

# 2018 Workshop Schedule

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

Workshop	Dates	Time	Location
<b>January</b>			
<b>ASD and Anxiety</b> Janine Moffett & Sarah Miele	Wednesday, January 17	9:30 a.m. – 11:30 a.m.	Niagara - Bethesda Niagara Family Centre
<b>Organizational Skills Workshop for Parents and Teens</b> Janine Moffett & Kaitlin Weeks	Wednesday, January 24	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>February</b>			
<b>Summer Camp Information Fair</b> Representatives from Hamilton area summer camps will be present	Tuesday, February 6	5:30 p.m. – 7:30 p.m.	Hamilton - Ron Joyce Children's Health Centre – 1 <sup>st</sup> Floor Conference Centre
<b>Toilet Training</b> Martha Omana & Lauren Hetherington	Wednesday, February 7	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Transition to Adulthood for Caregivers and Teens</b> Terra Burke & Melissa Sullivan	Monday, February 12	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Picky Eating</b> Jenny Den Hollander & Linda Balestra	Wednesday, February 14	9:30 a.m. – 11:30 a.m.	Hamilton – Ron Joyce Children's Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Managing Misbehaviour: Part 1</b> Monica Hughes & Corrin Oosterhoff	Thursday, February 15	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently</b> <b>NEW!</b> Dave Morrison	Friday, February 16	12:30 p.m. – 2:30 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Making Friends, Being Social: Introduction</b> Elizabeth Todd & Samantha Waters	Tuesday, February 20	12:30 p.m. – 2:30 p.m.	Hamilton – Ron Joyce Children's Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Managing Misbehaviour: Part 2</b> Monica Hughes & Corrin Oosterhoff	Thursday, February 22	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently</b> <b>NEW!</b> Ariana DeTrinidad	Monday, February 26	12:30 p.m. – 2:30 p.m.	Hamilton – Ron Joyce Children's Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Planning for the Summer</b> <b>NEW!</b> Theresa Gilbert	Tuesday, February 27	6:00 p.m. – 8:00 p.m.	Brant – Lansdowne Children's Centre
<b>March</b>			
<b>Toilet Training</b> Brenda Habjan & Linda Balestra	Thursday, March 1	9:30 a.m. – 11:30 a.m.	Hamilton – Ron Joyce Children's Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Surviving the Summer</b> <b>NEW!</b> Vanessa Barbera & Kaitlin Weeks	Thursday, March 1	6:00 p.m. – 7:30 p.m.	Niagara – Bethesda Niagara Family Centre

