



OCTOBER- DECEMBER 2020 SERVICE GUIDE



We are open virtually and ready to welcome families back to Bethesda's Niagara Family Centre!

We are excited to share our plans to welcome families back to Bethesda's Niagara Family Centre. Over the past six months we have offered new Virtual Service options including, workshops, child and youth groups and individual tele-practice sessions. As we work to re-introduce face-to-face services, please review this service guide to see our continued commitment to Virtual Services.

The safety and well-being of families, staff and our community remains our highest priority. Our plan to re-introduce services at the centre has been informed by Public Health recommendations. You can trust that we will continue to monitor new developments and update our procedures as necessary.

During our initial stage of re-opening, we are using a slow and measured approach by working with families to develop individual service plans that respect their comfort level with different methods of service delivery. In-person appointments will gradually be offered to clients who were active when direct services were put on hold in March. Services will be initially offered on a priority basis where virtual care is not an appropriate approach to treatment.

We are excited to see you and welcome you back to the Niagara Family Centre!

Thank you for working with us to keep everyone safe.



ONTARIO AUTISM PROGRAM

FOUNDATIONAL FAMILY SERVICES

Bethesda is pleased to offer Foundational Family Services for children/youth and their families who are registered with the Ontario Autism Program. All Foundational Family Services are provided at **no cost** to families and are outlined in this service guide.

RESOURCES AND SERVICE COORDINATION

Bethesda's Service Coordinators can:

- Provide information about service options and assist with program registration
- Answer questions and share resources
- Assist families completing OAP funding applications
- 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 to book an individual consultation.

FAMILY AND PEER MENTORING AND SOCIAL SUPPORT

Supports inclusive of the whole family are offered in a variety different formats including:

- Parent/Caregiver Support Groups
- Groups
- Social Recreational Groups
- Youth Advisory

WORKSHOPS AND COACHING SESSIONS

Browse this publication for information on available interactive workshops that cover topics related to the early years through to young adulthood.

BRIEF CONSULTATIONS

Brief consultations are single or time limited (1-3) individualized sessions that are focused on specific needs or goals. Parents/caregivers can meet with a clinician to 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: behavioural concerns, teaching new skills, increasing independence, completing OAP registration and funding applications and learning about community resources. Brief Consultations focus on proactive strategies. Call 905.684.6918 ext. 170 to request an appointment.

TRANSITION SUPPORTS

Transition supports are offered to support children, youth and their families during different life stages and changes, e.g. starting school, new diagnosis. Visit the links below for information about new Transition Services at Bethesda.

NEW AT BETHESDA!

TABLET LENDING LIBRARY

Would your family benefit from the short-term use of a tablet for virtual therapy, workshops or groups?

Thanks to **Government of Canada's Emergency Community Support Fund** and **United Way Niagara**, Bethesda was fortunate to receive a grant that will assist us connecting those we support with their community through the development of a tablet lending library.

Throughout the pandemic, Bethesda responded to the needs in our community by expanding virtual service options that include therapy sessions, workshops, clinics and group programs. With many families and individuals not being equipped with the technology required, we recognized that we needed to find a way to connect everyone virtually.

Tablets will be available for all families accessing Children's Services at Bethesda, including the Ontario Autism Program's Foundational Family Services. If your family would benefit from access to a tablet for virtual services, please contact us to see if the Tablet Lending Library is the right fit for you.

Our deepest thanks go out to the Government of Canada and United Way Niagara for seeing the value in this initiative and helping us to connect our community during such an unprecedented time.



**United Way
Niagara**

WORKSHOPS

UNDERSTANDING ASD SERIES

Sensory Processing and Behaviour: Understanding the Links and General Strategies

This workshop will provide parents and caregivers an introduction to understanding sensory processing and behaviour, as well as some strategies to use with their child.

DATE/TIME Monday October 5
1:00pm – 3:00pm or 6:30pm – 8:30pm

ASD and Anxiety

An interactive workshop designed for parents and caregivers addressing the unique needs of children with Autism and Anxiety. This workshop will explore anxiety through the lens of Applied Behaviour Analysis. Proactive interventions will be discussed that parents can implement in the home.

DATE/TIME Monday October 26
1:00pm – 3:00pm or 6:30pm – 8:30pm

Introduction to Autism Spectrum Disorder

This workshop will provide an introduction to Autism Spectrum Disorder to parents and caregivers from both a clinical and parental perspective.

