

# Group and Family Programming Guide

## Resources for Families and their Children with Autism Spectrum Disorder



### Winter 2011 Programs

December 2010 to April 2011

#### IN THIS ISSUE . . .

*Therapeutic Programs for  
Children with ASD*

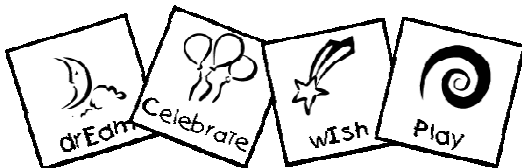
*Recreational and Social Pro-  
grams for Children & Adoles-  
cents with ASD*

*Family Programs for Parents/  
Caregivers/Siblings*

Welcome! We are very excited to announce that 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 will be 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 diagnoses 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 which is offering this specific program by following their intake/registration procedure.



## AUTISM SERVICES



Saskatoon Region  
Early Childhood Intervention Program

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

# THERAPEUTIC PROGRAMS FOR CHILDREN AND ADOLESCENTS WITH ASD

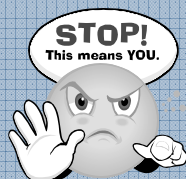
## ***Battling the Blues***

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:** Beginning January 19, 2011 (12 weeks)  
**Place:** Youth Resource Centre, 311—20th Street East  
**Cost:** No charge  
**To Register:** Call Centralized Intake at 655-7950

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

## ***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:** February 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

## ***Stressbusters: Coping Strategies for Children with ASD***

Stressbusters is a psycho-educational group for children with High Functioning Autism or Aspergers 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. Please note that there is a screening process for this group.

**Day/Time:** To be announced  
**Dates:** Once a week for seven weeks; accepting waitlist  
**Cost:** \$40 - **Please note: If the cost of this group is prohibitive, contact Cassandra at Autism Services as we want to make programs accessible to all families.**  
**To Register:** Contact Cassandra Phillips at Autism Services 665-7013 Ext 230, or e-mail [cphillips@autismservices.ca](mailto:cphillips@autismservices.ca)



## **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.

**Day/Time:** To Be Announced

**Dates:** To Be Announced

**Place:** Mental Health and Addiction Services, 715 Queen Street

**Cost:** Free

**To Register:** Contact Karen Bassingthwaite at 655-7852

## **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

### **Day/Time/Date—Session #1:**

- **Wednesdays**, 4:00 –7:45 ½ hour sessions; January 26 to March 9 (6 weeks), **No session on February 23/11**
- **Fridays**, 4:00 –7:45 pm ½ hour sessions; January 28 to March 11 (6 weeks), **No session on February 25,/11**

### **Day/Time/Date—Session#2:**

- **Wednesdays**, 4:00 – 7:45 ½ hour sessions; March 30 to May 11 (6 weeks)
- **Fridays**, 4:00 – 7:45 pm ½ hour sessions; April 1 to May 13 (6 weeks)

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

**Cost:** \$60 for 6 half hour classes

**To Register:** Please complete a Program Registration Form available for download from the Autism Services website at [www.autismservices.ca](http://www.autismservices.ca) Registration will be **by mail-in or drop-off only and open until Friday, January 7<sup>th</sup> at 4:00 pm**. Payment by way of post-dated cheque or credit card only and must accompany every registration unless client sponsorship arrangements are being made.

## Friendship Skills for Ten to Fourteen Year Olds (Level 1)

Does your child try unsuccessfully to form friendships? Does he/she find themselves confused as to what went wrong? Could s/he 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 7 to 12 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.

**Registration does not guarantee a spot in this class. A Speech Language Therapist 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.**

**Day/Time:** Mondays, 7:15 – 8:15 pm  
**Dates:** January 24 to March 2, 2011 (6 weeks),  
**No program on February 21/11**  
**Place:** Autism Services, 609 – 25th Street East  
**Cost:** \$100.00

**To Register Contact:** Please complete a Program Registration Form available for download from the Autism Services Website at

[www.autismservices.ca](http://www.autismservices.ca) Registration will be **by mail-in or drop-off only and open until Friday, January 4<sup>th</sup> at 4:00 pm.**

Payment by way of postdated cheque or credit card information only and must accompany every registration unless client sponsorship arrangements are being made.



## RECREATIONAL/SOCIAL PROGRAMS FOR CHILDREN & ADOLESCENTS WITH ASD

### To Register for the Recreational/Social Programs for Children & Adolescents with ASD:

Please complete a Program Registration Form available for download from the Autism Services website at [www.autismservices.ca](http://www.autismservices.ca) Registration will be by mail-in or drop-off only and open until Friday, January 7, 2011, at 4:00 pm. Payment by way of post-dated cheque or credit card information *only* and must accompany every registration unless client sponsorship arrangements are being made..

### Guys' Club

Are you a male, between the ages of 13 - 21, diagnosed with Asperger's Syndrome or High Functioning Autism? Guys' 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.

