

MALTBY CENTRE, AUTISM SERVICES FOUNDATIONAL FAMILY SERVICES WORKSHOPS

Contact Us:

<https://maltbycentre.ca/>

1-844-855-8340

<https://www.facebook.com/MaltbyCentre/>

Maltby Centre is now offering a series of workshops for parents, caregivers, and youth! Our workshops are designed to help families understand concepts related to Applied Behaviour Analysis (ABA), access resources, and increase overall parent/ youth capacity.

These online and in person workshops are for families living in Ontario with a valid OAP registration number.

The following is the schedule of our workshops for Winter 2023. See registration information below as well as detailed descriptions of each workshop.

AS PART OF FOUNDATIONAL FAMILY SERVICES, YOU MAY CHOOSE TO MEET FOR AN INDIVIDUAL SESSION WITH A FAMILY SUPPORT COORDINATOR AFTER ATTENDING A WORKSHOP, TO HELP YOU APPLY THE WORKSHOP CONTENT TO YOUR SPECIFIC FAMILY SITUATION.

SPRING 2023 CALENDAR SCHEDULE

APRIL 2023

Intro to ABA (Virtual)	Tuesday April 4, 11, 18, 25, 2023	6:00 p.m.-8:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-introduction-to-applied-behaviour-analysis-series-registration-585975186557 Registration closes March 28, 2023
Reading Between the Lines- What Is Not Being Said (Virtual)	Wednesday April 12, 2023	10:00 a.m. - 12:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-reading-between-the-lines-registration-568707608767 Registration closes April 5, 2023
Coping with Challenging Behaviour (Virtual)	Thursday April 13, 2023	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-coping-with-challenging-behaviour-registration-568690638007 Registration closes April 6, 2023



Transitions Through the Day (Virtual)	Monday April 17, 2023	6:00 p.m. – 8:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transitions-through-the-day-registration-568714078117 Registration closes April 9, 2023
Making Connections (Virtual)	Tuesday April 18, 2023	9:30 a.m. – 12:30 p.m.	https://www.eventbrite.ca/e/growing-together-in-the-early-years-making-connections-workshop-registration-576164091307 Registration closes April 11, 2023
Teen Hangout (Virtual)	Tuesday April 25, 2023	4:00 p.m. – 5:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teen-hangout-registration-576179808317 Registration closes April 18, 2023
Kick Back, Share and Chat: Autism Service Parent Group (In Person)	Wednesday April 26, 2023	6:30 p.m. – 7:30 p.m.	https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-in-person-registration-576203970587 Registration closes April 19, 2023
Good Night, Sleep Tight (Virtual)	Friday April 28, 2023	1:00 p.m.-3:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-good-night-sleep-tight-registration-576211382757 Registration closes April 21, 2023

MAY 2023

Autism Services at Maltby Centre (Virtual)	Tuesday May 9, 2023	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/copy-of-learning-home-series-autism-services-at-maltby-centre-registration-576223127887 Registration closes May 2, 2023
How To Improve My Child's Social Skills (Virtual)	Thursday May 11, 2023	10:00 a.m. – 11:00 a.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-how-to-improve-childs-social-skills-registration-576234251157 Registration closes May 4, 2023
Teaching My Child Toileting Skills (Virtual)	Tuesday May 16, 2023	7:00 p.m. - 8:00 p.m.	https://www.eventbrite.ca/e/learning-home-series-teaching-your-child-toileting-skills-registration-576243910047 Registration closes May 9, 2023
Accessing Respite Services (Virtual)	Thursday May 18, 2023	6:00 p.m. - 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-accessing-respice-services-registration-576247129677 Registration closes May 11, 2023
Transition to Adulthood (Virtual)	Wednesday May 24, 2023	6:00 p.m. - 8:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-transition-to-adulthood-registration-576258052347 Registration closes May 17, 2023
Playgroup Time! (In-person)	Saturday May 27, 2023	9:00 a.m. – 10:30 a.m.	https://www.eventbrite.ca/e/maltby-centre-autism-services-playgroup-time-in-person-tickets-585986921657 Registration closes May 19, 2023
Teen Hangout (Virtual)	Tuesday May 30, 2023	4:00 p.m. - 5:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-teen-hangout-registration-586032678517 Registration closes May 23, 2023
Growing Together in the Early Years: Teach and Talk (Virtual)	Wednesday May 31, 2023	10:00 a.m. - 12:00 p.m.	https://www.eventbrite.ca/e/growing-together-in-the-early-years-teach-and-talk-registration-577789874067 Registration closes May 24, 2023
Kick Back, Share and Chat: Autism Service Parent Group (Virtual)	Wednesday May 31, 2023	6:30 p.m. – 7:30 p.m.	https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-registration-577773775917 Registration closes May 24, 2023



