



CHILDREN'S SERVICES

Fall Service Guide

September to December 2021



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 and Children's Behaviour Services. All Foundational Family Services are provided at no cost to families and are outlined in 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 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
- 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.

TABLET LENDING LIBRARY

Would your family benefit from the short-term use of a tablet for virtual therapy, workshops or groups?

Thanks to **Government of Canada's Emergency Community Support Fund** and **United Way Niagara**, Bethesda was fortunate to receive a grant that will assist us connecting those we support with their community through the development of a tablet lending library.

Throughout the pandemic, Bethesda responded to the needs in our community by expanding virtual service options that include therapy sessions, workshops, clinics and group programs. With many families and individuals not being equipped with the technology required, we recognized that we needed to find a way to connect everyone virtually.

Tablets will be available for all families accessing Children's Services at Bethesda, including the Ontario Autism Program's Foundational Family Services. If your family would benefit from access to a tablet for virtual services, please contact us to see if the Tablet Lending Library is the right fit for you.

Our deepest thanks go out to the Government of Canada and United Way Niagara for seeing the value in this initiative and helping us to connect our community during such an unprecedented time.

Canada 



United Way
Niagara

WORKSHOPS

JOIN US FOR THE FOLLOWING VIRTUAL WORKSHOPS OFFERED FROM SEPTEMBER TO DECEMBER

Understanding the Ontario Autism Program: Service Coordination and Funding Options

Meet one on one with a Service Coordinator to help parents and caregivers navigate Autism services in the Niagara Region and the province. The Ontario Autism Program (OAP) and one-time funding, and evidence-based services, including Applied Behaviour Analysis (ABA), will be reviewed.

DATE/TIME Available by individual appointment upon request



Caregiver Development

Kids Have Stress Too

This workshop provides education for caregivers on how to proactively support their child's emotional resiliency when they are dysregulated due to stressful situations. Coping strategies discussed in this workshop may be helpful for everyone in the family. Two individualized consultations are provided to give caregivers an opportunity to discuss the implementation of strategies in the home.

DATE/TIME Tuesday
September 14
6:30pm - 8:00pm

Organizational Skills

This interactive workshop is designed for both parents/guardians and teens who will have an opportunity to learn and practice organizational strategies that can be helpful to manage school work and online learning.

DATE/TIME Tuesday
September 28
6:30pm - 7:30pm

Bullying and ASD

This workshop provides specific tools and strategies to help caregivers support their children to respond to bullying, including what to do if they are a target, how to handle embarrassing feedback and choosing appropriate friends.

DATE/TIME Tuesday
September 21
6:30pm - 7:30pm

Strategies from the Nonviolent Crisis Intervention® Training Program

Caregivers will work with a clinician to create an individualized safety plan for their child/youth outlining de-escalation techniques to avoid the use of physical intervention. This workshop is based on Sharing Strategies from the Nonviolent Crisis Intervention® Training Program. Note: Participants will not be certified and physical restraints/ disengagements are not covered in this workshop.

DATE/TIME Tuesday
October 12
6:30pm - 8:00pm

WORKSHOPS

Caregiver Development

Change of Season Clothing

Does your child have difficulties transitioning between seasons? This workshop will review various tips, strategies and other recommendations to assist with the change of seasons and seasonal clothing.

DATE/TIME Tuesday
October 19
6:30pm - 7:30pm



Strategies for Successful Homework

This workshop will review different tips, strategies and other recommendations to help your child be more successful completing homework and/or school assignments.

DATE/TIME Tuesday
October 26
6:30pm - 7:30pm

ASD and Anxiety

An interactive workshop designed for parents and caregivers addressing the unique needs of children with autism and anxiety. This workshop will explore anxiety through the lens of Applied Behaviour Analysis. Proactive interventions will be discussed that parents can implement in the home.

DATE/TIME Tuesday
November 9
6:30pm - 8:00pm

Personal Hygiene: How to Break it Down for Success

Attendance in this workshop is designed and best suited for caregivers with children ages 15 and younger. This workshop provides you with the information needed to support your child in improving their hygiene habits and routines. You will receive a supplemental package of resources that can be printed at home.

