

2017 ASD Workshop Schedule

Workshops are open to parents, caregivers, professionals and students across the region.

Workshop Listings

Workshop	Dates	Time	Location
January			
ASD and Anxiety Presenters: Leilani Llacuna (Hamilton Health Sciences) & Sarah Miele (Bethesda)	Thursday, January 19	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
Positive Parenting Strategies Presenters: Lisa Gilmour, Meghan Hines & Corrin Oosterhoff (Bethesda)	Wednesday, January 25	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
February			
Toilet Training Presenters: Martha Omana & Kim McAlpine (Bethesda)	Thursday, February 2	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
Summer Camp Information Fair Representatives from Hamilton area summer camps will be present	Thursday, February 9	5:30 p.m. – 7:30 p.m.	Hamilton - Ron Joyce Children's Health Centre – 1 st Floor Conference Centre
Organizational Skills Workshop for Caregivers and Teens Presenters: Janine Moffett & Meghan Hines (Bethesda)	Wednesday, February 15	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
Managing Misbehaviour: Part 1 Presenters: Linda Moroz & Monica Hughes (Bethesda)	Wednesday, February 22	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
March			
Promoting Better Sleep Presenters: Jenny DenHollander & Nikki Griffin (Hamilton Health Sciences)	Thursday, March 9	6:00 p.m. – 8:00 p.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
How to Tell My Child About Their Diagnosis Presenters: Sarah Miele & Katie McHugh (Bethesda)	Thursday, March 23	1:00 p.m. – 3:00 p.m.	Niagara - Bethesda Niagara Family Centre
Managing Misbehaviour: Part 2 Presenters: Linda Moroz & Monica Hughes (Bethesda)	Wednesday, March 29	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
April			
Truth or Myth about Autism Spectrum Disorders: Ask the Doctor Presenter: Dr. William Mahoney (Hamilton Health Sciences)	Wednesday, April 5	7:00 p.m. – 9:00 p.m.	Hamilton - Ron Joyce Children's Health Centre, 1 st Floor Conference Centre
Puberty: Answering Difficult Questions Presenters: Melissa Groves & Lauren West (Hamilton Health Sciences)	Monday, April 10	6:00 p.m. – 8:00 p.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059

To Register: Please call **1-888-993-9974** or **905-521-2100, ext. 74136**.

An electronic version of this workshop calendar can be found at www.mcmasterchildrenshospital.ca/aba.

Please note, at this time childcare is not provided.

Kids Have Stress Too Presenters: Bev Janzen (Bethesda) & Cathy McMullin (Niagara Catholic District School Board)	Thursday, April 20	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
Toilet Training Presenters: Brenda Habjan, Elizabeth Todd & Samantha Waters (Hamilton Health Sciences)	Wednesday, April 26	9:30 a.m. – 11:30 a.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
Understanding Behaviour Presenters: Faye Harper & Linda Moroz (Bethesda)	Thursday, April 27	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
May			
Picky Eating Presenters: Brenda Habjan & Nikki Griffin (Hamilton Health Sciences)	Tuesday, May 2	9:30 a.m. – 11:30 a.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
Understanding and Promoting Communication in Your Child Presenters: Krista Hartman (Niagara Children's Centre) & Kim McAlpine (Bethesda)	Thursday, May 11	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
Transition to Adulthood Presenters: Linda Balestra & Sandra Silliker (Hamilton Health Sciences)	Wednesday, May 17	6:00 p.m. – 8:00 p.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
Care for the Caregiver Presenters: Linda Moroz & Katrina Frausel (Bethesda)	Wednesday, May 24	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
June			
Proactive Behaviour Strategies Presenters: Ely MacDonald (Lansdowne Children's Centre)	Wednesday, June 21	6:00 p.m. – 8:00 p.m.	Brant - Lansdowne Children's Centre
September			
Improving Sleep for Teens Presenters: Sarah Miele & Meghan Hines (Bethesda)	Wednesday, September 13	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
Making Friends; Being Social Presenters: Amber Niles & Lisa Gilmour (Bethesda)	Thursday, September 21	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
ASD and Anxiety Presenters: Leilani Llacuna (Hamilton Health Sciences) & Sarah Miele (Bethesda)	Tuesday, September 26	9:30 a.m. – 11:30 a.m.	Niagara - Bethesda Niagara Family Centre
Picky Eating Presenters: Natasha Durdan & Janine Moffett (Bethesda)	Wednesday, September 27	9:30 a.m. - 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
Planning a Successful Community Outing and Coping with Transitions Presenters: Chelsea Buck & Deana Kirkelos (Hamilton Health Sciences)	Thursday, September 28	1:00 p.m. – 3:00 p.m.	Hamilton – Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
October			
My Child Was Diagnosed with ASD: Now What? Workshop Series Presenters: Offered in partnership with Niagara Children's Centre, Pathstone, Autism Ontario & Power House Project	<i>Workshop Series:</i> Wednesdays – October 4, October 11, October 18	6:30 p.m. – 8:30 p.m.	Niagara - Bethesda Niagara Family Centre

