

# MALTBY CENTRE, AUTISM SERVICES FOUNDATIONAL FAMILY SERVICES WORKSHOPS

**Contact Us:**

<https://maltbycentre.ca/>

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<https://www.facebook.com/MaltbyCentre/>

Maltby Centre is now offering a series of online workshops for parents, caregivers, and youth! These workshops are designed to help families understand concepts related to Applied Behaviour Analysis (ABA), access resources, and increase overall parent/ youth capacity.

These online workshops are for families living in Ontario with a valid OAP registration number.

The following is the schedule of our workshops for Spring 2022. See registration information below as well as detailed descriptions of each workshop.

AS PART OF FOUNDATIONAL FAMILY SERVICES, YOU MAY CHOOSE TO MEET FOR AN INDIVIDUAL SESSION WITH A FAMILY SUPPORT COORDINATOR AFTER ATTENDING A WORKSHOP, TO HELP YOU APPLY THE WORKSHOP CONTENT TO YOUR SPECIFIC FAMILY SITUATION.

## SPRING 2022 CALENDAR SCHEDULE

### APRIL

Reading Between the Lines - What Is Not Being Said.	April 5, 2022	6:00 p.m. – 8:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-reading-between-the-lines-registration-288703819897">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-reading-between-the-lines-registration-288703819897</a>
Autism Services at Maltby Centre	April 7, 2022	10:00 a.m. – 11:00 a.m.	<a href="https://www.eventbrite.ca/e/learning-home-series-autism-services-at-maltby-centre-registration-288710479817">https://www.eventbrite.ca/e/learning-home-series-autism-services-at-maltby-centre-registration-288710479817</a>
Introduction to Autism Spectrum Disorder	April 12, 2022	10:00 a.m. - 12:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-intro-to-autism-spectrum-disorder-registration-288748623907">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-intro-to-autism-spectrum-disorder-registration-288748623907</a>

Growing Together in the Early Years: Making Connections	April 13, 2022	9:30 a.m. - 12:00 p.m.	<a href="https://www.eventbrite.ca/e/growing-together-in-the-early-years-making-connections-workshop-registration-288755333977">https://www.eventbrite.ca/e/growing-together-in-the-early-years-making-connections-workshop-registration-288755333977</a>
Brothers, Sisters & Autism-Series Ages 13-18	Week 1: April 19 & 21 Week 2: April 26 & 28	6: 00 p.m. - 7:00 p.m.	<a href="https://www.eventbrite.ca/e/brothers-sisters-autism-teens-13-18-series-of-4-1-hour-workshops-tickets-288767059047">https://www.eventbrite.ca/e/brothers-sisters-autism-teens-13-18-series-of-4-1-hour-workshops-tickets-288767059047</a>
Transition to Adulthood	April 20, 2022	1:00 p.m. - 3:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transition-to-adulthood-registration-290414025167">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transition-to-adulthood-registration-290414025167</a>
Teaching your Child Improved Communication	April 25, 2022	10:00 a.m. – 12:00 p.m.	<a href="https://www.eventbrite.ca/e/learning-home-series-teaching-your-child-improved-communication-registration-290418648997">https://www.eventbrite.ca/e/learning-home-series-teaching-your-child-improved-communication-registration-290418648997</a>
Teen Hangout Ages 13-18	April 26, 2022	4:00 p.m. – 5:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teen-hangout-registration-290422961897">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teen-hangout-registration-290422961897</a>
Kick Back, Share, and Chat: Autism Services Parent Group	April 27, 2022	7:00 p.m.- 8:00 p.m.	<a href="https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-registration-290446552457">https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-registration-290446552457</a>
Words to Know: The F words in Childhood Development	April 28, 2022	6:00 p.m. – 7:00 p.m.	<a href="https://www.eventbrite.ca/e/learning-home-series-words-to-know-the-f-words-in-childhood-development-registration-290474486007">https://www.eventbrite.ca/e/learning-home-series-words-to-know-the-f-words-in-childhood-development-registration-290474486007</a>
Accessing Respite Services	April 29, 2022	11:00 a.m. - 12:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-accessing-respice-services-registration-290496842877">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-accessing-respice-services-registration-290496842877</a>