DATE/TIME Wednesday November 4
6:30pm – 8:30pm



Acceptance and Commitment Therapy for Caregivers of a Child Newly Diagnosed with ASD

This workshop will provide strategies and resources to parents and caregivers facing a new diagnosis for their child. Based on the principles of Acceptance and Commitment Therapy (ACT), this workshop will introduce the concept of psychological flexibility and values-based action to help parents move forward with confidence amidst a new diagnosis.

DATE/TIME Monday October 19
6:30pm – 8:30pm

Picky Eating

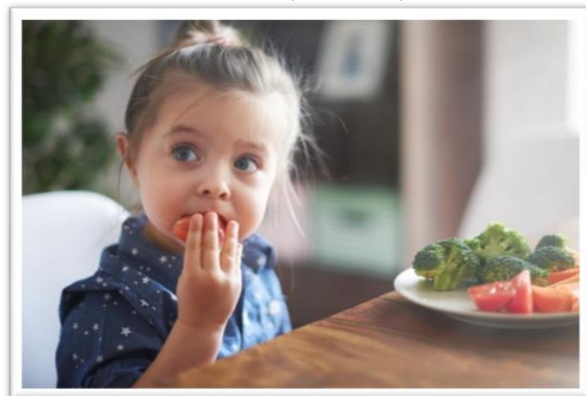
This workshop is designed for parents, caregivers and clinicians to cover a variety of positive behavioural approaches to introducing new foods or expanding food repertoires of children who are picky eaters. Strategies are covered in a practical step-by-step manner to address a range of feeding issues.

DATE/TIME Monday November 2
1:00pm – 3:00pm or 6:30pm – 8:30pm

Understanding the Ontario Autism Program

This workshop will help parents and caregivers understand their service options within the Ontario Autism Program, including the new Foundational Family Services. Service Coordinators will share information and answer your questions about Childhood Budgets, and Interim One-Time Funding.

DATE/TIME Monday November 9
6:30pm – 8:30pm or
Monday November 30
1:00pm – 3:00pm



COMMUNICATION WORKSHOP

Pivotal Response Training: Part One & Two

In this workshop you will learn how to: create opportunities to teach language, gain your child's attention, motivate your child to learn, deliver contingent reinforcement, teach your child that items have labels, reinforce language attempts, intersperse easy and hard tasks, and teach your child to respond to multiple cues.

This workshop is most appropriate for families of children between the ages 2-6 years old who have delays in their use of speech for communication (e.g., currently not using speech to communicate, speaking in one or two word sentences). Parents must be available for both workshop sessions and up to 2 the virtual consultations.

DATE/TIME **Part One:** Tuesday October 20
12:30pm – 2:30pm or 6:30pm – 8:30pm
OR
Tuesday November 17
12:30pm – 2:30pm or 6:30pm – 8:30pm

Part Two: Tuesday October 27
12:30pm – 2:30pm or 6:30pm – 8:30pm
OR
Tuesday November 24
12:30pm – 2:30pm or 6:30pm – 8:30pm

"I am amazed at the patience and knowledge of the staff members that my son has been working with. As my child is growing up, there are many 'unspoken rules' that I have not thought to teach him, but, as he's on the spectrum, he simply does not pick up on some of the social cues and body language displayed by others. I am so grateful to the group leaders for teaching him these details. I will continue to enroll my child in programs at Bethesda!"

Charla, son 11 years

BEHAVIOUR MANAGEMENT SERIES

Myths and Misconceptions of Reinforcement

This workshop will offer practical examples and strategies to help participants understand reinforcement. Topics will include different types of reinforcement, common myths and misconceptions of reinforcement and how to deliver and fade reinforcement.

DATE/TIME Thursday October 22
1:00pm – 3:00pm or 6:30pm – 8:30pm

Proactive Strategies for Managing Misbehaviour

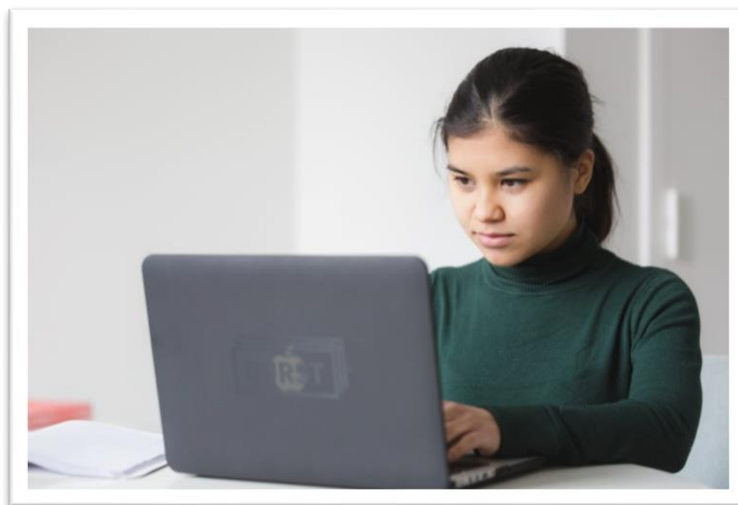
This workshop will assist parents in managing their child's/teens challenging behaviour using positive proactive strategies.