Mental Health & Autism Services
for Children & Youth
Services de santé mentale et
d'autisme pour enfants et jeunes

JUNE 2023

Super Siblings (In Person)	Tuesdays & Thursdays June 6, 8, 13, 15, 2023	5:00 p.m. - 6:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-super-siblings-seriesin-person-registration-585992849387 Registration closes May 31, 2023
ASD and Puberty (Virtual)	Wednesday June 07, 2023	10:00 a.m. – 12:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-autism-spectrum-disorder-and-puberty-registration-577776142997 Registration closes May 31, 2023
Teaching Your Child Improved Communication (Virtual)	Thursday June 08, 2023	10:00 a.m. – 12:00 p.m.	https://www.eventbrite.ca/e/learning-home-series-teaching-your-child-improved-communication-registration-577778439867 Registration closes June 1, 2023
Play to Grow (Virtual)	Wednesday June 14, 2023	6:00 p.m. – 7:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-play-to-grow-registration-577780847067 Registration closes June 7, 2023
Why Use Visual Supports (Virtual)	Monday June 19, 2023	10:00 a.m. – 11:00 a.m.	https://www.eventbrite.ca/e/learning-home-series-why-use-visual-supports-registration-577781759797 Registration closes June 12, 2023
Coping with Challenging Behaviour (Virtual)	Wednesday June 21, 2023	1:00 p.m. - 2:00 p.m.	https://www.eventbrite.ca/e/maltby-centre-learning-home-series-coping-with-challenging-behaviour-registration-577787115817 Registration closes June 14, 2023
Kick Back, Share and Chat: Autism Service Parent Group (In person)	Wednesday June 28, 2023	6:30 p.m. – 7:30 p.m.	https://www.eventbrite.ca/e/kick-back-share-and-chat-autism-services-parent-group-in-person-registration-577788018517 Registration closes June 21, 2023

GENERAL TOPICS FOR ALL AGES

ACCESSING RESPITE SERVICES (ONE HOUR WORKSHOP)

Accessing Respite Services is dedicated to helping parents navigate the respite system to obtain relief from caring for their child so that they can work, attend to the needs of their other children, or recharge their batteries.

As a result of participating in this workshop, you will be able to:

- Find a respite provider
- Match a worker's skills set with your child's needs
- Manage the financial component of this service

AUTISM SERVICES AT MALTBY CENTRE (ONE HOUR WORKSHOP)

For the past 20+ years Maltby Centre has been the leading provider of evidence-based Applied Behaviour Analysis (ABA) in the KFLA area. We offer a variety of individualized services for children and youth with autism spectrum disorder (ASD). Under the Ontario Autism Program (OAP) we offer publicly funded Foundational Services to help support building family capacity.

As a result of participating in this workshop, you will:

- Review Foundational Services and how you can get started
- Understand how to connect with Maltby Centre for Autism Services
- Discover the breadth of Autism Services offered at Maltby Centre

COPING WITH CHALLENGING BEHAVIOUR (ONE HOUR WORKSHOP)

This presentation is designed to help parents create strategies to reduce challenging behaviours by identifying why the behaviour is occurring in the first place, how we can stop reinforcing the behaviour to ensure it happens less in the future and how we can start reinforcing other behaviours to replace it.

