



**Autism
Services**
of Saskatoon



Spring 2020 Program Guide

Resources for children, youth & adults with Autism Spectrum Disorder & their Families

How to Register:

1. Complete a **Program Registration Form** (One per client).
2. Complete a **Participant Information Form**.
 - *If you had your child/youth/adult registered in a Winter 2020 program & you already completed a Participant Information form, you do not need to fill out another. Once you send in a Participant Information form it will be kept on file until December 31st 2020.*
3. Registering for a Swimming program? **Complete a Swim Form.**
4. Registering for Day Camp? **Complete a Day Camp Form.**

All forms will be available on March 5th from the Autism Services website: www.autismservices.ca - under the "Programs" tab.

All programs have limited space available. Some programs may fill up prior to the last day of registration so get your completed registration forms into us as soon as possible!

Important Registration Information:

Completed registration packages may be mailed in or dropped off in person to the Autism Services office or can be emailed to: registration@autismservices.ca

Registration packages will only be processed if all necessary forms are included when sent to us. If you do not have all the forms your package will be deemed "incomplete".

Please follow up with our admin team to ensure that you sent over/we received all necessary forms in your registration package.

Requesting forms by mail?

Contact our admin team at 306-665-7013 ext. 0 or registration@autismservices.ca

Payment Information:

Payments by cheque, Visa & Master Card or completed Financial Assistance Application must accompany every registration. No debit, Visa debit, or invoice transactions will be accepted. Any outstanding fees with Autism Service must be paid in full prior to registration into the next program session.

Spring Registration Opens:

Thursday, March 5th/2020

Deadline to Register/Registration Closes:

Thursday, March 19th/2020 at 4 PM
(Financial Assistance Applications Included)

Autism Services Contact Information

Phone: 306-665-7013

Fax: 306-665-7011

Mail: 209 Fairmont Drive Saskatoon, SK S7M 5B8

Email: registration@autismservices.ca

Website: www.autismservices.ca

Find us on Facebook:

www.facebook.com/AutismServicesSaskatoon/

New To Autism Services?

Are you new to Autism Services? Do you want to be able to access and be kept in the loop with all of our programs and services?

Contact our Intake Coordinator: Ann Loepky to arrange an appointment to set up your membership with us.

Memberships are free for the first year and then are \$30 annually. They allow you to participate in programming at Autism Services and receive information about what is going on around here via email. This includes being sent our Program Guide for each program session.

Ann Loepky:

306-665-4286

ann.loepky@autismservices.ca



Family Programs: Therapeutic Programs

Therapeutic Programs Important Information:

Music Therapy & Art Therapy programs are not intended to be offered to the same individual/client on an ongoing basis. Therefore, clients are eligible to register for a maximum of one program session before becoming ineligible for the program.

Art Therapy

One on one Art Therapy provides a number of benefits to children and youth on the spectrum. The client will discover a world of sensations, new ways of communicating and will be able to share their view of the world. Art Therapy can help a client with obsessive compulsive issues, as well as social and sensory challenges. Art Therapy helps build self esteem, self mastery and is an effective method of assisting the client with expressing their feelings.

Please Note: Clients must be able to function independently under minimal supervision for the hour long session. You may request your preferred day & time during registration and we will do our best to accommodate.

Therapist: Jill Scott
Ages: 6 - 17 years old
Location: 836 3rd Ave North
Cost: \$270



Meet Jill Scott:

Jill is a professional Art Therapist & member of CATA. She has 20 years of personal experience helping guide her own children, both of whom are on the Autism spectrum. She is warm and compassionate and her connection with her clients is the key to her success with them.

Option #1: Wednesday's
Dates: April 29 - June 3/2020
Times: 4pm / 5pm / 6pm
1 hour sessions

Option #2: Friday's
Dates: May 1 - June 5/2020
Times: 4pm / 5pm / 6pm
1 hour sessions



Music Therapy



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.

Please Note: Clients must be able to function independently under minimal supervision for the 30 minute long session.

Therapist: Rebecca Bilodeau / Leanne Hoeft
Ages: 3 - 19 years
Dates/time: Tuesdays, April 28 - June 2/2020
Times: 4:30
5:00
5:30
6:00
6:30 (30 min sessions)
Location: 46 Weir Crescent
Cost: \$150



Meet Rebecca:

Rebecca is a recent graduate of Capilano University in Vancouver. She completed her internship in Saskatoon and fell in love with the charm of Saskatoon and decided to stay. Her areas of speciality include ASD, Down Syndrome, Palliative, Dementia, long term care and adults with intellectual disabilities.

