



 Autism Program
McMaster
Children's Hospital

FREE
Foundational
Service
Offerings
Inside!

Service Guide

Spring 2022

To register for any of the programs in the Service Guide call
(905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca

You want the best for your kids. So do we.

Saying their first word, attending a friend's birthday party, landing a job...

We're here to help you realize your hopes and dreams for your child. Our goal is to make your family's life less stressful and more enjoyable so everyone can reach their potential. We'll partner with you to help you and your child build skills and embrace their unique traits and talents through **Foundational Family Services** offered as part of the Ontario Autism Program (OAP).

These services include consultation appointments, clinics, clinical and recreational groups for children and youth, and parent and caregiver workshops and training. All Foundational Family Services are provided at no cost and are included throughout this guide.

Many of our services are offered **virtually** using the Zoom Healthcare online platform. Descriptions indicate whether a service is offered virtually, in person, or both.

Ways you help us to support your child:

- You are a constant in your child's everyday life
- You spend more time talking to and interacting with your child than we do
- Your child is most comfortable communicating, playing and interacting with you
- You know your child best and know what interests and motivates them

Ways we work with you and your child:

- We are an established Autism Program within McMaster Children's Hospital delivering a wide variety of autism services
- We have strong partnerships within McMaster Children's Hospital and the community to support connections to a range of exceptional child and youth services
- We are specialty trained and qualified professionals
- We individualize services to meet the needs of you and your child
- We incorporate up-to-date research into the services we offer

Ways we can work together to help your child:

- Together we will set goals for your child and your family
- Together we will find helpful strategies that you can use at home within your daily activities and routines to support changes in your child
- Together we will discuss the progress you see in your child
- Together we will determine next steps for you, your child and family

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Features of this guide

SERVICE FEATURES

Keep an eye out for icons listed on Page 10. They will indicate features of different services, including which skill areas they target.

LEVELS

Use the chart on Page 11 to determine which level best applies to your child. If you have questions about levels, please contact us. These levels are a general guide; your child may not fit neatly into a category. If a service is only offered for certain levels, it will be indicated in the description.



EXPERT SPEAKER SERIES

COMMUNITY RECREATION - COME AND EXPLORE THE POSSIBILITIES

Denise McArthur, TR

Therapeutic Recreationist,
McMaster Children's Hospital

Come and explore community recreation opportunities for your child. Learn about opportunities, registration processes, costs and funding assistance if required.

Virtual workshop on:
Tuesday, April 12 from 6:30 - 8:00 p.m.

SUPPORTING CAREGIVERS

Stephanie Moeser, MSW, RSW

Being a parent is rewarding and challenging at the same time. Throughout the past two years parents and caregivers have been at the front lines in supporting their children through unprecedented times and have done so while navigating their own fears, emotions and uncertainties. Through this time the resilience and strengths of families have been awe inspiring. However, we must note that it has also taken an emotional and physical toll. This workshop aims to provide strategies and support within the context of the pandemic and the fatigue that some families have faced. This workshop will introduce some self-care and community care strategies to support wellness. There will be opportunity for discussion and questions.

Virtual workshop on:
Tuesday, May 31 from 6:30 - 8:00 p.m.



The McMaster Children's Hospital Autism Program, Autism Ontario, and the Young Caregivers Association have teamed up to offer something for the whole family. Participate in a parent connections group, sibling connection group, or a recreational group for children with autism. Register to attend any or all of the groups!

PARENT CONNECTIONS

Connect with other parents and caregivers who have a child/youth with autism and share similar experiences to you. There will be two virtual sessions offered monthly on the same evening. Group 1 will support facilitated group discussions specific to families who have received a new diagnosis and those involved in ABA. Group 2 will include those families who are focusing on the development of their child/youth's social and life skills, and parents/caregivers who have a youth transitioning into adult services.

These sessions are facilitated by a Family Service Coordinator from the McMaster Children's Hospital Autism Program in partnership with a Service Navigator from Autism Ontario.

When: 6:00 - 7:00 p.m.
Wednesday, April 20
Wednesday, May 25
Wednesday, June 29

To register: To learn more or register:
Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

RECREATIONAL GROUPS FOR CHILDREN WITH AUTISM

Children are invited to participate virtually in fun theme-based recreational groups offered throughout the spring months.

To register: To learn more or register:
Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

SIBLING CONNECTION GROUP

This 6-week virtual program is designed to bring siblings together! Led by Cayleigh Sexton, Director of Programs and Services with the Young Caregivers Association, this recreational group is for children ages 5-12 years old who support a sibling at home who has special needs. Together we will explore themes that can help siblings share their experiences and connect with others. Some of the themes include frustration, coping skills, and how to take time for themselves. Each week includes a variety of games, crafts, and activities that relate to the themes. The group provides children with an opportunity to connect with peers who understand the experience of having a sibling who needs some extra help.

When: Runs virtually every Thursday from 6:30-8:00 p.m. starting April 21st for six weeks.

To register: Please contact Cayleigh Sexton at 905-708-4347 or email cayleighs@youngcaregivers.ca

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

April

Monday APR 11	Getting Ready to Learn DATE Monday, April 11 from 1:00 - 3:00 p.m.
Tuesday APR 12	ASD and Anxiety DATE Tuesday, April 12 from 1:00 - 3:00 p.m.
	Expert Speaker Series: Community Recreation - Come and explore the possibilities DATE Tuesday, April 12 from 6:30 - 8:30 p.m.
Thursday APR 21	When you have to say “No!” to your child DATE Thursday, April 21 from 6:00 - 8:00 p.m.
Monday APR 25	Picky Eating DATE Monday, April 25 from 1:00 - 3:00 p.m.
Wednesday APR 27	Understanding Interfering Behaviour PART 1 DATE Wednesday, April 27 from 1:00 - 3:00 p.m.
	Overview of Autism Spectrum Disorder (ASD) DATE Wednesday, April 27 from 6:00 - 8:00 p.m.
Friday APR 29	Teaching Self-Management Strategies to Increase Independence DATE Friday, April 29 from 10:00 a.m. - 12:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

