

2018 Workshop Schedule

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

Workshop Listings

Workshop	Dates	Time	Location & Presenters
January			
ASD and Anxiety	Wednesday January 17, 2018	9:30 a.m. – 11:30 a.m.	Bethesda Niagara Family Centre Janine Moffett & Sarah Miele (Bethesda)
Organizational Skills Workshop	Wednesday January 24, 2018	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre Janine Moffett & Kaitlin Weeks (Bethesda)
February			
Toilet Training	Wednesday February 7, 2018	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre Martha Omana & Lauren Hetherington (Bethesda)
Transition to Adulthood for Caregivers and Teens	Monday February 12, 2018	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre Terra Burke & Melissa Sullivan (Bethesda)
Managing Misbehaviour Part One	Thursday February 15, 2018	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre Monica Hughes & Corrin Oosterhoff (Bethesda)
Autism Spectrum Disorder Overview: Seeing the World Differently NEW!	Friday, February 16	12:30 p.m. – 2:30 p.m.	Niagara - Bethesda Niagara Family Centre Presenter: Dave Morrison
Managing Misbehaviour Part Two	Thursday February 22, 2018	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre Monica Hughes & Corrin Oosterhoff (Bethesda)
March			
Surviving the Summer	Thursday March 1, 2018	6:00 p.m. – 7:30 p.m.	Bethesda Niagara Family Centre Vanessa Barbera & Kaitlin Weeks (Bethesda)
How to Tell My Child About Their Diagnosis	Thursday March 8, 2018	1:00 p.m. – 3:00 p.m.	Bethesda Schmon Centre Boardroom Sarah Miele & Katie McHugh (Bethesda)
Autism Spectrum Disorder Overview: Seeing the World Differently NEW!	Wednesday, March 21	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre Presenter: Aubree Allevato
Understanding and Supporting Sensory Processing Challenges in ASD	Thursday March 22, 2018	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre Natasha Durdan (Bethesda)
April			
My Child Was Diagnosed with ASD: Now What? Workshop Series	<i>Workshop Series:</i> Wednesdays April 4, April 11, April 18, 2018	6:30 p.m. – 8:30 p.m.	Niagara Children's Centre <i>Offered in Partnership with Niagara Children's Centre</i>
Functions of Behaviour	Friday April 13, 2018	1:00 p.m. – 3:00 p.m.	Bethesda Niagara Family Centre Katie McHugh & Linda Moroz (Bethesda)
Teaching Independence	Monday April 23, 2018	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre Deirdre Henry & Jennifer Moskalyk (Bethesda)

May			
Understanding and Promoting Communication in Your Child	Wednesday May 9, 2018	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Rebecca Main (Niagara Children's Centre) & Janine Moffett (Bethesda)</i>
Autism Spectrum Disorder Overview: Seeing the World Differently NEW!	Thursday, May 10	12:30 p.m. – 2:30 p.m.	Niagara - Bethesda Niagara Family Centre <i>Presenter: Aubree Allevato</i>
Pivotal Response Training NEW!	Friday, May 11	9:30 a.m. – 2:30 p.m.	Bethesda Niagara Family Centre <i>Presenter: Carina Gratton & Melissa Issak</i>
Myths and Misconceptions of Reinforcement	Thursday May 17, 2018	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Victoria Sorrenti & Angela DeLisio (Bethesda)</i>
Improving Hygiene	Monday May 22, 2018	6:00 p.m. - 8:00 p.m.	Bethesda Niagara Family Centre <i>Deirdre Henry, Vanessa Barbera & Teresa Miele (Bethesda)</i>
July			
Autism Spectrum Disorder Overview: Seeing the World Differently NEW!	Monday, July 16	10:00 a.m. – 12:00 p.m.	Niagara - Bethesda Niagara Family Centre <i>Presenter: Aubree Allevato</i>
September			
Autism Spectrum Disorder Overview: Seeing the World Differently NEW!	Wednesday, September 5	6:00 p.m. – 8:00 p.m.	Niagara - Bethesda Niagara Family Centre <i>Presenter: Aubree Allevato</i>
Improving Sleep	Tuesday September 11, 2018	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Martha Omana & Lauren Hetherington (Bethesda)</i>
Making Friends; Being Social	Thursday September 20, 2018	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Amber Niles & Vanessa Barbera (Bethesda)</i>
Picky Eating	Wednesday September 26, 2018	9:30 a.m. - 11:00 a.m.	Bethesda Niagara Family Centre <i>Natasha Durdan & Janine Moffett (Bethesda)</i>
October			
My Child Was Diagnosed with ASD: Now What? Workshop Series	<i>Workshop Series:</i> Wednesdays – October 3 , October 10, October 17, 2018	6:30 p.m. – 8:30 p.m.	Bethesda Niagara Family Centre <i>Offered in Partnership with Niagara Children's Centre</i>
Bullying/ Social Media Safety	Wednesday October 24, 2018	6:30 p.m. – 8:30 pm	Bethesda Niagara Family Centre <i>Tiffany Danieluk & Tonya White (Bethesda)</i>
Planning a Successful Community Outing	Tuesday October 30, 2018	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Brianne Freiwat & Amber Niles (Bethesda)</i>
November			
ASD and Anxiety	Thursday November 15, 2018	6:00 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Monica Hughes & Sarah Miele (Bethesda)</i>
Autism Spectrum Disorder Overview: Seeing the World Differently NEW!	Thursday, November 15	12:30 p.m. – 2:30 p.m.	Niagara - Bethesda Niagara Family Centre <i>Presenter: Aubree Allevato</i>
Puberty: Answering Difficult Questions	Wednesday November 21, 2018	5:30 p.m. – 8:00 p.m.	Bethesda Niagara Family Centre <i>Tiffany Danieluk (Bethesda)</i>

