

# 2017 Children's Services Workshop Schedule

Workshops are open to parents, caregivers, professionals and students across the region.

## Workshop Listings

Workshop	Dates	Time	Location & Presenters
<b>January</b>			
<b>ASD and Anxiety</b>	Thursday, January 19	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Leilani LLacuna (Hamilton Health Sciences) &amp; Sarah Miele (Bethesda)</i>
<b>Positive Parenting Strategies</b>	Wednesday, January 25	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Lisa Gilmour, Meghan Hines &amp; Corrin Oosterhoff (Bethesda)</i>
<b>February</b>			
<b>Toilet Training</b>	Thursday, February 2	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Martha Omana &amp; Kim McAlpine (Bethesda)</i>
<b>Organizational Skills Workshop for Caregivers and Teens</b>	Wednesday, February 15	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Janine Moffett &amp; Meghan Hines (Bethesda)</i>
<b>Managing Misbehaviour: Part 1</b>	Wednesday, February 22	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Linda Moroz &amp; Monica Hughes (Bethesda)</i>
<b>March</b>			
<b>How to Tell My Child About Their Diagnosis</b>	Thursday, March 23	1:00 p.m. – 3:00 p.m.	Bethesda Niagara Family Centre <i>Sarah Miele &amp; Katie McHugh (Bethesda)</i>
<b>Managing Misbehaviour: Part 2</b>	Wednesday March 29	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Linda Moroz &amp; Monica Hughes (Bethesda)</i>
<b>April</b>			
<b>My Child Was Diagnosed with ASD: Now What? Workshop Series</b>	<i>Workshop Series:</i> Wednesdays – April 5, April 12, April 19	6:30 p.m. – 8:30 p.m.	Niagara Children's Centre <i>Offered in Partnership with Niagara Children's Centre, Pathstone, Autism Ontario &amp; Power House Project</i>
<b>Kids Have Stress Too</b>	Thursday April 20	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Bev Janzen (Bethesda) &amp; Cathy McMullin (NCDSB)</i>

**To Register:** Please call **1-888-993-9974** and leave a message

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<b>Understanding Behaviour</b>	Thursday, April 27	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Faye Harper &amp; Linda Moroz (Bethesda)</i>
<b>May</b>			
<b>Understanding and Promoting Communication in Your Child</b>	Thursday May 11	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Rebecca Main (Niagara Children's Centre) &amp; Kim McAlpine (Bethesda)</i>
<b>Care for the Caregiver</b>	Wednesday, May 24	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Linda Moroz &amp; Katrina Frausel (Bethesda)</i>
<b>September</b>			
<b>Improving Sleep for Teens</b>	Wednesday, September 13	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Sarah Miele &amp; Meghan Hines (Bethesda)</i>
<b>Making Friends; Being Social</b>	Thursday, September 21	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Amber Niles &amp; Lisa Gilmour (Bethesda)</i>
<b>ASD and Anxiety</b>	Tuesday, September 26	9:30 a.m. – 11:30 a.m.	Bethesda Niagara Family Centre Leilani Llacuna (Hamilton Health Sciences) & Sarah Miele (Bethesda)
<b>Picky Eating</b>	Wednesday, September 27	9:30 a.m. - 11:00 a.m.	Bethesda Niagara Family Centre <i>Natasha Durdan &amp; Janine Moffett (Bethesda)</i>
<b>October</b>			
<b>My Child Was Diagnosed with ASD: Now What? Workshop Series</b>	<i>Workshop Series:</i> Wednesdays – October 4, October 11, October 18	6:30 p.m. – 8:30 p.m.	Bethesda Niagara Family Centre <i>Offered in Partnership with Niagara Children's Centre, Pathstone, Autism Ontario &amp; Power House Project</i>
<b>Bullying/ Social Media Safety</b>	Wednesday, October 25	6:30 – 8:30 pm	Bethesda Niagara Family Centre <i>Tiffany Danieluk/Tonya White (Bethesda) &amp; Port Cares</i>
<b>November</b>			
<b>Puberty: Answering Difficult Questions</b>	Thursday, November 16	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Tiffany Danieluk (Bethesda)</i>
<b>Surviving the Holidays</b>	Wednesday, November 29	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Linda Moroz (Bethesda) &amp; Deb Reimer (Niagara Children's Centre)</i>

