

**Fee-based services
included inside!**

Service Guide

Spring/Summer 2025
April to September



To register for any of the programs in the Service Guide call
(905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca

You want the best for your kids. So do we.

Saying their first word, attending a friend's birthday party, landing a job ...

We're here to help you realize your hopes and dreams for your child. Our goal is to make your family's life less stressful and more enjoyable so everyone can reach their potential.

We will partner with you to help you and your child build skills and embrace their unique traits and talents through **Foundational Family Services and fee-based service, including Core Clinical Services**. These services balance programming with your child and supporting you and your family to apply knowledge and skills in real-world settings (home, school, community) to ensure your child's ongoing skill development and participation.

We strive to be accessible and responsive to all families who choose us to be a part of their care team.

Ways you help us to support your child:

- You are a constant in your child's everyday life
- You spend more time talking to and interacting with your child than we do
- Your child is most comfortable communicating, playing, and interacting with you
- You know your child best and know what interests and motivates them

Ways we work with you and your child:

- We are an established Autism Program within McMaster Children's Hospital delivering a wide variety of autism services
- We have strong partnerships within McMaster Children's Hospital and the community to support connections to a range of exceptional child and youth services
- We are specialty trained and qualified professionals
- We individualize services to meet the needs of you and your child
- We incorporate up-to-date research into the services we offer

Ways we can work together to help your child:

- Together, we will set goals for your child and your family
- Together, we will find helpful strategies that you can use at home within your daily activities and routines to support changes in your child
- Together, we will discuss the progress you see in your child
- Together, we will determine next steps for you, your child, and your family

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Features of this guide

LEVELS

Use the chart on Page 13 to determine which level best applies to your child. If you have questions about levels, please contact us. These levels are a general guide; your child may not fit neatly into a category. If a service is only offered for certain levels, it will be indicated in the description.

Virtual Family Nights

The McMaster Children's Hospital Autism Program and Young Caregivers Association have teamed up to offer something for the whole family. Participate in a parent connections group, sibling connection group, or a recreational group for children with a diagnosis of autism. Register to attend any or all of the groups!

PARENT CONNECTIONS

Connect with other parents and caregivers who have a child/youth with a diagnosis of autism and share similar experiences to you. Whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth's social and life skills or have a youth transitioning into adult services.

These sessions are facilitated by a Family Service Coordinator in collaboration with clinicians from the McMaster Children's Hospital Autism Program.

Date and Time:

Wednesday, April 30 from 6:00 – 7:30 p.m.
Wednesday, May 28 from 6:00 – 7:30 p.m.
Wednesday, September 24 from 6:00 – 7:30 p.m.

To register:

To learn more or to register:
Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.



SIBLING CONNECTION GROUP

This 5-week virtual program is designed to bring siblings together! Led by Jenna Miller with Young Caregivers Association, this group is for children ages 5-12 years old who support a sibling at home who has special needs. Together we will explore themes that can help siblings share their experiences and connect with others. Some of the themes include frustration, coping skills, and how to take time for themselves. Each week includes a variety of games, crafts, and activities that relate to the themes. The group provides children with an opportunity to connect with peers who understand the experience of having a sibling who needs some extra help.

Date and Time:

Monday May 26 from 5:30 - 7:00 p.m.
Monday June 2 from 5:30 - 7:00 p.m.
Monday June 9 from 5:30 - 7:00 p.m.
Monday June 16 from 5:30 - 7:00 p.m.
Monday June 23 from 5:30 - 7:00 p.m.

To register:

Please contact Jenna Miller at 905-932-0799 or email jennam@youngcaregivers.ca

RECREATIONAL GROUPS FOR CHILDREN WITH AUTISM

Children are invited to participate virtually in fun theme-based recreational groups offered throughout the spring and summer months.