May

Wednesday MAY 4	Understanding Interfering Behavior PART 2 DATE Wednesday, May 4 from 1:00 - 3:00 p.m.
Thursday MAY 5	Next Steps After Your Child Receives a Diagnosis DATE Thursday, May 5 from 1:00 - 3:00 p.m.
Wednesday MAY 11	Toilet Training DATE Wednesday, May 11 from 1:00 - 3:00 p.m.
	Desensitization: How to Make Difficult Events Easier DATE Wednesday, May 11 from 6:00 - 8:00 p.m.
Thursday MAY 12	The Ins and Outs of Ministry Funding DATE Thursday, May 12 from 1:00 - 3:00 p.m.
	Introduction to Applied Behaviour Analysis (ABA) DATE Thursday, May 12 from 6:00 - 8:00 p.m.
Tuesday MAY 18	Let's Communicate! DATE Tuesday, May 18 from 6:00 - 8:00 p.m.
Thursday MAY 19	Improving Your Child's Sleep DATE Thursday, May 19 from 10:00 a.m. - 12:00 p.m.
	Home and Community Safety DATE Thursday, May 19 from 6:00 - 8:00 p.m.
Thursday MAY 26	Introduction to Play Skills DATE Thursday, May 26 from 10:00 a.m. - 12:00 p.m.
Monday MAY 30	Assistance with Funding Applications DATE Monday, May 30 from 1:00 - 3:00 p.m.
Tuesday MAY 31	Expert Speaker Series: Supporting caregivers DATE Tuesday, May 31 from 6:30 - 8:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

June

Wednesday JUN 1	When you have to say “No!” to your child DATE Wednesday, June 1 from 10:00 a.m. - 12:00 p.m.
	Supporting Your Teen with Self-Independence Skills DATE Wednesday, June 1 from 1:00 - 3:00 p.m.
Thursday JUN 2	Overview of Autism Spectrum Disorder (ASD) DATE Thursday, June 2 from 6:00 - 8:00 p.m.
Thursday JUN 16	Introduction to Augmentative and Alternative Communication (AAC) DATE Thursday, June 16 from 6:00 - 8:00 p.m.
Monday JUN 20	Emotional Regulation DATE Monday, June 20 from 12:30 - 2:30 p.m.
Tuesday JUN 21	Understanding Interfering Behaviour PART 1 DATE Tuesday, June 21 from 6:00 - 8:00 p.m.
Wednesday JUN 22	Transition to Adult Services DATE Wednesday, June 22 from 6:00 - 8:00 p.m.
Thursday JUN 23	Summer Success! How to Plan Your Summer for an Easier Fall DATE Thursday, June 23 from 6:00 - 8:00 p.m.
Tuesday JUN 28	Understanding Interfering Behaviour PART 2 DATE Tuesday, June 28 from 6:00 - 8:00 p.m.

On-line Resources for Parents and Caregivers

Truth or Myth: Autism Spectrum Disorders (ASD)

https://youtu.be/HnzSG2_142I

Introduction to Applied Behaviour Analysis (ABA)

<https://youtu.be/i6G9NJKBrQk>

Overview of Autism Spectrum Disorder (ASD)

<https://youtu.be/vWuSOcG1PW8>

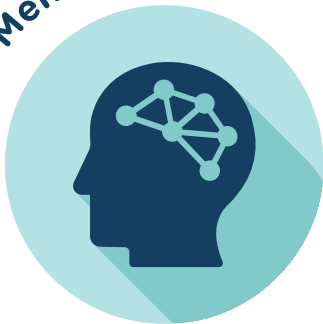


For more information or to register for a service, please contact
(905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Icon Legend

The following icons are listed underneath service descriptions to highlight specific skill areas targeted in the program for quick reference.

Mental Health



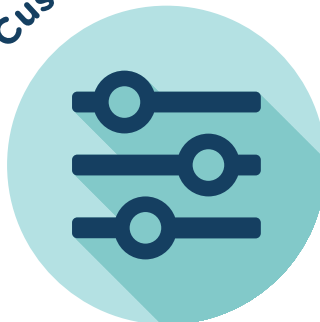
Social



Behaviour



Custom



Communication



Life Skills



Play & Leisure



Level Descriptions

To help parents and caregivers choose the most appropriate services, we have recommended each service according to both age and group level. If no age or level is specified, the service is open to all. These levels have been developed by our program for this specific purpose. If you have any questions about what level best matches your child, please do not hesitate to contact us at 905-521-2100, ext. 78972.

AREA	LEVEL A	LEVEL B	LEVEL C
SOCIAL	<ul style="list-style-type: none"> Does not play with toys as they were designed Enjoys solitary play May not respond to adult or peer attempts to interact Enjoys cause and effect toys 	<ul style="list-style-type: none"> Plays with toys as they were designed and enjoys pretend play Aware of adults and peers in close proximity May participate in some interactive or cooperative play with assistance Does not initiate peer interaction but will follow along in simple interactive games 	<ul style="list-style-type: none"> Participates in interactive and cooperative play with little to no assistance Understands the rules of play including turn-taking, sharing, winning and losing Participates in verbal exchanges with self and peers during play Plays board games and video games with minimal assistance
COMMUNICATION	<ul style="list-style-type: none"> May not have a communication system in place Primarily non-verbal Uses visuals or augmentative communication device with prompting Difficulty following simple instructions 	<ul style="list-style-type: none"> Can request needs and wants with 1-4 word sentences or by using an augmentative communication system Minimal back and forth conversation skills 	<ul style="list-style-type: none"> Advanced communication skills using verbal requests, comments and questions Can participate in both verbal and non-verbal communication Can initiate, maintain and end conversations with assistance May become fixated or have trouble moving away from a preferred topic of discussion
BEHAVIOUR & DAILY LIVING	<ul style="list-style-type: none"> Needs help to complete daily routines such as washing, toileting or eating Engages in repetitive behaviours Difficulty transitioning from one activity to the next 	<ul style="list-style-type: none"> Can follow daily routines with minimal assistance Does not like to deviate from daily routine and has difficulty with unexpected changes May engage in repetitive behaviours but is easily redirected Can follow one/two step directions independently 	<ul style="list-style-type: none"> Can follow daily routines with little to no assistance Adapts to transitions and changes to routine Can follow complex individual and group instructions independently