DATE/TIME Tuesday
November 2
6:30pm - 8:00pm

Strategies for Success: Eye Doctor Visit

Does your child have difficulty going to the eye doctor? This workshop reviews various tips, strategies and recommendations designed to help make optometrist appointments more successful for your child.

DATE/TIME Tuesday
November 16
6:30pm - 7:30pm

WORKSHOPS

Caregiver Development

Picky Eating

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.

DATE/TIME Tuesday
November 23
6:30pm - 8:00pm

Care for the Caregiver (ACT)

This workshop provides strategies and resources to help parents and caregivers cope during different stressful events and changes in their family and community. Based on the principals of Acceptance and Commitment Therapy (ACT), this workshop will introduce how to identify your personal values and how to make decisions and behaviours that help move toward these values and goals while in the midst of stressful situations.

DATE/TIME Tuesday
December 14
6:30pm - 8:00pm



Surviving the Holidays

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. We need to employ all of our “social thinking skills” during this season when we are attending parties, family gatherings, shopping, travelling, etc. How can we do this gracefully and comfortably? This workshop will provide practical strategies to help make the holiday season more joyful.

DATE/TIME Thursday
December 16
6:30pm - 7:30pm

Caregiver Development: Introduction to Teaching

Teaching your Child Imitation Skills

This workshop in our Introduction to Teaching series will introduce some of the strategies used to teach children imitation skills. This workshop is most appropriate for children ages 2 - 6 years.

DATE/TIME Tuesday
September 7
6:30pm - 7:30pm

Helping your Child Tolerate Change

Children with ASD are more likely to experience challenges accepting change in everyday routines. This workshop will provide you with ABA based strategies that will help increase your child’s flexibility. You’ll learn how to break down challenging situations and to support your child through proactive planning - teaching them to accept change.

DATE/TIME Tuesday
October 5
6:30pm - 7:30pm

WORKSHOPS

Caregiver Development: Introduction to Teaching

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 Thursday
November 25
6:30pm - 7:30pm

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. This workshop is most appropriate for children ages 2 - 10 years.

DATE/TIME Tuesday
November 30
6:30pm - 7:30pm

Helping your Child Tolerate “No”

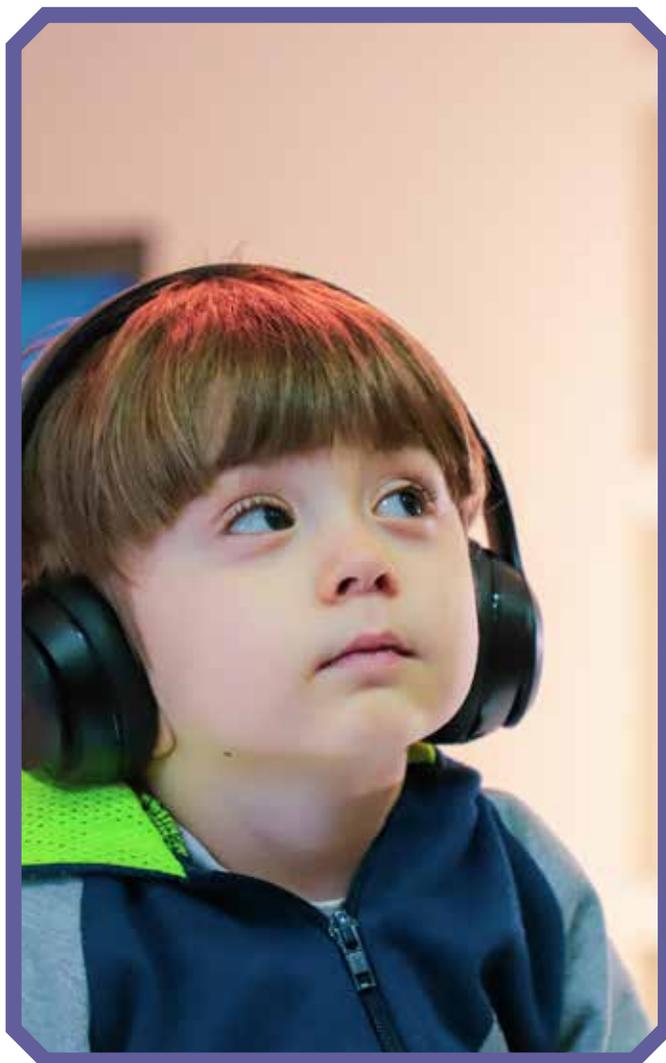
This workshop in our Introduction to Teaching series will introduce some of the strategies used to teach children to respond appropriately when they are told No.

