

# CHILDREN'S VIRTUAL SERVICES



At Bethesda, the safety and well-being of families, staff and our community is our highest priority. As we work hard to plan to resume face-to-face services, we will continue to provide **free virtual services for children and youth registered with the Ontario Autism Program** throughout the month of August.

**\*NEW FOR AUGUST:** For each session your child/youth participates in, they will receive **ONE** entry into a draw for a chance to win a gift card valued at **\$100!** The draw will take place in September.

## FREE GROUP SERVICES OFFERED EVERY WEEK IN AUGUST

| TIME              | MONDAY                          | TUESDAY                        | WEDNESDAY                       | THURSDAY                       | FRIDAY                             |
|-------------------|---------------------------------|--------------------------------|---------------------------------|--------------------------------|------------------------------------|
| 9:30am - 10:00am  | Story Time & Music (2-6 yrs)    | Story Time & Music (2-6 yrs)   | Story Time & Music (2-6 yrs)    | Story Time & Music (2-6 yrs)   | Story Time & Music (2-6 yrs)       |
| 10:00am - 11:00am | Distant Socializing (9-12 yrs)  | Distant Socializing (9-12 yrs) | Paint with Jenn (9-12 yrs)      | Distant Socializing (9-12 yrs) | Distant Socializing (9-12 yrs)     |
| 10:30am -11:00am  | Circle Time (2-6 yrs)           | Circle Time (2-6 yrs)          | Circle Time (2-6 yrs)           | Circle Time (2-6 yrs)          | Circle Time (2-6 yrs)              |
| 10:30am -11:30am  | Building with Lego (6-10 yrs)   | Scavenger Hunt (6-10 yrs)      | Create with Play-Doh (6-10 yrs) | Disney Karaoke (6-10 yrs)      | Crafty Friday (6-10 yrs)           |
| 12:30pm - 1:30pm  | Dance & Movement (7-14 yrs)     | Science Experiments (9-12 yrs) | Dance & Movement (7-14 yrs)     | Trivia (9-13 yrs)              | Dance & Movement (7-14 yrs)        |
| 12:30pm - 1:30pm  | ROBLOX Game Club (8-13 yrs)     | ROBLOX Game Club (8-13 yrs)    | ROBLOX Game Club (8-13 yrs)     | ROBLOX Game Club (8-13 yrs)    | ROBLOX Game Club (8-13 yrs)        |
| 1:30pm - 2:30pm   | Teen Trivia (13-17 yrs)         | Games Galore (6-19 yrs)        | Teen Games (13-17 yrs)          | Games Galore (10-13 yrs)       | Teen Trivia (13-17 yrs)            |
| 1:30pm - 2:30pm   | Girl Power (9-12 yrs)           | Book Club (13- 17 yrs)         | Distant Socializing (9-12 yrs)  | Craft Corner (all ages)        | Sibling Resilience (7-12 yrs)      |
| 2:30pm - 3:30pm   | Halloween in August (all ages)  | Story Time & Music (7 yrs +)   | Craft Building Kits (all ages)  | Story Time and Music (7 yrs +) | Act It Out - Drama Club (all ages) |
| 7:00pm - 8:00pm   | Relax & Unwind: Yoga (all ages) |                                |                                 |                                |                                    |

## FREE WORKSHOPS AND TRAINING OPPORTUNITIES

| DATE      | TIME                               | TOPIC   |
|-----------|------------------------------------|---|
| August 5  | 9:30am - 11:30am                   | ACT - New Diagnosis                                     |
| August 5  | 4:00pm - 5:00pm or 7:00pm - 8:00pm | Back to School - Teaching Independence (Primary Grades) |
| August 6  | 2:00pm - 4:00pm                    | Proactive Strategies for Managing Challenging Behaviour |
| August 10 | 3:00pm - 4:00pm or 7:00pm - 8:00pm | Back to School - COVID Specific Skills                  |
| August 10 | 6:30pm - 8:00pm                    | Back to School - Facing Anxiety                         |
| August 12 | 3:00pm - 4:30pm                    | Back to School - Facing Anxiety                         |
| August 12 | 6:30pm - 8:00pm                    | Teaching Hygiene Skills                                 |
| August 13 | 6:30pm - 8:30pm                    | ACT - New Diagnosis                                     |
| August 14 | 10:30am - 12:00pm                  | Toilet Training   |
| August 14 | 2:00pm - 3:30pm                    | The Power of Play                                       |
| August 17 | 1:00pm - 2:30pm or 7:00 - 8:30pm   | Back to School - Re-establishing Routine                |
| August 19 | 1:00pm - 2:30pm                    | Back to School - Workshop for For Teens                 |
| August 19 | 1:30pm - 3:00pm or 7:00pm - 8:30pm | Back to School - Bedtime Routine                        |
| August 21 | 1:00pm - 2:30pm                    | Back to School - Workshop for Post Secondary Students   |
| August 25 | 7:00pm                             | Internet Safety   |
| August 27 | 7:00pm                             | Back to School - Transition to Highschool               |
| August 28 | 10:30am                            | Back to School - Transition to Highschool               |

For more information about these services, visit [bethesdachildrenewsservices.com](https://bethesdachildrenewsservices.com). To register for service, please leave a message at **905.684.6918 ext. 170** or email [serviceinfo@bethesdaservices.com](mailto:serviceinfo@bethesdaservices.com). Be sure to leave your contact information, name of your child, and the group you are interested in.

## Book Your FREE Clinic Appointment NOW

A Clinic Appointment provides an individualized consultation with a clinician where parents/caregivers can ask questions, review resources and discuss a variety of strategies that relate to their child's social skills, life skills, communication and behaviour. Examples of topics that can be discussed during a clinic appointment include, but are not limited to, the following: behavioural concerns, teaching new skills, increasing independence, completing OAP registration and funding applications and learning about community resources. Clinic Appointments are approximately one hour in length and can be booked once per month. Clinic appointments focus on proactive strategies.



## SERVICE COORDINATOR INFORMATION

### Bethesda's Service Coordinators can:

- Assist families who are not connected to the Ontario Autism Program and provide information about service options
- Answer your questions about service options and the Ontario Autism Program
- Assist families completing applications for OAP Interim One-Time Funding
- Help families reconcile their OAP Funding Expense Forms

Families can contact a Service Coordinator by calling **905.684.6918 ext. 170**, or sending an email to **[serviceinfo@bethesdaservices.com](mailto:serviceinfo@bethesdaservices.com)** to book an individual consultation.