Registration Information

To register for any of the programs in this guide, please complete a Program Registration Form. If your child is new to Family Programs for 2016, you must fill out a Participant Information form. If you already filled out a Participant Information form during Winter 2016, you do not need to fill out a new one until 2017. These forms will be kept on file until December 31, 2016. If any changes occur with your child before then, please inform us directly. Certain programs will require additional forms outlined on our website. All forms are available for download from the Autism Services website at www.autismservices.ca. Some class spaces are limited, register early!

If you would like to receive a form by mail, please contact admin by phone 306-665-7013 ext. 0 or email Megan: mradu@autismservices.ca

Please Note: Registration forms will not be processed until all forms and a method of payment or a completed financial assistance application request is received. Also, any outstanding fees must be cleared prior to registration into the next program session.

**SPRING REGISTRATION DEADLINE:**
**Monday, March 21, 2016 AT 4:00 PM**

Completed registration packages may be sent in by mail, dropped off in person, or faxed. **(Please follow up to confirm we have received it)**

You may also attach your registration form and send it by email to mradu@autismservices.ca.

Payment by cheque, Visa & Master Card must accompany every registration. Our goal is that all individuals have the opportunity to participate in our programs. In the spirit of fairness, we feel that each family make a financial contribution towards program cost. **No cash, debit or invoice transactions will be accepted.**

New To Autism Services?

Are you new to Autism Services? Do you want to be connected with our programs and services?

Please contact our Intake Coordinator to arrange a meeting time. She will give you more information on our programming and services and will sign you up for a membership. Membership allows you to participate in programming at Autism Services and receive valuable information through email including our program guide for each session.

Ask our Intake Coordinator, Ann, about our new phone list to get you connected with other parents/guardians with a child, youth or adult diagnosed with ASD.

To contact Ann Loeppky:
Call 306-665-4286 or email aloeppky@autismservices.ca.

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**Autism Services Contact Information**

Phone: 306-665-7013  
Fax: 306-665-7011  
Mail: 209 Fairmont Drive Saskatoon, SK S7M 5B8
**Young Teen Club**

Young Teen Club gives pre-teens with Asperger’s or High Functioning Autism a place to “hang out with their peers” while promoting friendship skills and social opportunities in a supported recreational setting. Activities include swimming nights, movie and game nights, and many other activities. The first night is at Autism Services office for pizza and video games.

**Note: individuals in this program should be able to function at a 2 clients to 1 staff ratio.**

- **Ages:** 11 - 14
- **Dates:** Apr 21 - May 26, 2016 (6 weeks)
- **Day/Time:** Thursdays, 6:30 - 8:30 pm
- **Location:** Autism Services, 209 Fairmont Dr (First week only)
- **Cost:** $105

**Teen Club**

Teen Club give teens with Asperger’s or High Functioning Autism a place to “hang out with their peers” while promoting friendship skills and social opportunities in a supported recreational setting. Activities include swimming nights, movie and game nights, and many other activities. The first night is to be determined. The On Site Coordinator will contact you prior to the first day of the program.

**Note: individuals in this program should be able to function at a 2 clients to 1 staff ratio.**

- **Ages:** 15 - 18
- **Dates:** Apr 21 - May 26, 2016 (6 weeks)
- **Day/Time:** Thursdays, 6:30 - 8:30 pm
- **Location:** To be informed by our On Site Coordinator prior to 1st week of class
- **Cost:** $105

**Adult Social Club**

Adult Club gives young men and women with Asperger’s or High Functioning Autism a place to “hang out with their peers” while promoting friendship skills, and social opportunities in a supported recreational and/or social setting. Planned activities may include movie nights, tours of local businesses, game nights, and many other activities. The first night is at Autism Services office for pizza and video games.

**Note: individuals in this program should be able to function at a 3 clients to 1 staff ratio.**

- **Ages:** 19 +
- **Dates:** Apr 22 - June 3, 2016 (6 weeks)
- **Day/Time:** Fridays, 6:30 - 8:30 pm
- **Location:** Autism Services, 209 Fairmont Drive (First week only)
- **Cost:** $105

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**NEW: Yoga & Meditation**

Jenn Johannson, with JMJ Coaching, is a Child and Youth Counselor and a Certified Life Coach, who develops and delivers programming for children, youth, teens and adults. Using a combination of yoga and meditation/mindfulness, participants can learn to better navigate through life’s ‘stuff’, and feel healthier and stronger.

