



**Autism
Services**
of Saskatoon

Winter 2022

Autism Intervention Program and Mental Health & Wellness Team Program Guide

How to Register:

All forms will be available to you on our Autism Services website. Complete the **AIP/MHWT Registration Form** and indicate which programs you are interested in.

Financial Assistance is available only for programs that cost \$60 or over. The completed **Financial Assistance Form** and supporting documents will need to be submitted with registration form. See **Page 6** for details

How to submit completed registration forms:

1. **By Email:** aipreg@autismservices.ca
AIP/MHWT registration forms must be PDF attachments. Please follow up with us by email to ensure that we received your submission.
2. **Drop off:**
You may come by our office during office hours (9:00 am – 4:30 pm, Monday to Friday) to drop off completed forms in person or drop off forms in sealed envelope in our drop box after hours. You will need to ring the front doorbell and follow Covid-19 screening protocols.

****Please note the following changes****

- **Participant information forms are no longer required for AIP/MHWT program registrations.**
- **We will no longer accept mailed in registrations.**

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.

Requesting forms by email?

Contact our admin team at aipreg@autismservices.ca

All programs have limited space available. Some programs may fill up prior to the last day of registration so register as soon as possible!

See **page 5** for complete registration and payment information.

Winter Registration Opens:

Monday, November 22, 2021

Deadline to Register:

Friday, December 3, 2021 @ 4PM

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New to Autism Services?

Are you new to our agency? Do you want to be kept in the loop for all of our programs and services that you are able to access with us?

To request an intake appointment for yourself or your child please contact us by email at

intake@autismservices.ca

Please include the following information:

- The individual's name and age
- Primary guardian(s) name(s) if applicable.
- Email and daytime phone number

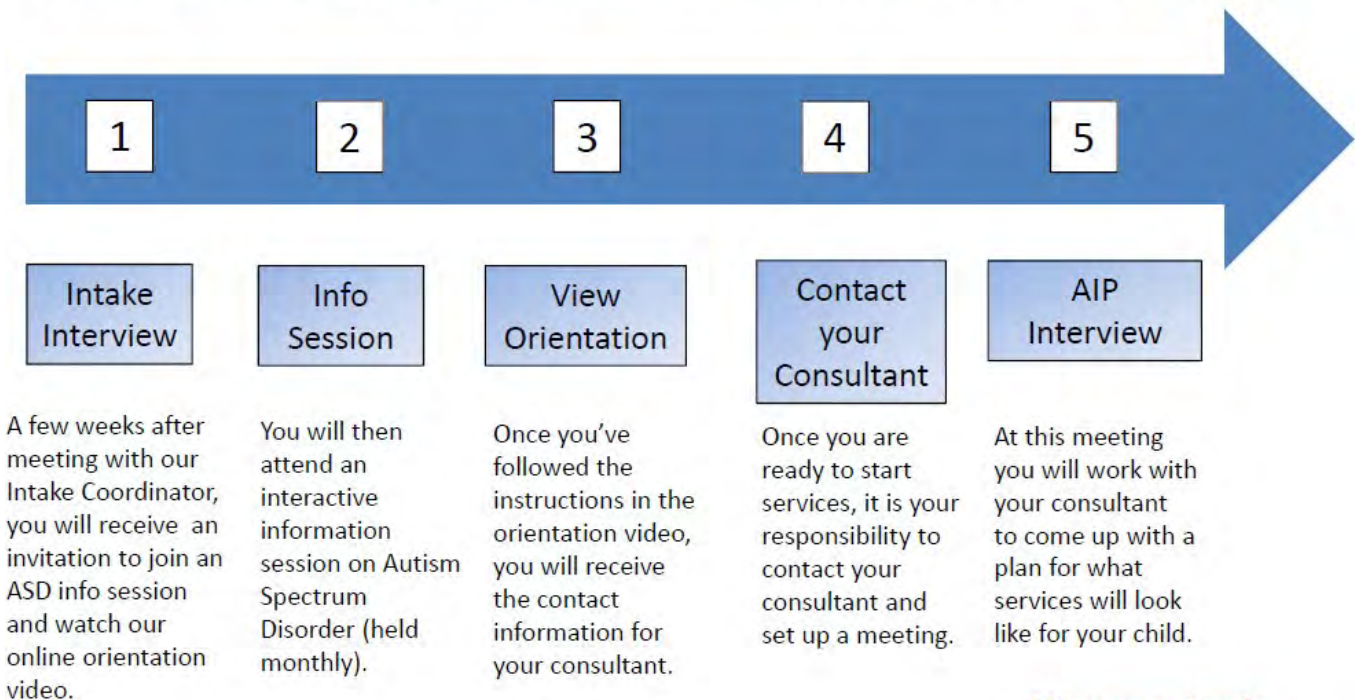
If you are unable to contact by email, you may also request an intake by calling **306-665-4286**.

