

# Fall Services 2019

## Niagara Family Centre



# Specialized Services

## at the Niagara Family Centre

### Applied Behaviour Analysis

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 Behavior Analyst (BCBA or BCBA-D).

### 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

### 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. All ABA programs are supervised by a BCBA Clinical Supervisor.

**COST** \$55-75 per hour  
\*Additional costs for mileage and travel time for community sessions

### Clinic Appointment

A Clinic Appointment provides an individualized consultation with an ABA Clinician where parents/caregivers can 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, and learning about community resources.

**COST** \$100

# Group Services

## at the Niagara Family Centre

### Let's Get Connected Parent Information Session

An opportunity for parents/caregivers of children diagnosed with ASD to learn more about what services are available to them at Bethesda and within the community.

Parents/caregivers can connect with other parents to offer support and recommendations.

**DATES** Thursday September 12, Thursday October 10, Wednesday November 6, Wednesday December 4

**TIME(S)** 1:00-3:00pm & 6:00-8:00pm

**LOCATION** Niagara Family Centre

**CHILDCARE** Not Available

**COST** Free

### Bethesda Open House

Come to Bethesda for a tour of our building and speak to a clinician about the services and supports we offer. A bouncy castle, games and snacks make it fun for the whole family!

**DATE(S)** Saturday September 14

**TIME(S)** 11:00am-1:00pm

**LOCATION** Niagara Family Centre

**CHILDCARE** Available

**COST** Free

### Toilet Training – Parent/Caregiver Workshop

Parents/caregivers will learn ABA strategies that will prepare and support them with toilet training their child.

**DATE(S)** Monday September 16

**TIME(S)** 1:00-3:00pm & 6:00-8:00pm

**LOCATION** Niagara Family Centre

**CHILDCARE** Limited Spots Available

**COST** Free

### I'm On My Way: Preschool Program

This Preschool Program provides three days a week of learning with a small group size and higher ratio of staff to target individualized goals. Each day will include a structured preschool schedule with opportunities for learning communication, social and play skills, and other skills important for your child's personal growth and development. This program is best suited for children who have limited or emerging communication, social and play skills and require support to participate in a preschool setting.

**AGE** 3-6

**DATE/TIME** Monday, Wednesday, Friday  
Begins September 16  
9:30am-11:30pm

**# OF WEEKS** 14

**COST** \$2,520

### School Success: Preschool Program

Prepare for a successful transition into school! In this Preschool Program, clinicians will be teaching a curriculum targeting critical social skills needed for early school success. These skills will be taught during a structured morning of preschool activities. This program is best suited for children who are able to follow instructions, communicate their wants and needs and participate in a group with reduced support.

**AGE** 3-6

**DATE/TIME** Tuesdays and Thursdays  
Begins September 17  
9:30am-12:30pm

**# OF WEEKS** 14

**COST** \$2,100

### Youth Advisory Committee

A committee developed for youth, by youth, ages 14-18. Youth will meet once a month for a 6 month block. The purpose of this group is to support and encourage youth with Autism Spectrum Disorder to enhance their leadership, facilitation and presentation skills by:

- Developing a presentation or project to share with clinicians, families, and/or community partners about their perspectives and ASD, including but not limited to their lived experiences and lessons learned.
- Becoming a peer mentor – connecting with other youth to provide support and encouragement and/ or identifying community agencies that teens could connect with.
- Identifying gaps in service and consult with clinicians to recommend services youth with ASD would benefit from.

<b>DATE(S)</b>	Tuesday September 17, Monday October 21, Tuesday November 26, Tuesday December 17 (January & February dates TBD)
<b>TIME(S)</b>	5:30-7:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>COST</b>	Free

### Youth Empowerment 1

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>	14-21
<b>DATE/TIME</b>	Tuesday September 17 6:00-8:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$350

### Coffee Chats Parent/Caregiver Support Group

This is an opportunity to make connections, share ideas and experiences, and ask and answer questions with the support of other families.

<b>MORNING DATES</b>	Tuesday September 17, Tuesday October 15, Tuesday November 19, Tuesday December 10
<b>MORNING TIMES</b>	10:00-11:00am
<b>EVENING DATES</b>	Wednesday September 18, Wednesday November 20, Wednesday December 11
<b>EVENING TIMES</b>	6:00-7:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

### BFF: Becoming a Fantastic Friend

In this group, youth will learn about and practice important social skills, such as what makes a good friend, choosing appropriate friends, conversation skills and body language, phone calls and electronic communication, appropriate use of humour, and hosting a get together. 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>	8-11
<b>DATE/TIME</b>	Wednesday September 18 6:00-8:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$350

### SSAH/ACSD Application Assistance

An opportunity to meet with clinicians from Bethesda to provide support with applying for various funding, such as SSAH and ACSD.