*This practice has benefits including, but not limited to:*

- settles the nervous system
- decrease stress
- can help with sleep challenges
- increase focus
- encourage better responses
- enhance ability to cope
- lessens reactivity to stimuli
- invite a sense of calm & relaxation

It may sound counterintuitive that a child who cannot sit still would be able to meditate, but families report that after working with an instructor their child can do it—albeit only for a few minutes at first, but this will grow over time. Many families have already seen changes in the behavior of their children on the spectrum.

- **Ages:** 4 - 12
- **Dates:** Apr 18 - May 30, 2016 (6 weeks)
  - No class: May 23
- **Day/Times:**
  - Mondays, 6:00 - 7:00 pm (Ages 4 - 7)
  - Mondays, 7:00 - 8:00 pm (Ages 8 - 12)
- **Location:** Autism Services, 209 Fairmont Drive (Program Room)
- **Cost:** $100
## RECREATIONAL PROGRAMS continued

### Strength Training

Males and females with Aspergers or High Functioning Autism may register for this program. Participants will work in a 2 clients to 1 instructor environment where they will be coached in proper gym etiquette, safe and appropriate handling of all weight training equipment, and work towards developing an interest in fitness and health.

<table>
<thead>
<tr>
<th>Ages</th>
<th>13 - 25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Apr 18 - May 30, 2016 (6 weeks)</td>
</tr>
<tr>
<td>Day/Time</td>
<td>Mondays, 7:00 - 8:00 pm</td>
</tr>
<tr>
<td>Location</td>
<td>YMCA, 25 - 22nd Street East</td>
</tr>
<tr>
<td>Cost</td>
<td>$75</td>
</tr>
</tbody>
</table>

### Bowling

Bowlers from across the spectrum are welcome and will be supported by staff. Participants will be grouped in teams according to age and compatibility.

<table>
<thead>
<tr>
<th>Ages</th>
<th>5 - 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Apr 19 - May 24, 2016 (6 weeks)</td>
</tr>
<tr>
<td>Day/Time: Ages 5 - 12</td>
<td>Tuesdays, 6:00 - 6:40 pm, (40 min)</td>
</tr>
<tr>
<td>Ages 13 - 19</td>
<td>Tuesdays, 6:50 - 7:30 pm, (40 min)</td>
</tr>
<tr>
<td>Location</td>
<td>Eastview Bowl, 2929 Louise Street</td>
</tr>
<tr>
<td>Cost</td>
<td>$75 for 40 min program</td>
</tr>
</tbody>
</table>

### Engineering for Kids

Autism Services is partnering with Engineering for Kids to provide STEM programming for our clients.

**NEW: Engineering Olympics**

Your child will join others to create brand new countries and will compete in various tests of mental and creative strength. Your child will explore the fields of mechanical engineering, marine engineering, electrical engineering, and civil engineering as they participate in various challenges to strengthen their minds and earn "medals" to put on the flag of their country!

<table>
<thead>
<tr>
<th>Age</th>
<th>6 - 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Apr 16 - May 28, 2016 (6 weeks)</td>
</tr>
<tr>
<td>Day/Time</td>
<td>Saturdays, 10:00 am - 11:30 pm (1.5 hours)</td>
</tr>
<tr>
<td>No class</td>
<td>May 21</td>
</tr>
<tr>
<td>Location</td>
<td>Autism Services, 209 Fairmont Drive</td>
</tr>
<tr>
<td>Cost</td>
<td>$175</td>
</tr>
</tbody>
</table>

### Fun In The Gym

The gymnastics gym provides an enriching environment filled with opportunities for social skills development, taking turns, and developing body awareness, control and coordination.

It’s a sensory-rich environment where kids can run, jump on the springboard, trampoline or jump into the foam pit, climb ropes or balance on the beams. The programming is flexible and supervision will be at a level of 1 staff to 1 or 2 clients as needed.

<table>
<thead>
<tr>
<th>Ages</th>
<th>4 - 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Apr 16 - June 4, 2016 (6 weeks)</td>
</tr>
<tr>
<td>Day/Time: Ages 4 - 7</td>
<td>Saturdays, 5:00 - 6:00 pm</td>
</tr>
<tr>
<td>Ages 8 - 19</td>
<td>6:00 - 7:00 pm</td>
</tr>
<tr>
<td>Location</td>
<td>Marian Gymnastics Club, 343 Edson Street</td>
</tr>
<tr>
<td>Cost</td>
<td>$130</td>
</tr>
</tbody>
</table>

### Learn to Golf

This ‘learn to’ program is for individuals with high functioning autism or Asperger’s, ages 13 to 18 years, and interested in learning how to play golf. Participants must be able to fully participate in a small group lesson without support. During the four one-hour lessons Jason Schneider, CPGA professional instructor, will teach the basics of golf (grip, stance, alignment, posture and rhythm) in putting, chipping and the full swing along with the etiquette related to the game of golf. At the last lesson Jason will take participants out on the course so they can have some fun practicing what they have learned.

