



SHARING THE SPECTRUM

An Autism Canada Newsletter

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December 15, 2020

12 DAYS OF GIVING

This year, Autism Canada has experienced an 82% increase in calls & emails from vulnerable caregivers, parents, & individuals in search of virtual services and programs offered in their communities.

Please help us expand our Family Support team & resources so that we can focus on changing the future for those living with autism & their families.

[Click here to make a donation](#)

Click [here](#) to watch a video message from our Family Support Representative.



Things You Can Learn From Your Dad

by Jason Oldford

"I miss Dad. He was always there for me and maybe I didn't communicate with him as much as I should have, but I thank him for his honesty and don't hold it against him for waiting until my teen years to tell me about my autism."

Click [here](#) to read Jason's article



Staying True To What You Believe

by Katherine Gallagher



"I have noticed some core issues when watching a movie or TV show where a non-autistic actor is acting as autistic. These two worlds can never really become one. The neurotypical world vs the autistic one. Mainly meaning that no matter how good of an actor you are, you still cannot represent autism for the truth of what it is."

Click [here](#) to read Katherine's article

Troubleshooting with Henry - Bathrooms

by Henry Bockstael

This video is all about choosing accommodations when travelling. This is a big topic, this episode focuses on thinking about bathrooms and why they are important to consider so that your trip will be even better.

Click [here](#) to watch Henry's video

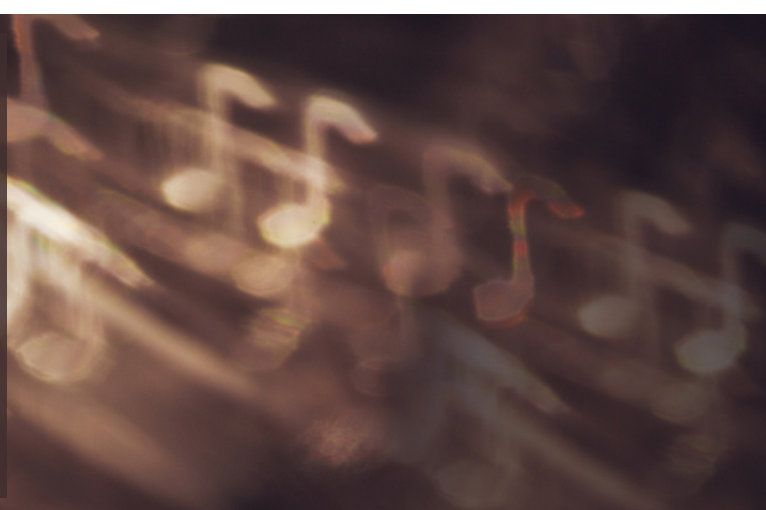


Handling Stress and Anxiety

by Minni K. Ang

Click [here](#) to read Minni's article

"If I'm not careful it can get to a point where everything is just way too overwhelming, and I feel like I just have to shut down. When that happens, I find the most helpful thing to do is to sit in my rocking chair with a sheet over my head to shut out the whole world, and to listen to what I term as my "autistic reset" playlist on my phone."



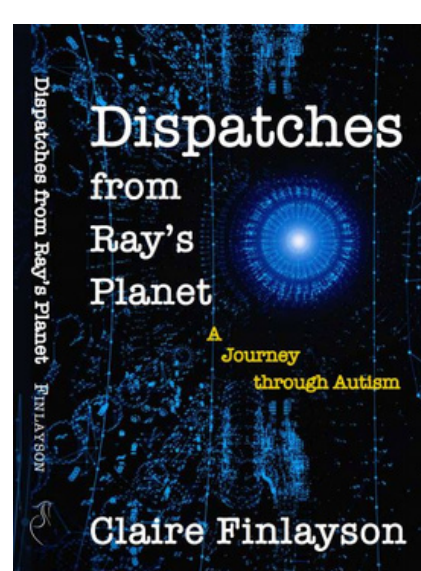
Dispatches from Ray's Planet

by Clair Finlayson

Dispatches from Ray's Planet draws on Ray and Claire's correspondence to tell the story of two siblings from two very different planets. There are thousands of Rays in our world—in this collective memoir, Claire and Ray share their journey with the hope that others can also learn that we all perceive the world in different ways, and that "different" does not necessarily mean "wrong".

- Caitlin Press caitlin-press.com

"[Dispatches from Ray's Planet] describes Ray's struggles with a world that is not logical and clear like math." — Dr. Temple Grandin



Cards for a cause - Send an e-card to someone special this holiday season and help support Autism Canada.



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podcast!

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