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Early Childhood



Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Beginning Social Skills

This group will help your child build social communication skills with peers, such as initiating and responding to conversation, interactive play, and making verbal requests. Parents will participate along with their child to help them respond and engage with their peers. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none">• 6 45-minute virtual sessions• Available virtually
DATE	Fridays from 11:00-11:45 a.m. starting April 22 to May 27
COST	No cost

Group Recreational Programs

Circle Time



Join us for songs, stories, games and dancing that will help children practice a variety of skills necessary for successful participation in school virtually or in person. Parent/caregiver assistance will be required.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Weekly 30-minute virtual sessions • Sign up for one, several, or all sessions
DATE	Fridays from 10:00-10:30 a.m. starting April 29 to June 3
COST	No cost

Parent and Caregiver Education and Training

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child's development, and cope with difficult situations. Recommended for parents and caregivers new to their child's diagnosis.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 7 2-hour group sessions for parents/caregivers • 3 follow-up individualized consultations • Available in person or virtually, dependent upon COVID-19 health restrictions at that time
DATE	Tuesdays from 1:00-3:00 p.m. starting April 19
COST	No cost

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, May 5 from 1:00-3:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/youth with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Wednesday, April 27 6:00 -8:00 p.m. Thursday, June 2 from 6:00-8:00 p.m.
COST	No cost

The Ins and Outs of Ministry Funding

This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. This workshop is facilitated by a Service Navigator from Autism Ontario and a Direct Funding Accounts Coordinator from the McMaster Children's Hospital Autism Program. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, May 12 from 1:00-3:00 p.m.
COST	No cost

Assistance with Funding Applications

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing a variety of funding applications. Examples of applications to be reviewed are Assistance for Children with Severe Disabilities, Special Services at Home, Disability Tax Credit, Easter Seals Incontinence Grant, Access to Entertainment Card, and Accessible Parking Pass. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Monday, May 30 from 1:00-3:00 p.m.
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 12 from 6:00-8:00 p.m.
COST	No cost

Let's Communicate!

During this workshop you will learn about the development of communication skills and the many ways that children can send messages. Various strategies to support your child with increasing their meaningful communication with you and others will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Wednesday, May 18 from 6:00-8:00 p.m.
COST	No cost

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, June 16 from 6:00-8:00 p.m.
COST	No cost

Introduction to Play Skills

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles for helping your child develop their play skills. You will learn about the stages of play from independent toy play to more advanced cooperative play with others. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, May 26 from 10:00 a.m.-12:00 p.m.
COST	No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered. After participating in this workshop, you will be offered up to three 1:1 virtual appointments to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • Follow-up individualized consultation
DATE	Wednesday, May 11 from 1:00-3:00 p.m.
COST	No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • Follow-up individualized consultation
DATE	Monday, April 25 from 1:00-3:00 p.m.
COST	No cost

Improving Your Child's Sleep

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered step-by-step, in a practical manner to address a variety of sleep-related issues. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • Follow-up individualized consultation
DATE	Thursday, May 19 from 10:00 a.m.-12:00 p.m.
COST	No cost

Pivotal Response Treatment (PRT)® Training

Pivotal Response Treatment (PRT)® is an evidence-based, naturalistic developmental behavioural intervention for children with ASD up to age 12 years. This training includes 2 individual workshop sessions for parents/caregivers and 4 individual sessions that involve both child and parent/caregiver participation. You will learn strategies that increase your child's skills in a specific pivotal area known to produce widespread positive improvements in learning, social communication, and behaviour. A screening will be completed to determine which pivotal area is most appropriate for your child or to provide recommendations for other services.

LEVEL A, B, C

INCLUDES

- 2 1-hour virtual individual workshop sessions for parents/caregivers
- 4 1-hour virtual individual sessions for child and parent/caregiver

DATE Start dates and times are individualized

COST No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES

- 2-hour virtual workshop
- 1 follow-up individualized consultation

DATE Wednesday, May 11 from 6:00-8:00 p.m.

COST No cost

Understanding Interfering Behaviour

This two-part workshop provides parents and caregivers with the skills to begin developing an intervention plan for behaviour that interferes with your child's learning or day-to-day functioning. In part one, you will learn to identify and collect data to better understand the behaviour. In part two, we will review your data and discuss strategies to reduce the behaviour. This workshop will be facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. Following participation in Part 2 of the workshop, you will be offered a 1:1 virtual appointment to review your strategies and individualize the information for you and your family.

LEVEL A, B, C

INCLUDES

- 2 2-hour virtual workshops
- 1 follow-up individualized consultation

DATE PART 1 Wednesday, April 27 1:00-3:00 p.m..
PART 2 Wednesday, May 4 from 1:00-3:00 p.m.
PART 1 Tuesday, June 21 from 6:00-8:00 p.m.
PART 2 Tuesday, June 28 from 6:00-8:00 p.m.

COST No cost

When you have to say “No!” to your child

Does your child get upset when you tell them “No!”? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told “No!” or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES

- 2-hour virtual workshop
- 1 follow-up individualized consultation

DATE Thursday, April 21 from 6:00-8:00 p.m.
Wednesday, June 1 from 10:00 a.m.-12:00 p.m.

COST No cost

Getting Ready to Learn

This workshop will provide you with strategies and tips to get you and your child ready for learning. There are lots of skills that support young children to get ready for learning opportunities including: being able to sit, being able to follow instructions and focusing. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES

- 2-hour virtual workshop
- 1 follow-up individualized consultation

DATE Monday, April 11 from 1:00-3:00 p.m.

COST No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop provides strategies for parents and caregivers to help structure the summer break, so that children have a successful transition back to school in September. Strategies discussed will include building positive routines, community involvement, the use of visuals, and considerations around screen time.

