



Fall 2020 Program Guide

How to Register:

Complete the required forms for the program(s) you are interested in:

Program Registration Form—Family or AIP/MHWT programs

Participant Information Form—Registering for a Family or AIP/MHWT program for the first time this calendar year.

Day Camp Form—Registering for a Family Day Camp program for the first time this calendar year.

Financial Form—If you require and qualify for financial assistance. See page 8 for details

Note: Participant Information or Day Camp forms will be kept on file until December 31st 2020.

All forms will be available August 12 on the Autism Services website:

<https://www.autismservices.ca/programs/current-family-programs/>

Requesting forms by email?

Contact our admin team at registration@autismservices.ca

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

Important Registration Information:

Submit completed registration forms:

1. By email: registration@autismservices.ca

****Note: attached forms must be pdfs****

2. By mail, or deposited in our mail slot beside our front door.

Registration forms will only be processed if all necessary forms are included and filled out when sent to us. If you are missing needed information, your registration will be deemed incomplete.

Please follow up with our admin team at

registration@autismservices.ca or (306) 665-7013 x0 (leave message) to ensure that we received all necessary and completed forms for your registration.

Payment Information:

Payments by cheque, Visa, Mastercard or completed Financial Assistance Application must accompany every registration. No cash, debit, Visa debit, or invoice transactions will be accepted.

Any outstanding fees with Autism Services must be paid in full prior to registration into the next program session.

PLEASE NOTE: All Visa or Mastercard charges will appear as BAM* Autism of Saskatoon /Victoria BC on your credit card statement.

See page 8 for complete registration and payment information.



Fall Registration Opens:

Wednesday, August 12, 2020

Deadline to Register:

Thursday, August 27, 2020 at 4 PM



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New To Autism Services?

Are you new to Autism Services? Do you want to be able to access and be kept in the loop about 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 \$30 annually thereafter. Membership allows you to participate in Autism Services' programs and receive updates on programming, special events and more!

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: 101-3718 Kinnear Place
Cost: \$300



Therapist: David Baudemont
Ages: 6 - 17 years old
Location: 1126 - 22 Street West
Cost: \$300

Covid-19 Protocols:

- Parents are asked to not enter the building and will meet the therapist for drop off and pick up of their child at the door.
- 15 mins between clients for therapists to disinfect and sanitize program spaces

Option #1: Monday's
Dates: Sept 28 - Nov 23/20
Times: *No class: Oct 12
 4pm / 5:15pm / 6:30pm
 1 hour sessions



Option #2: Thursday's
Dates: Oct 1 - Nov 19/20
Times: 4pm / 5:15pm / 6:30pm
 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: Leanne Hoelt
Ages: 3 - 19 years
Dates/Time: **Option 1:**
Wednesday's Sept 30 - Dec 2/20
 *No progs: Oct 28 & Nov 11
 4:00 / 4:45 / 5:30 pm (30 min session)
Option 2:
Thursday's Oct 1 - Nov 19/20
 4:45 / 5:30 pm (30 min sessions)
Location: 46 Weir Crescent
Cost: \$200



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!

Covid-19 Protocols:

- Parents are asked to not enter the building and will meet the therapist for drop off and pick up of their child at the door.
- 15 mins between clients for therapists to disinfect and sanitize program spaces

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, Sept 26 - Nov 21/20
No Program: Oct 10/20
Location: Can Am Gymnastics - 3702 Mitchelmore Ave
Cost: \$180



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 - 12 years
Class #1: 5:20 - 6:10pm (Ages 4 - 6)
Class #2: 6:30-7:20pm (Ages 7 - 12)

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 - 12 years
Class #1: 6:30-7:20pm (Ages 7 - 12)



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, Sept 29 - Nov 17/20
Time: 6:30 - 7:45pm (1 hr. 15min)
Location: YMCA, 25 - 22nd Street East
 (Please check in at front desk weekly)
Cost: \$120



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, Sept 29 - Nov 17/20
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: \$100



Learn to Golf

For individuals interested in learning how to play golf. Participants must be able to fully participate in a small group lesson without support. During the three one-hour lessons Jason Schneider, CPGA professional instructor, will teach the basics of golf. At the fourth lesson, Jason will take participants out on the course so they can have some fun practicing what they have learned.

Ages: 13 - 18 years
Dates/Times: Sundays, Aug 30, Sept 13 & Sept 20 6-7 pm
 Sunday, Sept 27 6-8 pm for round of golf

Location: Wildwood Golf Course (4050 8th St E)
Cost: \$100



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



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!