DATE/TIME Wednesday November 11
1:00pm – 3:00pm or 6:30pm – 8:30pm

Strategies from the Nonviolent Crisis Intervention® Training Program

Caregivers will work with a clinician to create an individualized safety plan for their child/youth outlining de-escalation techniques to avoid the use of physical intervention. This workshop is based on Sharing Strategies from the Nonviolent Crisis Intervention® Training Program. Note: Participants will not be certified and physical restraints/ disengagements are not covered in this workshop.

DATE/TIME Friday November 13
10:00am – 2:00pm or
Tuesday December 1
6:30pm – 8:30pm



INTRODUCTION TO TEACHING SERIES

Teaching Your Child to Label

This workshop in our Introduction to Teaching series will discuss some of the skills and strategies children need to learn when developing their ability to label (or ability to use language to name and describe the items in their world).

DATE/TIME Thursday October 1
1:00pm – 2:00pm or 7:00pm – 8:00pm

Joint Attention

This workshop in our Introduction to Teaching series will explain what joint attention is and how it is a critical skill in the development of young children. Strategies and skills related to joint attention will be reviewed so you can begin using them at home with your child.

DATE/TIME Thursday October 8
1:00pm – 2:00pm or 7:00pm – 8:00pm

Teaching Your Child Imitation Skills

This workshop in our Introduction to Teaching series will introduce some of the strategies used to teach children imitation skills.

DATE/TIME Tuesday November 3
1:00pm – 2:00pm or 7:00pm – 8:00pm

Teaching Vocal Requesting

This workshop in our Introduction to Teaching series will review the strategies to begin teaching a child to request items they want/need using speech.

DATE/TIME Thursday November 12
1:00pm – 2:00pm or 7:00pm – 8:00pm

The Power of Play

This workshop in our Introduction to Teaching series will review the importance of play and the basics of teaching your child early play skills such as imitation of others, joint attention, turn taking and pretend play.

DATE/TIME Thursday November 19
1:00pm – 2:00pm or 7:00pm – 8:00pm

Communication with Visuals

This workshop in our Introduction to Teaching series will focus on children who are non-verbal or experiencing difficulties communicating their needs to others. We will highlight some alternative methods of communication you can use to teach your child to communicate more effectively with visuals.

DATE/TIME Tuesday October 6
1:00pm – 2:00pm or 7:00pm – 8:00pm

Teaching Your Child Receptive Language

This workshop in our Introduction to Teaching series will discuss some of the skills and strategies children need to learn while developing their receptive language (or ability to understand the language of others).

DATE/TIME Thursday October 15
1:00pm – 2:00pm or 7:00pm – 8:00pm

How to Effectively Use Visual Schedules

This workshop in our Introduction to Teaching series will review the importance of visual schedules and how to use a visual schedule effectively.

DATE/TIME Tuesday November 10
1:00pm – 2:00pm or 7:00pm – 8:00pm

Helping Your Child Tolerate Change

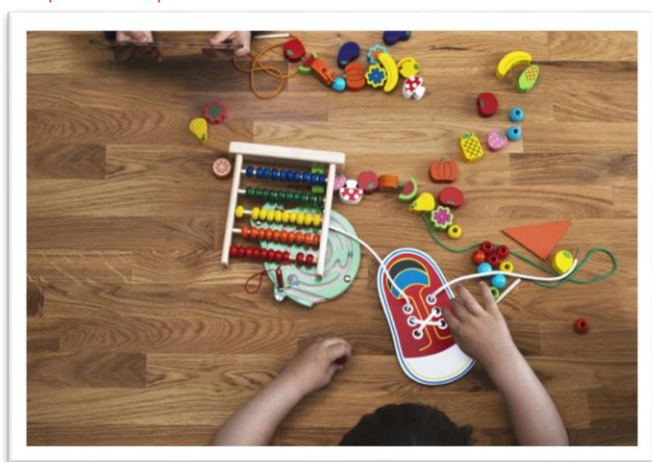
This workshop in our Introduction to Teaching series will review the strategies to begin teaching a child to tolerate changes in routines.