To Register: Please call **1-888-993-9974** or **905-521-2100, ext. 74136.**

An electronic version of this workshop calendar can be found at www.mcmasterchildrenshospital.ca/aba.

Please note, at this time childcare is not provided.

Organizational Skills Workshop for Caregivers and Teens Presenters: Sandra Silliker & Linda Balestra (Hamilton Health Sciences)	Tuesday, October 10	6:00 p.m. – 8:00 p.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
Proactive Behaviour Strategies Presenters: Nikki Griffin & Meagan Nightingale (Hamilton Health Sciences)	Thursday, October 19	1:00 p.m. – 3:00 p.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
Bullying/Social Media Safety Presenters: Port Cares, Tiffany Danieluk & Tonya White (Bethesda)	Wednesday, October 25	6:30 p.m. – 8:30 p.m.	Niagara - Bethesda Niagara Family Centre
November			
ASD and Anxiety Presenters: Leilani Llacuna & Meagan Nightingale (Hamilton Health Sciences)	Wednesday, November 1	1:00 p.m. – 3:00 p.m.	Hamilton - Ron Joyce Children's Health Centre – 4 th Floor, Rm 059
Puberty: Answering Difficult Questions Presenter: Tiffany Danieluk (Bethesda)	Thursday, November 16	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
Planning a Successful Community Outing and Coping with Transitions Presenter: Theresa Gilbert (Lansdowne Children's Centre) & Courtney Crawford (Hamilton Health Sciences)	Wednesday, November 22	6:00 p.m. – 8:00 p.m.	Brant - Lansdowne Children's Centre
Surviving the Holidays Linda Moroz (Bethesda) & Deb Reimer (Niagara Children's Centre)	Wednesday, November 29	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre

[Workshops in the Haldimand-Norfolk Area:](#)

*Please note, if you are interested in learning about workshops being offered at **Haldimand-Norfolk REACH**, please contact **Joan Costigan**, Autism Services Manager, directly at **1-800-265-8087** or **519-587-2441 ext. 271**.

Workshop Locations

Brant Lansdowne Children's Centre 39 Mount Pleasant Rd. Brantford, ON	Haldimand-Norfolk REACH 101 Nanticoke Creek Pkwy. Townsend, ON	Hamilton McMaster Children's Hospital Ron Joyce Children's Health Centre 325 Wellington St. N. Hamilton, ON	Niagara Bethesda Niagara Family Centre 3310 Schmon Pkwy. Thorold, ON
---------------------------------------------------------------------------------------	--------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------

Workshop Descriptions

Workshop Title	Description
ASD and Anxiety <u>Relevant ages:</u> All	This workshop will review the current literature on evidence-based strategies related to anxiety and high functioning autism.
Bullying/Social Media Safety <u>Relevant ages:</u> All	Port Cares will be presenting to provide more comprehensive education to caregivers and their families about the law as it relates to social media. The workshop will also examine the different types of bullying, how it affects your child and how to prevent it.
Care for the Caregiver <u>Relevant ages:</u> All	This is a presentation for caregivers which examines the topic of stress as it relates to ASD. Specifically, it examines the nature of stress including what it is, signs of stress, and sources. In addition, it will examine some evidence-based strategies that may help parents develop their own personal stress management plans.
How to Tell My Child About Their Diagnosis <u>Relevant ages:</u> All	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 means to them.

To Register: Please call **1-888-993-9974** or **905-521-2100, ext. 74136**.

An electronic version of this workshop calendar can be found at www.mcmasterchildrenshospital.ca/aba.

Please note, at this time childcare is not provided.