LEVEL A, B, C

INCLUDES

- 2-hour virtual workshop
- 1 follow-up individualized consultation

DATE Thursday, June 23 from 6:00-8:00 p.m.

COST No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Grade 1 to 3



Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Making Friends

The Making Friends group will provide children with opportunities to socialize and build skills to make friends. This group will teach children how to ask peers to play or join activities, respond to feedback from their peers, and further develop their conversational skills. Parents and caregivers will participate along with their child to help coach them to respond and engage with their peers. This group is facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none">• 6 45-minute virtual sessions• Available virtually
DATE	Tuesdays from 6:30-7:15 p.m. starting April 26 to May 31
COST	No cost

Group Recreational Programs

Lego Club



This group is designed for children who enjoy building and constructing with Lego and other building materials to practice using their social skills in a motivational setting. Autism Therapists will guide the group using child-friendly instructions and children will be encouraged to share their creations with their peers to practice social skills.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> Weekly 30-minute virtual sessions Sign up for one, several, or all sessions
DATE	Tuesdays from 5:30-6:00 p.m. starting April 26 to May 31
COST	No cost

P.A. Day Ice Cream Sundaes



You scream! I scream! We all scream for ice cream! Calling all ice cream lovers: make your P.A. Day extra sweet by designing the perfect ice cream sundae with our team of Autism Therapists. Encourage your child's imagination by allowing them to choose flavours and toppings. The Autism Therapists will prepare ice cream themed activities and promote socialization as we talk about our "sweet" creations. Parent/caregiver assistance will be required.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 45-minute virtual session
DATE	Friday, June 3 from 1:00-1:45 p.m.
COST	No cost

Parent and Caregiver Education and Training

Family Check-Up® (FCU)

Some children and youth with ASD experience high levels of emotional and behavioural problems that can be long-lasting and stressful for families. The "Family Check-Up®" (FCU) program has been shown to decrease the chances that children will develop emotional and behavioural problems and to improve parent well-being, but it has never been tested in families with children with ASD. We want to know how FCU works for families with 6- to 17- year-old children with ASD. FCU involves 3 visits to identify unique family strengths and challenges. It focuses on engaging parents, supporting positive parenting, and connecting families to services. Some parents will also have the opportunity to access the Everyday Parenting Curriculum® (EPC), which is tailored to each family based on their "Check-Up." This program is supervised by a psychologist and is being offered as part of a research study. Participation in research is voluntary.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 3 individualized visits
DATE	Start dates and times are individualized
COST	No cost

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child's development, and cope with difficult situations. Recommended for parents and caregivers new to their child's diagnosis.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 7 2-hour group sessions for parents/caregivers 3 follow-up individualized consultations Available virtually
DATE	Tuesdays from 1:00-3:00 p.m. starting April 19
COST	No cost

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop 1 follow-up individualized consultation
DATE	Thursday, May 5 from 1:00-3:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/youth with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop
DATE	Wednesday, April 27 6:00 -8:00 p.m. Thursday, June 2 from 6:00-8:00 p.m.
COST	No cost

The Ins and Outs of Ministry Funding

This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. This workshop is facilitated by a Service Navigator from Autism Ontario and a Direct Funding Accounts Coordinator from the McMaster Children's Hospital Autism Program. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop
DATE	Thursday, May 12 from 1:00-3:00 p.m.
COST	No cost

Assistance with Funding Applications

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing a variety of funding applications. Examples of applications to be reviewed are Assistance for Children with Severe Disabilities, Special Services at Home, Disability Tax Credit, Easter Seals Incontinence Grant, Access to Entertainment Card, and Accessible Parking Pass. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Monday, May 30 from 1:00-3:00 p.m.
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, May 12 from 6:00-8:00 p.m.
COST	No cost

Let's Communicate!

During this workshop you will learn about the development of communication skills and the many ways that children can send messages. Various strategies to support your child with increasing their meaningful communication with you and others will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Wednesday, May 18 from 6:00-8:00 p.m.
COST	No cost

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, June 16 from 6:00-8:00 p.m.
COST	No cost

Introduction to Play Skills

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles for helping your child develop their play skills. You will learn about the stages of play from independent toy play to more advanced cooperative play with others. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultations
DATE	Thursday, May 26 from 10:00 a.m.-12:00 p.m.
COST	No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered. After participating in this workshop, you will be offered up to three 1:1 virtual appointments to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • Follow-up individualized consultations
DATE	Wednesday, May 11 from 1:00-3:00 p.m.
COST	No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Monday, April 25 from 1:00-3:00 p.m.
COST	No cost

Improving Your Child's Sleep

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered step-by-step, in a practical manner to address a variety of sleep-related issues. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, May 19 from 10:00 a.m.-12:00 p.m.
COST	No cost

Pivotal Response Treatment (PRT)[®] Training

Pivotal Response Treatment (PRT)[®] is an evidence-based, naturalistic developmental behavioural intervention for children with ASD up to age 12 years. This training includes 2 individual workshop sessions for parents/caregivers and 4 individual sessions that involve both child and parent/caregiver participation. You will learn strategies that increase your child's skills in a specific pivotal area known to produce widespread positive improvements in learning, social communication, and behaviour. A screening will be completed to determine which pivotal area is most appropriate for your child or to provide recommendations for other services.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2 1-hour virtual individual workshop sessions for parents/caregivers • 4 1-hour virtual individual sessions for child and parent/caregiver
DATE	Start dates and times are individualized
COST	No cost

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • Follow-up individualized consultation
DATE	Thursday, May 19 from 6:00-8:00 p.m.
COST	No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Wednesday, May 11 from 6:00-8:00 p.m.
COST	No cost

