



**NIAGARA FAMILY CENTRE**  
**SEPTEMBER 2020**  
**SERVICE GUIDE**

## **We are open virtually and ready to welcome families back to Bethesda's Niagara Family Centre!**

We are excited to share our plans to welcome families back to Bethesda's Niagara Family Centre. Over the past six months we have offered new Virtual Service options including, workshops, child and youth groups and individual tele-practice sessions. As we work to re-introduce face-to-face services, please review this service guide to see our continued commitment to Virtual Services.

The safety and well-being of families, staff and our community remains our highest priority. Our plan to re-introduce services at the centre has been informed by Public Health recommendations. You can trust that we will continue to monitor new developments and update our procedures as necessary.

During our initial stage of re-opening, we will use a slow and measured approach by working with families to develop individual service plans that respect their comfort level with different methods of service delivery. In person appointments will gradually be offered to clients who were active when direct services were put on hold in March. Services will be initially offered on a priority basis where virtual care is not an appropriate approach to treatment.

We are excited to see you and welcome you back to the Niagara Family Centre!

Thank you for working with us to keep everyone safe.

# ONTARIO AUTISM PROGRAM

## FOUNDATIONAL FAMILY SERVICES

Bethesda is pleased to offer Foundational Family Services for children/youth and their families who are registered with the Ontario Autism Program. All Foundational Family Services are provided at **no cost** to families and are outlined on pages 1 through 9 of this service guide.

### RESOURCES AND SERVICE COORDINATION

Bethesda's Service Coordinators can:

- Provide information about service options and assist with program registration
- Answer questions and share resources
- Assist families completing OAP funding applications
- Help families reconcile their OAP funding expense forms

Families can contact a Service Coordinator by calling **905.684.6918 ext. 170**, or sending an email to [serviceinfo@bethesdaservices.com](mailto:serviceinfo@bethesdaservices.com) to book an individual consultation.

### FAMILY AND PEER MENTORING AND SOCIAL SUPPORT

Supports inclusive of the whole family are offered in a variety different formats including:

- Parent/Caregiver Support Groups
- Sibling Groups
- Social Recreational Groups
- Youth Advisory

### WORKSHOPS AND COACHING SESSIONS

Browse this publication for information on available interactive workshops that cover topics related to the early years through to young adulthood.

### BRIEF CONSULTATIONS

Brief consultations are single or time limited (1-3) individualized sessions that are focused on specific needs or goals. Parents/caregivers can meet with a clinician to ask questions, review resources and discuss a variety of strategies that relate to their child's social skills, life skills, communication and behaviour. Examples of topics that can be discussed during a clinic appointment include, but are not limited to: behavioural concerns, teaching new skills, increasing independence, completing OAP registration and funding applications and learning about community resources. Brief Consultations focus on proactive strategies. Call 905.684.6918 ext. 170 to request an appointment.

### TRANSITION SUPPORTS

Transition supports are offered to support children, youth and their families during different life stages and changes, e.g. starting school, new diagnosis. Visit the links below for information about new Transition Services at Bethesda.

# WORKSHOPS



## BACK TO SCHOOL SERIES

### Re-establishing Routine

This workshop will focus on helping your family get back into a regular routine. Learn how to start off small and make new increased routine goals as we transition back to school. We will explore topics such as morning routines, focused activity time during the day, 'after' school routines and more.

**DATE/TIME** Wednesday September 16  
1:00pm – 2:00pm or 7:00pm – 8:00pm

### Teaching Independence: Primary Grades

This workshop will focus on strategies to increase your child's independence in completing a variety of routine and self-care skills like getting dressed in the morning, packing their school bag, and completing hygiene tasks.

**DATE/TIME** Thursday September 17  
1:00pm – 2:00pm or 7:00pm – 8:00pm

### Bedtime Routine

Getting back into normal sleep patterns after summer vacation can be a challenge. This workshop will look at dealing with sleep challenges and provide recommendations to help your child(ren) get back to a healthy sleep routine.

**DATE/TIME** Thursday September 17  
1:00pm – 2:00pm or 7:00pm – 8:00pm

### COVID-19 Specific Skills

This workshop will focus on teaching strategies that will help your child/youth wear a mask, follow arrows, stand in line, follow visual cues, learn to wait to enter buildings, accept temperature checks and tips on how to tolerate a COVID test.

