Autism Ontario Updates

December 2024

*Please Provide to your SEAC*

**Fall 2024 Issue of Autism Matters:**

* Don’t miss *Making a Difference with Autism Ontario's SEAC Representatives*, starting on page 20 (English) or page 42 (French).
* <https://files.elfsightcdn.com/eafe4a4d-3436-495d-b748-5bdce62d911d/17f3675a-4856-4b30-ae8b-8231640fc9db/AO_14181-Autism-Ontario-Fall-2024-Final-Digital.pdf>
* Steps to Navigating School Communication: Who to Talk & When [EN](https://www.autismontario.com/sites/default/files/2024-09/Steps%20to%20Navigating%20School%20Communication-Who%20to%20Talk%20and%20When.pdf) [FR](https://files.elfsightcdn.com/eafe4a4d-3436-495d-b748-5bdce62d911d/8bdea4b7-c61a-4da1-b8ce-978869bb20a5/FR_v2.pdf)

**Tip Sheets:**

* Transform Your Classroom: Tips for Creating a Neuro-Affirming Learning Environment [EN](https://files.elfsightcdn.com/eafe4a4d-3436-495d-b748-5bdce62d911d/411d0269-98b1-46ad-9b85-164d4b85bbac/Transform-Your-Classroom-Tips-for-Creating-a-Neuro-Affirming-Learning-Environment-1-.pdf)  [FR](https://files.elfsightcdn.com/eafe4a4d-3436-495d-b748-5bdce62d911d/de27996e-8064-4e6a-8cd9-3f41c054cbee/FR-Transform-Your-Classroom-Tips-for-Creating-a-Neuro-Affirming-Learning-Environment-.pdf)
* The IEP: A Plan for Student Success [EN](https://www.autismontario.com/sites/default/files/2024-09/IEP%20-%20A%20Plan%20for%20Student%20Success%20-%20EN.pdf) [FR](https://www.autismontario.com/sites/default/files/2024-09/IEP%20-%20A%20Plan%20for%20Student%20Success%20-%20FR.pdf)
* The IPRC: 5 Steps to the IPRC Meeting [EN](https://www.autismontario.com/sites/default/files/2024-09/IPRC%20-%205%20Steps%20to%20the%20IPRC%20Meeting%20-%20EN.pdf) [FR](https://www.autismontario.com/sites/default/files/2024-09/IPRC%20-%205%20Steps%20to%20the%20IPRC%20Meeting%20-%20FR.pdf)
* The IPRC: What it is and Why it Matters [EN](https://www.autismontario.com/sites/default/files/2024-09/IPRC%20-%20What%20it%20is%20and%20Why%20it%20Matters%20-%20EN.pdf) [FR](https://www.autismontario.com/sites/default/files/2024-09/IPRC%20-%20What%20it%20is%20and%20Why%20it%20Matters%20-%20FR.pdf)
* Tips for Better School Communication & Collaboration [EN](https://files.elfsightcdn.com/eafe4a4d-3436-495d-b748-5bdce62d911d/d3e52246-523d-4b00-9a45-d509cf27c65f/Tips-for-Better-School-Communication-Collaboration-EN.pdf) [FR](https://files.elfsightcdn.com/eafe4a4d-3436-495d-b748-5bdce62d911d/2072b29e-9c81-4b16-9851-dd2a7b53c744/Tips-for-Better-School-Communication-Collaboration-FR.pdf)
* Steps to Navigating School Communication: Who to Talk & When [EN](https://www.autismontario.com/sites/default/files/2024-09/Steps%20to%20Navigating%20School%20Communication-Who%20to%20Talk%20and%20When.pdf) [FR](https://files.elfsightcdn.com/eafe4a4d-3436-495d-b748-5bdce62d911d/8bdea4b7-c61a-4da1-b8ce-978869bb20a5/FR_v2.pdf)

**Video:**

* **3 Tips to Help Your Autistic Child Navigate Transitions with Ease.** <https://youtu.be/OPro6QsF4vQ>

**Webinar on Demand:**

* **Healthy Coping for Caregivers Using Acceptance & Commitment Therapy Strategies with Katy Albert.**

Join us with Katy Albert on navigating life's joys and challenges using self-compassion, acceptance, and value-driven action to promote healthy coping and improve caregiver well-being. Through the frameworks of Acceptance and Commitment Therapy (ACT) and self-compassion, caregivers will learn tools to navigate the inherent ups and downs of supporting and advocating for their autistic loved ones. <https://bit.ly/3Bw2Qbs>

**Upcoming Sessions:**

* **Managing Change: Strategies for Transitions**

This workshop is appropriate for parents and caregivers of autistic children aged 6-12, as well as professionals working with this population.  It will provide information on how to prepare for and manage transitions by:

* Co-regulating and connecting
* Promoting predictability
* Mindfully scheduling
* Using transition objects or items

Date: December 12th, 2024

Time: 12:00 PM – 1:30 PM

Link: <https://www.autismontario.com/civicrm/event/info?id=10317>

* **Navigating New Diagnosis​: Information Session for Parents and Caregivers**

This workshop will provide information on:

* Learning more about autism
* Creating a support network
* Accessing services and supports
* Considering other social and recreational options
* Accessing financial supports, including the Ontario Autism Program (OAP)

Upcoming sessions:

* Focus on 5-18 yrs olds: January 16, 2025 at 12:00 PM
* Focus on children under 5 years old: February 13, 2025 at 12:00 PM
* Focus on 5-18 yrs olds: March 27, 2025 at 7:00 PM
* [**https://bit.ly/3XzRQ46**](https://bit.ly/3XzRQ46) **​**

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