DATE/TIME Tuesday
December 7
6:30pm - 7:30pm

Toilet Training

Is your child showing readiness signs for toilet training? This workshop will help parents and caregivers recognize readiness skills and patterns of current toileting behaviours and learn toilet training strategies based on the principles of ABA. This workshop is best suited for parents of children ages 7 years and younger.

DATE/TIME Thursday
December 9
6:30pm - 7:30pm



WORKSHOPS

Caregiver Educational Courses

Triple P Stepping Stones

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. This course is appropriate for caregivers with children ages 0 - 12 years old.

DATE/TIME

Thursdays
September 30 - November 25
6:30pm - 8:30pm

ABA 101

ABA 101 is a course designed to build caregivers knowledge around Applied Behaviour Analysis including 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 families with children under the age of 12 complete Triple P before enrolling in ABA 101. If you have any questions about if this course is right for you and your family, please call 905.684.6918 ext. 170 to speak with a Service Coordinator.

DATE/TIME

Tuesdays
October 5 - November 23
6:30pm - 8:30pm



Not able to attend a workshop?

Please reach out to a Service Coordinator to schedule a 1:1 consultation to review the workshop material. All Caregiver development workshops have 1:1 follow up consultation options where caregivers can review and personalize information as it relates to their child and family, with an ABA clinician.

To access a 1:1 consultation
call: 905.684.6918 ext. 170
or email:
serviceinfo@bethesdaservices.com

WORKSHOPS

Workshops for Youth Ages 10+ Years

Strategies for Successful Homework

This workshop will review different tips, strategies and other recommendations to help youth be more successful in completing homework and/or school assignments.

DATE/TIME Wednesday
September 8
6:30pm - 7:30pm

How to Handle Teasing

This workshop for kids will address what teasing is, how to avoid being a target and what to do if you are being teased.

DATE/TIME Wednesday
October 6
6:30pm - 7:30pm

How to Handle Bullying

This interactive workshop provides teens with specific tools and strategies for responding to bullying, including what to do if you are a target, how to handle embarrassing feedback and choosing appropriate friends.

DATE/TIME Wednesday
October 20
6:30pm - 7:30pm

Organizational Skills

This interactive workshop is designed for teens who will have an opportunity to learn and practice organizational strategies that can be helpful for managing school work and online learning.

DATE/TIME Wednesday
September 22
6:30pm - 7:30pm

Assertiveness

Learn about different styles of communication (passive, aggressive and assertive) and discuss skills and strategies to be more assertive. Practice, role play and video modelling are part of this session.

DATE/TIME Wednesday
October 13
6:30pm - 7:30pm

Puberty

Attendance in this workshop is designed for youth ages 10 - 14 years. Participants will engage in interactive group activities where they can learn and practice social and life skills related to the physical and emotional changes that occur with puberty.

DATE/TIME Wednesday
November 3
6:30pm - 7:30pm

“Being new to the Niagara region, it was great to have the services provided by Bethesda. From social skills programs for my son with autism, to support programs and services for parents like me, Bethesda staff are professional, knowledgeable and a pleasure to interact with at every step.”

- Bethesda Parent

WORKSHOPS

Workshops for Youth Ages 10+ Years

Self-Advocacy

Self-advocacy is learning how to speak up for yourself and make your own decisions about your life. It is about learning how to get information and expressing yourself appropriately. It involves knowing your rights and responsibilities and problem solving. Join your peers to discuss these topics in a safe environment.