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<b>How to Tell My Child About Their Diagnosis</b> Sarah Miele & Katie McHugh	Thursday, March 8	1:00 p.m. – 3:00 p.m.	Niagara - Bethesda Boardroom (3280 Schmon Pkwy)
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Aubree Allevato	Wednesday, March 21	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Understanding and Supporting Sensory Processing Challenges in ASD <b>NEW!</b></b> Natasha Durdan	Thursday, March 22	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Ariana DeTrinidad	Monday, March 26	6:00 p.m. – 8:00 p.m.	Brant – Lansdowne Children’s Centre
<b>Improving Sleep</b> Jenny Den Hollander & Talia Ennett	Thursday, March 29	9:30 a.m. – 11:30 a.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>April</b>			
<b>ASD &amp; Anxiety</b> Courtney Crawford & Mary Turri	Tuesday, April 3	6:00 p.m. – 8:30 p.m.	Hamilton - Ron Joyce Children’s Health Centre – 1 <sup>st</sup> Floor Conference Centre
<b>My Child Was Diagnosed with ASD: Now What? Workshop Series</b> Offered in partnership with Niagara Children’s Centre, Pathstone, Autism Ontario & Power House Project	<i>Workshop Series:</i> Wednesdays – April 4, April 11, April 18	6:30 p.m. – 8:30 p.m.	Niagara – Niagara Children’s Centre
<b>Positive Behaviour Strategies</b>	Tuesday, April 10	6:00 p.m. – 8:00 p.m.	Brant – Lansdowne Children’s Centre
<b>Functions of Behaviour</b> Katie McHugh & Linda Moroz	Friday, April 13	1:00 p.m. – 3:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Ellen Lengyell	Tuesday, April 17	9:30 a.m. – 11:30 a.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Managing Misbehaviour: Part 1</b> Faye Harper & Allison Drake	Tuesday, April 17	12:30 p.m. – 2:30 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Dave Morrison	Thursday, April 19	6:00 p.m. – 8:00 p.m.	Haldimand-Norfolk – Haldimand-Norfolk REACH
<b>Teaching Independence <b>NEW!</b></b> Deirdre Henry & Jennifer Moskalyk	Monday, April 23	9:30 a.m. – 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
<b>Managing Misbehaviour: Part 2</b> Faye Harper & Allison Drake	Tuesday, April 24	12:30 p.m. – 2:30 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Truth or Myth about Autism Spectrum Disorders: Ask the Doctor</b> Dr. William Mahoney	Tuesday, April 24	7:00 p.m. – 9:00 p.m.	Hamilton - Ron Joyce Children’s Health Centre, 1 <sup>st</sup> Floor Conference Centre
<b>May</b>			
<b>Toilet Training</b> Ely Macdonald & Sarah Turner	Wednesday, May 2	9:00 a.m. – 11:00 a.m.	Brant – Lansdowne Children’s Centre
<b>Understanding and Promoting Communication in Your Child</b> Rebecca Main (Niagara Children’s Centre) & Janine Moffett	Wednesday, May 9	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre

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<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Aubree Allevato	Thursday, May 10	12:30 p.m. – 2:30 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Pivotal Response Training <b>NEW!</b></b> Carina Gratton & Melissa Isaak	Friday, May 11	9:30 a.m. – 2:30 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Puberty: Answering Difficult Questions</b> Talia Ennett & Lauren West	Tuesday, May 15	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Myths and Misconceptions of Reinforcement <b>NEW!</b></b> Victoria Sorrenti & Angela DeLisio	Thursday, May 17	9:30 a.m. – 11:00 a.m.	Niagara – Bethesda Niagara Family Centre
<b>Improving Hygiene</b> Deirdre Henry, Vanessa Barbera & Teresa Miele	Tuesday, May 22	6:00 p.m. – 8:00 p.m.	Niagara – Bethesda Niagara Family Centre
<b>ASD &amp; Anxiety</b> Brian Mason	Thursday, May 24	6:00 p.m. – 8:00 p.m.	Brant – Lansdowne Children’s Centre
<b>June</b>			
<b>How to Tell My Child About Their Diagnosis</b> Faye Harper & Brenda Habjan	Tuesday, June 5	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Caroline Benkovic	Wednesday, June 6	12:30 p.m. – 2:30 p.m.	Brant – Lansdowne Children’s Centre
<b>Toilet Training</b> Linda Balestra & Lauren West	Wednesday, June 6	1:00 p.m. – 3:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Making Friends, Being Social: Emerging <b>NEW!</b></b> Chelsea Buck & Samantha Waters	Thursday, June 7	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Pivotal Response Training</b> Brenda Habjan & Brian Mason	Friday, June 8	9:30 a.m. – 2:30 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Improving Sleep</b> Laura Slifierz and Sarah Turner	Tuesday, June 12	6:00 p.m. – 8:00 p.m.	Brant – Lansdowne Children’s Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Ellen Lengyell	Tuesday, June 12	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>July</b>			
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Aubree Allevato	Monday, July 16	10:00 a.m. – 12:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Kadir Ibrahim	Thursday, July 26	1:00 p.m. – 3:00 p.m.	Haldimand-Norfolk – Haldimand-Norfolk REACH
<b>August</b>			
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Ellen Lengyell	Tuesday, August 14	1:00 p.m. – 3:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>September</b>			
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Aubree Allevato	Wednesday, September 5	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre

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<b>Improving Sleep</b> Martha Omana & Meghan Hines (Bethesda)	Tuesday, September 11	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Kadir Ibrahim	Thursday, September 13	10:00 a.m. – 12:00 p.m.	Brant – Lansdowne Children’s Centre
<b>Picky Eating</b> Jenny Den Hollander & Elizabeth Todd	Thursday, September 13	12:30 p.m. – 2:30 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Toilet Training</b> Brenda Habjan & Lauren West	Tuesday, September 18	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre– 4 <sup>th</sup> Floor, Rm 059
<b>Making Friends; Being Social</b> Amber Niles & Vanessa Barbera	Thursday, September 20	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Picky Eating</b> Natasha Durdan & Janine Moffett	Wednesday, September 26	9:30 a.m. - 11:00 a.m.	Niagara - Bethesda Niagara Family Centre
<b>Improving Sleep</b> Linda Balestra & Samantha Waters	Thursday, September 27	1:00 p.m. – 3:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>October</b>			
<b>My Child Was Diagnosed with ASD: Now What? Workshop Series</b> Offered in partnership with Niagara Children’s Centre, Pathstone, Autism Ontario & Power House Project	<i>Workshop Series:</i> Wednesdays – October 3, October 10, October 17	6:30 p.m. – 8:30 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Sexuality and Relationships <b>NEW!</b></b> Talia Ennett & Courtney Crawford	Tuesday, October 9	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>ASD &amp; Anxiety</b> Courtney Crawford & Chelsea Buck	Thursday, October 11	12:30 p.m. – 3:00 p.m.	Hamilton - Ron Joyce Children’s Health Centre – 1 <sup>st</sup> Floor Conference Centre
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Dave Morrison	Friday, October 12	10:00 a.m. – 12:00 p.m.	Haldimand-Norfolk – Haldimand-Norfolk REACH
<b>DIY Visual Supports <b>NEW!</b></b>	Wednesday, October 17	6:00 p.m. – 7:30 p.m.	Brant – Lansdowne Children’s Centre
<b>Managing Misbehaviour: Part 1</b> Faye Harper & Allison Drake	Thursday, October 18	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Dave Morrison	Tuesday, October 23	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Bullying and Social Media Safety</b> Tiffany Danieluk & Tonya White	Wednesday, October 24	6:30 p.m. – 8:30 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Managing Misbehaviour: Part 2</b> Faye Harper & Allison Drake	Thursday, October 25	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Planning a Successful Community Outing</b> Brienne Freiwat & Amber Niles	Tuesday, October 30	9:30 a.m. – 11:00 a.m.	Niagara – Bethesda Niagara Family Centre
<b>November</b>			
<b>Making Friends, Being Social: Advanced <b>NEW!</b></b> Chelsea Buck & Elizabeth Todd	Wednesday, November 7	6:00 p.m. – 8:00 p.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Transition to High School</b> Theresa Gilbert & Laura Slifierz	Tuesday, November 13	6:00 p.m. – 8:00 p.m.	Brant – Lansdowne Children’s Centre

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<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> Aubree Allevato	Thursday, November 15	12:30 p.m. – 2:30 p.m.	Niagara – Bethesda Niagara Family Centre
<b>ASD and Anxiety</b> Monica Hughes & Sarah Miele	Thursday, November 15	6:00 p.m. – 8:00 p.m.	Niagara – Bethesda Niagara Family Centre
<b>Puberty: Answering Difficult Questions</b> Tiffany Danieluk	Wednesday, November 21	5:30 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre
<b>Toilet Training</b> Lauren West & Elizabeth Todd	Wednesday, November 28	9:30 a.m. – 11:30 a.m.	Hamilton – Ron Joyce Children’s Health Centre – 4 <sup>th</sup> Floor, Rm 059
<b>Surviving the Holidays</b> Linda Moroz & Deb Reimer (Niagara Children’s Centre)	Thursday, 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 additional workshops 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