DATE/TIME Tuesday November 17
1:00pm – 2:00pm or 7:00pm – 8:00pm

Helping Your Child Tolerate “No”

This workshop in our Introduction to Teaching series will introduce some of the strategies used to teach children to respond appropriately when they are told “No”.

DATE/TIME Tuesday November 24
1:00pm – 2:00pm or 7:00pm – 8:00pm



PA DAY WORKSHOPS FOR TEENS

Morning Hygiene Routine for Youth

This workshop provides youth with information to successfully complete their daily morning routine. Participants will receive a supplemental package of resources. This workshop is best suited for high school aged youth.

DATE/TIME Wednesday November 18
1:00pm – 2:30pm

Bullying

This interactive workshop provides teens with specific tools and strategies for responding to bullying, including what to do if you are a target, how to handle embarrassing feedback and choosing appropriate friends.

DATE/TIME Wednesday November 18
11:00am – 12:00pm

Internet Safety

This interactive workshop designed for teens who are interested in learning tools and strategies for using the internet safely. Topics include digital etiquette, risks and benefits of social media and private vs public information.

DATE/TIME Wednesday November 18
1:00pm – 2:00pm

Interview Skills

This interactive workshop for teens offers an opportunity to learn and practice job readiness skills. This workshop will provide learners with a foundation in interview skills and will review the basics of resume writing. Individual mock interviews through videoconference will be set up with each participant where they can practice their interview skills and receive feedback in a supported environment.

DATE/TIME Wednesday November 18
2:30pm – 3:30pm

STRATEGIES FOR SUCCESS SERIES

Strategies for Immunizations and Bloodwork

Do you have a bloodwork requisition for your child that is waiting to be completed? Are you worried about bringing your child for bloodwork or immunizations? This virtual workshop reviews various tips, strategies and recommendations designed to help make receiving bloodwork or immunizations more successful for your child.

DATE/TIME Monday October 5
1:00pm – 2:00pm or
Wednesday October 7
7:00pm – 8:00pm

Strategies for Change of Season Clothing

Does your child have difficulties in transitioning between seasons? This workshop will review various tips, strategies and other recommendations to assist with the change of season and seasonal clothing.

DATE/TIME Monday October 26
1:00pm – 2:00pm or
Wednesday October 28
7:00pm – 8:00pm

Strategies for Planning for Outings

This workshop will review various tips, strategies and other recommendations to assist with planning a successful outing with your child.

DATE/TIME Tuesday November 23
1:00pm – 2:00pm or
Wednesday November 25
7:00pm – 8:00pm

Strategies for Medical Appointments

Does your child have difficulty going to the eye doctor, hearing or medical appointments? This virtual workshop reviews various tips, strategies and recommendations designed to help make medical appointments more successful for your child.

DATE/TIME Monday October 19
1:00pm – 2:00pm or
Wednesday October 21
7:00pm – 8:00pm

Strategies for Going to the Dentist

This workshop will review various tips, strategies and other recommendations to assist with any upcoming dental appointments for your child.

DATE/TIME Monday November 9
1:00pm – 2:00pm or
Wednesday November 11
7:00pm – 8:00pm

Strategies for Getting a Haircut

Does your child have difficulties getting their hair cut? Join us for a virtual workshop reviewing different tips, strategies and other recommendations to help make hair appointments for your child more enjoyable and successful!

DATE/TIME Monday November 23
1:00pm – 2:00pm or
Wednesday November 25
7:00pm – 8:00pm

FOUNDATIONAL WORKSHOPS

Toilet Training

This workshop is designed to help participants recognize readiness skills and patterns of current toileting behaviours in their children. Participants will also acquire knowledge of toilet training strategies based on principles of ABA.

DATE/TIME Tuesday October 13
1:00pm – 2:30pm or 6:00pm – 7:00pm

Organizational Skills

This interactive workshop is designed for both parents/guardians and teens who will have an opportunity to learn and practice organizational strategies that can be helpful for managing school work and online learning.

DATE/TIME Tuesday October 20
1:00pm – 2:00pm or 7:00pm – 8:00pm

Coping with Stress and Change

This workshop provides strategies and resources to help parents and caregiver cope during different stressful events and changes in their family and community. Based on the principles of Acceptance and Commitment Therapy (ACT), this workshop will introduce to identify your personal values and how to make decisions and behaviours that help us move toward these values and goals while in the midst of stressful situations.

