

AUTISM SERVICES JAN-FEB FOUNDATIONAL SERVICES GUIDE 2025

Clinic
Appointments

Workshops

Family Support

Social Groups

Webinars



**PLEASE REGISTER ON LANSDOWNE'S WEBSITE FOR ALL PROGRAMS
AND EVENTS, CONTACT OUR FAMILY SUPPORT WORKERS**

Ely ext 268

emacdonald@lansdownecc.com

Chantel ext 327

clabute@lansdownecc.com

Call [1-800-454-7186](tel:1-800-454-7186) (local [519-753-3153](tel:519-753-3153)), or email autism@lansdownecc.com

Clinic Consultations:

Consultation appointments with Autism Therapists to discuss anything you need more support with, including toileting, social skills, emotional regulation or behaviour. Appointments can be on the phone, on zoom or in person. Call or email your FSW to book a clinic appointment.

Family Support Workers:

Here to answer your questions, help you register for foundational services, and to assist with OAP paper work. We are just a call or email away.



January and February Groups



Social Groups

Important update for the age 7-9 Social Groups

Groups will now be divided by skill level in order to ensure we have appropriate number of staff to children ratio.

Please register for the group colour that best reflects the needs of your child, or call your family support worker to help you.

Orange Group: Children 7-9 who have emerging skills and will need 1:1 support from staff

Blue Group: Children 7-9 who are able to work in a small group setting independently and can participate in the target theme activity with 4 children and 1 staff

All Children need to be registered for group, unfortunately we cannot provide staff for extra participants who are not registered. *Please talk to your family support worker if your child is at risk of elopement or aggression so we can support your child in a different way. Groups have a ratio of 3:1



Teen Social Group for ages 14-17

Once a month from 5:30-7:30 pm at Lansdowne. Laid back, safe hangout for teenagers with a diagnosis of Autism. Caregivers do not need to stay but teen must be able to participate in a group with a ratio of 3 teens to 1 staff.

Girl's Night Out for ages 12-17

Once a month from 5:30-7:30 pm at Lansdowne. This group is for teens who identify as girls only. We will alternate between free activities at Lansdowne and outings in the community which may have a cost associated.

**PLEASE REGISTER FOR ALL PROGRAMS AND EVENTS ONLINE AT
WWW.LANSDOWNECENTRE.CA/AUTISM
OR BY CONTACTING OUR FAMILY SUPPORT WORKERS**

JANUARY 2024

PD Day Crafternoon January 20th 1:00pm to 3:00pm

This is a registered PD Day group for children 10-13 to join some arts and craft activities for a few hours. Child to adult ratio is 1:3 please let us know if your child needs more support.

Toileting Workshop- Virtual Workshop for Parents

January 8th 8:00-9:00 pm

Tune in to a virtual workshop on the evening of December 10 to learn about toileting strategies based in ABA. Parents will have a chance to ask questions and brainstorm ideas for their individual children.

MON	TUE	WED	THU	FRI
		1	2	3 Registered Circle Time Group 11:00-12:00
6 Registered Social Group 10-13 yr olds 4:30-6:30	7	8 Toileting Workshop virtual 8:00pm-9:00pm	9	10 Registered Circle Time Group 11:00-12:00
13	14 Registered Social Group Orange 7-9 yr olds 4:30-6:30	15	16	17 Registered Circle Time Group 11:00-12:00
20 Registered PD Day Crafternoon Group 10-13 yr olds 1:00-3:00	21 Parent Support Network Coffee and Chat 6:00 p.m. -8:00 Registered Social Blue Group 7-9 yr olds 4:30-6:30	22	23 Registered Girl's Night Out Group 12-17 yr olds 5:30-7:30pm	24 Registered Circle Time Group 11:00-12:00
27 Registered Teen Group 14-17 yr olds 5:30-7:30pm	28	29	30	31 Registered Circle Time Group 11:00-12:00

FEBRUARY 2024

Circle Time - 2-6 yr olds with Caregiver Every Friday 11:00-12:00



Circle time has been extended to age 6 and is 1 hour per week

Join us for songs, stories and play time. This will be many children's first experience with this type of activity and that's what we're here for! Practice in a safe and inclusive environment with other children and caregivers.