Meet Leanne:

Leanne has been practicing music therapy since 2007. She specializes in working with children on the Autism Spectrum as well as individuals with Down Syndrome and Aphasia. She loves playing piano and singing, and learning as many instruments as possible!

PLEASE NOTE:

All program registration is on a first come, first serve basis with limited space available. Some programs may fill up prior to the last day of registration so get your completed registration forms into us as soon as possible!

Family Programs: Recreational Programs

Fun In The Gym / Exploring Gymnastics

We are excited to partner once again with Can Am Gymnastics to deliver two different gymnastic programs. Please read the descriptions for each program below to be able to make the choice of which program would be the best fit for your child.

Ages: 4 - 19 years
Dates: Saturdays, April 25 - June 6/2020
No Program: May 16/2020
Location: Can Am Gymnastics - 3702 Mitchelmore Ave
Cost: \$120



Fun in the Gym (Unstructured):

This class will allow participants to try out all the different equipment that gymnastics has to offer. Participants can run, jump on the springboard, jump into the foam pit, climb ropes or balance on the beams. This program is flexible and unstructured. Supervision is a 1 staff to 1 or 2 clients ratio.

Ages: 4 - 9 years
Class #1: 5:30 - 6:20pm (Ages 4 - 6)
Class #2: 6:30-7:20pm (Ages 7 - 9)

Exploring Gymnastics (Structured):

This class will allow participants to explore the fundamental movement patterns of gymnastics and learn new skills led by a Can-Am coach in a positive environment. Participants will be given the opportunity to learn at their own pace, be active and have fun as they hop, jump, swing, balance and roll! This program is structured and supervision is a 1 staff to 1 or 2 clients ratio.

Ages: 7 - 19 years
Class #1: 6:30-7:20pm (Ages 7 - 9)
Class #2: 7:30-8:20pm (Ages 10 - 19)



Strength Training

Participants will work in a 2 clients to 1 worker ratio where they will be coached in proper gym etiquette, safe and appropriate handling of all weight training equipment & will work towards developing an interest in fitness & health.

Ages: 13 - 25 years
Dates: Tuesdays, April 28 - June 2/2020
Time: 6:30 - 7:45pm (1 hr. 15min)
Location: YMCA, 25 - 22nd Street East
 (Please check in at front desk weekly)
Cost: \$90



Bowling

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

Ages: 5 - 19 years
Dates: Tuesdays, April 28 - June 2/2020
Day/Time: Ages 5 - 12: 6:00 - 6:40 pm, (40 min)
 Ages 13 - 19: 6:50 - 7:30 pm, (40 min)
Location: Eastview Bowl
 2929 Louise Street
Cost: \$75



Dance Classes

We are excited to once again be offering dance classes in partnership with Dance Saskatchewan! Children and youth will be able to explore the world of dance in a safe environment. Dancers will use movement to engage with music, express themselves creatively and learn techniques in various dance styles.



Dates: Saturdays, April 25 - June 6/2020
No Program: May 16/2020
Location: Dance Saskatchewan - 309 Fairmont Drive
Cost: \$120

Class 1:
Ages: 4 - 7 years old
Time: 1:00pm—1:30pm
 (30 min)

Class 2:
Ages: 8 - 12 years old
Time: 1:40pm—2:30pm
 (50 min)

Easter Day Camp

Calling all campers! We will once again be offering our Easter Day Camp! Our days will be full of awesome programming such as: swimming, tours of local attractions, gym games, arts and crafts and much more!

Camp is ideal for children and youth who require 1 to 1 support or 2 staff to 1 camper support. We have 15 spots available and they tend to fill quickly, so get your forms in as soon as possible!

Ages: 8 - 19 years
Dates: Tuesday, April 14 - Friday, April 17/2020
Time: 8:45 am - 3:15 pm
Location: Confederation Park Community School -
 3555 John A. MacDonald Rd.
Cost: \$350



Family Programs: Social Programs

Youth Social Club

Youth Club is a place to “hang out with their peers” while promoting friendship skills and social opportunities in a supported recreational social setting. The neat thing about our club is we do a different activity weekly as a group so there is something for everyone! These activities may include: swimming, movie and game nights, recreational activities and more!

The activity schedule will be emailed to parents/caregivers a week before the first day of the program.

Please Note: Individuals in this program should be able to function at a 3 clients to 1 staff ratio. They are also welcome to bring along their own spending money to scheduled activities for snacks.