DATE/TIME Monday November 9
6:30pm – 8:30pm

Internet Safety

This workshop will give parents information to assist their teen in increasing safety when using the technology. Topics will include: digital netiquette, digital vs. offline identities, cyberbullying, rules for social media use, and more.

DATE/TIME Tuesday November 17
1:00pm – 2:30pm or 7:00pm – 8:30pm

Transition to Adulthood

This workshop will provide information for parents/caregivers to support their child's transition to adulthood. Topics will include: Registering with Developmental Services Ontario (DSO), ODSP, transition planning, and more. Transition planning can take several years and parents are encouraged to attend this workshop in their child's early teen years and revisit this workshop at different points in their teenage years.

DATE/TIME Thursday November 26
1:00pm – 2:30pm or 7:00pm – 8:30pm

Support Learning from Home

This workshop describes strategies based on the principles of Applied Behaviour Analysis (ABA) to support their child in learning activities from home.

DATE/TIME Wednesday October 14
1:00pm – 2:00pm or 7:00pm – 8:00pm

Strategies for Successful Homework

This workshop will review different tips, strategies and other recommendations to help your child be more successful in completing homework and/or school assignments.

DATE/TIME Thursday November 5
1:00pm – 2:00pm or 7:00pm – 8:00pm

Sexuality and Relationships

This workshop introduces parents to issues related to sexuality and relationships for individuals with ASD. Parents will learn about a variety of areas that their teen may need to learn to navigate areas like: private and public behaviours, consent, boundaries, and sexual health.

DATE/TIME Wednesday November 11
6:30pm – 8:00pm or
Friday November 13
10:00am – 12:00pm

Puberty

This workshop provides information and strategies needed to support your child through puberty. Participants will learn how to teach children about puberty, as well as how to set good hygiene habits and routines. A supplemental package of resources will be shared with the group. This workshop is best suited for parents/guardians of children between the ages of 8-15 years.

DATE/TIME Thursday November 19
1:00pm – 2:30pm or 7:00pm – 8:30pm

"It was nice to have the program completed virtually. I have wanted to take this program for years, however, being a working mom I was unable to attend the day sessions in person. The clinicians were friendly, clear and provided tons of examples that we can utilize in our day to day."

- Parent experience with Virtual Workshop

FAMILY ACTIVITIES

Thanksgiving Family Activities

Register to receive a Thanksgiving Activity Kit created for children to explore the importance of gratitude with their family. The kit includes games and activities that can be completed independently or with a parent. Join our virtual session to discuss what it means to be grateful and complete a virtual craft together as a group.

DATE/TIME Thursday October 8
5:30pm – 6:30pm or
7:00pm – 8:00pm

Halloween Party

Join a virtual party to participate in some interactive Halloween Activities. Families who register for a time slot will receive a Halloween kit with games and activities to support the virtual party.

DATE/TIME Saturday October 31
9:30am – 10:30am
11:00am – 12:00pm
1:00pm – 2:00pm
2:30pm – 3:30pm

Donut Decorating Family Activity

Does your child love donuts? Do they want to show off their best donut decorating skills? Register now for your Donut Decorating Kit and then join the virtual session to decorate your donuts with other families!

DATE/TIME Wednesday November 18
12:30pm – 1:00pm



GROUP SERVICES

FAMILY AND SIBLING SERVICES

Coffee Chat - Parent Support Group

Join us for an opportunity to make connections, share ideas and experiences, and ask & answer questions with the support of other families.

AGES Open
DATE/TIME Mondays
7:30pm – 8:30pm
October 5 – December 14

Sibling Resilience Support Group

. This group is designed for youth over the age of 13 who have a sibling diagnosed with Autism Spectrum Disorder. The virtual group will include a number of activities to help foster and build resilience in siblings taking on a caregiving role. Presented in partnership with Young Caregivers Association and Powerhouse.

AGES 13+ years
DATE/TIME Wednesdays
5:30pm – 7:00pm
October 7 – December 16



Sibling Resilience Support Group

This group is designed for young children who have a sibling diagnosed with Autism Spectrum Disorder. The virtual group will include a number of activities to help foster and build resilience in siblings taking on a caregiving role. Presented in partnership with Young Caregivers Association and Powerhouse.