**DATE/TIME** Thursday September 24  
1:00pm – 2:00pm or 7:00pm – 8:00pm

## UNDERSTANDING ASD SERIES

### Introduction to Autism Spectrum Disorder

This workshop will provide an introduction to Autism Spectrum Disorder to parents and caregivers from both a clinical and parental perspective.

**DATE/TIME** Monday September 21  
1:00pm – 3:00pm or 6:30pm – 8:30pm

### Understanding the Ontario Autism Program

This workshop will help parents and caregivers understand their service options within the Ontario Autism Program, including the new Foundational Family Services. Service Coordinators will share information and answer your questions about Childhood Budgets, and Interim One-Time Funding.

**DATE/TIME** Tuesday September 29  
1:00pm – 3:00pm or 6:30pm – 8:30pm

## STRATEGIES FOR SUCCESS SERIES

### Strategies for Getting a Haircut

Does your child have difficulties getting their hair cut? Join us for a virtual workshop reviewing different tips, strategies and other recommendations to help make hair appointments for your child more enjoyable and successful!

**DATE/TIME** Monday September 21  
1:00pm – 2:00pm or 6:30pm – 7:30pm

### Strategies for going to the Dentist

This virtual workshop will review various tips, strategies and other recommendations to assist with any upcoming dental appointments for your child.

**DATE/TIME** Monday September 28  
1:00pm – 2:00pm or 6:30pm – 7:30pm

# INTRODUCTION TO TEACHING SERIES

## Teaching Your Child Imitation Skills

This workshop in our Introduction to Teaching series will introduce some of the strategies used to teach children to imitate.

**DATE/TIME** Tuesday September 15  
1:00pm – 2:00pm or 7:00pm – 8:00pm

## Teaching Your Child Receptive Language

This workshop in our Introduction to Teaching series will discuss some of the skills and strategies children need to learn while developing their receptive language (or ability to understand the language of others).

**DATE/TIME** Tuesday September 15  
1:00pm – 2:00pm or 7:00pm – 8:00pm

## Teaching Vocal Requesting

This workshop in our Introduction to Teaching series will review the strategies to begin teaching a child to request items they want/need using speech.

**DATE/TIME** Tuesday September 22  
1:00pm – 2:00pm or 7:00pm – 8:00pm

## The Power of Play

This workshop in our Introduction to Teaching series will review the importance of play and the basics of teaching your child early play skills such as imitation of others, joint attention, turn taking and pretend play.

**DATE/TIME** Tuesday September 29  
1:00pm – 2:00pm or 7:00pm – 8:00pm

## Helping your Child Tolerate Change

This workshop in our Introduction to Teaching series will review the strategies to begin teaching a child to tolerate changes in routines.

**DATE/TIME** Thursday September 17  
1:00pm – 2:00pm or 7:00pm – 8:00pm

## How to Effectively Use Visual Schedules

This workshop in our Introduction to Teaching series will review the importance of visual schedules and how to use a visual schedule effectively.

**DATE/TIME** Thursday September 17  
1:00pm – 2:00pm or 7:00pm – 8:00pm

## Helping your Child to Tolerate " No"

This workshop in our Introduction to Teaching series will introduce some of the strategies used to teach children to respond appropriately when they are told No.

**DATE/TIME** Thursday September 24  
1:00pm – 2:00pm or 7:00pm – 8:00pm

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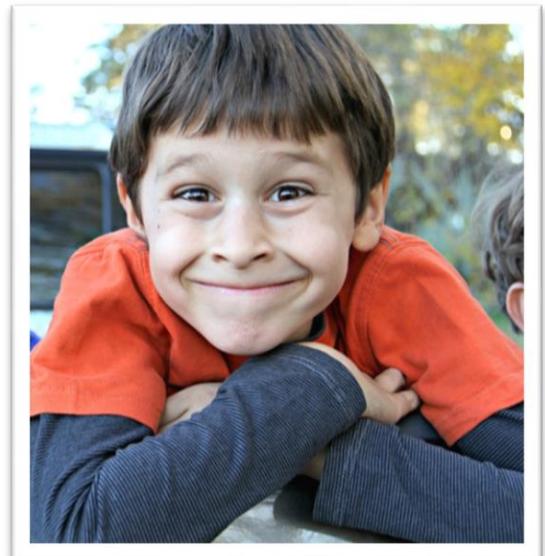
# PIVOTAL RESPONSE TRAINING

## Pivotal Response Training

In this workshop you will learn how to: create opportunities to teach language, gain your child's attention, motivate your child to learn, deliver contingent reinforcement, teach your child that items have labels, reinforce language attempts, intersperse easy and hard tasks, and teach your child to respond to multiple cues.