DATE/TIME Wednesday
November 10
6:30pm - 7:30pm

Mindfulness

Mindfulness is a strategy that helps individuals stay grounded and focused in the present moment. Youth will practice mindfulness activities while learning about the benefits regular mindfulness has for their wellness.

DATE/TIME Wednesday
November 17
6:30pm - 7:30pm

Personal Care-Being Your Best Self

This workshop provides youth with information to successfully complete their daily morning routine. Participants will receive a supplemental package of resources. This workshop is best suited for high school aged youth.

DATE/TIME Wednesday
December 1
6:30pm - 7:30pm



GROUP SERVICES



JOIN US FOR THE FOLLOWING **VIRTUAL** GROUPS OFFERED FROM SEPTEMBER TO DECEMBER

Family Activities

Get Creative

What does being creative mean to you? Let's explore our creativity together. Please join us for a fun filled activity for the whole family. All registered families will receive a kit with games and activities to explore our creativity

AGES All ages

DATE/TIME Saturday
September 18
10:00am - 11:00am or
2:00pm - 3:00pm

Physical Health and Wellness

Register to receive an activity kit with resources your family can use to increase your physical health and wellness. You are invited to join us to share in some fun activities for the whole family that focus on fun exercise, planning a good meal, how laughter can benefit our health and more!

AGES All ages

DATE/TIME Saturday
November 13
10:00am - 11:00am or
2:00pm - 3:00pm

Bake Off

Does your family love to bake together? In this fun virtual baking meet we are going to follow a recipe together to make a yummy treat! A kit will be delivered to registered families containing all of the ingredients for baking a delicious treat for the whole family!

AGES All ages

DATE/TIME Saturday
October 16
10:00am - 11:00am or
2:00pm - 3:00pm

Holiday Crafting

Let's start preparing for the holiday season. Join us for a fun family activity that explores crafts from different holidays around the world. A kit will be delivered to all registered families with items to create!

AGES All ages

TIME Saturday
December 4
10:00am - 11:00am or
2:00pm - 3:00pm



GROUPS

Recreational Groups

Children can register for recreational programs at any time.

Teen Video Game Club

Teens will have the opportunity to play Among us, Roblox or other suitable games in a supportive environment where they can engage with their peers to imagine, create, and share experiences.

AGES 13+ years

DATE/TIME Fridays
September 10 - December 17
4:00pm - 5:00pm

Saturday Club

Build and play with Play-Doh, create with Lego, participate in online games with challenges and creative competitions in an action packed group designed to stretch your child's imagination.

AGES 6 - 9 years

DATE/TIME Saturdays
September 11 - December 18
9:30am - 10:00am

Trivia and Games

Test your knowledge with a variety of trivia topics. Games may include Jeopardy, Kahoot and other games of skill.

AGES 6 - 12 years

DATE/TIME Saturdays
September 11 - 25
9:30am - 10:30am

Science

Join us for some fun and exciting science experiments and lessons, from learning about different science subjects to doing easy and fun experiments at home. For this group, we will be using things you can find in your home.

AGES 8+ years

DATE/TIME Saturdays
September 11 - 25
11:00am - 12:00pm

Roblox

Participants will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences.

AGES 8 - 13 years

DATE/TIME Saturdays
September 11 - December 18
1:00pm - 2:00pm

Roblox

Teens will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences.

AGES 14+ years

DATE/TIME Saturdays
September 11 - December 18
2:30pm - 3:30pm

GROUPS

Recreational Groups

Roblox

Children will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other. Information regarding the content of the games played will be made available to caregivers upon registration.

AGES 7 - 12 years

DATE/TIME Saturdays
September 11 - December 18
11:30am - 12:30pm

Roblox/Among Us

Teens will have the opportunity to play Roblox or Among Us in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other. Information regarding the content of the games played will be made available to caregivers upon registration.

AGES 13+ years

DATE/TIME Saturdays
September 11 - December 18
1:00pm - 2:00pm

Cooking Club

Does your child love to Cook and Bake? In this fun virtual club, we are going to follow recipes together to make yummy snacks and treats! Registered families will be sent a detailed email explaining how to participate and the ingredients required for each week's recipe. Parent supervision will be required.

