



Free Autism Family Foundational Services **Workshops & Groups** Spring 2024



Maltby Centre, Autism Services

Foundational Family Services Workshops

Contact Us: <https://maltbycentre.ca/> 1-844-855-8340
<https://www.facebook.com/MaltbyCentre/>

Spring Calendar

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

These online and in person workshops are for families living in Ontario with a valid OAP registration number. The following is the schedule of our workshops for Spring 2024. 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 2024 CALENDAR SCHEDULE

April		
Play to Grow (Virtual) Facilitator: Maxine	Thursday April 4	10:00 a.m. - 11:00 a.m.
Growing Together in the Early Years: Making Connections (Virtual) Facilitator: Adrienne	Wednesday April 10	9:30 a.m. – 12:00 p.m.
Introduction to Neurodiversity (Virtual) Facilitator: Maxine	Thursday April 11	6:00 p.m. - 7:00 p.m.
Intro to ABA (Virtual) Facilitator: Maxine & Adrienne	Thursdays April 18, 25 May 2, May 9	10:00 a.m. – 12:00 p.m.
Kick Back Share and Chat (In Person) Facilitator: Adrienne & Maxine	Thursday April 25	5:30 p.m. – 6:30 p.m.
Introduction to Neurodiversity (Virtual) Facilitator: Adrienne	Friday April 26	12:00 p.m. - 1:00 p.m.
Make and Take Workshop (In Person) Facilitator: Adrienne & Maxine	Monday April 29	10:00 a.m. - 12:00 p.m.
Teen Hangout (Virtual) Facilitator: Maxine	Tuesday April 30	4:30 p.m. – 5:30 p.m.



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

31 Hyperion Court, Suite 100,
Kingston, ON K7K 7G3
613-546-8535

MAY

Why Use Visual Supports? (Virtual) Facilitator: Adrienne	Thursday May 2	6:00 p.m. – 7:00 p.m.
Transitions Through the Day (Virtual) Facilitator: Maxine	Wednesday May 8	6:00 p.m. - 8:00 p.m.
Introduction to Neurodiversity (Virtual) Facilitator: Maxine	Friday May 10	12:00 – 1:00 p.m.
What is ABA? (Virtual) Facilitator: Adrienne	Monday May 13	12:00 p.m. – 1:00 p.m.
Reading Between the Lines (Virtual) Facilitator: Maxine	Thursday May 16	10:00 a.m. - 12:00 p.m.
Kick Back, Share and Chat Parent Group (Virtual) Facilitator: Adrienne	Wednesday May 22	5:30 p.m. – 6:30 p.m.
Introduction to Neurodiversity (Virtual) Facilitator: Adrienne	Thursday May 23	6:00 – 7:00 p.m.
Teen Hangout (Virtual) Facilitator: Maxine	Tuesday May 28	4:30 p.m. – 5:30 p.m.
Teaching your Child Toileting Skills (Virtual) Facilitator: Adrienne	Wednesday May 29	12:00 p.m. – 1:00 p.m.

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JUNE		
ASD and Puberty (Virtual) Facilitator: Maxine	Tuesday June 4	10:00 a.m. - 12:00 p.m.
Introduction to Neurodiversity (Virtual) Facilitator: Adrienne	Tuesday June 11	6:00 – 7:00 p.m.
Autism Services at Maltby Centre (Virtual) Facilitator: Adrienne	Wednesday June 12	12:00 p.m. – 1:00 p.m.
Introduction to Neurodiversity (Virtual) Facilitator: Maxine	Tuesday June 18	12:00 – 1:00 p.m.
How to Improve My Child's/Youth's Social Skills (Virtual) Facilitator: Maxine	Wednesday June 19	6:00 p.m. – 7:00 p.m.
Kick Back, Share, Chat (In Person) Facilitator: Adrienne, Maxine	Thursday June 20	5:30 p.m. - 6:30 p.m.

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GENERAL TOPICS FOR ALL AGES

ACCESSING RESPITE SERVICES (ONE 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.

AUTISM SERVICES AT MALTBY CENTRE (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.

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.

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FUNDING FOR CHILDREN AND YOUTH WITH AUTISM SPECTRUM DISORDER (TWO HOUR WORKSHOP)

This presentation is designed to help caregivers understand what funding options are available to them. Various funding options will be explored as well as how to access the funding. We will discuss what documentation is needed for each funding form to be completed along with how to spend the money appropriately and reconcile the funding.

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

- Identify funding options for your child or youth.
- Learn what documentation is needed to apply for the relevant funding.
- Understand how to spend and reconcile your funding.

GOOD NIGHT, SLEEP TIGHT (ONE HOUR WORKSHOP)

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.