This workshop is most appropriate for families of children between the ages 2-6 years old who have delays in their use of speech for communication (e.g., currently not using speech to communicate, speaking in one or two word sentences). Parents must be available for both workshop sessions and up to 2 the virtual consultations.

**DATE/TIME** Tuesday and Wednesday  
September 22, 23  
12:30pm – 2:30pm or 6:30pm – 8:30pm



# FOUNDATIONAL WORKSHOPS

## ABA 101

ABA 101 is a course designed to build caregivers knowledge around Applied Behaviour Analysis including, but not limited to; what is ABA, data collection, proactive strategies, teaching strategies, reinforcement, functions of behaviour, generalization and maintenance. The content of this course is considered to be college-level material. There will be assignments to complement each lesson which will help enhance your learning experience, however, these are not mandatory to complete. It is recommended that caregivers complete the Triple P course before ABA 101.

<b>DATE/TIME</b>	Tuesdays- September 29 to November 3 6:30pm - 8:00pm
<b># OF WEEKS</b>	6

## Stepping Stones -Triple P Positive Parenting

Are you interested in learning more about teaching new skills and handling misbehaviour? Triple P is a caregiver education course that focuses on causes of misbehaviour, teaching new skills, increasing desired behaviours, decreasing misbehaviour and survival skills for difficult situations. This course is recommended for caregivers new to the diagnosis of autism or another developmental disability and/or the science of Applied Behaviour Analysis. Closed captioning is available through the BlueJeans Video Conferencing application.

<b>DATE/TIME</b>	Tuesdays- September 29 to November 24 6:30pm - 8:30pm
<b># OF WEEKS</b>	9

## ABA 101

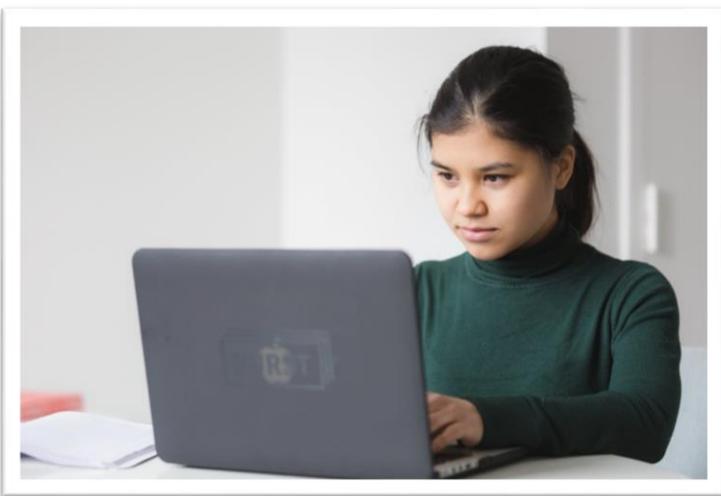
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<b>DATE/TIME</b>	Wednesdays- September 30 to November 4 9:30am - 11:00am
<b># OF WEEKS</b>	6

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<b>DATE/TIME</b>	Wednesdays- September 30 to November 25 9:30am - 11:30am
<b># OF WEEKS</b>	9



*"It was nice to have the program completed virtually. I have wanted to take this program for years, however, being a working mom I was unable to attend the day sessions in person. The clinicians were friendly, clear and provided tons of examples that we can utilize in our day to day."*

*- Parent experience with Triple P*

# GROUP SERVICES



## FAMILY AND SIBLING SERVICES

### Coffee Chat Parent Support Group

Join us for an opportunity to make connections, share ideas and experiences, and ask & answer questions with the support of other families.

<b>AGE</b>	Open
<b>DATE(S)/TIME</b>	Mondays 7:00pm – 8:00pm September 14 –October 2

### Coffee Chat Parent Support Group

Join us for an opportunity to make connections, share ideas and experiences, and ask & answer questions with the support of other families.