To register:

To learn more or to register:
Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Family Events



FAMILY BOWLING NIGHT

Together with your family, enjoy an evening of bowling at Splitsville Hamilton with the McMaster Children's Hospital Autism Program. Spaces are limited and pre-registration is required. For registration or more information, please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

Location:

Splitsville Hamilton
1525 Stone Church Rd East
Hamilton

Includes:

- Lane and shoe rental
- Food and drinks are available for purchase from the venue

Date and Time:

Thursday, May 8 from 5:00 – 7:00 p.m.

Cost:

No cost

SUMMER SPLASH!

Together with your family, join us for an evening of summer fun. Celebrate summer with crafts, games, activities, snacks, and more! For registration or more information, please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

Location:

Ron Joyce Children's Health Centre
325 Wellington St N
Hamilton

Date and Time:

Wednesday, July 16 from 5:00 – 7:00 p.m.

Cost:

No cost

Family Carnival

Everyone is welcome to celebrate the Autism community at our Family Carnival!

Location:

Hamilton Wentworth District School Board
Education Centre
20 Education Court, Hamilton

Date and Time:

Saturday, April 26 from 10:30 a.m. – 2:30 p.m.
Rain or shine.

Cost:

No cost, no registration required.
Pizza available for purchase.

Silent Art Auction

Wednesday, April 2 is World Autism Awareness Day! To celebrate, we will be showcasing art that has been created by autistic children and youth.

Everyone is invited to drop in on Wednesday to bid on your favourite piece of art.

If you would like to contribute your piece of art, canvases are available for free at the 4th floor reception area at the Ron Joyce Children's Health Centre. Please drop-off your art by Thursday, March 20.

Location:

Ron Joyce Children's Health Centre
First Floor, Family Resource Centre
325 Wellington St. N., Hamilton

Date and Time:

Wednesday, April 2 from 10:30 a.m. – 2:30 p.m.

Thank you to our Family Carnival partners:



HWDSB

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

April

Thursday APR 10	Next Steps After Your Child Receives a Diagnosis Thursday, April 10 from 6:00 - 8:00 p.m.
Tuesday APR 15	Let's Communicate! Tuesday, April 15 from 12:00 - 2:00 p.m.
Tuesday APR 22	Triple P Stepping Stones Tuesday, April 22 from 6:00 - 8:00 p.m.
Thursday APR 24	Improving Your Child's Sleep Thursday, April 24 from 10:00 a.m. - 12:00 p.m.
	Responding to School Refusal and Bullying (Grades 9 - 12) Thursday, April 24 from 6:00 - 8:00 p.m.
Friday APR 25	Helping Your Child Manage Change Friday, April 25 from 12:00 - 2:00 p.m.
Monday APR 28	Desensitization: How to Make Difficult Events Easier Monday, April 28 from 6:00 - 8:00 p.m.
Tuesday APR 29	Using Visual Supports Tuesday, April 29 from 10:00 a.m. - 12:00 p.m.
Wednesday APR 30	Readiness for Toilet Training - Where to Start Wednesday, April 30 from 12:00 - 2:00 p.m.
	Parent Connections Wednesday, April 30 from 6:00 - 7:30 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