MAY

Introduction to ABA Series	Week 1: May 3 & 5 Week 2: May 10 & 12 Week 3: May 17 & 19 Week 4: May 24 & 26	6:00 p.m. - 7:30 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-introduction-to-applied-behaviour-analysis-series-registration-290524545737">https://www.eventbrite.ca/e/maltby-centre-introduction-to-applied-behaviour-analysis-series-registration-290524545737</a>
Play to Grow	May 11, 2022	10:00 a.m. – 11:00 a.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-play-to-grow-registration-290554003847">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-play-to-grow-registration-290554003847</a>
ASD and Puberty	May 18, 2022	6:00 p.m. – 8:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-autism-spectrum-disorder-and-puberty-registration-290594464867">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-autism-spectrum-disorder-and-puberty-registration-290594464867</a>
Kick Back, Share, and Chat: Autism Services Parent Group	May 25, 2022	7:00 p.m. – 8:00 p.m.	<a href="https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-registration-290628065367">https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-registration-290628065367</a>
Growing Together in the Early Years: Teach and Talk	May 25, 2022	10:00 a.m. - 12 p.m.	<a href="https://www.eventbrite.ca/e/growing-together-in-the-early-years-teach-and-talk-registration-290692658567">https://www.eventbrite.ca/e/growing-together-in-the-early-years-teach-and-talk-registration-290692658567</a>
How to Improve My Child's/Youth's Social Skills	May 26, 2022	10:00 a.m. – 11:00 a.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-how-to-improve-childs-social-skills-registration-290730872867">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-how-to-improve-childs-social-skills-registration-290730872867</a>
Teen Hangout Ages 13-18	May 31, 2022	4:00 p.m. – 5:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teen-hangout-registration-290737081437">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teen-hangout-registration-290737081437</a>
Filling Out Your SSAH Form	May 31, 2022	6:00 p.m. - 7:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-filling-out-your-ssah-form-registration-290755897717">https://www.eventbrite.ca/e/maltby-centre-learning-home-filling-out-your-ssah-form-registration-290755897717</a>



CENTRE  
Maltby  
CENTRE

Mental Health & Autism Services  
for Children & Youth  
Services de santé mentale et  
d'autisme pour enfants et jeunes

**JUNE**

Coping With Challenging Behaviour	June 1, 2022	6:00 p.m. - 7:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-coping-with-challenging-behaviour-registration-290764503457">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-coping-with-challenging-behaviour-registration-290764503457</a>
Transition to Adulthood	June 7, 2022	6:00 p.m. - 8:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transition-to-adulthood-registration-290769478337">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transition-to-adulthood-registration-290769478337</a>
Autism Services at Maltby Centre	June 9, 2022	10:00 a.m. – 11:00 a.m.	<a href="https://www.eventbrite.ca/e/learning-home-series-autism-services-at-maltby-centre-registration-290789107047">https://www.eventbrite.ca/e/learning-home-series-autism-services-at-maltby-centre-registration-290789107047</a>
Will Pictures Help my Child to Communicate?	June 14, 2022	10:00 a.m. – 11:00 a.m.	<a href="https://www.eventbrite.ca/e/learning-home-series-will-pictures-help-my-child-to-communicate-registration-290792075927">https://www.eventbrite.ca/e/learning-home-series-will-pictures-help-my-child-to-communicate-registration-290792075927</a>
Transitions Through the Day	June 16, 2022 <sup>h</sup>	10:00 a.m. – 12:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transitions-through-the-day-registration-290800982567">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transitions-through-the-day-registration-290800982567</a>
Teens, ASD and Friendship	June 16, 2022	6:00 p.m. - 8:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teens-asd-friendship-registration-290802878237">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teens-asd-friendship-registration-290802878237</a>
Good night, Sleep Tight	June 20, 2022	11:00 a.m. - 12:00 p.m.	<a href="https://www.eventbrite.ca/e/maltby-centre-learning-home-series-good-night-sleep-tight-registration-290806037687">https://www.eventbrite.ca/e/maltby-centre-learning-home-series-good-night-sleep-tight-registration-290806037687</a>
Teaching Your Child Toileting Skills	June 22, 2022	10:00 a.m. - 11:00 a.m.	<a href="https://www.eventbrite.ca/e/learning-home-series-teaching-your-child-toileting-skills-registration-290807251317">https://www.eventbrite.ca/e/learning-home-series-teaching-your-child-toileting-skills-registration-290807251317</a>
Kick Back, Share, and Chat: Autism Services Parent Group	June 22, 2022	7:00 p.m. – 8:00 p.m.	<a href="https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-registration-290808424827">https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-registration-290808424827</a>

## GENERAL TOPICS FOR ALL AGES

### ACCESSING RESPITE SERVICES (ONE HOUR WORKSHOP)

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Accessing Respite Services is dedicated to helping parents navigate the respite system to obtain relief from caring for their child so that they can work, attend to the needs of their other children, or recharge their batteries.