<b>Brant</b>	<u>Lansdowne Children’s Centre</u> 39 Mount Pleasant Rd. Brantford, ON	<b>Haldimand-Norfolk</b>	<u>REACH</u> 101 Nanticoke Creek Pkwy. Townsend, ON
<b>Hamilton</b>	<u>McMaster Children’s Hospital</u> <u>Ron Joyce Children’s Health Centre</u> 325 Wellington St. N. Hamilton, ON	<b>Niagara</b>	<u>Bethesda Niagara Family Centre</u> 3310 Schmon Pkwy. Thorold, ON -or- <u>Niagara Children’s Centre</u> 567 Glenridge Ave. St. Catharines, ON

### Workshop Descriptions

Workshop Title	Description
<b>ASD and Anxiety</b> <u>Relevant ages:</u> All	This workshop will review the current literature on evidence-based strategies related to anxiety and youth with an Autism Spectrum Disorder.
<b>Autism Spectrum Disorder Overview: Seeing the World Differently <b>NEW!</b></b> <u>Relevant ages:</u> All	This workshop covers the topics of What is Autism Spectrum Disorder (ASD) and what is Applied Behaviour Analysis (ABA). Learn more about how your child/youth perceives and interacts with the environment and how ABA principles can be used to support your child.
<b>Bullying and Social Media Safety</b> <u>Relevant ages:</u> All	This workshop reviews the statistics, legalities, and the effects of social media and school bullying as well as how to prevent and minimize future occurrences.
<b>DIY Visual Supports <b>NEW!</b></b> <u>Relevant ages:</u> All	Learn how to create your own visuals! This is a make-and-take workshop where you will create your own visuals to take home.
<b>Functions of Behaviour</b> <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.
<b>How to Tell My Child About Their Diagnosis</b> <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.
<b>Improving Hygiene</b> <u>Relevant ages:</u> All	This workshop is designed to teach caregivers ABA strategies to increase their child’s independence and motivation to complete hygiene routines.

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<b>Improving Sleep</b> <u>Relevant ages:</u> All	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.
<b>Making Friends; Being Social</b> <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.
<b>Making Friends; Being Social: Introduction</b> <u>Relevant ages:</u> Parents of children beginning to develop social skills.	This workshop is designed to teach you how to facilitate emerging play and social skills with your child. This may include: appropriate toy play, sharing, basic peer interactions, greetings and playing in a group.
<b>Making Friends; Being Social: Emerging <b>NEW!</b></b> <u>Relevant ages:</u> Parents of children with emerging social skills.	This workshop will teach you how to foster social skills in your child. This may include: how to have a successful play date, appropriate activities, managing play with electronics, expanding peer interactions and increasing independence with play.
<b>Making Friends; Being Social: Advanced <b>NEW!</b></b> <u>Relevant ages:</u> Parents of children/youth developing advanced social skills.	This workshop will focus on advanced social skills. This may include: how to host an appropriate get together or hand-out; how to be a guest; being social with technology; and advanced social interactions.
<b>Managing Misbehaviour: Parts 1 &amp; 2</b> <u>Relevant ages:</u> All	This workshop is an overview of the functions of the first steps of an intervention plan. During part one, the presenters will discuss how to identify and collect data on a behaviour, as well as review the functions of behaviour. During part two, the presenters will review the data collected by families and discuss proactive strategies families can use to reduce misbehaviour. To attend part two of the workshop series, participants must have attended part one.
<b>My Child Was Diagnosed with ASD: Now What? Workshop Series</b> <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, learn simple empirical behaviour strategies and have an opportunity to ask a doctor any questions related to their child's diagnosis.
<b>Myths and Misconceptions of Reinforcement <b>NEW!</b></b> <u>Relevant ages:</u> All	This workshop is designed to provide caregivers with a more thorough understanding of reinforcement and how and when it can be used to increase desired behaviours and maintain new skills.
<b>Organizational Skills Workshop for Caregivers and Teens</b> <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.
<b>Picky Eating</b> <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.
<b>Pivotal Response Training <b>NEW!</b></b> <u>Relevant ages:</u> 1-6 years	Would you like to help your child learn their first words and expand their vocabulary? Pivotal Response Training (PRT) consists of seven specific strategies to target your child's motivation to learn and communicate. Learn the theory of PRT in a group and then you will have an opportunity for a follow up visit by an ABA clinician who will work directly with you and your child to implement the 7 PRT strategies in your home.
<b>Planning a Successful Community Outing</b> <u>Relevant ages:</u> All	This workshop is designed to assist parents in planning for their child to successfully participate in community outings through the use of proactive strategies. Please come prepared to discuss and plan for one community outing (e.g. extra-curricular activity, dentist or doctor's appointment, grocery shopping, etc.)
<b>Planning for the Summer <b>NEW!</b></b> <u>Relevant ages:</u> All	Summer planning can be challenging. Attend this workshop to learn all about summer recreational programs, camps, and funding.
<b>Positive Behaviour Strategies</b> <u>Relevant ages:</u> All	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.
<b>Puberty: Answering Difficult Questions</b> <u>Relevant ages:</u> Elementary school age and up.	This workshop will focus on preparing children and youth for the changes that come with puberty such as: menstruation (e.g., what it is, learning how to change a sanitary pad), hygiene (e.g., wearing deodorant, shaving, showering), and body changes (e.g., hair growth, voice changes, wearing a bra).
<b>Sexuality and Relationships <b>NEW!</b></b> <u>Relevant ages:</u> Teenagers	This workshop will focus on preparing youth and caregivers for the changes that come with puberty and increased interest in sexuality and relationships. We will be discussing such topics as sexual relationships, sexual orientation, masturbation, dating, boundaries, and consent.