<b>AGE</b>	Open
<b>DATE(S)/TIME</b>	Thursdays 1:00pm – 2:00pm September 17 –October 1

### Sibling Resilience Support Group

This group is designed for youth over the age of 13 who have a sibling diagnosed with Autism Spectrum Disorder. The virtual group will include a number of activities to help foster and build resilience in siblings taking on a caregiving role.

<b>AGE</b>	13 years +
<b>DATE(S)/TIME</b>	Wednesdays 5:30pm – 7:00pm September 9 –October 21

### Sibling Resilience Support Group

This group is designed for youth aged 7-12 who have a sibling diagnosed with Autism Spectrum Disorder. The virtual group will include a number of activities to help foster and build resilience in siblings taking on a caregiving role.

<b>AGE</b>	7-12 years
<b>DATE(S)/TIME</b>	Mondays 5:30pm – 7:00pm September 14 –October 26

### Youth Advisory Committee

Developed for youth, by youth! The committee will work together to provide peer support and develop connections in the community. Members will have an opportunity to develop advocacy and executive functioning skills. The committee will help inform service delivery models and identify gaps in service.

<b>AGE</b>	14 years +
<b>DATE(S)/TIME</b>	Wednesdays 7:30pm – 9:00pm <b>**Starting September 30, the Youth Advisory meets the last Wednesday of every month</b>

## RECREATIONAL GROUPS

### Distant Socializing

Join us for some fun and distant socializing! During these uncertain times it can be a challenge to connect with other socially and emotionally. We are offering an opportunity for children to connect with peers their own age and participate in a variety of games, activities and challenges together.

<b>AGE</b>	9-12 years
<b>DATE(S)/TIME</b>	Mondays and Tuesdays 5:30pm – 6:15pm September 14 –30

### Distant Socializing

Join us for some fun and distant socializing! During these uncertain times it can be a challenge to connect with other socially and emotionally. We are offering an opportunity for children to connect with peers their own age and participate in a variety of games, activities and challenges together.

<b>AGE</b>	7-9 years
<b>DATE(S)/TIME</b>	Wednesdays and Thursdays 5:30pm – 6:15pm September 16 – October 3

# CLINICAL GROUPS

## Unstuck and on Target

Utilizing an executive functioning curriculum, youth will learn emotional regulation strategies to improve their problem solving and flexibility within day-to-day activities. Youth will be given the opportunity to practice implementing these skills within various interactive activities. This program is appropriate for youth who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions and can participate without 1:1 support in a group setting.

<b>AGE</b>	10-15 years
<b>DATE(S)/TIME</b>	Mondays 6:30pm – 8:00pm September 14 –November 23 <b>*No session on Thanksgiving</b>

## Youth Empowerment

Teens will learn to navigate complex social situations and make informed choices regarding topics such as personal health, unwritten social rules, relationships, consent and boundaries, social media and internet use, and self-advocacy. Topics will be discussed in a safe and interactive setting.

<b>AGE</b>	14-17 years
<b>DATE(S)/TIME</b>	Tuesdays 6:30pm – 7:30pm September 15 –October 27

## Flexible Teens

Flexible Teens is facilitated by a Board Certified Behaviour Analyst. This group is designed for teens to promote psychological flexibility. Acceptance and Commitment Therapy (ACT) is used to teach teens how to focus on the present moment and identify their own personal values and translate them into concrete committed actions. ACT is used to empower teens to think flexibly and gain self-awareness as they seek to make decisions about how they want to live their lives.

<b>AGE</b>	14-17 years
<b>DATE(S)/TIME</b>	Wednesdays 6:30pm – 8:00pm September 16 –October 28

## Keeping Your Cool

This group will help teach your child to regulate their emotions using ABA teaching strategies and the Zones of Regulation Curriculum. Parents and children will create individual goals with a clinician and each child will have an opportunity to practice their individual goals with a clinician. This program is appropriate for youth who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions and can participate without 1:1 support in a group setting.

<b>AGE</b>	10-14 years
<b>DATE(S)/TIME</b>	Thursdays 6:30pm – 7:30pm September 17 –October 29

## Keeping Your Cool

This group will help teach your child to regulate their emotions using ABA teaching strategies and the Zones of Regulation Curriculum. Parents and children will create individual goals with a clinician and each child will have an opportunity to practice their individual goals with a clinician. This program is appropriate for youth who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions and can participate without 1:1 support in a group setting.