As a result of participating in this workshop, you will be able to:

- Find a respite provider
- Match a worker's skills set with your child's needs
- Manage the financial component of this service

### AUTISM SERVICES AT MALTBY CENTRE (ONE HOUR WORKSHOP)

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For the past 20+ years Maltby Centre has been the leading provider of evidence-based Applied Behaviour Analysis (ABA) in the KFLA area. We offer a variety of individualized services for children and youth with autism spectrum disorder (ASD). Under the Ontario Autism Program (OAP) we offer publicly funded Foundational Services to help support building family capacity.

As a result of participating in this workshop, you will:

- Review Foundational Services and how you can get started
- Understand how to connect with Maltby Centre for Autism Services
- Discover the breadth of Autism Services offered at Maltby Centre

### COPING WITH CHALLENGING BEHAVIOUR (ONE HOUR WORKSHOP)

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This presentation is designed to help parents create strategies to reduce challenging behaviours by identifying why the behaviour is occurring in the first place, how we can stop reinforcing the behaviour to ensure it happens less in the future and how we can start reinforcing other behaviours to replace it.

As a result of participating in this workshop, you will be able to:

- Identify the four functions of behaviour
- Learn strategies related to not reinforcing each function of behaviour
- Learn how to use motivation and reinforcement to encourage replacement behaviours

## GOOD NIGHT, SLEEP TIGHT (ONE HOUR WORKSHOP)

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Good night, Sleep Tight is a workshop for parents dedicated to helping problem solve common issues around sleeping. Having healthy sleep patterns is essential to both parents and children but it is often a struggle for families who have a person with an autism spectrum disorder diagnosis in their lives.

As a result of participating in this workshop, you will be able to:

- Understand the two main areas of sleep challenges
- Learn and understand the importance of routines
- Gain awareness of factors that impact sleep
- Develop a plan to improve your child/youth's sleep pattern

## FILLING OUT YOUR SSAH APPLICATION (ONE HOUR WORKSHOP)

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Special Services at Home is a funding source available to all parents in Ontario who have a child/youth with special needs. There is no income requirement for this funding source, and it is typically used for to pay for respite services.

As a result of participating in this workshop you will:

- Be able to complete your SSAH application
- Understand where to send the completed form to for processing
- Increase your ability to manage your funding

## INTRODUCTION TO APPLIED BEHAVIOUR ANALYSIS (ABA) (SERIES OF EIGHT- ONE AND A HALF HOUR WORKSHOPS)

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This workshop introduces participants to Applied Behaviour Analysis (ABA). Participants engage in activities and exercises to develop their skills to support their child's development. All families are encouraged to participate in this series.

As a result of participating in this series of workshops, you will be able to:

- Identify realistic learning goals for your child
- Develop simple strategies to teach skills and to increase desired behaviours, while decreasing undesired behaviours
- Measure and monitor progress through practical data collection
- Change and adjust strategies to promote positive changes in behaviour and skills

## INTRODUCTION TO AUTISM SPECTRUM DISORDER (TWO HOUR WORKSHOP)

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This workshop will be most helpful for caregivers who are looking for simple, easy-to-understand information on autism. Caregivers are often looking for ways to explain their child's autism to others and after this workshop they will have the language to do so. This workshop will discuss diagnosis, common terminology used, prevalence rates and research in the field of autism.

As a result of participating in this workshop you will be able to:

- Describe common key terms, language, and acronyms
- Describe the process of diagnosis of ASD
- Describe the characteristics of autism spectrum disorder and ways in which related behaviours may occur

## TRANSITIONS THROUGH THE DAY (TWO HOUR WORKSHOP)

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Parents of children with autism spectrum disorder often find that their child/youth resists changing activities through the day. Child/youth personality, anxiety, and characteristics associated with autism spectrum disorder all contribute to difficulties with transitions. This presentation covers the most common and effective strategies recommended to parents and caregivers to make transitions easier and less anxiety-provoking.