As a result of participating in this workshop, you will be able to:

- Identify the four functions of behaviour
- Learn strategies related to not reinforcing each function of behaviour
- Learn how to use motivation and reinforcement to encourage replacement behaviours

GOOD NIGHT, SLEEP TIGHT (ONE HOUR WORKSHOP)

Good Night, Sleep Tight is a workshop for parents dedicated to helping problem solve common issues around sleeping. Having healthy sleep patterns is essential to both parents and children but it is often a struggle for families who have a person with an autism spectrum disorder diagnosis in their lives.

As a result of participating in this workshop, you will be able to:

- Understand the two main areas of sleep challenges
- Learn and understand the importance of routines
- Gain awareness of factors that impact sleep
- Develop a plan to improve your child/youth's sleep pattern

INTRODUCTION TO APPLIED BEHAVIOUR ANALYSIS (ABA) (SERIES OF 4- 2 HOUR WORKSHOPS)

This workshop introduces participants to Applied Behaviour Analysis (ABA). Participants engage in activities and exercises to develop their skills to support their child's development. All families are encouraged to participate in this series.

As a result of participating in this series of workshops, you will be able to:

- Identify realistic learning goals for your child
- Develop simple strategies to teach skills and to increase desired behaviours, while decreasing undesired behaviours
- Measure and monitor progress through practical data collection
- Change and adjust strategies to promote positive changes in behaviour and skills

WHY USE VISUAL SUPPORTS? (ONE HOUR WORKSHOP)

In this workshop, participants will receive a short presentation on the use of visual supports to help teach children/youth with ASD, skills, and independence. Participants will have an opportunity to ask questions and participate in group discussions.

As a result of participating in this workshop, you will be able to:

- Describe what visual supports are
- Explain why visual supports can help your child/youth learn new skills or develop independence
- Identify how to use visual supports to aid in your child/youth's development

WORKSHOPS FOR FAMILIES OF YOUNG CHILDREN

GROWING TOGETHER IN THE EARLY YEARS: MAKING CONNECTIONS (TWO AND A HALF HOUR WORKSHOP)

This workshop is in collaboration with Early Expressions and Kids Inclusive designed for parents who are seeking strategies to help improve their child's social communication.

As a result of participating in this workshop, you will be able to:

- Observe your child's behaviour
- Better Understand your child's sensory and self-regulation needs
- Encourage your child's participation in social interactions
- Improve your child's ability to communicate

GROWING TOGETHER IN THE EARLY YEARS: TEACH AND TALK (TWO HOUR WORKSHOP)

This workshop is in collaboration with Early Expressions and Kids Inclusive. It is designed for parents who are seeking strategies to help improve their child's communication, use visual tools, and manage challenging behaviour. This workshop is part two of the Growing Together in the Early Years series.

As a result of participating in this workshop, you will be able to:

- Understand the differences between receptive and expressive communication
- Understand how to improve expressive and receptive communication
- Use tools such as Visual Schedules, First/Then and Task Strips
- Implement strategies to reduce challenging behaviour

HOW TO IMPROVE MY CHILD/ YOUTH'S SOCIAL SKILLS (ONE HOUR WORKSHOP)

This workshop has been developed to help parents and caregivers create opportunities for social skills development using some general Applied Behaviour Analysis strategies.

As a result of participating in the workshop, you will be able to:

- Describe the social styles and explain how social skills may be different for children and youth with autism spectrum disorder
- Describe ways to enhance child and youth's environment to encourage social opportunities and development
- Describe how to plan a play date or social "hang out" time

PLAY TO GROW (ONE HOUR WORKSHOP)

This workshop is designed for parents and caregivers who would like to learn more ways to use play with their child to facilitate learning. Parents and caregivers will have the opportunity to discover fun and creative ways to be engaged with their child during play while focusing on specific learning goals.

As a result of participating in this workshop parents and caregivers will be able to:

- Describe the stages of play throughout child development
- Explain how play may be different for children with ASD and specifically for their child
- Describe ways to enhance child's environment for each stage of play

TEACHING YOUR CHILD TOILETING SKILLS (ONE HOUR WORKSHOP)

In this workshop participants will receive a short presentation on general ABA strategies to begin teaching their child toileting skills. Participants will have an opportunity to ask questions and participate in group discussions.