Ages: 11 - 18 years

Dates: Thursdays, April 30 - June 4/2020

Time: 6:30 - 8:30 pm

Location: To Be Determined

Cost: \$120



Adult Social Club

Adult Club is a place to “hang out with their peers” while promoting friendship skills, and social opportunities in a supported recreational and social setting. The neat thing about our club is we do a different activity weekly as a group so there is something for everyone! Planned activities may include movie nights, tours of local businesses, game nights, and many other activities.

The activity schedule will be emailed out to you a week before the first day of the program.

Please Note: Individuals in this program should be able to function at a 3 clients to 1 staff ratio. They are also welcome to bring along their own spending money to scheduled activities for snacks.

Ages: 19 + years

Dates: Fridays, May 1 - June 5/2020

Time: 6:30 - 8:30 pm

Location: To Be Determined

Cost: \$120



Family Programs: Aquatics Programs

Please take the time to read & understand the differences in the swim programs to be able to choose appropriately for your child.

Semi-Private Swim Lessons

Semi-Private Swim Lessons are ideal for someone who is more independent in the water. There are two individuals registered into a shared swim lesson with one program worker.

Autism Services and the YMCA of Saskatoon has once again partnered up to offer swimming lessons! Children, teens and adults with ASD in this program should be able to participate and follow the directions given in a structured lesson. Choose a timeslot that you would prefer, but understand that timeslots are assigned mainly based on age, ability and swim level. Your child’s swim timeslot will be assigned and emailed to you after registration closes.

SATURDAY LESSONS

Ages: 4 + years

Dates: Saturdays, April 25 - June 6/2020

No Program: May 16/2020

Time: 9:30 - 10:00 am

10:00 - 10:30 am

10:30 - 11:00 am

11:00 - 11:30 am

Location: YMCA Pool, 25-22nd Street East
(Beside TCU)

Cost: \$135



Structured Swim Lessons

Structured Swim Lessons is ideal for someone who requires a higher level of support while in the water. Individuals in the program will be paired one to one with a program worker.

Autism Services and the YMCA of Saskatoon has once again partnered up to offer swimming lessons! Children and teens with ASD in this program should be able to participate and follow the directions given in a structured lesson. Choose a timeslot that you would prefer, but understand that timeslot are assigned mainly based on age, ability and swim level. Your child’s timeslot will be assigned and emailed to you after registration closes.

SUNDAY LESSONS

Ages: 4 - 19 years

Dates: Sundays, April 26 - June 7/2020

No Program: May 17/2020

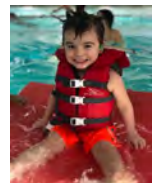
Time: 4:15 - 4:55 pm

5:00 - 5:40 pm

5:45 - 6:25 pm

Location: YMCA Pool, 25-22nd Street East
(Beside TCU)

Cost: \$135



Autism Intervention Program (A.I.P.)

Parent Management Training (PMT)

For parents who have children ages 0 - 5 years old



PMT is a short-term treatment program that helps parents effectively deal with their child's challenging behaviour so that it significantly decreases. Step-by-step guidance is provided to parents so that they have a basic understanding of language, reinforcement and rewards, effectiveness of time outs, and how to work on long-term behavioural goals for their child. Child care is provided upon request. Please note that this is a condensed version of PMT. Please contact your Consultant before registering for this group.

Mandatory Training: Online version will be released on May 1st, 2020. Parents will have until May 19th to complete the online modules. This is a pre-requisite for the PMT 0-5.

Dates: Tuesdays, May 26th - June 23rd/2020
Times: 9:30am – 11am
Location: Autism Services, 209 Fairmont Drive
Cost: \$75 without childcare
\$100 if you are accessing childcare
Facilitator: Lyndsey Grotheim - 306-665-4299 / lyndsey.grotheim@autismservices.ca

Please Note: A separate childcare form must be completed for all children participating in childcare (see registration form for more info)

Zones of Regulation

The Zones of Regulation framework provides strategies to teach children to become more aware of their emotions and impulses, manage sensory needs, improve their ability to problem solve conflicts, and become more independent. This group will focus on self-regulation and understanding different ways we feel emotions and how to react towards others. Minimum of 4 participants registered to run the class, but spots are limited. Please contact your Consultant before registering in this group.