AGES 7-12 years
DATE/TIME Mondays
5:30pm – 7:00pm
October 5 – December 14



Coffee Chat - Parent Support Group

Join us for an opportunity to make connections, share ideas and experiences, and ask & answer questions with the support of other families.

AGES Open
DATE/TIME Thursdays
1:00pm – 2:00pm
October 8 – December 17

Youth Advisory Committee

Developed for youth, by youth! The committee will work together to provide peer support and develop connections in the community. Members will have an opportunity to develop advocacy and executive functioning skills. The committee will help inform service delivery models and identify gaps in service.

AGES 14 +
DATE/TIME Wednesday
7:00pm – 9:00pm
October 28, November 25, December 16

RECREATIONAL GROUPS

Preschool Group

Your little learners will enjoy a predictable and consistent schedule that includes common preschool social and academic learning opportunities such as reviewing the calendar, matching or patterns, numbers, show and tell and more.

AGES 2-6 yrs
DATE/TIME Tuesdays and Thursdays
9:30am - 10:00am
October 6 – December 18

Distant Socializing

Join us for some fun and distant socializing! During these uncertain times it can be a challenge to connect with people socially and emotionally. We are offering an opportunity for children to connect with peers their own age and participate in a variety of games, activities and challenges together.

AGES 9-12 yrs
DATE/TIME Mondays and Wednesdays
5:30pm - 6:15pm
October 5 – December 16

RECREATIONAL GROUPS

Distant Socializing

Join us for some fun and distant socializing! During these uncertain times it can be a challenge to connect with people socially and emotionally. We are offering an opportunity for children to connect with peers their own age and participate in a variety of games, activities and challenges together.

AGES 7-9 years
DATE/TIME Tuesdays and Thursdays
5:30pm – 6:15pm
October 6 – December 17

Roblox

Children will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other.

AGES 6-12 years
DATE/TIME Saturdays
11:00am – Noon
October 10 – October 31 or
November 7 – December 5

Teen Games 13+

Hangout with other teens to play interactive game like Jeopardy, Trivia, Board Games and Roblox. Games will change each week based on interest of participants.

AGES 13+ years
DATE/TIME Saturdays
1:00 pm – 2:00pm
October 10 – October 31 or
November 7 – December 12

Games Galore

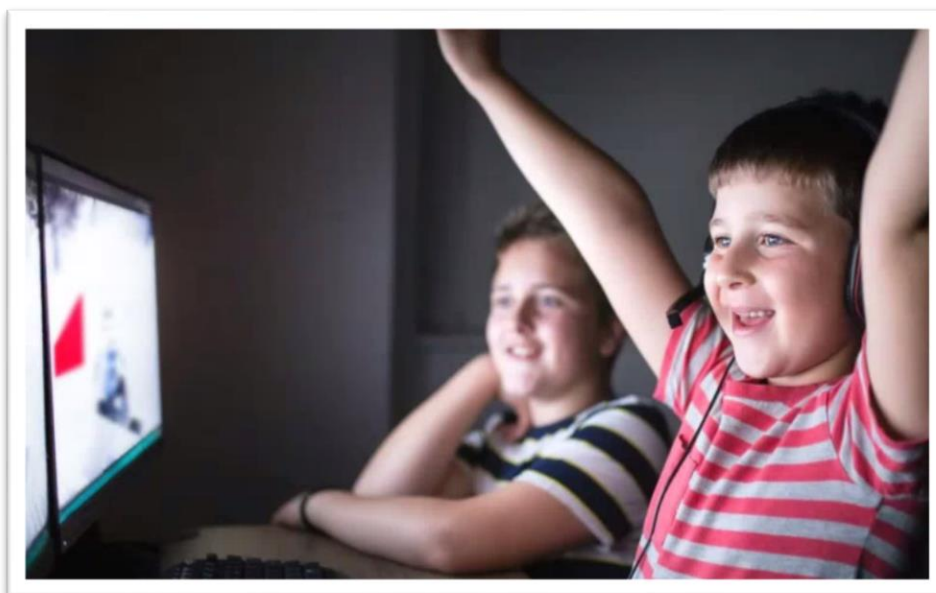
Do you like playing games, scavenger hunts, drawing, acting things out, or naming that tune? If yes Games Galore is for you! Hangout with other kids on video chat and play some fun games that will test a number of different skills. Games will change each day, if materials are required an email will be sent out in advance. Participants will need access to a device with video and audio capabilities.

AGES 6-12 years
DATE/TIME Saturdays
9:30am – 10:30am
October 10 – October 31
November 7 – December 12

Roblox 13+

Teens will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other.