AGES 13+ years

DATE/TIME Saturdays
September 11 - December 18
3:15pm - 4:00pm



GROUPS

Recreational Groups

Children can register for recreational programs at any time.

Video Game Club

Children will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other. Information regarding the content of the games played will be made available to caregivers upon registration.

AGES 9 - 12 years

DATE/TIME Mondays and Wednesdays
September 13 - December 15
4:00pm - 4:45pm

Yoga: Relax and Unwind

Calling all families to pause and unwind with us. Let the stresses of the day go and connect with your breath moving through a variety of poses that focus on balance, strength and flexibility. No previous yoga experience is necessary. Taught by a certified yoga teacher.

AGES All ages

DATE/TIME Mondays
September 13 - October 4
7:15pm - 8:00pm

Teen Zone

Do you like the game Among Us, Trivia, Kahoot, scavenger hunts, or naming that tune? If you answered "Yes", then Teen Fun Zone is for you! Come hang out with some peers ... and be prepared to laugh a lot!

AGES 13+ years

DATE/TIME Thursdays
September 16 - December 16
5:15pm - 6:00pm

Craft Zone

Each week we will be creating different crafts using a variety of materials. Children will have opportunity to interact with peers and show off their handmade creations! *A comprehensive list of crafts for each week along with what materials will be required will be sent to registered families.

AGES Up to 13 years

DATE/TIME Mondays
September 13 - December 13
4:00pm - 4:45pm

Video Game Club

Children will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other. Information regarding the content of the games played will be made available to caregivers upon registration.

AGES 7 - 9 years

DATE/TIME Tuesdays and Thursdays
September 14 - December 16
4:00pm - 4:45pm

“Our family appreciated the flexibility of the open registrations for rec groups, our child was able to participate when it worked for us.”

GROUPS

Recreational Groups

Arts and Crafts

Each week we will be creating different crafts using a variety of materials. Children will have opportunity to interact with peers and show off their handmade creations! A comprehensive list of crafts for each week along with what materials that will be required will be sent to registered families.

AGES 6 - 12 years

DATE/TIME Saturdays
October 2 - 30
9:30am - 10:30am

Baking Club

Does your child love to bake? In this fun virtual baking club, we are going to follow recipes together to make yummy snacks and treats! Registered families will be sent a detailed email explaining how to participate and the ingredients required for each week's recipe. Parent supervision will be required.

AGES 8+ years

DATE/TIME Saturdays
October 2 - 30
11:00am - 12:00pm

Elementary PA Day

Spend your PA day with us to practice your social skills by engaging in virtual games and activities. Each session will have various activities geared to the ages of the children who register. Join one or join them all. The more the merrier!

AGES 6+ years

DATE/TIME Friday
November 19
10:00am - 11:00am or
2:00pm - 3:00pm



GROUPS

Clinical Groups

Pathways to Employment

Let Bethesda's Pathways to Employment pre-employment training program be their first step towards looking for and keeping a job. We offer practical job skill training, job coaching and the tools your teen will need to find and keep a paid job in the community. Teens will learn about volunteer opportunities in their community, learn basic computer skills, and find out what employers look for when they hire.

AGES 14 - 18 years

DATE/TIME Thursdays
September 9 - November 11
7:00pm - 8:30pm

AIM Part 1

AIM is a curriculum that combines Applied Behaviour Analysis (ABA), Acceptance and Commitment Therapy (ACT), and mindfulness to address social and emotional challenges in children.

AIM incorporates a variety of developmentally appropriate, sensory focused and engaging activities to increase flexible and adaptive behaviours. AIM focuses on accepting things that have happened (both good and bad), identifying what is really important, and making decisions that move you toward your goals. AIM Part 1 introduces participants to the concepts that will be used throughout this curriculum. AIM Part 1 is a prerequisite to other groups in the AIM series. This group is appropriate for children who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions, and participate without 1:1 support in a group setting.