Understanding Interfering Behaviour

This two-part workshop provides parents and caregivers with the skills to begin developing an intervention plan for behaviour that interferes with your child's learning or day-to-day functioning. In part one, you will learn to identify and collect data to better understand the behaviour. In part two, we will review your data and discuss strategies to reduce the behaviour. This workshop will be facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. Following participation in Part 2 of the workshop, you will be offered a 1:1 virtual appointment to review your strategies and individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2 2-hour virtual workshops • 1 follow-up individualized consultation
DATE	PART 1 Wednesday, April 27 1:00 -3:00 p.m. PART 2 Wednesday, May 4 from 1:00-3:00 p.m. PART 1 Tuesday, June 21 from 6:00-8:00 p.m. PART 2 Tuesday, June 28 from 6:00-8:00 p.m.
COST	No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for your and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, April 21 from 6:00-8:00 p.m. Wednesday, June 1 from 10:00 a.m.-12:00 p.m.
COST	No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop provides strategies for parents and caregivers to help structure the summer break, so that children have a successful transition back to school in September. Strategies discussed will include building positive routines, community involvement, the use of visuals, and considerations around screen time.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, June 23 from 6:00-8:00 p.m.
COST	No cost

Emotional Regulation

This workshop will provide information about emotion regulation in children with autism and evidence-based strategies for improving emotion regulation skills. Topics will include emotion recognition and understanding, along with some strategies to help children stay calmer. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 1.5-hour virtual workshop • 1 follow-up individualized consultation
DATE	Monday, June 20 from 12:30-2:30 p.m.
COST	No cost

Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT)[®] approach to increasing your child's self-management skills and decreasing your child's dependence on caregivers and teachers. Self-management skills can include: self-care, daily habits/household chores, leisure routines, and self-advocacy. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Friday, April 29 from 10:00 a.m.-12:00 p.m.
COST	No cost



Grade 4 to 8



Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinical Group Programs

Children's Friendship Training

Children's Friendship Training (CFT) is a group-based program for kids 8-12 years old. Participants learn and develop the skills needed to make and keep friends through role playing and activities. Parents/caregivers learn strategies to support their children as they develop these skills. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	C
INCLUDES	<ul style="list-style-type: none">• 12 1.5-hour child group sessions ; run concurrently with 12 45-minute parent group sessions• Available virtually
DATE	Mondays from 6:00-7:30 p.m. starting April 25
COST	No cost

Group Recreational Programs

Lego Club



This group is designed for children who enjoy building and constructing with Lego and other building materials to practice using their social skills in a motivational setting. Autism therapists will guide the group using child-friendly instructions and children will be encouraged to share their creations with their peers to practice social skills.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> Weekly 30-minute virtual sessions Sign up for one, several, or all sessions
DATE	Tuesdays from 6:15-6:45 p.m. starting April 26
COST	No cost

P.A. Day Ice Cream Sundaes



You scream! I scream! We all scream for ice cream! Calling all ice cream lovers: make your P.A. Day extra sweet by designing the perfect ice cream sundae with our team of Autism Therapists. Encourage your child's imagination by allowing them to choose flavours and toppings. The Autism Therapists will prepare ice cream themed activities and promote socialization as we talk about our "sweet" creations. Parent/caregiver assistance will be required.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 45-minute virtual session
DATE	Friday, June 3 from 1:00-1:45 p.m.
COST	No cost

Parent and Caregiver Education and Training

Family Check-Up® (FCU)

Some children and youth with ASD experience high levels of emotional and behavioural problems that can be long-lasting and stressful for families. The "Family Check-Up®" (FCU) program has been shown to decrease the chances that children will develop emotional and behavioural problems and to improve parent well-being, but it has never been tested in families with children with ASD. We want to know how FCU works for families with 6- to 17- year-old children with ASD. FCU involves 3 visits to identify unique family strengths and challenges. It focuses on engaging parents, supporting positive parenting, and connecting families to services. Some parents will also have the opportunity to access the Everyday Parenting Curriculum® (EPC), which is tailored to each family based on their "Check-Up." This program is supervised by a psychologist and is being offered as part of a research study. Participation in research is voluntary.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 3 individualized visits
DATE	Start dates and times are individualized
COST	No cost

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child's development, and cope with difficult situations. Recommended for parents and caregivers new to their child's diagnosis.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 7 2-hour group sessions for parents/caregivers 3 follow-up individualized consultations Available virtually
DATE	Tuesdays from 1:00-3:00 p.m. starting April 19
COST	No cost

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop 1 follow-up individualized consultation
DATE	Thursday, May 5 from 1:00-3:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/youth with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop
DATE	Wednesday, April 27 6:00 -8:00 p.m. Thursday, June 2 from 6:00-8:00 p.m.
COST	No cost

The Ins and Outs of Ministry Funding

This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. This workshop is facilitated by a Service Navigator from Autism Ontario and a Direct Funding Accounts Coordinator from the McMaster Children's Hospital Autism Program. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> 2-hour virtual workshop
DATE	Thursday, May 12 from 1:00-3:00 p.m.
COST	No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Assistance with Funding Applications

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing a variety of funding applications. Examples of applications to be reviewed are Assistance for Children with Severe Disabilities, Special Services at Home, Disability Tax Credit, Easter Seals Incontinence Grant, Access to Entertainment Card, and Accessible Parking Pass. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Monday, May 30 from 1:00-3:00 p.m.
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, May 12 from 6:00-8:00 p.m.
COST	No cost

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, June 16 from 6:00-8:00 p.m.
COST	No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered. After participating in this workshop, you will be offered up to three 1:1 virtual appointments to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • Follow-up individualized consultation
DATE	Wednesday, May 11 from 1:00-3:00 p.m.
COST	No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • Follow-up individualized consultation
DATE	Monday, April 25 from 1:00-3:00 p.m.
COST	No cost

Pivotal Response Treatment (PRT)[®] Training

Pivotal Response Treatment (PRT)[®] is an evidence-based, naturalistic developmental behavioural intervention for children with ASD up to age 12 years. This training includes 2 individual workshop sessions for parents/caregivers and 4 individual sessions that involve both child and parent/caregiver participation. You will learn strategies that increase your child's skills in a specific pivotal area known to produce widespread positive improvements in learning, social communication, and behaviour. A screening will be completed to determine which pivotal area is most appropriate for your child or to provide recommendations for other services.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2 1-hour virtual individual workshop sessions for parents/caregivers • 4 1-hour virtual individual sessions for child and parent/caregiver
DATE	Start dates and times are individualized
COST	No cost

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Thursday, May 19 from 6:00 -8:00 p.m.

