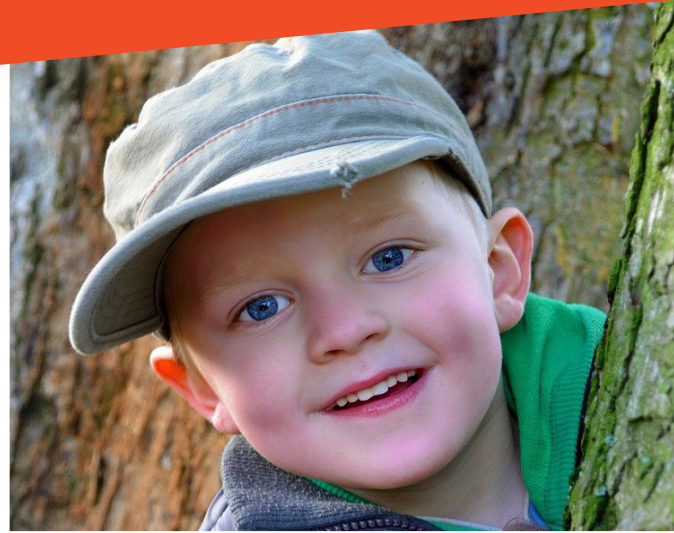




JANUARY 2021 CHILDREN'S SERVICE GUIDE



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.

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.

Canada



**United Way
Niagara**

WORKSHOPS

JOIN US FOR THE FOLLOWING VIRTUAL WORKSHOPS OFFERED IN JANUARY

Introduction to Teaching: 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 January 12
7:00 - 8:00pm

Introduction to Teaching: 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 Tuesday January 19
7:00 - 8:00pm

Introduction to Teaching: 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 Thursday January 14
7:00 - 8:00pm

Introduction to Teaching: 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 Thursday January 21
7:00 - 8:00pm

Understanding the Ontario Autism Program Service Coordination and Funding Options

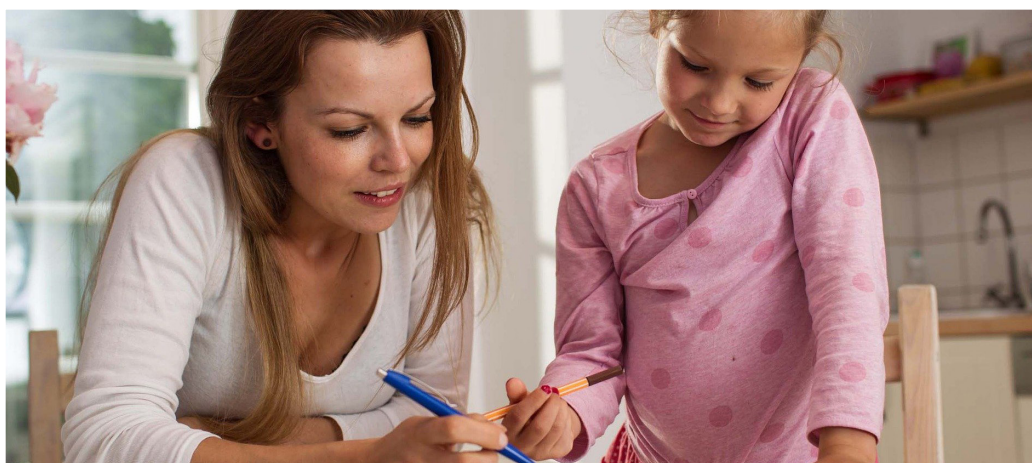
This workshop will help parents and caregivers navigate Autism services in the Niagara Region and the province. The Ontario Autism Program (OAP) and one-time funding, and evidence-based services, including ABA (Applied Behaviour Analysis), will be reviewed

DATE/TIME Open
Available by individual appointment
upon request

How to Talk to Your Child About Their Diagnosis

Many parents wonder when, what, and how to share a diagnosis with their child. This workshop explores strategies that can be used, as well as ways to help your child and their sibling(s) understand what a diagnosis of ASD means to them.

DATE/TIME Wednesday January 6
7:00 - 8:00pm



Stepping Stones -Triple P Positive Parenting

Are you interested in learning more about teaching new skills and handling misbehaviour? Triple P is a caregiver education course that focuses on causes of misbehaviour, teaching new skills, increasing desired behaviours, decreasing misbehaviour and survival skills for difficult situations. This course is recommended for caregivers new to the diagnosis of autism or another developmental disability and/or the science of Applied Behaviour Analysis. This course is appropriate for caregivers with children aged 0-12 years old.