**Day/Time:** Thursdays, 7:00 – 9:00 pm

**Dates:** January 27 to March 24, 2011  
(8 Weeks)

**No program on February 24, 2011**

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

**Cost:** \$100

### Strength Training for Teens & 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.



**Day/Time:** Mondays, 7:00 – 8:00 pm

**Dates:** January 24 to March 21, 2011 (8 weeks)  
**No program on February 21, 2011**

**Place:** YMCA, 25 – 22nd Street East  
(please check in at the front desk)

**Cost:** \$80

## Swimming for Young Children

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

**We are offering four different swim times grouped by age** (please indicate first and second preference for time when registering):

**Day/Time:** Saturdays, 12:45 – 1:15 (**Ages 4 – 7**)  
Saturdays, 1:25 – 1:55 pm (**Ages 4 – 7**)  
Saturdays, 2:05 – 2:35 pm (**Ages 8 – 10**)  
Saturdays, 2:45 – 3:15 pm (**Ages 8 – 10**)

*If you would like to select a time slot outside of the recommended age ages, please call the Program Coordinator, Jeff Hrynchyshyn at 665-7013 Ext 224 before sending in your registration form.*



**Dates:** January 29 to March 26, 2011 (8 weeks), **No program on February 26, 2011**  
**Place:** **YWCA Pool**, 510 – 25<sup>th</sup> Street East  
**Cost:** \$60.00

**Swimming Program:** *We have made changes to our swimming program, moving from a structured swimming lesson to swimming guidance with an emphasis on basic swimming skills, fun and exercise. 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 towards obtaining.*

## Swimming for Older Children/Youth

Autism Services has joined with the YMCA to offer swimming opportunities to older 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** (please indicate first and second preference for time when registering):

**Day/Time:** Saturdays, 3:30–4:10 pm (**Ages 11 – 19**)  
Saturdays, 4:20–5:00 pm (**Ages 11 – 19**)  
Saturdays, 5:10–5:50 pm (**Ages 11 – 19**)

*If you would like to select a time slot outside of the recommended age ages, please call the Program Coordinator, Jeff Hrynchyshyn at 665-7013 Ext 224 before sending in your registration form.*

**Dates:** January 29 to March 26, 2011  
(8 weeks)

**No program on February 26, 2011**

**Place:** **YMCA Pool, 25 - 22<sup>nd</sup> Street East**  
**Cost:** \$80.00

## Bowling

We are offering this bowling program to children and youth between the ages of 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 in 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.)

**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 10  
**Dates:** February 1 to March 29, 2011 (8 weeks)  
**No program on February 22, 2011**

**Place:** Eastview Bowl, 2929 Louise Street  
**Cost:** \$55.00 for 40 minute program  
\$70.00 for 50 minute program



## FAMILY PROGRAMS FOR PARENTS/CAREGIVERS/SIBLINGS

### **First Steps**

When we have a diagnosis of Autism or Asperger's, then what? We take one step at a time. *First Steps* is a collaborative effort between Autism Services and the Alvin Buckwold Child Development Program. The groups 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/Time/Dates:** A one evening session held on the last Monday of every month, 6:30 pm
- Place:** Alvin Buckwold Child Development Program, 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

### ***I'm Important Too – Sibling Group***

*I'm Important Too!* Is a collaborative effort between staff at the Alvin Buckwold Child Development Program and Autism Services. It is for non-impacted siblings (aged 8-13 years) of a family member with Autism Spectrum Disorder (ASD). The siblings will learn about ASD, 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/Time/Dates:** TBA
- Place:** TBA
- Cost:** \$40
- To Register:** Contact Cassandra Phillips at 655-7013 ext. 230 or e-mail cphillips@autismservices.ca

***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.***

### ***Life Savers and Child and Chat Night for Families of Children with Autism***

Life Savers has been reconfigured into **two** groups: **Educational Night** and **Chill and Chat** Night. These groups will be held on alternate months. For the Education Nights, our plan is to introduce a relevant topic in the first hour and then discuss the application of this topic into your home life with your child in the second hour. Chill and Chat Nights are

informal; parents meet, share and support one another.

Topics for the Education Nights have been chosen in advance by parents. When relevant, guest speakers and parent panels will share their expertise.

The tentative schedule is as follows:



**December 2010**  
**January 2011**  
**February 2011**  
**March 2011**  
**April 2011**

Navigating the School System  
 No group  
 Chill and Chat  
 The How To of Social Stories  
 Chill and Chat

- Day/Time:** First Tuesday of the month , 7.00 p.m.
- Dates:** Ongoing
- Place:** Autism Services Office, 609 – 25<sup>th</sup> Street East
- Cost:** No cost to members of Autism Service
- To Register:** Contact Cassandra Phillips @ 665-7013 ext. 230 or e-mail cphillips@autismservices.ca

## ***Incredible Years Basic Parent Training Group***

Incredible Years is a 9 week parenting group for parents of children 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 at 655-7852 for information on the referral process for Incredible Years.

