playing instruments, dancing, and improvisation. Music provides a non-threatening, fun environment that can be adapted to any level of ability.

Day/Time/Date: **Session #1:** **Wednesdays**, September 21 to October 26 (6 weeks)
Half-hour sessions available: 4:00, 4:30, 5:00, 5:30, 7:00 and 7:30 pm

Session #2: **Wednesdays**, November 9 to December 14 (6 weeks)
Half hour sessions available: 4:00, 4:30, 5:00, 5:30, 7:00 and 7:30 pm

Place: Ms. Hoeft's Music Studio, 2417 Clarence Avenue South

Cost: \$60



Friendship Skills for Six to Nine Year Olds (Level 1)

Does your child try unsuccessfully to form friendships? Does he/she find himself/herself confused as to what went wrong? Could he/she use some help in discovering the basics for making and maintaining friendships and other social relationships?

Friendship Skills Level 1 is being offered to boys and girls who are 6 to 9 years of age who have been diagnosed with Autism High Functioning or Asperger's Syndrome. Group size will be limited to **eight participants** to provide maximum opportunities for interaction and learning. (**Note there will be mandatory homework each week to be completed by parents and family members.)



Registration does not guarantee a spot in this class. The program facilitator will select children based on similar need, age, and their potential to benefit from the program topics. Payment will be due the first night of class.

Dates: September 21 to October 26, 2011 (6 weeks)

Day/Time: Wednesdays, 6:00 - 7:00 pm

Place: Autism Services, 609 – 25th Street East

Cost: \$100

Friendship Skills for Ten to Fourteen Year Olds (Level 2)

Does your child try unsuccessfully to form friendships? Does he/she find himself/herself confused as to what went wrong? Could he/she use some help in discovering the basics for making and maintaining friendships and other social relationships?

Friendship Skills level 2 is being offered to boys and girls who are 10 to 14 years of age who have been diagnosed with Autism High Functioning or Asperger's Syndrome **and who have previously attended an Autism Services' Level 1 Friendship skills group.** Group size will be limited to eight participants to provide maximum opportunities for interaction and learning. (**Note there will be mandatory homework each week to be completed by parents and family members.)

Registration does not guarantee a spot in this class. The program facilitator will select children based on similar need, age, and their potential to benefit from the program topics. Payment will be due the first night of class.

Dates: September 21 to October 26, 2011 (6 weeks)

Day/Time: Wednesdays, 7:15 – 8:15 pm

Place: Autism Services, 609 – 25th Street East

Cost: \$100

Art Therapy for Children with Autism and Asperger's Syndrome (Ages 6-14)

Facilitator: David Baudemont, Ph.D. (Sc.), DKATI

Autism Services offers Art Therapy at a **highly subsidized rate** as a means of allowing participants to try the therapy at a reduced price to determine if your child enjoys and benefits from the therapy. The program is not intended to be offered to the same child on an ongoing basis and therefore participants are eligible to attend a **maximum of two sessions** before becoming ineligible for the program. We hope this will enable us to offer the program to many children and still give parents enough time to make an informed decision about whether they wish to contract the services of the art therapist privately.

"With Art Therapy, children with Autism or Asperger's Syndrome discover a world of sensations: color, textures but also stories and games. While enjoying art, they are able to make progress at three different levels: they work out body issues through sensory exploration, decrease their obsessive-compulsive impulses through stories and finally; improve social skills through bonding with the art therapist. Whether language is used or not, art therapy offers a unique combination of art and self-expression that allows the child to finally find his own communication mode."

Dates/Times: **Mondays**, September 19 to October 31 (6 weeks) No program on October 10, 2011
One-hour sessions starting at 4:00 pm, 5:00 pm or 6:00 pm, **OR**

Wednesdays, September 21 to October 26, 2011 (6 weeks)
One-hour sessions starting at 4:00 pm, 5:00 pm or 6:00 pm

Place: Arnica Art Therapy Studio, 814 - 15th Street East

Cost: \$120 for six one-hour sessions



RECREATIONAL/SOCIAL PROGRAMS FOR CHILDREN, ADOLESCENTS & ADULTS WITH ASD

To register for Recreation/Social Programs please complete a Program Registration Form available for download from the Autism Services website at www.autismservices.ca Registration may be sent **by mail, dropped off, or faxed in but please phone the office if you are faxing. Registration is open until Wednesday, August 31st until 4 pm.** Payment by way of post-dated cheque or credit card only and must accompany every registration unless client sponsorship arrangements are being

Guys' Club

Are you a male, between the ages of 13 - 21, diagnosed with Asperger's Syndrome or High Functioning Autism? Guy's Club gives teens a place to "hang out with the guys" while promoting friendship skills and social opportunities in a recreational setting. Past activities have included movies, gym nights, swimming, video games night, bowling, and numerous other activities.