Surviving the Holidays	Thursday November 29, 2018	9:30 a.m. – 11:00 a.m.	Bethesda Niagara Family Centre <i>Linda Moroz (Bethesda) & Deb Reimer (Niagara Children's Centre)</i>
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Workshop Locations

Bethesda Niagara Family Centre 3310 Schmon Parkway Thorold, ON	Niagara Children's Centre 567 Glenridge St. St. Catharines, ON
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To Register: Please call 1-888-993-9974 and leave a message

Workshop Descriptions

Workshop Title	Description
ASD and Anxiety <u>Relevant ages: All</u>	This workshop will review the current literature on evidence based strategies related to anxiety and youth with Autism Spectrum Disorders.
How to Tell My Child About Their Diagnosis <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.
Improving Sleep <u>Relevant ages: All</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.
Transition to Adulthood <u>Relevant ages: Teenagers</u>	This workshop will give caregivers information about the process of transitioning to adulthood. Information on the DSO and ODSP will be provided.
Making Friends; Being Social <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.
Managing Misbehaviour Parts 1 & 2 <u>Relevant ages: All</u>	This workshop is an overview of the first steps of an intervention plan. During part one, the presenters will identify and collect data on a behavior, as well as review the functions of behaviour. During part two, the presenters will review the data collected by families and discuss proactive strategies families can use to reduce misbehaviour.
Understanding and Supporting Sensory Processing Challenges in ASD <u>Relevant ages: All</u>	Participants will gain an understanding of the variations of sensory differences and challenges that may exist and how they might impact behaviour and self-regulation. Participants will also work through scenarios to identify sources of sensory disruptions and general strategies to help address them.
My Child Was Diagnosed with ASD: Now What? <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, learn simple empirical behaviour strategies and have an opportunity to ask a doctor any questions related to their child's diagnosis.
Improving Hygiene <u>Relevant Ages: All</u>	This workshop is designed to teach caregivers ABA strategies to increase their child's independence and motivation to complete hygiene routines.
Myths and Misconceptions of Reinforcement <u>Relevant ages: All</u>	This workshop is designed to provide caregivers with a more thorough understanding of reinforcement and how and when it can be used to increase desired behaviours and maintain new skills.
Toilet Training <u>Relevant ages: 2 – 10 years</u>	This workshop is designed to help participants recognize readiness skills and patterns of current toileting behaviours in their children. Participants will also acquire knowledge of toilet training strategies based on principles of ABA

<p>Pivotal Response Training <u>Relevant ages: 1-6 years</u></p>	<p>Would you like to help your child learn their first words and expand their vocabulary? Pivotal Response Training (PRT) consists of seven specific strategies to target your child's motivation to learn and communicate. Learn the theory of PRT in a group and then you will have an opportunity for a follow up visit by an ABA clinician who will work directly with you and your child to implement the 7 PRT strategies in your home.</p>
<p>Picky Eating <u>Relevant ages: 3 to 10 years</u></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>Puberty: Answering Difficult Questions <u>Relevant ages: Elementary school age and up</u></p>	<p>Join us for an interactive workshop to provide caregiver education to assist with teaching boundaries, social rules and puberty. Teaching relevant skills at different stages of life is discussed.</p>
<p>Surviving the Holidays <u>Relevant ages: All</u></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>Functions of Behaviour <u>Relevant ages: All</u></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>Organizational Skills Workshop for Caregivers and Teens <u>Relevant ages: High School</u></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>Understanding and promoting communication in your child <u>Relevant ages: Young children</u></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>
<p>Surviving Summer <u>Relevant ages: All</u></p>	<p>The summer months can often be challenging for most of us. We often seek opportunities to keep busy, find routines and prepare schedules. This March, we will be offering an opportunity to drop in and meet with local camp representatives to gather information about summer camp programs and how to keep busy through the summer.</p>
<p>Teaching Independence <u>Relevant ages: All</u></p>	<p>This workshop teaches the necessary teaching strategies to promote independence in the home environment. Clinicians are asking that parents/caregivers identify <u>one skill</u> that your child/teen needs more independence in, such as: organization/ homework, daily chores, hygiene or dressing.</p>
<p>Bullying and Social Media Safety <u>Relevant ages: Elementary School age and up</u></p>	<p>This workshop reviews the statistics, legalities, the effects of social media and school bullying and how to prevent and minimize future occurrences.</p>
<p>Planning a successful community outing <u>Relevant ages: All</u></p>	<p>This workshop is designed to assist parents in planning for their child to successfully participate in community outings through the use of proactive strategies. Please come prepared to discuss and plan for one community outing (i.e. extracurricular activity, dentist or doctor appointment, grocery shopping, etc).</p>