## ***Dad's Wings Night***

Our dads' night out continues to be a great success. This is an evening of camaraderie for fathers and grandfathers of children with autism. Another wings night is tentatively planned for **Friday, March 18, 2011 at 7:00 pm at Tony Romas** on Circle Drive.



**Cost:** Pay as you go  
**To Register:** Register with Cassandra Phillips at Autism Services Phone 665-7013, Extension 230, or email [cphillips@autismservices.ca](mailto:cphillips@autismservices.ca)

## ***Mom's Salsa Night***



Our moms' night out continues to be a great success. This is an evening of camaraderie for moms, grandmothers or caregivers of children with autism. Another salsa night is tentatively planned for **Friday, April 15, 2011 at 7:00 pm at Burritos** on **22<sup>nd</sup> Street West**

**Cost:** Pay as you go  
**To Register:** Register with Cassandra Phillips at Autism Services. Phone 665-7013, Extension 230, or email [cphillips@autismservices.ca](mailto:cphillips@autismservices.ca)

## ***Introduction to Biomedical Interventions I***

Open to parents who are on the wait list for an assessment regarding a possibility of autism spectrum disorder, and who are interested in looking at diet, nutrition and behaviors.

This session will look at potential health issues that may be related to the behaviors seen in children with autism spectrum disorders. Topics discussed include diet, yeast overgrowth problems, leaky gut syndrome, as well as environmental toxins and how they may affect the child. This session is led by Dr. Karen Streilein, pediatrician.

A dietician will also discuss the role of nutrition in brain function and mental health. As some children with autism spectrum disorders follow special diets, nutrient recommendations for children will be reviewed. This session is led by Wade Barabash, dietician.

A general discussion about needs, possible challenges and strengths will end this session. A Social Worker will also share information on existing resources and additional services/programs.

**Dates/Time:** TBA once sufficient numbers have been registered.  
**Place:** ABCDP, 1319 Colony Street, Meeting Room  
**To Register:** Contact Joanne Toh, 655-1265 or Cassandra Phillips at 665-7013, Ext. 230

## ***Biomedical Interventions II***

This session is similar to Biomedical Interventions I but offered to parents who already have a diagnosis of ASD.

Dr. Streilein will provide more in-depth information on the biomedical treatment approach for children with ASD for parents who are interested in this aspect of intervention.

Participation based on invitation after a diagnosis of autism spectrum disorder has been made.

**Day/Time:** Monday, 1:00 pm  
**Dates:** March 14, 2011  
**Place:** ABCDP, 1319 Colony Street, Meeting Room  
**Cost:** Free  
**To Register:** Contact Marion Penny, 655-1265

*Autism Services  
Holiday Hours*

December 23: 9:00 am – 12 noon  
 Dec 24–Jan 2: Closed  
 January 3: 9:00 am – 4:00 pm  
 (regular office hours)

*Seasons Greetings*

*The Staff and Board of  
Autism Services would like  
to wish everyone a very  
Merry Christmas and a  
Happy New Year!*

**SPECIAL OLYMPICS YOUTH PROGRAMS**  
 For children with intellectual disabilities

**What is Special Olympics?**

Special Olympics is a part of a dynamic world wide charitable organization dedicated to promoting a more active and better quality of life for people who have an intellectual disability, through their involvement in sport.

Special Olympics provides much more than an opportunity to compete in sport. It provides a chance for Canadians with an intellectual disability to learn new skills while becoming active and engaged in their communities. It is the connection and involvement that brings about the confidence and social benefits that distinguish Special Olympics sport programs.

**What are the Youth Programs?**

The Special Olympics Youth Programs are the first of their kind in the Province. The programs provide specific training and educational opportunities for children with an intellectual disability ages 2-10 and their families.

There are two youth programs to choose from:

**Active Start Program (ages 2-6)**

The Active Start program is built on the rationale that, when children with an intellectual disability receive early instruction in basic motor skills and developmentally appropriate play, there is an excellent opportunity for improvement in their physical, social, and cognitive abilities.

The Active Start Program runs as a 12-week program in which the individual, accompanied by their parent or caregiver, will learn basic motor/movement skills to prepare them for more complex movement skills when they are older.



**FUNDamentals Program (ages 6-10)**

The FUNDamentals Program builds on the Active Start program and moves from basic motor skills to more sport-specific skills such as kicking, throwing, locomotion, etc. The FUNDamentals program also runs as a 12-week program in which the individual is accompanied by their parent or caregiver.

**How To Get Involved**

Sessions Now Running in Regina, Saskatoon, Prince Albert and Moose Jaw:

**January 2011—April 2011**

\$60 per 12 week session

*Spots go fast so register early!*

**To get involved, inquire about other session locations, or for more information, please contact:**

**Kaleta Tardif** Youth Coordinator Special Olympics Saskatchewan  
 306.780.9450  
 ktardif@specialolympics.sk.ca  
 www.specialolympics.sk.ca