<b>DATE(S)</b>	Wednesday September 18, Thursday October 17, Wednesday November 13, Thursday December 5
<b>TIME(S)</b>	1:00-3:00pm & 6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

### Behaviour Busters: Learning to Manage My Own Behaviour

In this group, youth learn how to identify challenges with their own behaviour and be self-aware of when and why it happens. Youth will learn how to manage their behaviour through self-monitoring and replacement behaviours. Parents/caregivers will attend the first session.

<b>AGE</b>	10-14
<b>DATE(S)/TIME</b>	Wednesday September 18 6:00-8:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$420

## Dance and Movement Program

Does your child love to move and dance? This class is for you! Children will learn the basics of dance with the support of clinicians; no previous dance experience is required.

In order for your child to benefit from the program they must be able to work cooperatively in a group setting and follow instructions without demonstrating a need for one-on-one behavioural support.

<b>AGE</b>	4-8
<b>DATE/TIME</b>	Saturday September 21 8:30am- 10:00am
<b># OF WEEKS</b>	7
<b>COST</b>	\$265

## Dance and Movement Program

Does your child love to move and dance? This class is for you! Children will learn the basics of dance with the support of clinicians; no previous dance experience is required.

In order for your child to benefit from the program they must be able to work cooperatively in a group setting and follow instructions without demonstrating a need for one-on-one behavioural support.

<b>AGE</b>	9-13
<b>DATE/TIME</b>	Saturday September 21 10:30am- 12:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$265

## Jr. Chef: Meal Planning

In this group, youth will learn the importance of planning healthy meals. Youth will practice their kitchen skills and table manners while cooking simple meals using a recipe and enjoying their meals with their peers.

Prerequisite skills: Your child can follow multi-step instructions independently; can communicate using verbal requests, comments, and questions. Your child requires little to no assistance with daily routines and does not require 1:1 support in a group setting.

\*Cost of food was donated by Bethesda Home Foundation Inc.

<b>AGE</b>	10-15
<b>DATE/TIME</b>	Saturday September 21 1:00-4:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$525

## Teen Chef: Learning the Basics

Teens will learn the basics of cooking, such as kitchen safety, using kitchen appliances and cooking simple meals using a recipe. Teens will have the opportunity to practice their table manners while enjoying their meals with their peers.

Prerequisite skills: Your child can follow simple instructions independently and communicate their needs and wants verbally or by using an augmentative communication system. Your child can follow daily routines with minimal assistance and does not require 1:1 support in a group setting.

\*Cost of food was donated by Bethesda Home Foundation Inc.

<b>AGE</b>	13-18
<b>DATE/TIME</b>	Saturday September 21 9:00am-12:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$525

## Saturday Club

Saturday Club offers a social opportunity for children to participate in fun activities with their peers. A variety of activities will be available including a bouncy castle, crafts, movies, games, toys, video games (e.g., Nintendo Switch and X-Box), and gym activities.

\*\* Additional costs may apply for participants who require 1:1 support or greater.

\*Cost of program materials was donated by Bethesda Home Foundation Inc.

<b>AGE</b>	6-12
<b>DATE(S)/TIME</b>	Saturday September 21, October 5 & 19 1:00-4:00pm
<b># OF WEEKS</b>	1
<b>COST</b>	\$75

## Improving Sleep – Parent/Caregiver Workshop

Parents/caregivers will discuss common sleep issues and ABA strategies that will prepare and support them with their child's sleep challenges.

<b>DATE(S)</b>	Monday September 23
<b>TIME(S)</b>	1:00-3:00pm & 6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

### Triple P Positive Parenting Solutions

Triple P is an evidence-based parenting program that has been around for more than 30 years! This program is led by an ASD clinician accredited in the Triple P program. Caregivers come together for five consecutive 2.5 hour weekly group sessions, three individual phone calls followed by one last group session. The ASD clinician includes supplementary information and evidence-based strategies specific to children with a diagnosis of Autism.

<b>DATE(S)</b>	Tuesday September 24
<b>TIME(S)</b>	5:30-8:00pm
<b># OF WEEKS</b>	9
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

### Teen Hang Out

A fun social opportunity for teens! A variety of activities will be available such as; video games (e.g., Nintendo Switch and X-Box), crafts, games, toys, and gym activities.