INTRODUCTION TO AUTISM SPECTRUM DISORDER (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.

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INTRODUCTION TO APPLIED BEHAVIOUR ANALYSIS (ABA) (SERIES OF EIGHT- 1.5 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 collections.
- Change and adjust strategies to promote positive changes in behaviour and skills.

TRANSITIONS THROUGH THE DAY (TWO HOUR WORKSHOP)

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.

WHY USE VISUAL SUPPORTS? (ONE HOUR WORKSHOP)

In this workshop, participants will receive a short presentation on the use of visual support 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.

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WHAT IS ABA? (ONE HOUR WORKSHOP)

Applied Behaviour Analysis (ABA) is an evidence-based therapy used to support individuals with an 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.

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

This is an interactive workshop learning about Can Child's 6 F words (Function, Family, Fitness, Fun, Friends, and Future). The F word's 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 (2.5 HOUR WORKSHOP)

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 & TALK (TWO HOUR WORKSHOP)

This is a collaborative workshop through Kids Inclusive, Early Expressions and Maltby Centre Autism Services for parents/caregivers who have a child between the ages of 0 and 6 years old .

As a result of participating in this workshop you will:

- Learn how to stop reinforcing your child's challenging behaviour.
- Gain an increased understanding of communication and how to encourage it.
- Understand how behaviour and communication are connected.

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

This workshop has been developed to help parents and caregivers create opportunities for social skills development using 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 children and youth's environment to encourage social opportunities and development.
- Describe how to plan a play date or social "hang out" time.

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INTRODUCTION TO NEURODIVERSITY (ONE HOUR WORKSHOP)

This workshop is facilitated by a Psychologist from Kids Inclusive and a Family Support Coordinator from Maltby Centre. It is designed for caregivers interested in learning about a new diagnosis, or a refresher on how autism presents day-to-day.

This is an opportunity to learn about:

- the basics of neurodiversity, specifically autism; and
- taking a neurodiversity affirming approach to parenting and supporting your child

There will be both an educational component, as well as opportunity for questions and discussion.

MAKE AND TAKE WORKSHOP (TWO HOUR WORKSHOP)

This workshop allows you to create pre-prepped visuals that can support your child with transitions and/or independence skills. All supplies are provided and prepped for you to make it fun and easy and is open to any family with an OAP number. (Offered in English only)

Visuals available to make are:

- First Then Board – a visual tool that improves motivation to complete less preferred activities before more preferred.
- Visual schedule – a visual tool that empowers children to become more independent and help with following steps in activities/routine.
- Token Board – a visual tool to show child their progress toward a reinforcer with tokens earned for behavioral or academic tasks.

PLAY TO GROW (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 a child's environment for each stage of play.

TEACHING YOUR CHILD IMPROVED COMMUNICATION (TWO HOUR WORKSHOP)

How does your child communicate when 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)

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 be able to:

- 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)

In this workshop parents and caregivers will learn from an experienced ABA Family Support staff about communication styles and the 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.

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.

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WORKSHOPS FOR FAMILIES OF YOUTH

AUTISM SPECTRUM DISORDER & PUBERTY (TWO HOUR WORKSHOP)

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 teens 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.

READING BETWEEN THE LINES - WHAT IS NOT BEING SAID. (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.

TEENS, ASD AND FRIENDSHIP (TWO 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.

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TRANSITION TO ADULthood (TWO HOUR WORKSHOP)

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, RELAX & CHAT (ONE HOUR WORKSHOP)

This is a time for parents and caregivers to exhale and connect with others over a meaningful conversation on topics important to you 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.

PLAYGROUP TIME (1.5 HOUR WORKSHOP)

Great Toys! Books! Music! Crafts Table! Centre Activities! And Circle Time!

Family Support Coordinators will be on site to assist parents/caregivers with any questions they may have regarding Autism Services and supports in the community.

Parents/Caregiver's will have an opportunity to connect with each other while fostering their child's play and social development in a small group.

SIBLINGS & AUTISM (YOUTH 13-18) (ONE HOUR WORKSHOP)

Having a sibling with autism can be a wonderful experience but sometimes it is 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 should meet individually with the facilitators following the workshop to learn about the workshop content and strategies that may have been developed with their child 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

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SUPER SIBLINGS WORKSHOP (YOUTH 7-12) (SERIES OF FOUR – ONE HOUR WORKSHOPS)

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 should meet individually with the facilitators following the workshop to learn about the workshop content and strategies that may have been developed with their child regarding their sibling. This Sibling Workshop is for ages 7-12.

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.

TEEN HANGOUT (YOUTH 13-18) (ONE HOUR WORKSHOP)

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!



Thank
You



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ffsintake@maltbycentre.ca