MON	TUE	WED	THU	FRI
3	4	5	6	7 Registered Circle Time Group 11:00-12:00
10 Group 10-13yr olds 4:30-6:30	11 Parent Support Network Coffee and Chat In person 6:00 p.m. - 8:00	12	13	14 Registered Circle Time Group 11:00-12:00
17 Holiday	18 Registered Social Group Orange 7-9 yr olds 4:30-6:30	19	20 Registered Girl's Night Out Group 12-17 yr olds 5:30-7:30pm	21 Registered Circle Time Group 11:00-12:00
24 Registered Teen Group 14-17 yr olds 5:30-7:30pm	25 Registered Social Group Blue 7-9 yr olds 4:30-6:30	26	27	28 Registered Circle Time Group 11:00-12:00



CIRCLE TIME

AGES 2 - 6 YEARS



Benefits:

- Practice social skills with peers
- Practice skills like emotional regulation
- Enjoy fun activities and games
- Meet other families, make new friends

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Ely ext. 268 or Chantel ext. 327,
or email autism@lansdownecc.com

Circle Time runs for 1 hour weekly, and has been extended to include children up to age 6 years!

Join us for songs, stories and play at Lansdowne in Brantford.

For many children, this is their first experience with this type of group activity. That's what we're here for! To lead the way in introducing this new social experience in a safe and inclusive environment.

Enjoy a leader-led group activity with other children and caregivers.

[REGISTER ONLINE](#)

www.lansdownecentre.ca/autism
OR www.autismbrant.ca





SOCIAL GROUPS

AGES 7 - 9 YEARS



Benefits:

- Practice social skills with peers
- Practice skills like emotional regulation
- Enjoy fun activities and games
- Meet other families, make new friends

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Ely ext. 268 or Chantel ext. 327,
or email autism@lansdownecc.com

Groups will now be divided by skill level in order to ensure that we have appropriate number of staff-to-children ratio.

Please register for the group colour that best reflects the needs of your child, or call your Family Support Worker to help you.

Orange Group: Children who have emerging skills and will need 1:1 support from staff.

Blue Group: Children who are able to work in a small group setting independently and can participate in the target theme activity with 4 children and 1 staff.

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TEEN GROUP

AGES 14 - 17 YEARS



Benefits:

- Practice social skills with peers
- Practice skills like emotional regulation
- Enjoy fun activities and games
- Safe place to hang out with friends

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Join us for a laid-back, safe hangout for teenagers with a diagnosis of Autism.

Take part in leisure social activities in a relaxed, safe environment.

Caregivers do not need to stay but participating teens must be able to participate in a group with a ratio of 3 teens to 1 staff.

Let us know if you have any questions or concerns about this.

[REGISTER ONLINE](#)

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OR www.autismbrant.ca



GIRLS NIGHT OUT

AGES 12 - 17 YEARS



Benefits:

- Safe place to hang out with friends
- Enjoy fun activities and games
- Practice social skills with peers
- Enjoy community-based activities together

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Open to persons identifying as they/them and she/her ages 12-17.

We alternate between free activities at Lansdowne, and outings in the community which may have a cost associated.

Girls Night Out is a relaxed, safe and supervised social experience offered monthly, 5:30 p.m to 7:30 p.m.

See our Event Calendar for specific dates and details.

Past activities have included dancing, shopping, baking and crafts.

[REGISTER ONLINE](#)

www.lansdownecentre.ca/autism
OR www.autismbrant.ca



TOILETING STRATEGIES Caregiver Workshop



Online, Virtual

Join Autism therapists and Board Certified Behaviour Analysts in an online meeting to discuss toilet training strategies for children and youth with an Autism diagnosis.



Wednesday, January 8
8:00 pm - 9:00pm



Online, ZOOM
Web link provided by email



Autism Services
Lansdowne Children's Centre

**ABA
THERAPISTS**

**EXPERT
INSTRUCTION**

**QUESTIONS
& ANSWERS**

Call 1-800-454-7186 (local 519-753-3153)
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[**REGISTER ONLINE**](#)



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Ages
10 - 13

January 20
1pm - 3pm



PD DAY Crafternoon

This is a registered PD Day group for children 10-13 years to join some arts and craft activities. Child to adult ratio is 1:3. Please let us know if your child needs more support.