****We will do our best to provide this program but please note that youth club is contingent on the availability of venues.****

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, Oct 1 - Nov 19/20
Time: 6:30 - 8:30 pm
Location: To Be Determined
Cost: \$160



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!

****We will do our best to provide this program but please note that adult club is contingent on the availability of venues.****

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, Oct 2 - Nov 20 /20
Time: 6:30 - 8:30 pm
Location: To Be Determined
Cost: \$160



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. Lesson times are assigned mainly based on age, ability and swim level of those who have registered. Your child’s swim lesson time will be assigned and emailed to you after registration closes.

SATURDAY LESSONS

Ages: 4 + years
Dates: Saturdays, Sept 26 - Nov 21/20
No Program: Oct 10/20
Time: Lessons will be scheduled during 9:30 - 11:30 am for 30 minutes each week.
Location: YMCA Pool, 25-22nd Street East (Beside TCU)
Cost: \$175



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. Lesson times are assigned mainly based on age, ability and swim level of those who have registered. Your child’s swim lesson time will be assigned and emailed to you after registration closes.

SUNDAY LESSONS

Ages: 4 - 19 years
Dates: Sundays, Sept 27 - Nov 22/20
No Program: Oct 11/20
Time: Lessons will be scheduled during 4:00 - 6:30 pm for 40 minutes each week.
Location: YMCA Pool, 25-22nd Street East (Beside TCU)
Cost: \$200



AUTISM INTERVENTION PROGRAM (A.I.P.)

All program registration is on a first come, first served 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!

TO REGISTER: Complete the Fall 2020 Fall Registration Form and all other required forms as needed.

Participants are also required to be involved with the AIP or MHWT programs.

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. Please note, this is a condensed version of PMT.

Each group is 5 classes in length.

Please contact your Autism Consultant before registering for this group.

Mandatory Training: Online modules will be released on September 1, 2020. Parents will have until September 18, 2020 to complete the online modules. Module completion is a pre-requisite for PMT 0 - 5.

Location: Online (Zoom)

Cost: \$25

Facilitator: Lauren Brandt
lauren.brandt@autismservices.ca

Parent Management Training (PMT)

For parents who have children ages 6 - 19 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.

Please contact your Autism Consultant before registering for this group.

Mandatory Training: Online modules will be released on September 1, 2020. Parents will have until September 18, 2020 to complete the online modules. Module completion is a pre-requisite for PMT 6 - 19.

Dates/Time: Wednesdays, Sep 23 - Dec 9/20
No classes: Oct 14 & Nov 11/20
5:00 - 7:00 pm

Location: Online (Zoom)
10 classes

Cost: \$35

Facilitator: Eileen Deswiage
eileen.deswiage@autismservices.ca

Note: There are four date/time options for this group. Please indicate your first, second, and third preference when registering, as we may not be able to accommodate your first choice of group placement.

PMT Group 1:
Tuesdays; Sep 22 - Oct 20/20
9:30 am – 11:30 am

PMT Group 2:
Thursdays, Sep 24 - Oct 22/20
1:00 pm – 3:00 pm

PMT Group 3:
Tuesdays, Nov 3 - Dec 1/20
9:30 am – 11:30 am

PMT Group 4:
Thursdays, Nov 5 - Dec 10/20
No class: Nov 12/20
1:00 pm – 3:00 pm



Young Adult Society

For teen boys, ages 14 - 18 years old

This is an online social group for boys' aged 14 - 18 diagnosed with High Functioning Autism or Asperger's. The group is designed to help improve social awareness for the 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.

Please contact your Autism Consultant before applying for this program.

Dates/Time: Tuesdays, Sep 22 - Nov 10/20
4:00 pm - 5:00 pm

Location: Online (Zoom)
8 group sessions

Cost: \$30

Facilitator: Neusha Mofazzali
neusha.mofazzali@autismservices.ca

COVID-19 and Fall Programs

With the declaration of a global COVID-19 pandemic in March, we pivoted our services completely to align with the precautions outlined by our government(s) and public health officials.