DATE/TIME Mondays January 11 - March 8
6:30 - 8:30pm
NO Class on Family Day (Feb 15)

Helping Your Child Manage Change

There are many strategies you can use to help your child learn the skills they need to be successful in their environment – it is important to focus on the strategies that we can use to help them understand, engage and navigate their world. This workshop will help you determine what areas your child is displaying rigidity and discuss strategies to increase your child's flexibility. Two follow up consultations are provided to review how the strategies are working for you and provide more individualized feedback.

DATE/TIME Wednesday January 13
7:00 - 8:00pm

Positive Parenting Strategies

Learn about the seven key aspects of parenting and how to set your child up for success. The goal of this workshop is to teach caregivers proactive ways to support their child's growth and development through the use of positive behaviour support strategies

DATE/TIME Thursday January 14
6:30 - 8:00pm

Teen Triple P Positive Parenting

Has your teen's behaviour been hard to handle? Or maybe things are going okay, but you realize that it can change quickly and you would like to be prepared if issues should arise. Teen Triple P is a caregiver education course that teaches strategies to help caregivers feel equipped to support their growing and changing teens! The clinicians will use PowerPoint presentations, prepared lessons and video examples to show you how the strategies work in real life and give you the tools you need to start positive parenting right away. There are four group sessions, two individual follow up sessions (by phone or virtual) and a final group session to end it off. The workbook is included.

DATE/TIME Tuesdays January 12 - February 23
9:30 - 11:30 am

Pivotal Response Training

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 two virtual consultations.

DATE/TIME Wednesdays
January 13 Part One
January 20 Part Two
1:00 - 3:00pm

Functions of Behaviour

This workshop focuses on helping you understand how your child's behaviour may have developed and is being maintained. Learn about basic behaviour principles and the functions of behaviour as they relate to your child. Two follow up consultations are provided to review how the strategies are working for you and provide more individualized feedback.

DATE/TIME Wednesday January 20
7:00 - 8:30pm

Understanding and Improving Communication in Your Child

This workshop is geared towards children who are early communicators (gesturing, pointing, leading, using pictures/symbols). In this workshop we will cover what communication is, what does communication “look” like and how can we set up the home environment to contrive opportunities for communication. Two follow up consultations are provided to review how the strategies are working for you and provide more individualized feedback

DATE/TIME Wednesday January 27
7:00 - 8:30pm

Desensitization: How to Make Difficult Events Easier

Does your child have difficulty accepting certain textures or sounds? Maybe it is a certain place, a piece of clothing or a family members pet? Desensitization is a term we use in Applied Behaviour Analysis (ABA) to describe teaching tolerance to activities or situations the child finds difficult. Join this workshop to learn some practical ways to increase your child’s tolerance level to non preferred items. Two follow up consultations are provided to review how the strategies are working for you.

DATE/TIME Thursday January 28
6:30 - 8:00pm

YOUTH WORKSHOPS

Homework Help for Youth with ASD

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

DATE/TIME Wednesday January 13
6:00 - 7:00pm



Internet safety For Youth with ASD

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 January 20
6:00 - 7:00pm

Self Advocacy Skills for Youth with ASD

Self-advocacy is learning how to speak up for yourself and make your own decisions about your life. It is about learning how to get information and expressing yourself appropriately. It involves knowing your rights and responsibilities and problem solving. Join your peers to discuss these topics in a safe environment.

DATE/TIME Wednesday January 27
6:00 - 7:00pm

GROUP SERVICES



VIRTUAL GROUP ACTIVITIES FOR JANUARY

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 9 - 12 years
DATE/TIME Mondays and Wednesdays
January 4 - 27
4:00 - 4:45pm

Move Your Body

Youth will have fun while engaging in different activities and games to help them move their body! They will learn about the importance of health and wellness and the role movement can play in their life.

AGES 9 - 12 years
DATE/TIME Mondays
January 4 - 25
5:15 - 6:00pm

Youth Empowerment

Teens will learn to navigate complex social situations and make informed choices regarding topics such as personal health, unwritten social rules, relationships, consent and boundaries, social media and internet use, and self-advocacy. Topics will be discussed in a safe and interactive setting.