As a result of participating in this workshop, you will be able to:

- List challenges associated with autism that may impact children's/youth's abilities to make transitions
- Identify and describe 5 transition strategies and corresponding tools that can be used to support many types of transitions
- Create an individual plan to teach your child to complete one daily transition

## WORDS TO KNOW! THE F WORDS OF CHILDHOOD DEVELOPMENT (ONE HOUR WORKSHOP)

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This is an interactive workshop learning about Can Child's 6 F words (Function, Family, Fitness, Fun, Friends and Future). The F words focus on six key areas of child development and can help you when fostering your child/youth's growth. They help to provide a holistic framework when working with service providers.

As a result of participating in this workshop, you will be able to:

- Identify the F words and understand how they are helpful in developing a plan to support your child/youth's growth
- Create your child/youth's F word profile

## WORKSHOPS FOR FAMILIES OF YOUNG CHILDREN

### GROWING TOGETHER IN THE EARLY YEARS: MAKING CONNECTIONS (TWO AND A HALF HOUR WORKSHOP)

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This workshop is in collaboration with Early Expressions and Kids Inclusive designed for parents who are seeking strategies to help improve their child's social communication.

As a result of participating in this workshop, you will be able to:

- Observe your child's behaviour
- Better Understand your child's sensory and self-regulation needs
- Encourage your child's participation in social interactions
- Improve your child's ability to communicate

### GROWING TOGETHER IN THE EARLY YEARS: TEACH AND TALK WITH PICTURES (TWO HOUR WORKSHOP)

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This workshop is in collaboration with Early Expressions and Kids Inclusive. It is designed for parents who are seeking strategies to help improve their child's communication, use visual tools, and manage challenging behaviour. This workshop is part two of the Growing Together in the Early Years series.

As a result of participating in this workshop, you will be able to:

- Understand the differences between receptive and expressive communication
- Understand how to improve expressive and receptive communication
- Use tools such as Visual Schedules, First/Then and Task Strips
- Implement strategies to reduce challenging behaviour

### HOW TO IMPROVE MY CHILD/ YOUTH'S SOCIAL SKILLS (ONE HOUR WORKSHOP)

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This workshop has been developed to help parents and caregivers create opportunities for social skills development using some general Applied Behaviour Analysis strategies.

As a result of participating in the workshop, you will be able to:

- Describe the social styles and explain how social skills may be different for children and youth with autism spectrum disorder
- Describe ways to enhance child and youth's environment to encourage social opportunities and development
- Describe how to plan a play date or social "hang out" time



## PLAY TO GROW (ONE HOUR WORKSHOP)

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This workshop is designed for parents and caregivers who would like to learn more ways to use play with their child to facilitate learning. Parents and caregivers will have the opportunity to discover fun and creative ways to be engaged with their child during play while focusing on specific learning goals.

As a result of participating in this workshop parents and caregivers will be able to:

- Describe the stages of play throughout child development
- Explain how play may be different for children with ASD and specifically for their child
- Describe ways to enhance child's environment for each stage of play

## TEACHING YOUR CHILD IMPROVED COMMUNICATION (TWO HOUR WORKSHOP)

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How does your child communicate when that they want something? Do they point at an item or pull you toward the item? Do they scream, cry, or use other challenging behaviour to have their needs met? We can help you encourage your child to start using words instead, by teaching you some strategies to jumpstart a child's communication skills.

As a result of participating in the workshop, you will be able to:

- Define communication and the effect of autism
- List three possible communication systems for nonverbal children, and the advantages and disadvantages of each
- Practice using specific strategies to teach and expand your child's early communication

## TEACHING YOUR CHILD TOILETING SKILLS (ONE HOUR WORKSHOP)

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In this workshop participants will receive a short presentation on general ABA strategies to begin teaching their child toileting skills. Participants will have an opportunity to ask questions and participate in group discussions.