May

Friday MAY 2	Supporting Your Child Through Puberty Friday, May 2 from 10:00 a.m. - 12:00 p.m.
Monday MAY 5	Next Steps After Your Child Receives a Diagnosis Monday, May 5 from 12:00 - 2:00 p.m.
Wednesday MAY 7	Getting Ready to Learn Wednesday, May 7 from 12:00 - 2:00 p.m.
Thursday MAY 8	Overview of Autism Spectrum Disorder (ASD) Thursday, May 8 from 12:00 - 2:00 p.m.
Friday MAY 9	Introduction to Applied Behaviour Analysis (ABA) Friday, May 9 from 10:00 a.m. - 12:00 p.m. Promoting Positive Mealtimes Friday, May 9 from 12:00 - 2:00 p.m.
Tuesday MAY 13	Emotion Regulation Tuesday, May 13 from 12:00 - 2:00 p.m.
Thursday MAY 15	Understanding Interfering Behaviour - Where to Start Thursday, May 15 from 6:00 - 8:00 p.m.
Thursday MAY 22	Teaching a New Skill Thursday, May 22 from 10:00 a.m. - 12:00 p.m. Responding to School Refusal and Bullying (Grades 4-8) Thursday, May 22 from 12:00 - 2:00 p.m.
Friday MAY 23	Understanding Your Child Through a Sensory Lens Friday, May 23 from 10:00 a.m. - 12:00 p.m.
Monday MAY 26	Introduction to Augmentative and Alternative Communication Monday, May 26 from 10:00 a.m. - 12:00 p.m.
Tuesday MAY 27	Assistance for Children with Severe Disabilities (ACSD) Funding Tuesday, May 27 from 6:00 - 8:00 p.m.
Wednesday MAY 28	Readiness for Toilet Training - What Comes Next Wednesday, May 28 from 12:00 - 1:00 p.m. Parent Connections Wednesday, May 28 from 6:00 - 7:30 p.m.
Thursday MAY 29	Supporting Communication with your School Thursday, May 29 from 6:00 - 8:00 p.m.
Friday MAY 30	Teaching Self-Management Strategies to Increase Independence Friday, May 30 from 12:00 - 2:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

June

Tuesday JUN 3	Home and Community Safety Tuesday, June 3 from 12:00 - 1:00 p.m.
Wednesday JUN 4	Next Steps After Your Child Receives a Diagnosis Wednesday, June 4 from 6:00 - 8:00 p.m.
Thursday JUN 5	Summer Success! How to Plan Your Summer for an Easier Fall Thursday, June 5 from 6:00 - 8:00 p.m.
Friday JUN 6	When You Have to Say “No!” to Your Child Friday, June 6 from 10:00 a.m. - 12:00 p.m.
Tuesday JUN 10	Toilet Training Tuesday, June 10 from 12:00 - 2:00 p.m.
Wednesday JUN 11	Understanding How Your Child Learns and Uses Words Wednesday, June 11 from 12:00 - 2:00 p.m.
Thursday JUN 12	Preparing for a Successful Community Outing Thursday, June 12 from 10:00 a.m. - 12:00 p.m.
Friday JUN 13	Co-Regulation With Your Child Friday, June 13 from 12:00 - 2:00 p.m.
Monday JUN 16	Special Services at Home (SSAH) Funding Monday, June 16 from 12:00 - 2:00 p.m.
Tuesday JUN 17	Introduction to Play Skills Tuesday, June 17 from 12:00 - 2:00
Wednesday JUN 18	Teaching Safety in a Virtual World (Grades 4 - 12) Wednesday, June 18 from 12:00 - 2:00 p.m.
Thursday JUN 19	Understanding Interfering Behaviour - What Comes Next Thursday, June 19 from 6:00 - 8:00 p.m.
Friday JUN 20	Movement Masters: Fine & Gross Motor Skills for Your Child Friday, June 20 from 10:00 a.m. - 12:00 p.m.
Monday JUN 23	Picky Eating Monday, June 23 from 12:00 - 2:00 p.m.
Tuesday JUN 24	Autism and Anxiety (Grades 4-12) Tuesday, June 24 from 12:00 - 2:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

July

Tuesday JUL 8	Next Steps After Your Child Receives a Diagnosis Tuesday, July 8 from 12:00 - 2:00 p.m.
Wednesday JUL 9	Promoting Positive Mealtimes Wednesday July 9 10:00 a.m. - 12:00 p.m.
Friday JUL 11	Emotion Coaching: Helping Your Youth Through Big Emotions (Grades 9-12) Friday, July 11 from 12:00 - 2:00 p.m.
Tuesday JUL 15	Improving Your Child's Sleep Tuesday, July 15 from 12:00 - 2:00 p.m.
Thursday JUL 17	Creating Successful Routines Thursday, July 17 from 6:00 - 8:00 p.m.
Friday JUL 18	Desensitization: How to Make Difficult Events Easier Friday, July 18 from 10:00 a.m. - 12:00 p.m.
Tuesday JUL 22	Supporting Your Teen with Self-Independence Skills (Grades 4 - 12) Tuesday, July 22 from 12:00 - 2:00 p.m.
Thursday JUL 24	Transition to Adult Services (Grades 9-12) Thursday, July 24 from 6:00 - 7:00 p.m.
Friday JUL 25	Let's Communicate! Friday, July 25 from 10:00 a.m. - 12:00 p.m.
Monday JUL 28	Readiness for Toilet Training - Where to Start Monday, July 28 from 10:00 a.m. - 12:00 p.m.
Wednesday JUL 30	Preventing and Responding to Elopement Wednesday, July 30 from 10:00 - 11:30 a.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