AGES 13+
DATE/TIME Saturdays
2:30pm – 3:30pm
October 10 – October 31 or
November 7 – December 5



CLINICAL GROUPS

AIM: Accept, Identify, Move

AIM is a curriculum that combines Applied Behaviour Analysis (ABA), Acceptance and Commitment Therapy (ACT), and Mindfulness to address social and emotional challenges in children. AIM incorporates a variety of developmentally appropriate, sensory focused, and engaging activities to increase flexible and adaptive behaviours. AIM focuses on accepting the things that have happened (both good and bad), identifying what is really important, and making decisions that move you toward your goals. AIM Part 1 introduces participants to the concepts that will be used throughout this curriculum. AIM Part 1 is a prerequisite to other groups in the AIM series. This group is appropriate for children who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions, and can participate without 1:1 support in a group setting.

AGES 10-14 years
DATE/TIME Mondays
6:30pm – 7:30pm
November 2 – December 14

Girls Puberty

In this virtual group, children will learn social and life skills related to the physical and emotional changes that occur with puberty. Topics include daily hygiene such as shaving, showering and hair care, biological processes, social media and online safety.

AGES 10-14 years
DATE/TIME Wednesdays
6:30pm – 7:30pm
November 4 – December 16

Preschool Skills

Your little learners will enjoy a predictable and consistent daily schedule that includes common preschool social and academic learning opportunities such as reviewing the daily the calendar, matching or patterns, numbers, show and tell and more.

AGES 2-6 years
DATE/TIME Saturdays
9:30am – 10:30am
November 7 – December 19

Social Navigators

Children will learn a variety of social skills (initiating/exiting conversations, joining into conversations) and have an opportunity to practice these skills with peers. Children will learn these skills by being a social detective! Skills will be taught in a group format using ABA evidence based strategies. This program is appropriate for children who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions and can participate in a group setting without 1:1 support.

AGES 6-9 years
DATE/TIME Saturdays
1:00pm – 2:00pm
November 7 – December 19

Home Alone

Home Alone is an interactive group where children can learn and practice social and life skills related to staying safe when alone. Group topics include, stranger awareness, what to do in an emergency, home safety, calling 911, basic care for minor scrapes and cuts, internet safety, establishing a home alone routine, locking and unlocking a door and being responsible with a house key. This program is appropriate for youth who can follow multi-step instructions independently, communicate verbally and can participate in a virtual group setting.

AGES 10-15 years
DATE/TIME Tuesdays
6:30pm – 7:30pm
November 3 – December 15

Transition to Adulthood

Turning 18 soon? This virtual group will explore topics such as setting goals, meal planning, money management, keeping your space clean, developing cover letters and resumes, job readiness skills, using public transportation and personal hygiene. Participants will be encouraged to practice new skills during the virtual group and continue practicing at home with caregiver support.

AGES 14+
DATE/TIME Thursdays
6:30pm – 7:30pm
November 5 – December 17

Boys Puberty

In this virtual group, children will learn social and life skills related to the physical and emotional changes that occur with puberty. Topics include daily hygiene such as shaving, showering and hair care, biological processes, social media and online safety.

AGES 8-12 years
DATE/TIME Saturdays
11:00am – Noon
November 7 – December 19

Making Friends 101

This group is designed to teach children a variety of social skills, including, initiating a conversation, setting up a hang out, being a good sport and handling teasing and rejection. Children will participate in a variety of lessons and practice their new skills during interactive games and activities. As a parent/caregiver, you will be provided with the tools to be a 'friendship coach' through feedback and weekly homework assignments that are designed to build on the skills practiced in the sessions.

AGES 10-15 years
DATE/TIME Saturdays
2:30pm – 3:30pm
November 7 – December 19

ASD RESPITE SERVICES



VIRTUAL GROUPS

ASD Respite Services will be offering virtual respite groups for children who are registered with the ASD Respite Services program at Bethesda. To participate in a group, please call or email **905.684.6918 ext. 170** or serviceinfo@bethesdaservices.com

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Play-Doh Group 4:30pm - 5:30pm (6-10 years old)		Craft Kits Group 4:30-5:30pm (All ages)	Roblox 4:00pm – 5:00pm (Teens)	Story Time and Music 1:00 - 1:30pm (2-6 years old)
	Cooking Club 6:00 – 7:00pm (10 and up)		Science Experiments Group 6:00 – 7:00pm (9 and up)		Roblox 2:00 – 3:00pm (8-13 years old)

