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# AUTISM SEMINARS WINTER 2020

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## EXCUSE MY BEHAVIOUR... INTRO TO APPLIED BEHAVIOUR ANALYSIS (ABA)

Do you want to learn more about ABA and how it can benefit your life? This seminar will teach caregivers about the science of Applied Behaviour Analysis (ABA). Topics discussed include motivation, reinforcement, data collection, and the application of ABA strategies. Families will learn how to use these skills in various environments and across different situations.

**BRACEBRIDGE** - Tuesday, February 4 from 5:30 pm to 7:00 pm.

**NORTH BAY** - Monday, January 27 from 5:30 pm to 7:00 pm.

**PARRY SOUND** - Saturday, February 8 from 10:00 am to 11:30 am.

**TIMMINS (FRENCH)** - Tuesday, January 14 from 6:00 pm to 7:30 pm.

**ALL LOCATIONS** - Wednesday, March 11 from 1:00 pm to 2:30 pm.

## INTRODUCTION TO AUTISM SPECTRUM DISORDER (ASD)

In this seminar, families will develop a better understanding of the diagnosis of Autism Spectrum Disorder (ASD) and what it means to their child and family. The seminar will include a description of the diagnostic process and how a diagnosis is determined. Families will learn how genetic and environmental factors are associated with ASD and common issues that are associated with the disorder. Treatment options will be reviewed with an emphasis on evidence based practices. There will be an opportunity for questions and direction in supporting families' unique needs.

**BRACEBRIDGE** - Saturday, January 18 from 12:30 pm to 2:00 pm.

**NORTH BAY** - Saturday, February 29 from 11:00 am to 12:30 pm.

**PARRY SOUND** - Tuesday, January 28 from 5:30 pm to 7:00 pm.

**ALL LOCATIONS** - Thursday, March 5 from 10:00 am to 11:30 am.





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## COUNTING SHEEP: COMBATING SLEEP ISSUES

When was the last time you got a good night sleep? If you don't know the answer to this question, this seminar is for you. In this seminar, caregivers will identify difficulties that their child has in regards to bedtime routine, falling asleep and staying asleep. Steps to improve these difficulties will be discussed and caregivers will leave with concrete goals to work on at home.

**BRACEBRIDGE** - Saturday, March 7 from 10:00 am to 11:30 am.  
**NORTH BAY** - Wednesday, January 15 from 6:00 pm to 7:30 pm.  
**PARRY SOUND** - Tuesday, March 3 from 5:30 pm to 7:00 pm.  
**TIMMINS** - Wednesday, January 15 from 6:00 pm to 7:30 pm.  
**TIMMINS (FRENCH)** - Monday, February 4 from 6:00 pm to 7:30 pm.  
**ALL LOCATIONS** - Monday, February 10 from 1:00 pm to 2:30 pm.

## I GOTTA GO: TOILET TRAINING 101

Are you ready to start the toilet training process? Or have you encountered challenges around toilet training? This seminar will identify readiness skills for toilet training, and work on steps to build a successful toilet training routine for their child using the principles of ABA. Caregivers can expect to leave with a strong understanding of techniques and potential barriers associated with these processes.

**BRACEBRIDGE** - Saturday, March 7 from 12:30 pm to 2:00 pm.  
**NORTH BAY** - Wednesday, January 22 from 6:00 pm to 7:30 pm.  
**PARRY SOUND** - Tuesday, March 10 from 5:30 pm to 7:00 pm.  
**TIMMINS** - Wednesday, January 22 from 6:00 pm to 7:30 pm.  
**TIMMINS (FRENCH)** - Monday, February 11 from 6:00 pm to 7:30 pm.  
**ALL LOCATIONS** - Thursday, February 20 from 1:00 pm to 2:30 pm.