August

Friday AUG 1	Picky Eating Friday, August 1 from 10:00 a.m. - 12:00 p.m.
Thursday AUG 7	Making the Transition to School Easier Thursday, August 7 from 6:00 - 8:00 p.m.
Friday AUG 8	Next Steps After Your Child Receives a Diagnosis Friday, August 8 from 10:00 a.m. - 12:00 p.m.
Tuesday AUG 12	Overview of Autism Spectrum Disorder (ASD) Tuesday, August 12 from 10:00 a.m. - 12:00 p.m.
Wednesday AUG 13	Teaching Self-Management Strategies to Increase Independence Wednesday, August 13 from 10:00 a.m. - 12:00 p.m.
Friday AUG 15	Understanding Interfering Behaviour - Where to Start Friday, August 15 from 12:00 - 2:00 p.m.
Monday AUG 18	Readiness for Toilet Training - What Comes Next Monday, August 18 from 10:00 - 11:00 a.m.
Wednesday AUG 20	Understanding Your Child Through a Sensory Lens Wednesday, August 20 from 12:00 - 2:00 p.m.
Friday AUG 22	Emotion Regulation Friday, August 22 from 12:00 - 2:00 p.m.
Monday AUG 25	Building and Maintaining Relationships with Friends and Partners (Grades 4-12) Monday, August 25 from 6:00 - 8:00 p.m.
Tuesday AUG 26	Introduction to Applied Behaviour Analysis (ABA) Tuesday, August 26 from 12:00 - 2:00 p.m.
Wednesday AUG 27	Using Visual Supports Wednesday, August 27 from 12:00 - 2:00 p.m.
Thursday AUG 28	Assistance for Children with Severe Disabilities (ACSD) Funding Thursday, August 28 from 12:00 - 2:00 p.m.

PARENT AND CAREGIVER EDUCATION AND TRAINING AT-A-GLANCE

September

Tuesday SEP 9	Supporting Communication with your School Tuesday, September 9 from 12:00 - 2:00 p.m.
Wednesday SEP 10	Next Steps After Your Child Receives a Diagnosis Wednesday, September 10 from 6:00 - 8:00 p.m.
Friday SEP 12	Getting Ready to Learn Friday, September 12 from 10:00 a.m. - 12:00 p.m.
Monday SEP 15	Introduction to Augmentative and Alternative Communication Monday, September 15 from 12:00 - 2:00 p.m.
Tuesday SEP 16	Toilet Training Tuesday, September 16 from 6:00 - 8:00 p.m.
Thursday SEP 18	Teaching Safety in a Virtual World (Grades 4 - 12) Thursday, September 18 from 12:00 - 2:00 p.m.
Friday SEP 19	Understanding Interfering Behaviour - What Comes Next Friday, September 19 from 12:00 - 2:00 p.m.
Monday SEP 22	Co-Regulation With Your Child Monday, September 22 from 6:00 - 8:00 p.m.
Tuesday SEP 23	When You Have to Say "No!" to Your Child Tuesday, September 23 from 12:00 - 2:00 p.m.
Wednesday SEP 24	Responding to School Refusal and Bullying (Grades 9 - 12) Wednesday, September 24 from 6:00 - 8:00 p.m.
	Parent Connections Wednesday, September 24 from 6:00 - 7:30 p.m.
Thursday SEP 25	Special Services at Home (SSAH) Funding Thursday, September 25 from 6:00 - 8:00 p.m.
Friday SEP 26	Autism and Anxiety (Grades 4-12) Friday, September 26 from 12:00 - 2:00 p.m.
Monday SEP 29	Understanding How Your Child Learns and Uses Words Monday, September 29 from 10:00 a.m. - 12:00 p.m.
	Helping Your Child Manage Change Monday, September 29 from 6:00 - 8:00 p.m.
Tuesday SEP 30	Triple P Stepping Stones Tuesday, September 30 from 12:00 - 2:00 p.m. or 6:00 - 8:00 p.m.