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LEGO Club 4:30pm - 5:30pm (6-10 years old)		Craft Corner 4:30-5:30pm (6-10 years old)	Roblox 4:00pm – 5:00pm (Teens)	Move and Groove 1:00 - 1:30pm (2-6 years old)
	Baking Group 6:00 – 7:00pm (8 and up)		Music/Dance Group 6:00 – 7:00pm (7 and up)		Roblox 2:00 – 3:00pm (8-13 years old)

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Create with Play-Doh 4:30pm - 5:30pm (6-10 years old)		Craft Kits Group 4:30-5:30pm (all ages)	Roblox 4:00pm – 5:00pm (Teens)	Move and Groove 1:00 - 1:30pm (2-6 years old)
	Cooking Club 6:00 – 7:00pm (10 and up)		Science Experiments Group 6:00 – 7:00pm (9 and up)		Roblox 2:00 – 3:00pm (8-13 years old)

“Two thumbs up! He’s loving it. Jen is amazing and enthusiastic. It’s been wonderful. He totally engaged and has looked forward to it.”

-Daniel’s experience in LEGO Club

FEE FOR SERVICE OPTIONS



BEHAVIOURAL SERVICES

Applied Behaviour Analysis (ABA) is an intervention based on the science of learning and behaviour. Clinicians work with individuals and their families to identify goals to increase behaviours/skills that are important to them and decrease behaviour that interferes with skill development and day-to-day functioning. ABA therapy can help increase a child/youth's social communication, teach new skills and increase their independence. ABA involves designing, implementing and monitoring interventions that are supervised by a Board Certified Behaviour Analyst (BCBA or BCBA-D).

* To access an individualized behaviour service, a Clinical Treatment Plan is required

Clinical Treatment Plan

All individualized ABA and EIBI services start with a Clinical Treatment Plan. Clinicians will meet with you and your child/youth to assess his/her strengths and areas of need. Together, we will determine goals and develop an individualized service plan that best supports your child/youth and family.

Cost: \$150.00

Early Intensive Behavioural Intervention (EIBI)

The goal of intensive, comprehensive intervention is to increase a child's rate of learning and improve cognitive, language, social and self-help skills. Children in EIBI receive 20-40 hours of therapy a week for a period of at least 6 months up to 2-3 years. EIBI has a three-tiered supervision model with Instructor Therapists providing direct therapy, a Senior Therapist supervising your child and their programming every week, and a BCBA Clinical Supervisor who is an approved provider on the OAP Provider List.

Cost: \$70 per hour*

* Additional costs for mileage and travel time for community sessions

Individualized ABA Services

Individualized ABA Services provide skill building and/or behaviour reduction programming designed to address the goals outlined in the Clinical Treatment Plan. The range in price for service reflects the type of professional that will be needed to best support your child's treatment plan. Psychiatric Consultation is available for children and youth who are actively receiving a Behavioural Service at Bethesda. The consultation can be integrated into the child/youth's Clinical Treatment Plan to assess and treat mental health concerns. All Behavioural Programs are supervised by a BCBA Clinical Supervisor.

Cost: \$55-\$75 per hour*

* Additional costs for mileage and travel time for community sessions

SPECIALIZED SERVICES

Bethesda offers a variety of specialized services that can be accessed individually or as part of an integrated Clinical Treatment Plan.

Psychology Assessments:

A Psychological Assessment provides a comprehensive evaluation of a child/youth's cognitive and adaptive functioning and may include measures of social emotional development and academic achievement. The assessment process may include interviews, observation, testing and consultation with other professionals. The assessment can be used to assess eligibility for developmental services.

Cost: \$2500*

*Services may be eligible for billing to private insurance providers

Occupational Therapy:

Occupational Therapy (OT) is a health profession that works with children/youth and their families to help identify factors that might be impacting a child/youth's ability to participate in activities of daily life e.g. self-care, play, social communication and coping skills. OT assessment and intervention will focus on understanding how motor skill development, sensory responses, and visual-perceptual skill development are linked to the child/youth's participation and provide therapeutic strategies to help enhance these skill areas.

Cost: \$100 per hour

* Services may be eligible for billing to private insurance providers

Speech and Language Therapy:

Speech-Language Pathologists (SLP) work with families who have concerns about their child/youth's communication development. SLP's assess and treat a broad range of speech, language, communication, swallowing and eating concerns.

Cost: \$125 per hour

* Services may be eligible for billing to private insurance providers