COST No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Wednesday, May 11 from 6:00-8:00 p.m.

COST No cost

Understanding Interfering Behaviour

This two-part workshop provides parents and caregivers with the skills to begin developing an intervention plan for behaviour that interferes with your child's learning or day-to-day functioning. In part one, you will learn to identify and collect data to better understand the behaviour. In part two, we will review your data and discuss strategies to reduce the behaviour. This workshop will be facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. Following participation in Part 2 of the workshop, you will be offered a 1:1 virtual appointment to review your strategies and individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 2 2-hour virtual workshops
• 1 follow-up individualized consultation

DATE PART 1 Wednesday, April 27 1:00-3:00 p.m.
PART 2 Wednesday, May 4 from 1:00-3:00 p.m.
PART 1 Tuesday, June 21 from 6:00-8:00 p.m.
PART 2 Tuesday, June 28 from 6:00-8:00 p.m.

COST No cost

Helping Your Child Manage Change

This workshop will provide you with strategies to increase your child's flexibility. You'll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Wednesday, February 16 from 1:00-3:00 p.m.

COST No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Thursday, April 21 from 6:00-8:00 p.m.
Wednesday, June 1 from 10:00 a.m.-12:00 p.m.

COST No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop provides strategies for parents and caregivers to help structure the summer break, so that children have a successful transition back to school in September. Strategies discussed will include building positive routines, community involvement, the use of visuals, and considerations around screen time.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• 1 follow-up individualized consultation

DATE Thursday, June 23 from 6:00-8:00 p.m.

COST No cost

Supporting Your Teen with Self-Independence Skills

Are you looking for tips to help your teen to become more independent with organizing their day, managing their time or being more independent with daily routines? This workshop will outline strategies to help your child navigate the transition to adolescence. Topics covered will include: organization, time management, hygiene routines, understanding puberty and sexuality as well as strategies for how to handle bullying.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Wednesday, June 1 from 1:00-3:00 p.m.
COST	No cost

Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT)[®] approach to increasing your child's self-management skills and decreasing your child's dependence on caregivers and teachers. Self-management skills can include: self-care, daily habits/household chores, leisure routines, and self-advocacy. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Friday, April 29 from 10:00 a.m.-12:00 p.m.
COST	No cost

ASD and Anxiety

This workshop will provide information about how anxiety presents in children and youth with autism and evidence-based strategies for coping with and preventing anxiety.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Tuesday, April 12 from 1:00.-3:00 p.m.
COST	No cost

POSITIVE FEEDBACK

“I’m really pleased with the quality of service we’ve received along with the kind and encouraging manner of the staff. My daughter loves to move and be active, so having access to regular in-person autism therapy services in such wide-open and accessible spaces has been crucial to having meaningful sessions, as we work on building play skills and having fun. I feel that I’ve been able to pick up lots of helpful tips and ideas for increasing engagement at home, and really appreciate how supportive the therapists have been.” – Dan

“Workshops are very helpful and very descriptive. I’ve learned from parents too. I have tried the strategies that have been taught and they have worked. The workshops are very helpful, even over Zoom.” – Maria

High School



Consultation

Service Planning Consultation



Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation



Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation



ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment



Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Teen Independence - Money Management



In this group, teens will be taught essential money management skills that will increase their independence and support them living on their own in adulthood. Sessions will include multiple examples and hands-on practice activities to increase competence with each skill. Topics will include: opening a bank account, monitoring a balance, completing transactions (cash, debit, e-transfer), budgeting and saving money. The group will be facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 8 1-hour sessions • Available virtually
DATE	Tuesdays from 6:30-7:30 p.m. starting May 3
COST	No cost

PEERS™



PEERS™ (Program for the Education and Enrichment of Relational Skills) is a teen social skills group that targets: conversational skills; how to find common interests; using humour; being a good host; making a phone call; handling rejection, teasing, bullying, rumours, gossip and disagreements; and how to change a bad reputation. Teen and parent groups are run concurrently. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 14 1.5-hour teen group sessions: run concurrently with 14 1.5-hour parent group sessions • Available virtually
DATE	Mondays from 6:00-7:30 p.m. starting May 16
COST	No cost

What our teens have to say about our programs:

“I feel very included.”

“I look forward to going to my PEERS group every week.”

Group Recreational Programs

Teen Hang Out



Teen Hang Out is designed to encourage social interactions with peers. Together with our Autism Therapists, your teen will participate in both structured and informal activities, including games, crafts, physical movement, and chatting about their favourite movies, video games, Youtubers, and interests within a social setting.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • Weekly 45-minute virtual sessions • Sign up for one, several, or all sessions
DATE	Tuesdays from 7:00-7:45 p.m. starting April 26
COST	No cost

Parent and Caregiver Education and Training

Family Check-Up® (FCU)

Some children and youth with ASD experience high levels of emotional and behavioural problems that can be long-lasting and stressful for families. The “Family Check-Up®” (FCU) program has been shown to decrease the chances that children will develop emotional and behavioural problems and to improve parent well-being, but it has never been tested in families with children with ASD. We want to know how FCU works for families with 6- to 17- year-old children with ASD. FCU involves 3 visits to identify unique family strengths and challenges. It focuses on engaging parents, supporting positive parenting, and connecting families to services. Some parents will also have the opportunity to access the Everyday Parenting Curriculum© (EPC), which is tailored to each family based on their “Check-Up.” This program is supervised by a psychologist and is being offered as part of a research study. Participation in research is voluntary.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 3 individualized visits
DATE	Start dates and times are individualized
COST	No cost

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, May 5 from 1:00-3:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how children/youth with ASD often perceive the world differently. Participants are provided with information about what can be challenging for children with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, April 27 6:00 -8:00 p.m. Thursday, June 2 from 6:00-8:00 p.m.
COST	No cost