AGES 10 - 14 years

DATE/TIME Mondays
September 13 - November 30
6:30pm - 7:30pm

Home Alone

Home Alone is an interactive group where children can learn and practice social and life skills related to staying safe when alone. Group topics include stranger awareness, what to do in an emergency, home safety, calling 911, basic care for minor scrapes and cuts, internet safety, establishing a home alone routine, locking and unlocking a door and being responsible with a house key. This program is appropriate for youth who can follow multi-step instructions independently, communicate verbally and can participate in a virtual group setting.

AGES 10+ years

DATE/TIME Saturdays
September 11 - October 23
2:00pm - 3:00pm

Formula for Friendship

In this group, youth will learn about and practice important social skills, such as initiating, maintaining and ending a conversation, 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 participate in a group setting without 1:1 support. Skills will be taught in a group format using ABA evidence based strategies.

AGES 10 - 14 years

DATE/TIME Tuesdays
September 14 - October 26
6:30pm - 7:30pm

GROUPS

Clinical Groups

Boys Puberty

In this virtual group, children will learn social and life skills related to the physical and emotional changes that occur with puberty. Topics include daily hygiene such as shaving, showering and hair care, biological processes, social media and online safety.

AGES 10 - 14 years

DATE/TIME Tuesdays
November 2 - December 14
6:30pm - 7:30pm



Girls Puberty

In this virtual group, children will learn social and life skills related to the physical and emotional changes that occur with puberty. Topics include daily hygiene such as shaving, showering and hair care, biological processes, social media and online safety.

AGES 9 - 13 years

DATE/TIME Saturdays
November 6 - December 18
2:00pm - 3:00pm



Social Navigators

Children will learn a variety of social skills (initiating conversations, joining into conversations and 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.

AGES 6 - 9 years

DATE/TIME Saturdays
November 6 - December 18
10:00am - 11:00am

Understanding Safe and Healthy Relationships and Sexuality for Young Adults: Part One

In part one of this group, participants will learn about gender identity and expression, different types of relationships, public vs. private behaviours, friendship, communication and decision making related to sexuality and health. This group is ideal for teens and young adults who already have a basic understanding of puberty and who can participate in online activities and discussion.

AGES 16+ years

DATE/TIME Thursdays
November 18 - December 16
7:00pm - 8:30pm

GROUPS

Family Support and Peer Mentorship

Coffee Chat: Parent Support Group

Join us for an opportunity to make connections, share ideas and experiences, and ask and answer questions with the support of other families. Co-hosted with Autism Ontario Niagara Chapter.

AGES open

DATE/TIME Mondays
September 13 - December 20
7:00pm - 8:00pm

Grandparent Support Group

Join us for an opportunity to make connections with other grandparents who care for their grandchildren. Let's share ideas and experiences, and ask and answer questions with the support of other grandparents

AGES open

DATE/TIME Wednesdays
Sept. 15, 29, Oct. 13, 27, Nov. 10, 24, Dec. 8
7:00pm - 8:00pm

Mens Group

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

AGES open

DATE/TIME Wednesdays
Sept. 22 Oct. 6, 20, Nov. 3, 17, Dec. 1, 15
7:00pm - 8:00pm

Sibling Resilience Support Group

In Partnership with the Powerhouse Project, this group is designed for young children 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.

AGES 7 - 12 years

DATE/TIME Mondays
September 13 - December 20
5:30pm - 6:30pm

Youth Leadership Committee

Developed for youth, by youth! The Leadership Committee will develop leadership and advocacy skills, Provide mentorship to autistic kids and teens, Identify, develop and share information related to ASD. Members will help inform service delivery models and identify gaps in service.

AGES 14+ years

DATE/TIME Wednesdays
Sept. 15, 29, Oct. 13, 27, Nov. 10, 24,
Dec. 8, 22
7:30pm - 9:30pm

Peer Mentorship Program

Calling all teens looking to become a peer mentor this year! Bethesda is offering a peer mentor training program taking place virtually with 1.5 hour sessions beginning in November. This training will outline expectations as a peer mentor including roles and responsibilities, conflict resolution and leadership skills. The goal is to empower future leaders to come along side and support other youth throughout the 2021 year!

AGES 14+ years

DATE/TIME Tuesdays
November 9, 16 and 23
7:00pm - 8:30pm

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.