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<b>Summer Camp Information Fair</b> <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.
<b>Surviving the Holidays</b> <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.
<b>Surviving the Summer <b>NEW!</b></b> <u>Relevant ages:</u> All	The summer months can often be challenging for most of us. We often seek opportunities to keep busy, find routines and prepare schedules. This March, we will be offering an opportunity to drop in and meet with local camp representatives to gather information about summer camp programs and how to keep busy through the summer.
<b>Teaching Independence <b>NEW!</b></b> <u>Relevant ages:</u> All	This workshop teaches the necessary teaching strategies to promote independence in the home environment. Clinicians are asking that parents/caregivers identify <u>one skill</u> that your child/teen needs more independence in, such as: organization/homework, daily chores, hygiene or dressing.
<b>Toilet Training</b> <u>Relevant ages:</u> Preschool and early school age.	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 Applied Behaviour Analysis (ABA).
<b>Transition to High School</b> <u>Relevant ages:</u> Late elementary school age.	Everything you need to help prepare your son or daughter for high school. This workshop will discuss strategies to build organizational and independence skills necessary for surviving high school.
<b>Transition to Adulthood for Caregivers and Teens</b> <u>Relevant ages:</u> Teenagers	This workshop will give caregivers information about the process of transitioning to adulthood. Information on the DSO and ODSP will be provided. Come learn about what programs and services may be available as your child transitions into the adult world.
<b>Truth or Myth about Autism Spectrum Disorders: Ask the Doctor</b> <u>Relevant ages:</u> All	For parents and caregivers of children diagnosed 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. Please leave your questions when registering.
<b>Understanding and Promoting Communication in Your Child</b> <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.
<b>Understanding and Supporting Sensory Processing Challenges in ASD <b>NEW!</b></b> <u>Relevant ages:</u> All	Participants will gain an understanding of the variations of sensory differences and challenges that may exist and how they might impact behaviour and self-regulation. Participants will also work through scenarios to identify sources of sensory disruptions and general strategies to help address them.

## Hamilton-Niagara Regional Autism Program

**To Register:** Please call **1-888-993-9974** or **905-521-2100, ext. 74032.**

An electronic version of this workshop calendar can be found at [www.mcmasterchildrenshospital.ca/aba](http://www.mcmasterchildrenshospital.ca/aba).

Please note, at this time childcare is not provided.

**Interested in a topic, but unable to attend the workshop? Book a clinic appointment!**