The Ins and Outs of Ministry Funding

This workshop is designed for new funding recipients as well as families already receiving funds from the Ministry who may require some assistance with planning for services and items that they are able to purchase, organizing receipts and tracking expenses and completing the expense report to reconcile their funds. We will share a helpful template for tracking funds received and invoices as well as provide an overview of options that are eligible expenses. This workshop is facilitated by a Service Navigator from Autism Ontario and a Direct Funding Accounts Coordinator from the McMaster Children's Hospital Autism Program. Resource consultations are also available to parents/caregivers to offer individualized support related to funding processes.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 12 from 1:00-3:00 p.m.
COST	No cost

Assistance with Funding Applications

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing a variety of funding applications. Examples of applications to be reviewed are Assistance for Children with Severe Disabilities, Special Services at Home, Disability Tax Credit, Easter Seals Incontinence Grant, Access to Entertainment Card, and Accessible Parking Pass. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Monday, May 30 from 1:00-3:00 p.m.
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 12 from 6:00-8:00 p.m.
COST	No cost

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared. After participating in this workshop, you will be offered a virtual 1:1 appointment to individualize this information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • Follow-up individualized consultation
DATE	Thursday, June 16 from 6:00-8:00 p.m.
COST	No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Wednesday, May 11 from 6:00-8:00 p.m.
COST	No cost

Understanding Interfering Behaviour

This two-part workshop provides parents and caregivers with the skills to begin developing an intervention plan for behaviour that interferes with your child's learning or day-to-day functioning. In part one, you will learn to identify and collect data to better understand the behaviour. In part two, we will review your data and discuss strategies to reduce the behaviour. This workshop will be facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. Following participation in Part 2 of the workshop, you will be offered a 1:1 virtual appointment to review your strategies and individualize the information for you and your family.

LEVEL	A, B, C
INCLUDES	• 2 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	PART 1 Wednesday, April 27 1:00 -3:00 p.m. PART 2 Wednesday, May 4 from 1:00-3:00 p.m. PART 1 Tuesday, June 21 from 6:00-8:00 p.m. PART 2 Tuesday, June 28 from 6:00-8:00 p.m.
COST	No cost

When you have to say “No!” to your child

Does your child get upset when you tell them “No!”? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told “No!” or that they have to wait. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behaviour Analyst. After participating in this workshop, you will be offered a 1:1 virtual appointment to individualize the information for your and your family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, April 21 from 6:00-8:00 p.m. Wednesday, June 1 from 10:00 a.m.-12:00 p.m.
COST	No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop provides strategies for parents and caregivers to help structure the summer break, so that children have a successful transition back to school in September. Strategies discussed will include building positive routines, community involvement, the use of visuals, and considerations around screen time.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Thursday, June 23 from 6:00-8:00 p.m.
COST	No cost

Supporting Your Teen with Self-Independence Skills

Are you looking for tips to help your teen to become more independent with organizing their day, managing their time or being more independent with daily routines? This workshop will outline strategies to help your teen navigate the transition to adolescence. Topics covered will include: organization, time management, hygiene routines, understanding puberty and sexuality as well as strategies for how to handle bullying.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Wednesday, June 1 from 1:00-3:00 p.m.
COST	No cost

Transition to Adult Services

This workshop will provide parents and caregivers with information about the transition to adulthood process for youth with ASD, including applying to DSO and ODSP. Come learn about what programs and services may be available as your child transitions into the adult world.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Wednesday, June 22 from 6:00-8:00 p.m.
COST	No cost

ASD and Anxiety

This workshop will provide information about how anxiety presents in children and youth with autism and evidence-based strategies for coping with and preventing anxiety.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop • 1 follow-up individualized consultation
DATE	Tuesday, April 12 from 1:00-3:00 p.m.
COST	No cost

Ontario Autism Program (OAP) Core Clinical Services

PRICING FOR OAP CORE CLINICAL SERVICES (1:1 ABA Therapy, Psychological Services, and Speech and Language Services)

Prices for core clinical services include parking at Ron Joyce Children's Health Centre during your visit, as well as any materials and supplies needed for the service. There is no tax on these purchases.

Psychological Services

All Psychological Services are with a Ph.D. level Psychologist. Psychological Services may be eligible for reimbursement from private insurance providers.

Psychological Consultation

All psychological services begin with a psychological consultation appointment. These consultations provide the opportunity to discuss concerns related to your child's development, learning, behaviour, or social-emotional functioning. The psychologist will provide strategies and/or make service recommendations, including whether a psychological assessment or treatment is recommended.

AGE	Grade 1-3 Grade 4-8 High School
LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

1:1 Cognitive Behavioural Therapy (CBT) Session

Cognitive Behavioural Therapy (CBT) is an evidence-based psychological intervention that is goal-oriented and short-term. The focus of CBT is to challenge and change unhelpful thoughts, behaviours, and feelings, and to develop coping skills and strategies in order to help improve overall functioning and quality of life.

AGE	Grade 1-3 Grade 4-8 High School
LEVEL	C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	\$225

Speech and Language Services

All Speech and Language Services are with a regulated Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment



This assessment is used to evaluate a child's speech, language and social communication needs and strengths. The speech-language pathologist will provide strategies and/or make recommendations regarding treatment and provide a written report for parents/caregivers that can inform educational and treatment planning.

AGE	Preschool and Kindergarten Grade 1-3
LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Observation • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually
DATE	Flexible
COST	\$380

1:1 Speech Therapy Session



Following an assessment with a speech-language pathologist, this in-clinic or virtual therapy session offers practical strategies to promote your child's speech and language development and social interactions. You will learn to engage your child in motivating, enjoyable activities while using these strategies. Resources and materials will be provided to support practice at home.