Improving Sleep for Teens <u>Relevant ages:</u> Youth 13- 17 years	This workshop reviews research-based strategies that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered in a step-by-step, practical manner to address a variety of sleep-related issues.
Kids Have Stress Too <u>Relevant ages:</u> All	This workshop provides education for caregivers on how to proactively support their child's emotional resiliency when they are dis-regulated due to stressful situations. Coping strategies that are reviewed are helpful for everyone within the family.
Making Friends; Being Social <u>Relevant ages:</u> All	Is your child having difficulty making friends and being social? This workshop examines strategies for helping your child talk to and play with other children. Learn how to set up a successful play-date and strategies for helping your child maintain friendships.
Managing Misbehaviour: Part 1 <u>Relevant ages:</u> All	This workshop is an overview of the functions of misbehaviour. Caregivers will learn how to manipulate their environment in order to prevent misbehaviour from occurring.
Managing Misbehaviour: Part 2 <u>Relevant ages:</u> All	This workshop is designed to help caregivers learn strategies on how to redirect and manage their child's misbehaviour utilizing basic ABA principles.
My Child Was Diagnosed with ASD: Now What? Workshop Series <u>Relevant ages:</u> All	This is a 3 part workshop series designed to support caregivers who have children that are newly diagnosed with ASD. Workshops will define ASD, help caregivers learn how to navigate through the ASD service system, learn simple empirical behaviour strategies and have an opportunity to ask a doctor any questions related to their child's diagnosis.
Organizational Skills Workshop for Caregivers and Teens <u>Relevant ages:</u> High School	Attendance in this workshop is designed for both parents and teens. It is an interactive workshop to learn and practice organizational strategies. These skills will be an asset in dealing with school assignments, applying for jobs and approaching large goals and projects. There will be practical exercises throughout the workshop to individualize the material to the teen's current life situation.
Picky Eating <u>Relevant ages:</u> Information most useful for children 3 to 10 years.	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.
Planning a Successful Community Outing and Coping with Transitions <u>Relevant ages:</u> All	At this workshop, you will learn strategies and take home resources to help prepare your child/youth for successful community outings and/or appointments (e.g. grocery shopping, getting a haircut, dentist appointment, dinner at a restaurant, family vacation, etc.). Participants are asked to identify a specific outing they are interested in planning for when they register.
Proactive Behaviour Strategies <u>Relevant ages:</u> All	Positive Behaviour Supports (PBS) is a process that helps parents understand and resolve the problem behaviour of their children. The workshop will review how parents can come to understand why their child engages in problem behaviour. It will review strategies that are research validated to prevent the occurrence of problem behaviour while teaching the child new skills.
Positive Parenting Strategies <u>Relevant ages:</u> All	Seven key aspects of parenting and how to set your child up for success will be discussed. The goal of this workshop is to teach caregivers proactive ways to support their child's growth and development through the use of positive behavior support strategies.
Promoting Better Sleep <u>Relevant ages:</u> All	This workshop is designed for parents and caregivers of children who have difficulty falling asleep and/or staying asleep through the overnight hours. Parents will learn behaviour strategies to promote better sleep.
Puberty: Answering Difficult Questions <u>Relevant ages:</u> Elementary school age and up.	Join us for an interactive workshop to provide caregiver education to assist with teaching boundaries, social rules, puberty, dating and relationships for your child with high functioning Autism or Asperger's Syndrome.
Summer Camp Information Fair <u>Relevant ages:</u> All	Representatives from Hamilton area summer camps will be on site to share information about their camp programs. Each camp will have an information table and parents and caregivers are welcome to drop in any time between 5:30 p.m. and 7:30 p.m. to speak with camp representatives.
Surviving the Holidays <u>Relevant ages:</u> All	The holiday season is often challenging for most of us. For our family members with a need for consistency and routine, it is even more stressful. This workshop will provide some practical strategies for helping the holiday season be more joyful.
Toilet Training <u>Relevant ages:</u> Preschool and early school age.	Learn about the do's and don'ts of toilet training.
Transition to Adulthood <u>Relevant ages:</u> 15 years and over	Are you wondering what happens when your child turns 18? Come learn about what programs and services may be available as your child transitions into the adult world.
Truth or Myth about Autism Spectrum Disorders: Ask the Doctor <u>Relevant ages:</u> All	This workshop is intended for parents and caregivers of children with an Autism Spectrum Disorder (ASD). Participants will learn the facts about ASD, receive practical strategies and have their questions answered by Dr. William Mahoney, Developmental Pediatrician. When registering, please leave any questions you would like answered.
Understanding Behaviour <u>Relevant ages:</u> All	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.
Understanding and Promoting Communication in Your Child <u>Relevant ages:</u> Young children	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.

To Register: Please call 1-888-993-9974 or 905-521-2100, ext. 74136.

An electronic version of this workshop calendar can be found at www.mcmasterchildrenshospital.ca/aba.

Please note, at this time childcare is not provided.