Ages: 9 – 11 years old
Dates: Thursdays, May 21st – July 9th/2020
Times: 4:15pm – 5:45pm
Location: Autism Services, 209 Fairmont Drive
Cost: \$75
Facilitator: Jessica Morrison - 306-665-9378
jessica.morrison@autismservices.ca



Siblings Group

Siblings are invited to participate in a group that helps them understand who they are, what ASD is, and to learn how to interact with their sibling on the Spectrum. These topics are explored through various activities, including outings within the community (weather permitting). Minimum of 4 participants registered to run the class. Please contact your Consultant before registering in this group.

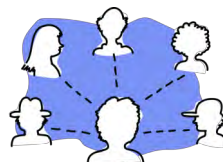
Ages: 8 – 12 years old
Dates: Wednesdays, May 20th – June 24th/2020
Times: 4:30pm – 6:00pm
Location: Autism Services, 209 Fairmont Drive
Cost: \$60
Facilitator: Lyndsey Grotheim - 306-665-4299
lyndsey.grotheim@autismservices.ca



The New Teen Network Club

This is a group designed to integrate pre-teens and teens into a specially designed social setting. The curriculum will primarily focus on strengthening social skills (social cues, theory of mind, two-way conversations, how to form and maintain relationships) which will be taught by the instructor who will implement various topics based around the social aspects of day-to-day life. This club is designed for clients between the ages of 12yrs and 14yrs, who are able to communicate verbally with their peers (at a minimum of a grade 5 level), but may need help in understanding the concepts and tools being introduced. The clients will then be able to practice the skills they have learned with each other in more of a natural environment. Please contact your Consultant before registering for this group.

Ages: 12 – 14 years old
Dates: Tuesdays, May 19th - July 7th/2020
Times: 5:00 - 6:30pm
Location: Autism Services, 209 Fairmont Drive
Cost: \$75
Facilitator: Neusha Mofazzali - 306-665-9377
neusha.mofazzali@autismservices.ca



Please note: Clients will undergo a screening process to determine group eligibility. If your child does not fit the group criteria alternate recommendations will be provided. You will be contacted prior to group starting to book a screening appointment. There are limited spots in this group.

Do you want more information on a specific topic related to your child's skills or diagnosis? The AIP Team welcomes suggestions from caregivers for topics for Caregiver Information Nights! To make an suggestion, please contact your consultant.

A very special THANK YOU to our Family Program sponsors!!



Government of Canada



Saskatoon Public Schools



Wanting to sponsor Family Programs?

We are always looking for new opportunities to gain sponsors to 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



2020 welcomes back the Roarin' 20's for this one-of-a-kind event. Set on the streets of Boom Town at the Western Development Museum, we invite you to join the party as we raise money for Autism Services of Saskatoon - Family Programs Department.

Date: April 24th/2020 at 7pm
Venue: Western Development Museum, 2610 Lorne Ave, Saskatoon
Tickets: \$100.00 each
Call 306-665-7013 ext. 0 to book your tickets!



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Make sure you "Like" our page so you can stay up to date with all the awesome things we have going on here!



Family Programs, A.I.P. & MTHW Program Policies

There will be no make up sessions/refunds offered for missed programs during the program session. If there are any outstanding fees owed to Autism Services on your membership account, we will require these fees to be paid in full prior to registering your child for our upcoming program session.

Program spaces are limited and payment is required upon registration for all programs. Families/clients cannot attend a registered program until registration has been completed and confirmed.

Refunds will only be provided with written consent of the caregiver, indicating that the participant is no longer able to attend the program/group. This written consent must be provided one week prior to the program/group start date. Any cancellations after this period will not be reimbursed.

There will be a \$15 admin charge to your account for any type of cancellations and refunds.

Applying for Financial Assistance?

Financial Assistance Application Deadline: Thursday, March 19th/2020 at 4pm

We will take in all completed Financial Assistance applications for processing up until the deadline.

Anyone applying after the deadline may not be eligible to receive funding.

Please Note: Any programs with fees less than \$60 are not eligible for funding.

All financial assistance application forms must include:

1. A copy of both parents/guardians most recent (2018 or 2019) Notice of Assessment from the government

Please Note: we look specifically at line 260 (Taxable Income)

2. A copy of each parent/guardians most recent pay stubs from their place of employment

Please Note: If one or both parents/caregivers are self-employed, please include information about your total annual earnings received. If one of the parents/caregivers are not currently employed, please leave detailed information on the application form about your situation.

Currently receiving Social Assistance from the Government?

We will only require your 2 most recent copies of your Social Assistance stubs to accompany your Financial Assistance application form.

We use the Low Income Cut Off chart to determine eligibility for our Financial Assistance program.

For more information, please see our Financial Assistance Form.