You will be contacted within approximately one week to book an intake appointment.

Memberships are free for your first year with us and then \$30 annually thereafter. Membership allows you to participate in Autism Services programs and receive updates on special events, future programs and more!

Important Information - Please Read:

Steps to Accessing Services Through the Autism Intervention Program (AIP)



****You can register for group programming after your AIP Interview**

Covid-19 Winter Program Information

- With the declaration of a global COVID-19 pandemic in March 2020, 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 Winter Programs as planned. However, they are contingent on local health officials' recommendations regarding COVID-19. We are monitoring the situation closely and if any of our upcoming session of programs need to be adjusted or canceled, we will notify you as soon as possible.
- Our Autism Intervention Program and Mental Health and Wellness Team departments continue to prepare for a new way of delivering our programs. You will receive any 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 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 Winter!

Autism Intervention Program (A.I.P.)

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!

PARENT MANAGEMENT TRAINING (PMT)

For parents/caregivers of children 5 years of age or younger

PMT is a short-term treatment program that helps parents and primary caregivers 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 any of the PMT groups.****

Mandatory Training:

Online modules will be released on January 4, 2022. Parents will have until January 21, 2022 to complete the online modules.

Module completion is a pre-requisite for PMT O – 5 years.

Dates: Tuesdays, Jan 25 – Mar 1 **Location:** Online (via Zoom)
No class Feb 22

Times: 9:30 am - 11:30 am **Cost:** \$25

Facilitator: Faly Golshan,
faly.golshan@autismservices.ca

SIBLING GROUP PROGRAM

For siblings of clients with ASD

This group is designed to help individuals connect with other siblings who may share similar experiences, to understand what ASD is, and how to interact with their sibling with ASD. The curriculum will also focus on participants identifying their emotions, hopes, fears, and issues they may experience, and how to properly utilize the support networks that they have in place. These topics are explored through various activities virtually over Zoom. Minimum of 3 participants registered is required to run the class. Please contact your Consultant before registering in this group.

Ages: 8 - 12 years old **Location:** 209 Fairmont Dr., Saskatoon SK

Dates: Tuesdays, Jan 25 – Apr 5 **Cost:** \$35
No group Feb 22

Times: 4:00 - 5:00 pm **Facilitator:** Almasa Nordstrom
almasa.nordstrom@autismservices.ca

Autism Intervention Program (A.I.P.)

SECRET AGENT SOCIETY

A Pilot Group – sponsored in part by SaskTel



SAS is an evidence-based program for children aged 8 to 12 years designed to improve social and emotional skills. This fun, spy-themed online group helps empower children to feel happier, calmer and braver. Children will learn how to:

- Recognize emotions in themselves and others
- Express feelings in appropriate ways
- Talk and play with others
- Solve friendship problems
- Cope with change and deal with bullying.

The program consists of child group meetings, parent group sessions, and teacher tip sheets with real-life practice missions and homework assignments between sessions. Parents and schools are an integral part of the group program. This level of support across home and school is one of the reasons why SAS is successful. To benefit from this group, your child must have a Grade 3 reading and comprehension level. Please note, there will be additional screening to determine if this group will be a good fit for your child.

***To access the SAS digital headquarters and group meetings you will need a stable internet connection, access to Zoom, and a device with up-to-date software.**

Ages: 8 – 12 years

Dates: Wednesdays, Jan 26 – May 25

****No classes Feb 23 & Apr 20****

Times: 4:30 – 6:00 pm child meetings / 4:30 – 6:30 pm parent meetings

Location: Online via Zoom and web browser

Cost: \$60

Facilitators: Bethan Weeding

bethan.weeding@autismservices.ca

Jessica Morrison,

jessica.morrison@autismservices.ca

Mental Health & Wellness Team (M.H.W.T.)