## THE COMMUNICATION TANGO: CREATING AND BUILDING COMMUNICATION OPPORTUNITIES

Communication is a complex system of sending and receiving information. This seminar focuses on understanding the whole body as a communication tool and how we send and receive information. Participants will be taught the foundational starting points of capturing motivation, understanding their child's non-verbal communication and effectively responding to their child's communication. Additional focus will include the different intentions behind your child's communication and how you can create an environment that increases the opportunity for communication.

**BRACEBRIDGE** - Saturday, March 28 from 10:00 am to 11:30 am.  
**NORTH BAY** - Wednesday, February 12 from 6:00 pm to 7:30 pm.  
**PARRY SOUND** - Tuesday, March 31 from 5:30 pm to 7:00 pm.  
**TIMMINS** - Wednesday, February 12 from 6:00 pm to 7:30 pm.  
**ALL LOCATIONS** - Wednesday, January 29 from 10:00 am to 11:30 am.



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## CHALLENGING BEHAVIOURS 101: PLAYING DETECTIVE

Do you ever wonder why your child engages in challenging behaviour? Are you not sure where to start with dealing with challenging behaviour? This seminar focuses on the functions, or the why, individuals engage in challenging behaviours, how to figure out which function is the reason why your child engages in these behaviours, how to collect data, and a brief introduction of strategies that can be used before your child engages in challenging behaviour to decrease the chances of that happening.

**BRACEBRIDGE** - Tuesday, February 11 from 5:30 pm to 7:00 pm.

**NORTH BAY** - Monday, March 2 from 5:30 pm to 7:00 pm.

**PARRY SOUND** - Saturday, February 8 from 12:30 pm to 2:00 pm.

**TIMMINS** - Saturday, February 8 from 12:30 pm to 2:00 pm.

**ALL LOCATIONS** - Tuesday, March 24 from 1:00 pm to 2:30 pm.

## CHALLENGING BEHAVIOURS 102: STEPS TO POSITIVE CHANGE

So you've figured out why your child engages in challenging behaviour, but now what? Are you unsure of where to go next, now that you've tried the strategies shared in 'Playing Detective'? This seminar goes more in depth with strategies that can be used to decrease challenging behaviours observed at home, and introduces what to do if your child does engage in these behaviours.

**BRACEBRIDGE** - Tuesday, February 25 from 5:30 pm to 7:00 pm.

**NORTH BAY** - Monday, March 9 from 5:30 pm to 7:00 pm.

**PARRY SOUND** - Saturday, February 22 from 10:00 am to 11:30 am.

**TIMMINS** - Saturday, February 22 from 10:00 am to 11:30 am.

**ALL LOCATIONS** - Tuesday, March 31 from 1:00 pm to 2:30 pm.

## WHAT IS AUTISM? AN INFORMATION SESSION FOR SIBLINGS AND THEIR LITTLE FRIENDS

This is a child-friendly version of our "Introduction to Autism Spectrum Disorder" seminar. In this seminar, siblings and friends of children and youth who have ASD get to experience a fun and interactive information session about ASD while also learning about autism acceptance and awareness. The participants will also have the chance to interact with others who have brothers and sisters on the autism spectrum. Recommended ages 6-12 years.

**BRACEBRIDGE** - Saturday, February 8 from 12:00 pm to 2:00 pm.

**NORTH BAY** - Saturday, March 28 from 1:00 pm to 3:00 pm.

**PARRY SOUND** - Saturday, February 29 from 10:00 am to 12:00 pm.

*\*NOTE ALL SEMINARS ARE ALSO AVAILABLE BY VIDEO CONFERENCE*

**REGISTER BY CALLING HANDS' FAMILY SERVICE WORKERS AT 1.800.668.8555 EXT. 1333 OR AUTISM@HANDSTFHN.CA, OR CALL US ANY TIME TO DISCUSS HANDS' BEHAVIOURAL SERVICES AND TO START CREATING AN INDIVIDUALIZED PLAN TO MEET THE NEEDS OF YOUR FAMILY.**