Level Descriptions

To help parents and caregivers choose the most appropriate services, we have recommended each service according to both age and group level. If no age or level is specified, the service is open to all. These levels have been developed by our program for this specific purpose. If you have any questions about what level best matches your child, please do not hesitate to contact us at 905-521-2100, ext. 78972.

AREA	LEVEL A	LEVEL B	LEVEL C
SOCIAL	<ul style="list-style-type: none"> Does not play with toys as they were designed Enjoys solitary play May not respond to adult or peer attempts to interact Enjoys cause and effect toys 	<ul style="list-style-type: none"> Plays with toys as they were designed and enjoys pretend play Aware of adults and peers in close proximity May participate in some interactive or cooperative play with assistance Does not initiate peer interaction but will follow along in simple interactive games 	<ul style="list-style-type: none"> Participates in interactive and cooperative play with little to no assistance Understands the rules of play including turn-taking, sharing, winning and losing Participates in verbal exchanges with self and peers during play Plays board games and video games with minimal assistance
COMMUNICATION	<ul style="list-style-type: none"> May not have a communication system in place Primarily non-verbal Uses visuals or augmentative communication device with prompting Difficulty following simple instructions 	<ul style="list-style-type: none"> Can request needs and wants with 1-4 word sentences or by using an augmentative communication system Minimal back and forth conversation skills 	<ul style="list-style-type: none"> Advanced communication skills using verbal requests, comments and questions Can participate in both verbal and non-verbal communication Can initiate, maintain and end conversations with assistance May become fixated or have trouble moving away from a preferred topic of discussion
BEHAVIOUR & DAILY LIVING	<ul style="list-style-type: none"> Needs help to complete daily routines such as washing, toileting or eating Engages in repetitive behaviours Difficulty transitioning from one activity to the next 	<ul style="list-style-type: none"> Can follow daily routines with minimal assistance Does not like to deviate from daily routine and has difficulty with unexpected changes May engage in repetitive behaviours but is easily redirected Can follow one/two step directions independently 	<ul style="list-style-type: none"> Can follow daily routines with little to no assistance Adapts to transitions and changes to routine Can follow complex individual and group instructions independently

Early Childhood



Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child, unless additional spaces become available.

Let's Get Ready for Groups

This group will help parents and caregivers learn strategies to support their child across a variety of group-based activities. The teaching strategies used are based on the science of Applied Behaviour Analysis (ABA) and will help you to prepare your child to transfer their skills to different settings, such as school, recreational activities, camp, etc. The focus will be on learning readiness skills, including attending to a leader/teacher, following a visual schedule, transitioning between activities, and remaining appropriate near peers. Parents/caregivers will participate along with their child within this group, which is facilitated by Autism Therapists who provide hands-on coaching with supervision from an OAP Clinical Supervisor.

LEVEL	A,B
INCLUDES	<ul style="list-style-type: none">• 6 45-minute sessions• Available in-person
DATE	Mondays 4:00 - 4:45 p.m. from April 28 to June 9 Fridays 9:30 - 10:15 a.m. from July 11 to August 15
COST	No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Beginning Social Skills

This group will help your child build social communication skills with peers, such as initiating and responding to conversation, interactive play, and making verbal requests. Parents/caregivers will participate along with their child to help them respond and engage with their peers. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 6 45-minute sessions • Available in-person
DATE	Fridays 10:45 - 11:30 a.m. from July 11 to August 15
COST	No cost