\*\* Additional costs may apply for participants who require 1:1 support or greater.

\*Cost of program materials was donated by Bethesda Home Foundation Inc.

<b>AGE</b>	13-18
<b>DATE(S)/TIME</b>	Saturday September 28, October 12 & 26 1:00- 4:00pm
<b># OF WEEKS</b>	1
<b>COST</b>	\$75

### Family Night

Spend an evening with your family at Bethesda! Parents can meet with other parents/caregivers within a support group run by Autism Ontario, while siblings meet with other young carers in a group run by Powerhouse Project. Children with ASD will play and engage with peers in their own group. Pizza will be provided!

An invitation to register will be emailed to families prior to the event.

<b>DATE(S)</b>	Monday September 30, Monday October 28, Monday November 25
<b>TIME(S)</b>	5:30-7:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>COST</b>	Free

### 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>	8-14
<b>DATE(S)/TIME</b>	Tuesday October 1 6:00-8:00pm
<b># OF WEEKS</b>	10
<b>COST</b>	\$525

### My Child was Diagnosed with ASD: Now What?

#### Introduction to ASD – Parent/Caregiver Workshop

The first of four workshops designed for parents or caregivers of a child with a new diagnosis of ASD. This workshop will provide parents and caregivers an introduction to the world of ASD.

<b>DATE(S)</b>	Wednesday October 2
<b>TIME(S)</b>	6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

#### Making Friends and Being Social – Parent/Caregiver Workshop

Parents/caregivers will learn tips and tricks for children, youth and teens to promote and support social skills with peers.

<b>DATE(S)</b>	Monday October 7
<b>TIME(S)</b>	1:00-3:00pm & 6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

### My Child was Diagnosed with ASD: Now What? Sensory Processing and Understanding Behaviour – Parent/Caregiver Workshop

The second of four workshops designed for parents or caregivers of a child with a new diagnosis of ASD. This workshop will provide parents and caregivers an introduction to understanding sensory processing and behaviour.

<b>DATE(S)</b>	Wednesday October 9
<b>TIME(S)</b>	6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

#### PA Day: Fall Fun

Join us for a day of social opportunities and fun activities. A variety of activities will be available such as; crafts, games, toys, movies, and gym activities. This group is staffed at a ratio of 1 staff for 3 participants. This group is for children who may need support with some parts of their daily routine and with interacting with peers.

<b>AGE</b>	Grades 1-8
<b>DATE/TIME</b>	Friday October 11 9:00am-4:00pm
<b># OF WEEKS</b>	1
<b>COST</b>	\$150

#### PA Day: Chill Zone

Join us for a day of social opportunities and fun activities. A variety of activities will be available such as; crafts, games, toys, video games (e.g., Nintendo Switch), and gym activities. In order for each child to benefit from the program every child must be able to work cooperatively in a group setting and follow instructions without demonstrating a need for one-on-one behavioural support.

<b>AGE</b>	Grades 1-8
<b>DATE/TIME</b>	Friday October 11 9:00am-4:00pm
<b># OF WEEKS</b>	1
<b>COST</b>	\$150

### My Child was Diagnosed with ASD: Now What? Promoting Communication in your Child – Parent/Caregiver Workshop

The third of four workshops designed for parents or caregivers of a child with a new diagnosis of ASD. This workshop will provide parents and caregivers strategies for promoting communication in their child.

<b>DATE(S)</b>	Wednesday October 16
<b>TIME(S)</b>	6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

### Sharing Strategies from the Nonviolent Crisis Intervention® Training Program - Parent/Caregiver Workshop

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 or disengagements are not taught

<b>DATE(S)</b>	Monday October 21
<b>TIME(S)</b>	6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

### My Child was Diagnosed with ASD: Now What? Ask the Doctor Night – Parent/Caregiver Workshop

The final of four workshops designed for parents or caregivers of a child with a new diagnosis of ASD. This workshop will provide parents and caregivers an opportunity to have their questions answered by Dr. Kassia Johnson, Developmental Pediatrician. Questions will be collected throughout the first three workshops.

<b>DATE(S)</b>	Wednesday October 23
<b>TIME(S)</b>	6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

### Trick-or-Treat Event

Accompany your child throughout the building to practice their trick-or-treating skills in a safe environment.

<b>DATE(S)</b>	Wednesday October 30
<b>TIME(S)</b>	2:00pm, 2:30pm, 3:00pm, 3:30pm
<b>LOCATION</b>	Niagara Family Centre
<b>COST</b>	Free

### Picky Eating – Parent/Caregiver Workshop

Parents/caregivers will learn a variety of positive behavioural approaches to introducing new foods or expanding food repertoires of children who are picky eaters.