As a result of participating in this workshop you will learn:

- How to identify when your child is ready for toileting
- General ABA strategies to help teach your child toileting skills

WORKSHOPS FOR FAMILIES OF YOUTH

AUTISM SPECTRUM DISORDER AND PUBERTY (TWO HOUR WORKSHOP)

This workshop is for families with a teen with autism spectrum disorder (ASD) who is entering or experiencing the onset of puberty. This workshop will support parents as they help their teen understand the developmental changes they are going through. Parents will be provided with resources to further their youth's needs during this time of change.

As a result of participating in this workshop, you will be able to:

- Describe the importance of explaining this developmental change to a youth with ASD
- Select central concepts that are valuable to discuss when teaching a youth with ASD about puberty
- Summarize the basic guidelines of presenting information about puberty to a youth with ASD.

READING BETWEEN THE LINES- WHAT IS NOT BEING SAID. (TWO HOUR WORKSHOP)

The Hidden Curriculum refers to the set of rules or guidelines that are often not directly taught but are assumed to be known. This curriculum contains items that impact social interactions, school performance, and sometimes health and well-being such as unspoken rules, slang, metaphors, body language, etc. This workshop includes practical tips for teaching hidden social needs to children and youth and stresses the importance of making these a part of everyday life.

As a result of participating in this workshop you will be able to:

- Define the hidden curriculum in relation to your child or youth and family
- Identify and describe areas of the hidden curriculum that may be helpful to teach your child or youth in the home and community settings
- Apply the strategies and tools necessary to teach the hidden curriculum to your child or youth

TRANSITION TO ADULTHOOD (TWO HOUR WORKSHOP)

Transition to Adulthood is a workshop that has been developed to help parents manage the transition of their child/youth from childhood into adulthood. This workshop is not limited to parents of teenagers, and we recommend you start planning for adulthood as soon as possible by attending this workshop.

As a result of participating in this workshop, you will be able to:

- Identify resources related to the transition to adulthood
- Create a plan that will help your child live the life they want
- Learn to overcome barriers to your plan

PEER AND FAMILY MENTORING

KICK BACK, SHARE, AND CHAT- AUTISM SERVICES PARENT GROUP- (ONE HOUR WORKSHOP)

This is a time for parents and caregivers to exhale and connect with others over a meaningful topic where you are encouraged to share your experiences—the highs and the lows. The group will have a Maltby Family Support Coordinator to help facilitate discussion, provide resources, and ensure the experience is safe, confidential, meaningful, and an enjoyable reprieve for all in group.

PLAYGROUP TIME! (ONE AND A HALF HOUR WORKSHOP)

Maltby Centre Autism Service's is offering a morning playgroup for parents/caregivers with children 0 – 4 years old who are registered with the Ontario Autism Program (OAP) and have an OAP number. Great Toys! Books! Music! Crafts Table! Centre Activities! And Circle Time! Family Support Coordinators will be on site to assist parents/caregivers with any questions they may have regarding Autism Services and supports in the community. Parents/Caregiver's will have an opportunity to connect with each other while fostering their child's play and social development in a small group.

SUPER SIBLINGS WORKSHOP (YOUTH 6-12) (SERIES OF FOUR - ONE HOUR WORKSHOPS)

Having a sibling with autism can be a wonderful experience but sometimes it is beneficial to connect with other people in a similar situation to work through common situations and issues that may arise. Parents are not required to attend this workshop but should meet individually with the facilitators following the workshop to learn about the workshop content and strategies that may have been developed with their child regarding their sibling. This Sibling Workshop is for ages 6-12.

As a result of participating in this workshop, you will be able to:

- Describe what Autism is
- Understand how Autism may affect your sibling
- Understand how your sibling may be affecting you
- Learn to create strategies to help you cope with issues between yourself and your sibling

TEEN HANGOUT (13-18) (ONE HOUR WORKSHOP)

At each hangout, teens will have the opportunity to meet new people, practice their social skills, and have fun in a laid-back, semi-structured format. While there will be some activities available, teens will also have the opportunity to suggest activities and topics to discuss. Activities aside, the real focus of this group will be to simply “hang out.”

As a result of participating in this workshop, participants will have the opportunity to:

- Meet new people
- Practice social skills with other teens
- Hang out!