



Hands | Mains

TheFamilyHelpNetwork.ca

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AUTISM FOUNDATIONAL SERVICES

FALL CLINICS 2021

LEARNING CHORES AND BUILDING INDEPENDENCE (AGES 12 TO 15)

Youth will build their independence by learning how to do chores. This four-week clinic begins by learning about chore charts and keeping organized and discusses a variety of chores that can be learned to build self-help and independence skills. Topics include self-care chores, cleaning, pet care, indoor and outdoor chores, and managing allowance. Activities and time to practice are a part of each session.

Saturday, October 16, 23, 30, November 6 from
10:30 am to 12:00 pm

SOCIAL DISCOVERERS (AGES 4 TO 8)

In this virtual social skills group, participants will learn foundational concepts to help them understand the social world around them. Each week, participants will learn and practice key social skills concepts through engaging stories, demonstrations, and games. Participants will have to chance to practice these skills through fun interactive games and activities, while getting the chance to meet and play with other kids in an online group environment. Each week, caregivers will be provided with activities and resources for continuing to practice these new skills at home.

Stay tuned for part 2 coming in January 2022

Monday, November 15, 22, 29, December 6, 13 from
4:00 pm to 5:30 pm

STORY TIME WITH FRIENDS (AGES 2 TO 6)

Does your child struggle to be around other children? Are they getting ready to or have just started kindergarten? In this 4-week clinic, young children will practice sitting for a story and participating in activities and games with their peers in a fun and supportive environment. Parents are required to stay to support their child in participating in the virtual clinic.

Saturday, October 16, 23, 30, November 6 from
9:00 am to 10:00 am





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PEERS® PROGRAM (AGES 12 TO 15)

The PEERS® Curriculum is being offered as a clinically proven program to significantly improve social skills and social interactions among teens with autism spectrum disorder. Teens attend 12 weekly group sessions where they are taught social skills through lessons and role-play demonstrations, and practice these skills during group socialization activities. Lessons include concrete rules and steps, corresponding homework assignments, plans for review, and unique, fun activities to ensure that teens are comfortable incorporating what they've learned.

Wednesday, October 6, 13, 20, 27, November 3, 10, 17, 24,
December 1, 8, 15 from 4:00 pm to 5:30 pm

LET'S GET SOCIAL - HOLIDAY EDITION (AGES 7 TO 11)

In this Clinic, children will have the opportunity to learn and practice social skills while participating in holiday activities, crafts, and games together. Recommended for ages 7 to 11.

Tuesday, November 23, 30, December 7, 14 from
4:00 pm to 5:30 pm

LET'S GET SOCIAL AND COOK - VIRTUAL (AGES 7 TO 11)

A continuation of our Let's Get Social and Start Building Clinic, children ages 7 to 11 will further develop and strengthen their social skills and peer interactions in this Let's Get Social and Start Cooking Virtual Clinic. Children will learn early kitchen skills like buttering bread, cutting fruits and veggies, using the microwave, measuring ingredients and much more. Areas of focus will include building friendships and other positive social interactions, turn taking, independence and self-help in the kitchen.

Tuesday, October 12, 19, 26, November 2 from
4:00 pm to 5:30 pm

**Register by contacting Hands' Family Service Workers at
1-800-668-8555 ext. 1333 or autism@handstfhn.ca.**

Call us any time to discuss Hands' Behavioural Services and to start creating an individualized plan to meet the needs of your family.

FOLLOW US ON FACEBOOK @HandsAutismServices.