LIMITED
SPACE!



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[REGISTER ONLINE](#)

CLINIC CONSULTATIONS



A trusted Autism service and support provider in Brantford and Brant County since 2004, providing Foundational Family Services and individualized programming and behaviour reduction plans for child and youth clients diagnosed with Autism Spectrum Disorder (ASD).

Consultation appointments with Autism Therapists

Discuss anything you need more support with, including: toileting, social skills, emotional regulation, and behaviour. Appointments can be on the phone, or by video chat (Zoom) or in person in Brantford. Call or email your FSW to book a clinic appointment.

Schedule an appointment, We want to help you!

Reach a Family Support Worker by phone or email, Monday to Friday between 8:30 a.m. and 4:30 p.m.

Call 1-800-454-7186 (local 519-753-3153)
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Consultations are FREE

They are FREE appointments available within 2 weeks, (almost no wait time)




Personalized Strategies

You and an Autism Therapist, trained in ABA (Applied Behaviour Analysis), can talk about strategies to build a skill or manage a behaviour



Getting An Appointment Is Easy

You can book your appointment through your Family Support Worker, by phone call or email



Access OAP



Lansdowne Children's Centre



8:30AM -
4:30PM



MONDAY -
FRIDAY



39 Mt. Pleasant St.
Brantford

WE'RE HERE TO HELP

Contact a Lansdowne
Family Support Worker
today!

We're here to answer your questions, help you register for Foundational Family Services, and to assist with OAP (Ontario Autism Program) registration and paper work. We are just a call or email away.

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Learning About Autism Online



CONSIDER THE SOURCE



When a child is given a diagnosis of Autism it is natural for caregivers to have questions about what exactly this will mean for their child. While we encourage caregivers to gain as much knowledge as they can about Autism, we urge you to exercise caution when learning about Autism on the internet. Not all sites are created equal and there is as much misinformation available as there is credible information.

1

AUTISM WEBINAR GALLERY

Lansdowne Autism Services has compiled a library of free Webinars to coach caregivers on a variety of goals, behaviors and strategies. Each video is created by our team of Autism Therapists and supervised by Registered Behavior Analysts (CPBAO). Complete a short form and view at your leisure here :

www.lansdownecentre.ca/autism-services-webinar-gallery



MYTHS AND MISCONCEPTIONS

2

What we see in the media is rarely an accurate depiction of the Autistic experience. The websites below clarify some of the common assumptions about Autism.

- www.health.clevelandclinic.org/autism-myths-and-misconceptions
- www.kerrysplace.org/what-is-autism/
- <https://asonline.org/>



GO-TO AUTISM SITES

3

You will want to look for articles that are published by regulated professionals based on research and avoid those that offer opinions or editorials. The sites below have been suggested by our Lansdowne Autism Services Team as sources of accurate and up to date information about ASD.

- Autism Speaks Canada: www.autismspeaks.ca/about-autism/
- Autism Ontario: www.autismontario.com/about-autism
- Autism Canada: www.autismcanada.org/
- Canadian Pediatric Society: caringforkids.cps.ca/

4



FAMILY FRIENDLY AND CULTURALLY SENSITIVE RESOURCES

While scholarly articles and medical research are the most throughout examinations of Autism, the way this information is presented is not always comfortable for the general public. Here are sites that offer accurate and up to date information in an inclusive manner.

- **Indigenous Lens:** Grant Bruno "The Gift of Being Different" <https://vimeo.com/817471409>
www.restoryingautism.com/restorying-autism-on-screen
- **For Girls:** www.childmind.org/article/autistic-girls-overlooked-undiagnosed-autism/
www.attwoodandgarnettevents.com/how-to-recognise-autism-in-girls/
- **For Kids:** www.sesameworkshop.org/topics/autism/
"Amazing Things Happen" youtu.be/Ezv85LMFx2E?si=dIcUaYXv9VFZXAR6
"Understanding Autism: Jumo Health" youtu.be/Wsq7kejWpY8?si=5LnJLfa3Jy3fuPX8
- **Islamic Lens:** www.messageinternational.org