As a result of participating in this workshop you will learn:

- How to identify when your child is ready for toileting
- General ABA strategies to help teach your child toileting skills

## WILL PICTURES HELP MY CHILD TO COMMUNICATE? (ONE HOUR WORKSHOP)

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In this workshop parents and caregivers will learn from an experienced ABA Family Support staff about communication styles and use of pictures to communicate. Parents and caregivers will have an opportunity to ask the facilitator questions related to this topic

As a result of participating in this workshop, you will be able to:

- Identify how your child is currently communicating
- Understand different ways we can communicate
- Learn the first step to teaching functional communication
- Learn about the use of pictures as a form of communication

## WORKSHOPS FOR FAMILIES OF YOUTH

### AUTISM SPECTRUM DISORDER AND PUBERTY (TWO HOUR WORKSHOP)

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This workshop is for families with a teen with autism spectrum disorder (ASD) who is entering or experiencing the onset of puberty. This workshop will support parents as they help their teen understand the developmental changes they are going through. Parents will be provided with resources to further their youth's needs during this time of change.

As a result of participating in this workshop, you will be able to:

- Describe the importance of explaining this developmental change to a youth with ASD
- Select central concepts that are valuable to discuss when teaching a youth with ASD about puberty
- Summarize the basic guidelines of presenting information about puberty to a youth with ASD.

### BROTHERS, SISTERS & AUTISM WORKSHOP (TEENS 13-18) (SERIES OF FOUR - ONE HOUR WORKSHOPS)

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Having a sibling with autism can be a great experience but sometimes it's beneficial to connect with other people in a similar situation to work through common situations and issues that may arise. Parents are not required to attend this workshop but can meet individually with the facilitators following the workshop to learn about the workshop content and strategies that may have been developed with their teen regarding their sibling. This Sibling Workshop is for ages 13 -18.

As a result of participating in this workshop, you will be able to:

- Describe what Autism is
- Understand how Autism may affect your sibling
- Understand how your sibling may be affecting you
- Learn to create strategies to help you cope with issues between yourself and your sibling

### READING BETWEEN THE LINES- WHAT IS NOT BEING SAID. (TWO HOUR WORKSHOP)

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The Hidden Curriculum refers to the set of rules or guidelines that are often not directly taught but are assumed to be known. This curriculum contains items that impact social interactions, school performance, and sometimes health and well-being such as unspoken rules, slang, metaphors, body language, etc. This workshop includes practical tips for teaching hidden social needs to children and youth and stresses the importance of making these a part of everyday life.

As a result of participating in this workshop you will be able to:

- Define the hidden curriculum in relation to your child or youth and family
- Identify and describe areas of the hidden curriculum that may be helpful to teach your child or youth in the home and community settings
- Apply the strategies and tools necessary to teach the hidden curriculum to your child or youth

## TEENS, ASD AND FRIENDSHIP (TWO HOUR WORKSHOP)

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In this workshop participants will receive a presentation regarding challenges and strategies related to making friends when you have an autism diagnosis. This is a workshop designed for parents of teenagers, and you will have an opportunity to ask questions and participate in group discussions, if you desire.

As a result of participating in this workshop, you will better understand:

- Why socialization is challenging for teenagers with ASD
- How to increase social opportunities using natural methods
- How to increase social skills by accessing community programming

## TRANSITION TO ADULthood (TWO HOUR WORKSHOP)

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Transition to Adulthood is a workshop that has been developed to help parents manage the transition of their child/youth from childhood into adulthood. This workshop is not limited to parents of teenagers, and we recommend you start planning for adulthood as soon as possible by attending this workshop.

As a result of participating in this workshop, you will be able to:

- Identify resources related to the transition to adulthood
- Create a plan that will help your child live the life they want
- Learn to overcome barriers to your plan

## PEER AND FAMILY MENTORING

### KICK BACK, SHARE, AND CHAT- AUTISM SERVICES PARENT GROUP- ONE HOUR SESSION

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This is a time for parents and caregivers to exhale and connect with others over a meaningful topic where you are encouraged to share your experiences—the highs and the lows. The group will have a Maltby Family Support Coordinator to help facilitate discussion, provide resources, and ensure the experience is safe, confidential, meaningful, and an enjoyable reprieve for all in group.

### TEEN HANGOUT (13-18) ONE HOUR SESSION

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At each hangout, teens will have the opportunity to meet new people, practice their social skills, and have fun in a laid-back, semi-structured format. While there will be some activities available, teens will also have the opportunity to suggest activities and topics to discuss. Activities aside, the real focus of this group will be to simply “hang out”.

As a result of participating in this workshop, participants will have the opportunity to:

- Meet new people
- Practice social skills with other teens
- Hang out!