<table>
<thead>
<tr>
<th>Ages</th>
<th>13 - 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>June 4, 11, 18, 25, 2016 (4 weeks)</td>
</tr>
<tr>
<td>Day/Time</td>
<td>Saturdays, 4:30 - 5:30 pm (First 3 weeks)</td>
</tr>
<tr>
<td>Location</td>
<td>Wildwood Golf Course</td>
</tr>
<tr>
<td>Cost</td>
<td>$60</td>
</tr>
</tbody>
</table>
### Structured Swim Lessons
Autism Services has joined with the YMCA to offer YMCA Structured Swimming lessons to children and teens with ASD. The YMCA levels differ in name but are equivalent to Red Cross levels. Participants in this program should be able to participate in and follow the directions given in a structured lesson. 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. Your child’s time slot will be assigned after registration closes. Classes will be based on age and ability of those registered in the program.

**SUNDAY LESSONS**

<table>
<thead>
<tr>
<th>Ages:</th>
<th>4 - 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates:</td>
<td>Apr 17 - May 29, 2016 (6 weeks)</td>
</tr>
<tr>
<td></td>
<td>No class: May 22</td>
</tr>
</tbody>
</table>

*Your child’s time slot will be assigned after registration closes.*  
It will be based on age and ability.

| Day/Time:   | Sundays, 4:15 - 4:55 pm |
|            | Sundays, 5:00 - 5:40 pm |
|            | Sundays, 5:45 - 6:25 pm |
|            | 40 minute swim lessons |

| Location:   | YMCA Pool, 25-22nd Street East (Beside TCU) |
| Cost:       | $100 |

### Semi-Private Swim Lessons
Autism Services has joined with the Saskatoon Swim School to offer Red Cross, semi-private swimming lessons to children, teens and adults with an ASD. Participants in this program should be able to participate in and follow the directions given in a structured lesson. Each class will include a Saskatoon Swim School instructor and another client with ASD. We are offering four different swim times with participants grouped by age. Your child’s time slot will be assigned after registration closes. We will pair clients as best we can into each class based on age and ability.

**SUNDAY LESSONS**

<table>
<thead>
<tr>
<th>Ages:</th>
<th>3 +</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates:</td>
<td>Apr 17 - June 26, 2016 (10 weeks)</td>
</tr>
<tr>
<td></td>
<td>No class: May 22</td>
</tr>
</tbody>
</table>

*Your child’s time slot will be assigned after registration closes.*  
Pairings will be based on age and ability.

| Day/Time:   | Sundays, 9:30 - 10:00 am |
|            | Sundays, 10:00 - 10:30 am |
|            | Sundays, 10:30 - 11:00 am |
|            | Sundays, 11:00 - 11:30 am |
|            | 30 minute swim lessons |

| Location:   | YMCA Pool, 25-22nd Street East (Beside TCU) |
| Cost:       | $160 |

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### Music 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 music therapist privately. Research has shown that music therapy can be an effective form of intervention for individuals with autism. Improvements may occur in social behaviours, cognitive skills, and ritualistic behaviours. 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.

<table>
<thead>
<tr>
<th>Ages:</th>
<th>3 - 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor:</td>
<td>Carmen Loncar, Music Therapist</td>
</tr>
</tbody>
</table>

When registering, it’s important to make 3 choices as you may not receive your first choice. We will do our best to accommodate.

| Dates/time:   | Tues, Apr 19 - June 7 (8 weeks) |
|              | 4:00 - 4:30 |
|              | 4:30 - 5:00 |
|              | 5:00 - 5:30 |
|              | 5:30 - 6:00 |

| Location: | Autism Services, 209 Fairmont Drive |
| Cost:     | $140 for all 8 weeks, one on one with therapist |
Empowerment and Educational Support for Parents (ESP)

ESP is designed to get caregivers together to provide information on subjects that are important to our parents, including new technology, funding for parents/families, care for the caregiver, grants, respite, and much more. This group will also incorporate some time to socialize and mingle with other caregivers to network, share ideas and support one another. Please let us know a minimum of 5 days in advance if you will require childcare while you attend.

