

# PARENT WORKSHOPS



Inclusion. Acceptance.  
A Life Without Barriers.

## AUTISM AND MENTAL HEALTH FOR CHILDREN AND YOUTH

### MAY 2022

#### MAY 3 – AUTISM SERVICES

Introduction to ABA series (8 sessions)  
Tuesdays & Thursdays 6:00 PM – 7:30 PM EST  
ONLINE – FREE WITH AN OAP NUMBER

#### MAY 11 – AUTISM SERVICES

Play to Grow  
Wednesday, May 11, 10:00 AM – 11:00 AM EST  
ONLINE – FREE WITH AN OAP NUMBER

#### MAY 18 – MENTAL HEALTH SERVICES

Emotional Regulation for Parenting Young Children  
Wednesday, May 18, 1:00 PM – 2:30 PM EST  
ONLINE – FREE

#### MAY 18 – MENTAL HEALTH SERVICES

Effective Communication and Consequences  
Wednesday, May 18, 5:30 PM – 6:30 PM EST  
ONLINE – FREE

#### MAY 18 – AUTISM SERVICES

ASD and Puberty  
Wednesday, May 18, 6:00 PM – 8:00 PM EST  
ONLINE – FREE WITH AN OAP NUMBER

#### MAY 25 – AUTISM SERVICES

Growing Together in the Early Years: Teach and Talk  
Wednesday, May 25, 10:00 AM – 12:00 PM EST  
ONLINE – FREE WITH AN OAP NUMBER

#### MAY 25 – AUTISM SERVICES

Kick Back, Share, and Chat: Autism Services Parent Group  
Wednesday, May 25, 7:00 PM – 8:00 PM EST  
ONLINE – FREE WITH AN OAP NUMBER

#### MAY 26 – AUTISM SERVICES

How to Improve My Child's/Youth's Social Skills  
Thursday, May 26, 10:00 AM – 11:00 AM EST  
ONLINE – FREE WITH AN OAP NUMBER

#### MAY 31 – AUTISM SERVICES

Teen Hangout  
Tuesday, May 31, 4:00 PM – 5:00 PM EST  
ONLINE – FREE WITH AN OAP NUMBER

#### MAY 31 – AUTISM SERVICES

Filling Out Your SSAH Form  
Tuesday, May 31, 6:00 PM – 7:00 PM EST  
ONLINE – FREE WITH AN OAP NUMBER



#### ONLINE

Easy to access. Easy to interact. Small class sizes.



#### FREE

Mental Health workshops are Free. Autism workshops are Free with an OAP number.



#### CHECK OUR ONLINE CALENDAR

Check out all of our online autism and mental health workshops for children at our website. or call us.

MaltbyCentre.ca

613.546.8535 or 1.844.855.8340