Group Recreational Programs

Beach Day

Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Monday, June 30 from 4:00 - 4:45 p.m.
COST	No cost

Summer Travels

Let's travel the world! Jump aboard our virtual airplane and discover the wonders of the world. Have you ever wanted to explore a jungle? Join a Hawaiian luau? Visit Disney World? Fly a rocketship into space? Or dig for dinosaur bones? Together with Autism Therapists, your child will participate in virtual field trips and activities that celebrate locations all around the globe. Let us take you on your summer vacation from the comfort of your home.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Monday, August 25 from 4:00 - 4:45
COST	No cost

Music and Movement

This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Thursday, September 18 from 4:00 - 4:45
COST	No cost

Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, April 10 from 6:00 - 8:00 p.m. Monday, May 5 from 12:00 - 2:00 p.m. Wednesday, June 4 from 6:00 - 8:00 p.m. Tuesday, July 8 from 12:00 - 2:00 p.m. Friday, August 8 from 10:00 a.m. - 12:00 p.m. Wednesday, September 10 from 6:00 - 8:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, May 8 from 12:00 - 2:00 p.m. Tuesday, August 12 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Special Services at Home (SSAH) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, June 16 from 12:00 - 2:00 p.m. Thursday, September 25 from 6:00 - 8:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Assistance for Children with Severe Disabilities (ACSD) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child's disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, May 27 from 6:00 - 8:00 p.m. Thursday, August 28 from 12:00 - 2:00 p.m.
COST	No cost

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child's development, and cope with difficult situations. Recommended for parents and caregivers new to their child's diagnosis.

LEVEL	A, B, C
INCLUDES	• 7 2-hour group sessions for parents/caregivers • 3 follow-up individualized consultations • Available virtually
DATE	Tuesdays 6:00 - 8:00 p.m. from April 22 to June 24 Tuesdays 12:00 - 2:00 p.m. from September 30 to December 2 Tuesdays 6:00 - 8:00 p.m. from September 30 to December 2
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 9 from 10:00 a.m. - 12:00 p.m. Tuesday, August 26 from 12:00 - 2:00 p.m.
COST	No cost

Getting Ready to Learn

This workshop will provide you with strategies and tips to prepare you and your child for learning. There are lots of skills that support young children to get ready for learning opportunities, including being able to sit, being able to follow instructions, and focusing.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, May 7 from 12:00 - 2:00 p.m. Friday, September 12 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Teaching a New Skill

This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 22 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Introduction to Play Skills

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles for helping your child develop their play skills. You will learn about the stages of play from independent toy play to more advanced cooperative play with others.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, June 17 from 12:00 - 2:00 p.m.
COST	No cost

Improving Your Child's Sleep

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered step-by-step, in a practical manner to address a variety of sleep-related issues.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, April 24 from 10:00 a.m. - 12:00 p.m. Tuesday, July 15 from 12:00 - 2:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 12 from 10:00 - 12:00 p.m.
COST	No cost

Let's Communicate!

During this workshop you will learn about the pathway for communication development and the many ways that children can send messages. Various strategies to support your child with increasing their meaningful communication with you and others will be shared.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, April 15 from 12:00 - 2:00 p.m. Friday, July 25 from 10:00 a.m. - 12:00 p.m.
COST	No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Monday, May 26 from 10:00 a.m. - 12:00 p.m. Monday, September 15 from 12:00 - 2:00 p.m.
COST	No cost

Understanding How Your Child Learns and Uses Words

Did your child start speaking in whole phrases right away rather than saying one word at a time before combining them? Does your child memorize language, like dialogue from videos, or has anyone said they use "delayed echolalia" or "scripting" when talking? If so, your child might be a Gestalt language learner. During this workshop, you will learn how to tell if your child is a Gestalt language learner, and how these gestalts are often linked to a situation and can be further broken down and recombined to support spontaneous language development. To explore this further, we will review information about different ways people learn language and address some common myths about Gestalt language processing. Various child-led strategies will be discussed to build your confidence in recognizing your child's communication style and how to continue supporting their language learning.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, June 11 from 12:00 - 2:00 p.m. Monday, September 29 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Using Visual Supports