Dates: March 2, 16, April 6, 20, May 4, 18, June 1, 2016
Day/Time: Wednesdays, 6:30 - 8:30 pm
Cost: Free
Location: Autism Services, 209 Fairmont Drive
Facilitator: Shelley Kolisnek, ASD Consultant & Parent Support Group Facilitator, 306-665-9376 or skolisnek@autismservices.ca
Childcare: Contact: Alex Scott, the Director of Family Programs, 306-665-4285 or ascott@autismservices.ca (5 days)

First Steps

We have a diagnosis of Autism Spectrum Disorder. Now what? This group will include information about autism for parents or caregivers of a child newly diagnosed or on the waiting list for an assessment. Please let us know a minimum of 5 days in advance if you will require childcare while you attend.

Dates: May 26, 2016
Day/Time: Thursday, 6:30 - 8:30 pm
Cost: Free
Location: Autism Services, 209 Fairmont Drive
Facilitator: To Be Determined
Childcare: Contact: Alex Scott, the Director of Family Programs, 306-665-4285 or ascott@autismservices.ca (5 days)

Did you know...

Autism Services provides financial assistance to families who cannot afford to pay the full fee for programming. Contact Family Programs for more information or to apply for financial assistance.

Volunteers!!

We are always looking for individuals who want to help out on evenings or weekends with our recreational programming. We also depend on volunteers to help with our fundraising efforts! Please contact Alex Scott at 306-665-4285 or ascott@autismservices.ca

Family Programs is always looking for new Sponsors to help fund the expansion of our programs. If you are aware of any businesses who would like to contribute or get involved, please contact Carol Tebay at 306-241-2308 or ctebay@autismservices.ca

A very special THANK YOU to our Family Program sponsors!
AUTISM INTERVENTION PROGRAMS (A.I.P.)

The Autism Intervention Program provides programs on a quarterly basis. These programs are therapeutic in nature and are facilitated by consultants and support workers who have training in Applied Behaviour Analysis, Speech and Language Pathology, and Counseling.

If there are any comments or concerns about the programs, including cost, please contact: Amanda Day, Sr. Autism Consultant at 306-665-4295 or aday@autismservices.ca.

To register for these AIP programs (listed on this page), please use the Autism Intervention Program Registration Form. Please register early as there are limited spaces available for these programs.

Let’s Talk

Let’s talk is a program designed for children to further their communication skills.

Pre-Requisites:  
• Able to ask and answer questions (at least 25), comment (at least 25) but has difficulty initiating communication

Ages: 9 - 14
Dates: Apr 25 - June 27, 2016 (10 weeks)
No class: May 23
Day/Time: Mondays, 5:30 - 6:30 pm
Location: Autism Services, 209 Fairmont Drive
Cost: $10
Facilitators: Shamima Parvin, 306-665-9375 or sparvin@autismservices.ca

The Man Cave

This group is for boys’ aged 13-17 years of age diagnosed with High Functioning Autism or Asperger’s. The group is designed to help improve social and sociosexual awareness for participants. The goal of the program is to help participants relate with others and to provide them with a variety of different perspectives on how to establish and maintain relationships. Some topics of discussion will include; conversation skills, electronic communication and social media, sexual and relationship education, bullying, peer pressure as well as other relevant topics based on participants needs. Parent handouts will be sent home each week to keep parents informed and encourage further discussion on the topics. The last 30 minutes of each session will be set aside for socializing with other participants.

Pre-Requisites:  
• Able to sit & engage in discussion for an hour
• Willingness to learn about topics presented

Ages: Males, 13 - 17
Dates: Apr 19 - June 7, 2016 (8 weeks)
Day/Time: Tuesdays, 6:00 - 7:30 pm
Location: Autism Services, 209 Fairmont Drive
Program Room
Cost: $10
Facilitator: Lucas Carrier, 306-665-9372 or lcarrier@autismservices.ca

Social Detective

We are good Social Detectives when we use our eyes, ears, and brains to figure out what others are planning to do next, are presently doing, and what they mean by their words and actions. This program offers different ways that can be reviewed repeatedly with children to teach them how to develop their own social detective skills. They can blossom into successful Social Detectives!

Pre-Requisites:  
• Sit and listen to a book for 10 minutes
• Follow group directions
• Participate in group activities
• Have joint attention
• Be able to communicate verbally
• Be able to answer questions
• Distinguish between real & pretend
• Joint attention (Parent points, child looks)

Parent cooperation is strongly encouraged

Ages: 6 - 8
Dates: Apr 18 - June 13, 2016 (8 weeks)
No class: May 23
Day/Time: Mondays, 4:30 - 5:30 pm
Location: Autism Services, 209 Fairmont Drive
Cost: $10
Facilitators: Kira Epp, 306-665-4299/ kepp@autismservices.ca
Jordan Doepker, 306-665-9373/ jdoepker@autismservices.ca