

MALTBY CENTRE, AUTISM SERVICES

PARENT AND CAREGIVER WORKSHOPS

Contact Us:

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

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

The following is the schedule of our workshops for winter 2021. 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.

WINTER 2021 CALENDAR SCHEDULE

JANUARY

What is ABA?	January 7, 2021	7:00 p.m. – 8:00 p.m.	https://www.eventbrite.ca/e/learninghome-series-what-is-aba-registration-127885451829
Coping with Challenging Behaviour	January 13, 2021	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-coping-with-challenging-behaviour-registration-127443391615
Social Skills	January 14, 2021	10:00 a.m. - 11:00 a.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-social-skills-registration-128295875417
Introduction to ABA (Series)	January 19 – February 11, 2021	Tuesdays and Thursdays 6:30 p.m. – 8:00 p.m.	https://www.eventbrite.ca/e/introduction-to-applied-behaviour-analysis-registration-128538146055
Good Night, Sleep Tight	January 20, 2021	11:00 a.m. - 12:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-good-night-sleep-tight-registration-127444380573

Hidden Curriculum	January 27, 2021	6:00 p.m. - 8:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-hidden-curriculum-registration-128296735991
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FEBRUARY

Play Skills	February 02, 2021	10:00 a.m. – 11:00 a.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-play-skills-registration-128943839495
Social Skills	February 10, 2021	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-social-skills-registration-129094365723
Coping with Challenging Behaviour	February 16, 2021	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-coping-with-challenging-behaviour-registration-127445176955
Why Use Visual Supports?	February 17, 2021	10:00 a.m. – 11:00 a.m.	https://www.eventbrite.ca/e/learning-home-series-why-use-visual-supports-registration-128534434955
Accessing Respite Services	February 19, 2021	1:00 p.m. - 3:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-accessing-respice-services-registration-127446183967
Young Children and ASD	February 22, 2021	1:00 p.m. - 3:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-young-children-asd-registration-128126575035
Teaching Your Child Improved Communication	February 23, 2021	10:00 a.m. – 12:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learn-home-series-teach-your-child-improved-communication-registration-129096680647
Teaching Your Child Toileting Skills	February 23, 2021	10:00 a.m. – 11:00 a.m.	https://www.eventbrite.ca/e/learninghome-series-teaching-your-child-toileting-skills-registration-129077047925
Good Night, Sleep Tight	February 24, 2021	11:00 a.m. - 12:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-good-night-sleep-tight-registration-127447491879
Transition to Adulthood	February 25, 2021	6:00 p.m. – 8:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transition-to-adulthood-registration-127448789761

MARCH

Teens, ASD and Friendship	March 2, 2021	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teens-asd-friendship-registration-128132035367
Will Pictures Help My Child to Communicate?	March 4, 2021	10:00 a.m. - 11:00 a.m.	https://www.eventbrite.ca/e/learning-home-series-will-pictures-help-my-child-to-communicate-registration-129081226423
Coping with Challenging Behaviour	March 9, 2021	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-coping-with-challenging-behaviour-registration-127450498873
Good Night, Sleep Tight	March 10, 2021	10:00 a.m. - 11:00 a.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-good-night-sleep-tight-registration-127452715503
Maltby Centre Autism Services	March 11, 2021	6:30 p.m. - 7:30 p.m.	https://www.eventbrite.ca/e/learning-home-series-autism-services-at-maltby-centre-registration-129312831159
Introduction to ABA (Series)	March 23 – April 15, 2021	Tuesdays and Thursdays 10:00 a.m. - 11:30 a.m.	https://www.eventbrite.ca/e/maltby-centre-introduction-to-applied-behaviour-analysis-registration-129609319965
Introduction to Autism Spectrum Disorder	March 24, 2021	6:00 p.m. - 8:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-intro-to-autism-spectrum-disorder-registration-129098102901
Transition to Adulthood	March 31, 2021	6:00 p.m. - 8:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transition-to-adulthood-registration-127454338357

GENERAL TOPICS FOR ALL AGES

WHAT IS ABA? (ONE HOUR WORKSHOP)

Applied Behaviour Analysis (ABA) is an evidence-based therapy used to support individuals with autism spectrum disorder to learn new skills and/or reduce challenging behaviour. Often parents/caregivers who have a child with ASD come across ABA services when looking for support. This workshop will introduce parents/caregivers to what ABA is and how it is used to support the learning and development of children and youth with ASD.

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

- Describe the basic principles of Applied Behaviour Analysis (ABA)
- Understand how ABA programming is tailored and individualized
- Identify common strategies used in ABA programming

COPING WITH CHALLENGING BEHAVIOUR (ONE HOUR WORKSHOP)

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)

Good Night, Sleep Tight is an online 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

MALTBY CENTRE AUTISM SERVICES (ONE HOUR WORKSHOP)

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 services for children and youth with Autism Spectrum Disorder (ASD). Our services are individualized for family, youth and child's needs. Under the Ontario Autism Program (OAP) we offer Foundational Family Services which are publicly funded 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

WHY USE VISUAL SUPPORTS? (ONE HOUR WORKSHOP)

In this workshop, participants will receive a short presentation on the use of visual supports to help teach children/youth with ASD, skills and independence. Participants will have an opportunity to ask questions and participate in group discussions.

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

- Describe what visual supports are
- Explain why visual supports can help your child/youth learn new skills or develop independence
- Identify how to use visual supports to aid in your child/youth's development

ACCESSING RESPITE SERVICES (TWO HOUR WORKSHOP)

Accessing Respite Services is dedicated to helping parents navigate the respite system in order 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

INTRODUCTION TO ASD (TWO HOUR WORKSHOP)

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

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

This workshop introduces participants to Applied Behaviour Analysis (ABA). Participants engage in activities and exercises to develop their skills in order 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

WORKSHOPS FOR FAMILIES OF YOUNG CHILDREN

SOCIAL SKILLS (ONE HOUR WORKSHOP)

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

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

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

TEACHING YOUR CHILD TOILETING SKILLS (ONE HOUR WORKSHOP)

In this workshop participants will receive a short presentation on some 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

PLAY SKILLS (ONE HOUR WORKSHOP)

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)

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

YOUNG CHILDREN AND ASD (TWO HOUR WORKSHOP)

This workshop is designed for parents who have a young child with a diagnosis of autism spectrum disorder. Within this workshop, you will find important information related to prioritizing the teaching of new skills, managing behaviour issues, and understanding some of the basic principles of Applied Behaviour Analysis.

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

- Understand important early skills to develop
- Learn basic Applied Behaviour Analysis techniques
- Gain knowledge around managing behaviours

WORKSHOPS FOR FAMILIES OF YOUTH

THE HIDDEN CURRICULUM (TWO HOUR WORKSHOP)

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

TRANSITION TO ADULTHOOD (TWO HOUR WORKSHOP)

Transition to Adulthood is a workshop that has been developed to help parents manage the transition of their son or daughter 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

TEENAGERS, ASD AND FRIENDSHIP (ONE HOUR WORKSHOP)

In this workshop participants will receive a presentation regarding challenges and strategies related to making friends when you have an autism diagnosis. This workshop is 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