PERMA PROJECT:

Positive Self Care for Parents

Based on the science of Positive Psychology and Mindfulness Based Stress Reduction, this program will support parents with developing a sense of positive well-being, happiness, and self-care. The PERMA Project focuses on the five building blocks of well-being: Positive Emotion, Engagement, Relationships, Meaning and Accomplishments. This program is offered in a group setting.

Dates: Tuesdays, Jan 25 – Mar
****No class Feb 22****

Times: 6:00 – 7:30 pm

Location: Online (via Zoom)

Cost: \$35

Facilitator: Charlotte Loepky

charlotte.loepky@autismservices.ca

ASD INFO SESSIONS

You are invited to join our Mental Health and Wellness Team for a psycho-educational information session on Autism Spectrum Disorder. This information session is for parents of children and youth with ASD, and also for individuals who have received an ASD diagnosis themselves. You will have an opportunity to ask any questions you may have related to the diagnosis. This session will be offered virtually on Zoom.

We are offering sessions on:

- Thursday, January 27 from 6:00 – 7:00 PM
- Thursday, March 10 from 10:00 – 11:00 AM.

****Information sessions are free of charge.****

Please contact Olivia O'Neill olivia.oneill@autismservices.ca if you would like to register for an information session.

Registration & Payment Information

Please read the following information carefully:

1. Program Registration (along with Financial Assistance if also applying for) deadline: Friday, December 3, 2021 by 4:00 pm.
2. All registrations must be accompanied by some sort of payment, either Visa or Master Card info or cheque(s). Cheques may be post-dated no later than January 21, 2022. Please send a separate cheque for each 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 email you confirmation of registration, and program specific information to follow, to the email provided on the registration form. Mail option available upon request if necessary, but email is preferred. Program confirmation will be sent out a couple weeks after registration deadline closes.
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 wait-list which we will use to fill spots if others cancel out.

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. Participants/families 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 ad min 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 Director's discretion and on a case by case basis.

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

AUTISM SERVICES OF SASKATOON





Financial Assistance Information

WHAT YOU NEED TO KNOW:

Our Financial Assistance application form is a separate document from our AIP & MHWT Program Registration form

- You will be expected to provide additional financial documentation included with your application
- There is also a Frequently Asked Questions section that will help answer a lot of your questions
- We will accept all completed requests up until our registration deadline on Friday, December 3, 2021 at 4 PM
- Anyone wishing to apply after deadline may not be eligible to receive funding
- We are able to financially assist up to two programs per participant this Winter 2022 session

We use this 2020 Low Income Cut Off (LICO) chart to determine eligibility for our Financial Assistance program:

Please read through this chart and assess if you will qualify for our Financial Assistance before applying:

% of Program Fees covered	2 person household	3 person household	4 person household	5 person household	6 person household	7 person household	7+ person household
80%	\$0 - \$32,899	\$0 - \$40,445	\$0 - \$49,106	\$0 - \$55,695	\$0 - \$62,814	\$0 - \$69,935	Add \$7,121 per extra person
100%	We will cover 100% of program fees for anyone who applies that is receiving Social Assistance from the Government [Saskatchewan Assistance Program (S.A.P.) or Saskatchewan Assured Income for Disability (S.A.I.D.)]						

HOW TO APPLY:

Please read through all 3 options below and choose which one suits your family situation best at this time.

Option 1:

Your current household income is directly through social assistance from the Government (Saskatchewan Assistance Program (S.A.P.) or Saskatchewan Assured Income for Disability (S.A.I.D.))

How to apply:

- Complete an application form
- Include copies of your most recent statement of benefits and deductions from the government for both parents
- Automatic approval at 100% coverage for up to two family programs for the session

Option 2:

This is your first time requesting Financial Assistance with us and are not receiving social assistance from the Government

How to apply:

- Complete an application form
- Include a copy of each parents 2020 Notice of Assessment (NOA) from the government (We use line 260 - Taxable Income)
- Include a copy of each parents two most recent pay stubs.

*If either parent is self employed, include information in the body of your email about your total annual earnings received.

Option 3:

You are reapplying for Financial Assistance with us and are not receiving social assistance from the Government

How to apply:

- Complete an application form
- Include a copy of each parents two most recent pay stubs.

*If either parent is self employed, include information in the body of your email about your total annual earnings received.