### Workshop Locations

Bethesda Niagara Family Centre 3310 Schmon Pkwy Thorold, ON	Niagara Children's Centre 567 Glenridge Ave St. Catharines, ON
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<b>Workshop Descriptions</b>	
<b>Workshop Title</b>	<b>Description</b>
<b>Care for the Caregiver</b> <u>Relevant ages: All</u>	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>ASD and Anxiety</b> <u>Relevant ages: All</u>	This workshop is will review the current literature on evidence based strategies related to anxiety and high functioning autism
<b>How to Tell My Child About Their Diagnosis</b> <u>Relevant ages: All</u>	Many parents wonder when, what, and how to share a diagnosis with their child. This workshop explores strategies that can be used, as well as ways to help your child and their sibling(s) understand what a diagnosis means to them.
<b>Improving Sleep for Teens</b> <u>Relevant ages: 13- 17</u>	This workshop reviews research-based strategies that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered in a step-by-step, practical manner to address a variety of sleep-related issues.
<b>Kids Have Stress Too</b> <u>Relevant ages: All</u>	This workshop provides education for caregivers on how to proactively support their child's emotional resiliency when they are dis-regulated due to stressful situations. Coping strategies that are reviewed are helpful for everyone within the family.
<b>Making Friends; Being Social</b> <u>Relevant ages: All</u>	Is your child having difficulty making friends and being social? This workshop examines strategies for helping your child talk to and play with other children. Learn how to set up a successful play-date and strategies for helping your child maintain friendships.
<b>Managing Misbehaviour: Part 1</b> <u>Relevant ages: All</u>	This workshop is an overview of the functions of misbehaviour. Caregivers will learn how to manipulate their environment in order to prevent misbehaviour from occurring.
<b>Managing Misbehaviour: Part 2</b> <u>Relevant ages: All</u>	This workshop is designed to help caregivers learn strategies on how to redirect and manage their child's misbehaviour utilizing basic ABA principles.
<b>My Child Was Diagnosed with ASD: Now What?</b> <u>Relevant ages: All</u>	This is a 3 part workshop series designed to support caregivers who have children that are newly diagnosed with ASD. Workshops will define ASD, help caregivers learn how to navigate through the ASD service system, learn simple empirical behaviour strategies and have an opportunity to ask a doctor any questions related to their child's diagnosis.

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<p><b>Picky Eating</b> <u>Relevant ages:</u> Information most useful for children 3 to 10 years.</p>	<p>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.</p>
<p><b>Positive Parenting Strategies</b> <u>Relevant ages:</u> All</p>	<p>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 behavior support strategies.</p>
<p><b>Puberty: Answering Difficult Questions</b> <u>Relevant ages:</u> Elementary school age and up.</p>	<p>Join us for an interactive workshop to provide caregiver education to assist with teaching boundaries, social rules, puberty, dating and relationships for your child with high functioning Autism or Asperger's Syndrome.</p>
<p><b>Surviving the Holidays</b> <u>Relevant ages:</u> All</p>	<p>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, traveling, etc. How can we do this gracefully and comfortably? This workshop will provide some practical strategies for helping the holiday season be more joyful.</p>
<p><b>Understanding Behaviour</b> <u>Relevant ages:</u> All</p>	<p>This workshop focuses on helping you understand how your child's behaviour may have developed and is being maintained. Learn about basic behaviour principles and the functions of behaviour as they relate to your child.</p>
<p><b>Organizational Skills Workshop for Caregivers and Teens</b> <u>Relevant ages:</u> High School</p>	<p>Attendance in this workshop is designed for both parents and teens. It is an interactive workshop to learn and practice organizational strategies. These skills will be an asset in dealing with school assignments, applying for jobs and approaching large goals and projects. There will be practical exercises throughout the workshop to individualize the material to the teen's current life situation.</p>
<p><b>Understanding and promoting communication in your child</b> <u>Relevant ages:</u> young children</p>	<p>This workshop is geared towards children who are early communicators (gesturing, pointing, leading, using pictures/symbols) In this workshop we will cover what communication is, what does communication "look" like and how can we set up the home environment to contrive opportunities for communication</p>

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