<b>DATE(S)</b>	Monday November 4
<b>TIME(S)</b>	6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

### Home Alone

Youth will discuss topics surrounding staying safe when home alone such as being responsible with a house key, stranger awareness, using the telephone, what to do during emergencies, basic first aid and internet safety. This program is appropriate for youth 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>	10+
<b>DATE/TIME</b>	Tuesday November 5 6:00-8:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$350

### Youth Empowerment 2

Teens and parents will work with a clinician to identify personal goals needed to develop independence in the community (e.g., assertiveness, interacting with unfamiliar people, managing uncomfortable social situations). Teens will work together during the first week to come up with a calendar of community activities for the following six weeks that allows them to work on their individualized goal and to increase independence in the community (e.g., taking public transit). It is recommended that participants take Youth Empowerment 1 as a prerequisite to this program. Price includes cost of community outings and public transportation.

<b>AGE</b>	14-21
<b>DATE/TIME</b>	Wednesday November 6 5:00-8:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$600

### Formulas for Friendship

In this group, youth will learn about and practice important social skills, such as what makes a good friend, choosing appropriate friends, conversation skills and body language, phone calls and electronic communication, appropriate use of humour, and hosting a get together. This program is appropriate for youth 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>	12-15
<b>DATE/TIME</b>	Wednesday November 6 6:00-8:00pm
<b># OF WEEKS</b>	7
<b>COST</b>	\$350

### March Break Recreation Fair

Information about community programming and services that take place over March Break will be available for parents/caregivers to review.

<b>DATE(S)</b>	Thursday November 14
<b>TIME(S)</b>	5:30-7:30pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Not Available
<b>COST</b>	Free

## PA Day: Fall Fun Teens

Join us for a day of social opportunities and fun activities. A variety of activities will be available such as: crafts, games, toys, movies, and gym activities. This group is staffed at a ratio of 1 staff for 3 participants. This group is for children who may need support with some parts of their daily routine and with interacting with peers.

<b>AGE</b>	Highschool
<b>DATE/TIME</b>	Friday November 15 9:00am-4:00pm
<b># OF WEEKS</b>	1
<b>COST</b>	\$150

## PA Day: Chill Zone

Join us for a day of social opportunities and fun activities. A variety of activities will be available such as: crafts, games, toys, video games (e.g., Nintendo Switch), and gym activities. In order for your child to benefit from the program they must be able to work cooperatively in a group setting and follow instructions without demonstrating a need for one-on-one behavioural support.

<b>AGE</b>	Grades 1-8
<b>DATE/TIME</b>	Friday November 15 9:00am-4:00pm
<b># OF WEEKS</b>	1
<b>COST</b>	\$150

## ASD & Anxiety – Parent/Caregiver Workshop

An interactive workshop designed for parents 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.

<b>DATE(S)</b>	Monday November 18
<b>TIME(S)</b>	6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

## Handling the Holidays – Parent/Caregiver Workshop

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>DATE(S)</b>	Monday December 2
<b>TIME(S)</b>	1:00-3:00pm & 6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

## Positive Parenting Strategies – Parent/Caregiver Workshop

Seven key aspects of parenting and how to set your child up for success. 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>DATE(S)</b>	Monday December 9
<b>TIME(S)</b>	1:00-3:00pm & 6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

## Care for the Caregiver: Stress Management – Parent/Caregiver Workshop

This is a presentation for caregivers, which examines the topic of stress as it relates to ASD. Specifically, it examines the nature of stress including what it is, signs of stress, and sources. In addition, it will examine some evidence-based strategies that may help parents develop their own personal stress management plans.

<b>DATE(S)</b>	Monday December 16
<b>TIME(S)</b>	1:00-3:00pm & 6:00-8:00pm
<b>LOCATION</b>	Niagara Family Centre
<b>CHILDCARE</b>	Limited Spots Available
<b>COST</b>	Free

*DISCLAIMER FOR ALL GROUPS: All groups will utilize evidence-based ABA principles and strategies to help facilitate effective teaching. \*Additional costs may be required for participants who require 1:1 support or greater.*

**To register your child for these programs and for more information on upcoming workshops and events, please visit [bethesdaservices.com](http://bethesdaservices.com) or call 905.684.6918 ext. 170**

**Program Location:**  
Niagara Family Centre  
3310 Schmon Parkway Thorold,  
ON L2V 4Y6