Dates: September 22 to November 10, 2011 (8 weeks)

Day/Time: Thursdays, 6:30 – 8:30 pm

Place: First evening meeting at Autism Services
609 - 25th Street East, Meeting Room

Cost: \$100



Strength Training for Teens and Young Adults

Males and females between the ages of 13 and 21 years, with **Asperger's Syndrome or high functioning autism**, are eligible to register for this program. Participant will work two-to-one with an instructor who will coach them in proper gym etiquette, safe and appropriate handling of all weight training equipment, and work towards developing an individualized strength training program that they can take with them.

Dates: September 19 to November 14, 2011
(8 weeks)

No program on October 10, 2011

Day/Time: Mondays, 7:00 – 8:00 pm

Place: YMCA, 25 - 22nd Street East
(Please check in at front desk)

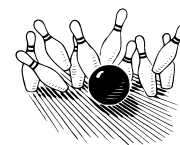
Cost: \$80

Bowling

We are offering this bowling program to children and youth ages 7 to 19. Participants will be grouped on teams according to age and compatibility. Staff will be available to support the bowlers.

We have changed the program slightly to give the bowling centre and our staff a few minutes between bowling groups to set up for the next group coming in.

We have also shortened the sessions to accommodate more bowlers and the interest and attention span of our younger bowlers. (Please make special note of the start times.)



Dates: September 20 to November 8, 2011 (8 weeks)

Day/Time: Tuesday, 6:00– 6:40 pm (40 min) - Ages 7 to 9
Tuesday, 6:50– 7:30 pm (40 min) - Ages 10 to 12
Tuesday, 7:40– 8:30 pm (50 min) - Ages 13 to 19

Place: Eastview Bowl, 2929 Louise Street

Cost: \$60 for 40 minute program
\$75 for 50 minute program

Swimming Program: We have made changes to our swimming program. One program will be a structured swimming lesson - instructors will provide participants with a report at the end of the session advising parents of the skills their child has obtained or are currently working towards obtaining. The other program will emphasis fun, exercise and socialization.

Note: ****BOTH SWIM PROGRAMS ARE NOW LOCATED AT THE YWCA****

Swimming for Fun and Exercise



Autism Services has joined with the **YWCA** to offer swimming opportunities to young children with ASD. Participants will be grouped with an Autism Services program worker and be supervised by a YWCA lifeguard.

We are offering two different swim times with participants grouped by age.

Dates: September 25 to November 20, 2011 (8 weeks)
No program on October 9, 2011

Day/Time: Sundays, 5:45 – 6:45 pm (**Ages 4 – 11**)
Sundays, 6:45 – 7:45 pm (**Ages 12 – 19**)

Place: **YWCA Pool, 510 - 25th Street East**

Cost: \$60

Structured Swimming

Autism Services has joined with the **YWCA** to offer swimming opportunities to children with ASD. Participants will be grouped with a swimming instructor and supported by Autism Services program workers.



We are offering three different swim times with participants grouped by age.

Dates: September 24 to November 19, 2011 (8 weeks)
No program on October 8, 2011

Day/Time: Saturdays, 12:30–1:20 pm (**Ages 4 – 9**)
Saturdays, 1:30–2:20 pm (**Ages 10 – 13**)
Saturdays, 2:30–3:20 pm (**Ages 14 – 19**)
50 minute swim lessons

Place: **YWCA Pool, 510- 25th Street East**

Cost: \$100

Adult Recreation/Respite Club



Do you support a high needs adult between the ages of 20 – 26, diagnosed with Autism Spectrum Disorder (ASD), who could benefit from some exercise while you take a short break? Program activities will be swimming at the Shaw Centre and bowling at Eastview Bowl. The program will run one hour per week. The number of spaces available in this program will be dependent on our ability to obtain experienced staff.

Dates: September, 19 to November 14, 2011 (8 weeks)

No program on October 10, 2011

Day/Time: Mondays, 6:30—7:30pm

Place: First evening meet in the lobby of the Shaw Centre for swimming and a detailed schedule will be provided

Cost: \$100

Adult Social Club



Are you between the ages of 20 - 26, diagnosed with Asperger's Syndrome or High Functioning Autism? Adult Club gives young men and women a place to "hang out with their peers" while promoting friendship skills, and social opportunities in a supported recreational/or social setting. Planned activities may include movies, Gym nights, swimming, bowling and numerous other activities. ****Note individuals involved in this program should be able to function at a 3 to 1 client to staff ratio.

Dates: September 23 to November 18, 2011 (8 weeks)

No program November 11, 2011

Day/Time: Fridays, 6:30 - 8:30 pm

Place: First evening meeting at Autism Services
609 - 25th Street East, Meeting Room

Cost: \$100

At Autism Services we never wish to have the cost of programming be a barrier to anyone's participation. Please let Jeff or Cassandra know if this is an issue for you and we can work out a payment plan or use our program sponsorship fund to waive your fee.