AGES 14 + years
DATE/TIME Mondays January 4 - February 22
6:30 - 7:30pm
NO class on Family Day (February 15)

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 January 4, 11, 18, and 25
7:30 - 8:30pm

Childrens Yoga

Join us as we connect with our breath and move through a variety of poses that focus on balance, strength and flexibility. No previous yoga experience is necessary. Taught by a certified yoga teacher.

AGES Up to 13 years
DATE/TIME Mondays
January 4 - 25
4:00 - 4:45pm

Teen Yoga- Relax and Unwind

Calling all teens to pause and unwind with us. Let the stresses of the day go and connect with your breath moving through a variety of poses that focus on balance, strength and flexibility. No previous yoga experience is necessary. Taught by a certified yoga teacher.

AGES 13 + years
DATE/TIME Mondays January 4 - 25
7:15 - 8:00pm

Sibling Resilience Support Group

This group is designed for children and youth 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.

AGES 7 + years
DATE/TIME Mondays January 4, 11, 18, and 25
5:30 - 7:00pm



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 7 - 9 years
DATE/TIME Tuesdays and Thursdays
January 5 - 28
4:00 - 4:45pm

AIM® Accept, Identify, Move - Part 1

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 Tuesdays January 5 - February 16
6:30 - 7:30pm

Sportsmanship

This group will use a variety of interactive games and activities to teach children how to be a good winner and a good loser! Children will learn to cheer on their peers, follow the rules of a game, learn how to avoid 'coaching or refereeing' their peers and will learn what to do when you lose.

AGES 9 - 12 years
DATE/TIME Wednesdays January 6 - February 17
6:30 - 7:30pm

Super Heros and Heroines

Calling all super heroes and heroines!! During this group, children will use their imaginations to increase conversation skills with peers and improve their cooperative play skills. Using evidence-based ABA strategies, children will learn to interact, have conversations and make friends

AGES 6 - 9 years
DATE/TIME Thursdays January 7 - February 18
6:30 - 7:30pm

Move Your Body

Youth will have fun while engaging in different activities and games to help them move their body! They will learn about the importance of health and wellness and the role movement can play in their life.

AGES 7 - 9 years
DATE/TIME Tuesdays January 5 - 26
5:15 - 6:00pm

Kids Fun Zone

Do you like brain teasers, scavenger hunts, drawing, acting things out, or naming that tune? If your answered "Yes", then Fun Zone is for you!

AGES 7 - 12 years
DATE/TIME Wednesdays January 6 - 27
5:15 - 6:00pm



Teen Fun Zone

Do you like brain teasers, trivia, Kahoot, scavenger hunts, or naming that tune? If your answered "Yes", then Teen Fun Zone is for you! Come hang out with some peers- but be prepared to laugh a lot!

AGES 13 + years
DATE/TIME Thursdays January 7 - 28
5:15 - 6:00pm

Kids Fun Zone

Do you like brain teasers, scavenger hunts, drawing, acting things out, or naming that tune? If your answered "Yes", then Fun Zone is for you!

AGES 7 - 12 years
DATE/TIME Saturdays January 9 - 30
9:30 - 10:30am

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 January 9 - 30
11:00am - 12:00pm

Roblox

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 + years
DATE/TIME Saturdays January 9 - 30
2:30 - 3:30pm



Stranger Danger

Does your child know what to do if they are approached by a stranger? In this group, children will learn what a stranger is and how to respond if a stranger approaches them, identify community helpers and learn how to stay safe in the community.

AGES 7 - 11 years
DATE/TIME Saturdays January 9 - February 20
1:00 - 2:00pm



Act it Out

Let your inner star shine and have fun joining interactive activities, skits, role plays, vocal exercises and more.

AGES 13 + years
DATE/TIME Saturdays January 9 - 30
1:00 - 2:00pm

Lego Club

Lego club is a clinical group that teaches social skills and problem solving with peer such as: complementing others, using early conversation skill, and compromising with others. Each session will include a lesson and practice of skills with peers while engaging in Lego building activities. Participants must have access to a variety of Lego or similar interlocking bricks.

This program is appropriate for children who can: follow two step (or more) instructions independently, communicate using verbal requests, comments, and questions and can participate in a group setting with 1:1 support.