AGE	Early Childhood Grade 1-3
LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 1-hour therapy session with child and caregiver • Resources and materials to support practice at home *assessment to be completed with a Ron Joyce Children's Health Centre SLP prior to treatment session • Available in-person or virtually
DATE	Flexible
COST	\$165

Applied Behaviour Analysis (ABA)

1:1 ABA Therapy



All 1:1 ABA therapy begins with a comprehensive assessment and individualized behaviour plan to meet your child's needs. Program plans can focus on building skills, like communication, toileting and play, or reducing challenging behaviours, like yelling, aggression, and self-injury. Skill building programs are provided by Autism Therapists and are overseen by a Board Certified Behaviour Analyst OAP Clinical Supervisor. Behaviour reduction programs are provided by Behaviour Therapists who are Board Certified Behaviour Analyst OAP Clinical Supervisors.

AGE	Preschool and Kindergarten Grade 1-3 Grade 4-8 High School
LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Assessment (during weeks 1 & 2) • Behaviour plan • 1:1 therapy with child (during weeks 3-12) • 1:1 parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	1:1 Building Skills (\$2700 for 2 hours/week for 12 weeks) or 1:1 Reducing Challenging Behaviours (\$4500 for 4 hours/week for 12 weeks). Assessment and observation are included in the Service Package. Additional treatment hours are available (cost varies depending upon service goal).

NEW! Occupational Therapy Services

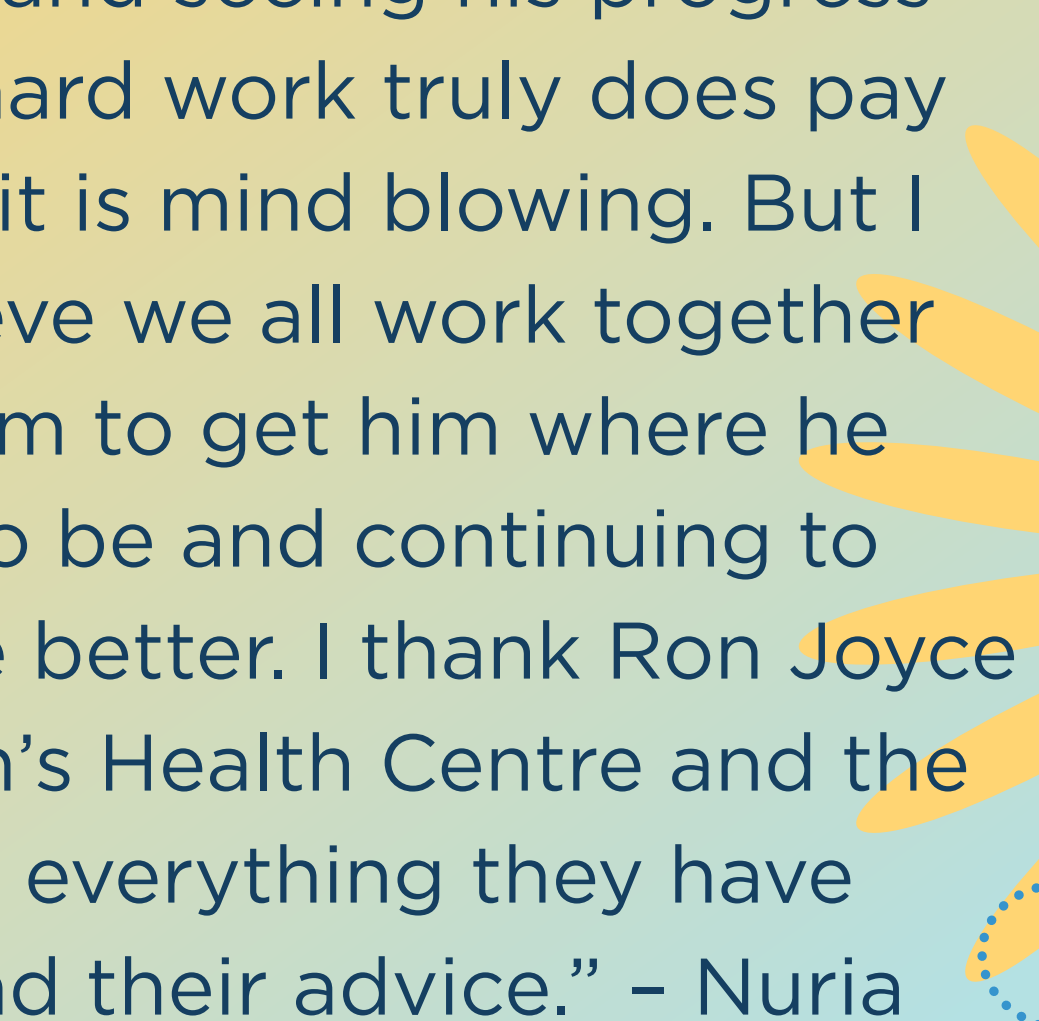
The McMaster Children's Hospital Autism Program is excited to share that we will be launching OAP Core Clinical Occupational Therapy Services. For more information, contact the Autism Program by calling (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca.

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.



POSITIVE FEEDBACK

“It takes time, effort, consistence, resilience and patience. They help us a lot and seeing his progress shows hard work truly does pay off and it is mind blowing. But I do believe we all work together as a team to get him where he needs to be and continuing to become better. I thank Ron Joyce Children’s Health Centre and the staff for everything they have done and their advice.” – Nuria





Do you have questions about the Ontario Autism Program, Childhood Budgets, or Interim One-Time Funding?

Liz Mitchell is here for you! As a Service Navigator from Autism Ontario assigned to the Hamilton region, she can help you apply for the OAP funding, clarify eligible and ineligible expenses and other OAP guidelines, as well as help you find supports and services within the community.

Liz can be best reached at liz.m@autismontario.com or 1-800-472-7789 ext. 314 (leave a message) or by completing the [Service Navigation Registration Form](#):
<https://www.autismontario.com/civcrm/profile/create?gid=131&reset=1>

For more information visit us online at
[McMasterChildrensHospital.ca/Autism](https://www.mcmasterchildrenshospital.ca/Autism)
call **(905) 521-2100 ext. 78972** or
email **autismprogram@hhsc.ca**.