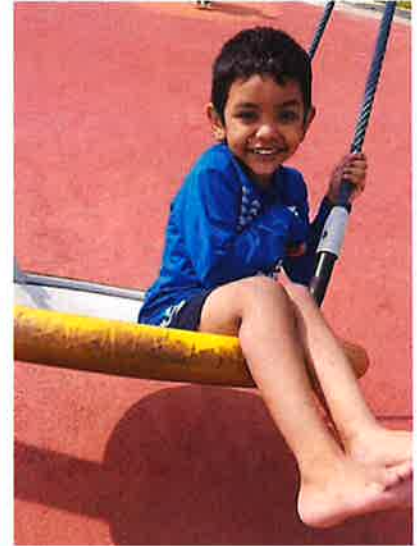
As this situation remains fluid, it means all of our programs are subject to change. We remain hopeful and plan to run our Fall Programs. However, they are contingent on local health officials' recommendations regarding COVID-19. We are monitoring the situation closely and if any of our Fall Programs' plans need to be adjusted or cancelled, we will notify you as soon as possible.

As Saskatchewan continues to re-open, our Family Programs department begins to prepare for a new way of delivering our programs. We have partnered with other businesses and private contractors so we can effectively implement the safest protocols possible while at the same time, staying consistent with our program delivery. You will receive updated policies specific to each program in which your child is registered.

Thank you for your patience and understanding as we navigate through this new standard of living. We know you are being impacted by COVID-19, and we recognize how important our programs are to you. Equally, we take the health and safety of our clients and staff very seriously and will comply with the recommendations of our local health officials.

During this time of uncertainty, Autism Services of Saskatoon remains dedicated to doing our best to continue supporting people with Autism Spectrum Disorder and their families. Please do not hesitate to contact us if you have any questions or concerns.

On behalf of Autism Services' staff and the Board of Directors we wish you all a happy and healthy fall!



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



Follow us on Facebook



AUTISM SERVICES' 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 parent/guardian 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.
- ⇒ **Parents/Guardians:** If you are off site while your child is attending an Autism Services' program, we ask that you are available to be reached by phone during program hours. If you will be unavailable to be reached during program hours, we ask that you provide us with an alternate emergency contact.
- ⇒ **Clients:** Autism Services promotes an inclusive environment with safety being our number one priority. Bullying, swearing and taunting will not be tolerated and may result in withdrawal from the program at the Program Director's discretion and on a case by case basis.

REGISTRATION & PAYMENT INFORMATION

Applying for Financial Assistance?



We will accept all completed **Financial Assistance applications** for processing up until the registration 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 each parent's/guardian's most recent (2019) Notice of Assessment from the government.

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

2. A copy of each parent's/guardian's 2 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 (LICO) chart to determine eligibility for our Financial Assistance program.

Please review the chart and details on the Financial Assistance Form.

Please read the following information carefully:

1. **Program Registration (along with Financial Assistance if also applying for) deadline:** Thursday, August 27, 2020 by 4:00 pm.
2. All registrations must be accompanied some sort of payment, either Visa or Master Card info or cheque(s). **Cheques may be post-dated no later than August 27, 2020. Please send a separate cheque for each week of camp or program requested, as well as for membership if it is due.**
Payments will not be processed until it is confirmed that the participant is placed in a program.
3. **Payment methods:** Credit card (Visa or MasterCard only!) is preferred. Payment by cheque(s) will also be accepted. No debit cards or cash will be accepted for payment. Our office is closed to the public due to the Covid-19 pandemic; therefore, we cannot ensure the security of cash payments. All cheques must be made out to **Autism Services**.
4. Membership must be current for registration. If providing Visa or MasterCard for payment we will notify you if membership is due and will be charged to the provided credit card. If paying by cheque(s) an additional cheque will be required.
5. Once the registration deadline has been reached, all the registration requests will be reviewed and program placement decisions will be finalized. Once we have finalized our registrations and your child has been accepted into a program, we will send you confirmation of registration, and a parent information package, to the email provided on the registration form. Mail option available upon request if necessary, but email is preferred. Program confirmation and parent information packages will be sent out by mid-September at the latest.
6. We will try to accommodate all program requests; however, we do set limits for the number of participants attending each of our programs. We accept registrations on a first come, first served basis. When a program is full, we will start a waitlist which we will use to fill spots if others cancel or drop out.

Programs may fill before the registration deadline so be sure to register early!

Questions?

*Family Programs (Pages 2 - 4): Contact Megan Seto at mseto@autismservices.ca

*A.I.P. / M.H.W.T. Programs (Page 5 - 6) : Contact the facilitator listed for the program you are interested in or Eileen Deswiage at eileen.deswiage@autismservices.ca