<b>AGE</b>	7-9 years
<b>DATE(S)/TIME</b>	Saturdays 9:30am – 10:30am September 19 –October 31

## Making Friends 101

Does your child need extra support making and keeping friends? This group is designed to teach a variety of social skills including: initiating a conversation, setting up a hang out, being a good sport and handling rejection. Children will participate in a variety of lessons and practice their new skills during interactive games and activities. Parents/caregivers will be provided with the tools to be a 'friendship coach' through feedback and weekly assignments that are designed to build on the skills practiced in the sessions.

<b>AGE</b>	10-15 years
<b>DATE(S)/TIME</b>	Saturdays 2:30pm – 3:30pm September 19 –October 31

"I am amazed at the patience and knowledge of the staff members that my son has been working with. As my child is growing up, there are many 'unspoken rules' that I have not thought to teach him, but, as he's on the spectrum, he simply does not pick up on some of the social cues and body language displayed by others. I am so grateful to the group leaders for teaching him these details. I will continue to enroll my child in programs at Bethesda!"

- Charla, son 11

## Formulas for Friendship

In this group, youth will learn about and practice important social skills, such as initiating, maintaining and ending a conversation and how to join into an activity, phone calls and electronic communication, appropriate use of humour, and hosting a get together. This program is appropriate for youth who do better in smaller groups and require additional supports. They must be able to follow and understand one-step instructions independently, communicate using verbal requests, comments and questions, and can participate in a group setting without 1:1 support. Skills will be taught in a group format using ABA evidence based strategies.

<b>AGE</b>	10-15 years
<b>DATE(S)/TIME</b>	Saturdays 1:00pm – 2:00pm September 19 –October 31

## Social Navigators

Children will learn a variety of social skills (initiating/exiting conversations, joining into conversations, exiting conversations) and have an opportunity to practice these skills with peers. Children will learn these skills by being a social detective! Skills will be taught in a group format using ABA evidence based strategies. This program is appropriate for children who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions and can participate in a group setting without 1:1 support.

<b>AGE</b>	6-9 years
<b>DATE(S)/TIME</b>	Saturdays 11:00am – 12:00pm September 19 –October 31

## TRANSITION GROUPS

### Transition Back to School Club

Children will have an opportunity to explore a variety of topics that deal with transitioning back to school in a supportive virtual environment with their peers.

<b>GRADES</b>	K - 3
<b>DATE(S)/TIME</b>	Tuesdays and Wednesdays 4:00pm – 5:00pm September 15 – 30

### Transition Back to School Club

Children will have an opportunity to explore a variety of topics that deal with transitioning back to school in a supportive virtual environment with their peers.

<b>GRADES</b>	4 - 8
<b>DATE(S)/TIME</b>	Mondays and Tuesdays 4:00pm – 5:00pm September 14 –29

### Transition Back to School Club

Children will have an opportunity to explore a variety of topics that deal with transitioning back to school in a supportive virtual environment with their peers.

<b>GRADES</b>	9 - 12
<b>DATE(S)/TIME</b>	Wednesdays and Thursdays 4:00pm – 5:00pm September 16 –October 1

### Preschool Group

Your little learners will enjoy a predictable and consistent daily schedule that includes common preschool social and academic learning opportunities such as reviewing the daily the calendar, matching or patterns, numbers, show and tell and more.

<b>AGES</b>	2-6 years
<b>DATE(S)/TIME</b>	Monday to Friday 9:30am – 10:00am September 14- October 2

# ASD RESPITE SERVICES



## VIRTUAL GROUPS

ASD Respite Services will be offering virtual respite groups for children who are registered with the ASD Respite Services program at Bethesda. To participate in a group, please call or email **905.684.6918 ext. 170** or [serviceinfo@bethesdaservices.com](mailto:serviceinfo@bethesdaservices.com)

## SEPTEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>LEGO Club</b> 4:30pm - 5:30pm (6-10 years old)</p> <p><b>Baking Group</b> 6:00pm – 7:00pm (8 and up)</p>		<p><b>Craft Group</b> 4:30pm - 5:30pm (6-10 years old)</p> <p><b>Music/Dance Group</b> 6:00pm– 7:00pm (7 and up)</p>	<p><b>Roblox</b> 4:00pm – 5:00pm (Teens)</p>	<p><b>Story Time &amp; Music</b> 1:00pm - 1:30pm (2-6 years old)</p> <p><b>Roblox</b> 2:00pm – 3:00pm (8-13 years old)</p>

## OCTOBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Play-Doh Group</b> 4:30pm - 5:30pm (6-10 years old)</p> <p><b>Cooking Club</b> 6:00 – 7:00pm (10 and up)</p>		<p><b>Craft Kits Group</b> 4:30-5:30pm (All ages)</p> <p><b>Science Experiments Group</b> 6:00 – 7:00pm (9 and up)</p>	<p><b>Roblox</b> 4:00pm – 5:00pm (Teens)</p>	<p><b>Story Time and Music</b> 1:00 - 1:30pm (2-6 years old)</p> <p><b>Roblox</b> 2:00 – 3:00pm (8-13 years old)</p>

# FEE FOR SERVICE OPTIONS



## BEHAVIOURAL SERVICES

Applied Behaviour Analysis (ABA) is an intervention based on the science of learning and behaviour. Clinicians work with individuals and their families to identify goals to increase behaviours/skills that are important to them and decrease behaviour that interferes with skill development and day-to-day functioning. ABA therapy can help increase a child/youth's social communication, teach new skills and increase their independence. ABA involves designing, implementing and monitoring interventions that are supervised by a Board Certified Behaviour Analyst (BCBA or BCBA-D).

\* To access an individualized behaviour service, a Clinical Treatment Plan is required

### Clinical Treatment Plan

All individualized ABA and EIBI services start with a Clinical Treatment Plan. Clinicians will meet with you and your child/youth to assess his/her strengths and areas of need. Together, we will determine goals and develop an individualized service plan that best supports your child/youth and family.

**Cost:** \$150.00

### Early Intensive Behavioural Intervention (EIBI)

The goal of intensive, comprehensive intervention is to increase a child's rate of learning and improve cognitive, language, social and self-help skills. Children in EIBI receive 20-40 hours of therapy a week for a period of at least 6 months up to 2-3 years. EIBI has a three-tiered supervision model with Instructor Therapists providing direct therapy, a Senior Therapist supervising your child and their programming every week, and a BCBA Clinical Supervisor who is an approved provider on the OAP Provider List.

**Cost:** \$70 per hour\*

\* Additional costs for mileage and travel time for community sessions

### Individualized ABA Services

Individualized ABA Services provide skill building and/or behaviour reduction programming designed to address the goals outlined in the Clinical Treatment Plan. The range in price for service reflects the type of professional that will be needed to best support your child's treatment plan. Psychiatric Consultation is available for children and youth who are actively receiving a Behavioural Service at Bethesda. The consultation can be integrated into the child/youth's Clinical Treatment Plan to assess and treat mental health concerns. All Behavioural Programs are supervised by a BCBA Clinical Supervisor.

**Cost:** \$55-\$75 per hour\*

\* Additional costs for mileage and travel time for community sessions

## SPECIALIZED SERVICES

Bethesda offers a variety of specialized services that can be accessed individually or as part of an integrated Clinical Treatment Plan.

### Psychology Assessments:

A Psychological Assessment provides a comprehensive evaluation of a child/youth's cognitive and adaptive functioning and may include measures of social emotional development and academic achievement. The assessment process may include interviews, observation, testing and consultation with other professionals. The assessment can be used to assess eligibility for developmental services.

**Cost:** \$2500\*

\*Services may be eligible for billing to private insurance providers

### Occupational Therapy:

Occupational Therapy (OT) is a health profession that works with children/youth and their families to help identify factors that might be impacting a child/youth's ability to participate in activities of daily life e.g. self-care, play, social communication and coping skills. OT assessment and intervention will focus on understanding how motor skill development, sensory responses, and visual-perceptual skill development are linked to the child/youth's participation and provide therapeutic strategies to help enhance these skill areas.

**Cost:** \$100 per hour

\* Services may be eligible for billing to private insurance providers

### Speech and Language Therapy:

Speech-Language Pathologists (SLP) work with families who have concerns about their child/youth's communication development. SLP's assess and treat a broad range of speech, language, communication, swallowing and eating concerns.

**Cost:** \$125 per hour

\* Services may be eligible for billing to private insurance providers