AGES 7 - 9 years
DATE/TIME Saturdays January 9 - February 20
9:30 - 10:30am

Keeping Your Cool Part 1

The Keeping Your Cool series will teach children to identify their emotions, learn how their emotions impact others, and explore practical strategies for regulating their emotions. Part 1 of this series will focus on using ABA strategies to teach the concepts and use of the Zones of Regulation. 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 9 - 12 years
DATE/TIME Saturdays January 9 - February 20
11:00am - 12:00pm



Keeping Your Cool Part 2

Keeping Your Cool is a program that uses ABA strategies to teach the concepts and use of the Zones of Regulation. Part 2 in this series focuses on applying these concepts by practicing them in a group setting and in individual breakout sessions with a clinician. Completion of Part 1 is a pre-requisite for registering for Part 2. 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 10 - 14 years
DATE/TIME Saturdays January 9 - February 20
2:30 - 3:30pm

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 + years
DATE/TIME Wednesday January 13 and 27
7:30 - 9:00pm

Elementary PA Day

Spend your PA day with us to practice your social skills by engaging in virtual games and activities. Choose a session and join us. Each session will have various activities geared to the ages of the children who register. Join one or join them all.

AGES Grades 1 - 8
DATE/TIME Friday January 15
9:30 - 10:30am
11:00 - 12:00pm
1:00 - 2:00pm
2:30 - 3:30pm

Peer Mentorship Program

Calling all teens looking to become a peer mentor this year! Bethesda is offering a peer mentor training program taking place virtually with 1.5 hour sessions beginning in January. This training will outline expectations as a peer mentor including roles and responsibilities, conflict resolution and leadership skills. The goal is to empower future leaders to come along side and support other youth throughout the 2021 year!

AGES 14 + years
DATE/TIME Tuesdays January 12, 19 and 26
7:00 - 8:30pm



Family Activity

It can be easy to get caught up in the 'must do' activities and forget to have fun spending time together. Join us as we explore family resiliency and look at fun ways to nurture your relationships while opening up communication and having fun together. Register for the time most appropriate for your fam-jam to join us!

AGES All Ages
DATE/TIME Saturday January 23
9:30 - 10:30am
11:00 - 12:00pm
1:00 - 2:00pm
2:30 - 3:30pm



HIGH SCHOOL EXAM ACTIVITIES

High School Exam Activities 1

Join us each exam day for one hour to discuss making and keeping friends. Brush up on your conversation skills, review electronic communication do's and don'ts, discuss appropriate use of humour and more! Don't worry, it will be fun. It is your PA day!

AGES	13 +
DATE/TIME	Tuesday January 26 Wednesday January 27 Thursday January 28 11:30 - 12:30pm

High School Exam Activities 2

Join us each exam day for one hour to let loose! If you want to play some crazy games and participate in fun competitive challenges, sign up. You don't want to miss it!

AGES	13 +
DATE/TIME	Tuesday January 26 Wednesday January 27 Thursday January 28 1:00 - 2:00pm

High School Exam Activities 3

Join us each exam day for one hour to play Roblox in a supportive environment where youth can engage with their peers to imagine, create, and share experiences with each other.

AGES	13 +
DATE/TIME	Tuesday January 26 Wednesday January 27 Thursday January 28 2:30 - 3:30pm

ASD RESPITE SERVICES



JANUARY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
LEGO Club 4:30-5:30 pm (6-10 years old)	Craft Group 4:30-5:30 pm (6-10 years old)	Move and Groove 4:00-4:30 pm (7 and under)	Move and Groove 4:00-4:30 pm (8 and up)	ROBLOX 4:00-5:00 pm (Teens)
ROBLOX 6:00-7:00pm (8-12 years old)	Baking Group 6:00-7:00 pm (all ages)			

GROUP DESCRIPTIONS:

LEGO Club: Does your child love building with LEGO? Each week we will have different LEGO challenges and time for free play to show off our imaginations and unique creations.

*Please ensure your child has access to a small-medium sized bin of loose LEGO pieces that they are able to use and play with during the group.

Baking Club: Does your child love to bake? In this fun virtual baking club, we are going to bake recipes together! When you join the Virtual Baking Club we will send you a detailed email explaining how to participate, some baking prep and the ingredients required for each week's recipe.

*Parent supervision will be required.

Move and Groove Group: Join us for a fun 30 minute dance group where your child can shake and shimmy all their sillies out.

Roblox - 8-12 group and Teen group: 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.

Craft Corner: Each week we will be creating different crafts using a variety of materials. Children will have opportunity to interact with peers and show off their handmade creations!

*A comprehensive list of crafts for each week along with what materials that will be required will be sent to registered families.

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