During this workshop you will learn about the importance and benefits of using many different types of visual supports, as well as how these visuals can be implemented and modified throughout the life span to support your child.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, April 29 from 10:00 a.m. - 12:00 p.m. Wednesday, August 27 from 12:00 - 2:00 p.m.
COST	No cost

Promoting Positive Mealtimes

During this workshop facilitated by an Occupational Therapist and a Speech-Language Pathologist, you will learn about the development of the skills involved in eating and how to set up your mealtime environment for success. We will discuss strategies to reduce the stress and worry that can surround mealtimes with a child with eating-related issues and explore ways to make feeding fun. This workshop is intended for families looking to improve their child's eating and mealtime experience.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop • Follow-up individualized consultation
DATE	Friday, May 9 from 12:00 - 2:00 p.m. Wednesday, July 9 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating, as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. This workshop builds on the information shared in the Promoting Positive Mealtimes workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, June 23 from 12:00 - 2:00 p.m. Friday, August 1 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Movement Masters: Fine & Gross Motor Skills for Your Child

Join us for a fun-filled workshop led by Occupational Therapists! Discover the world of fine and gross motor skills and how they influence everyday activities like printing, eating, biking, playing, and exploring. Learn practical tips and tricks to support your child's motor development and watch them conquer new challenges with confidence!

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 20 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Readiness for Toilet Training - Where to Start

Is your child not yet toilet trained but starting school for the first time? Is your child already in school and toilet training is a goal? This workshop is offered to parents and caregivers who are just starting out but don't quite know where to begin. ABA-trained clinicians will discuss how a child's care team (family, friends, educators, therapists) can come together to support the goal of toilet training. A special focus will be made on how parents/caregivers will know that their child is ready to start, what skills to teach their child in the meantime, and how to collaborate with others to achieve your child's highest level of independence with this important daily living skill. A follow up group discussion will be offered to parents and caregivers who attend this workshop to provide more individualized guidance and supports.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, April 30 from 12:00 - 2:00 p.m. Monday, July 28 from 10:00 a.m. - 12:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Readiness for Toilet Training - What Comes Next

This workshop is offered to parents and caregivers who have already participated in Toileting Readiness - Where to Start. During this follow up workshop, ABA-trained clinicians will lead a group discussion about how things are going as you prepare your child for toilet training, troubleshooting any issues that you may be having, learning more about next steps in this process, and connecting you to other available resources.

LEVEL	A, B, C
INCLUDES	• 1-hour virtual workshop
DATE	Wednesday, May 28 from 12:00 - 1:00 p.m. Monday, August 18 from 10:00 a.m. - 11:00 p.m.
COST	No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, June 10 from 12:00 - 2:00 p.m. Tuesday, September 16 from 6:00 - 8:00 p.m.
COST	No cost

Co-Regulation with Your Child

This workshop will explore how self-regulation develops during childhood and will provide strategies for parents/caregivers to co-regulate with their child so they can successfully manage their thoughts, feelings, and behaviour and learn to self-regulate.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 13 from 12:00 - 2:00 p.m. Monday, September 22 from 6:00 - 8:00 p.m.
COST	No cost

Understanding Your Child Through a Sensory Lens

During this workshop presented by Occupational Therapists, you will learn about the body's different senses and gain an understanding of how sensory processing can impact participation in daily activities. Does your child move a lot and seek input to their muscles? Does your child seem sensitive to noise or certain types of touch? Strategies to support your child to cope with the demands of the environment and meet their body's sensory needs will be shared.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 23 from 10:00 a.m. - 12:00 p.m. Wednesday, August 20 from 12:00 - 2:00 p.m.
COST	No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 5 from 6:00 - 8:00 p.m.
COST	No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, August 7 from 6:00 - 8:00 p.m.
COST	No cost

Creating Successful Routines

We know that mornings can be busy! The goal of this workshop is to provide families with evidence-based strategies to support this time of day. These strategies can be generalized to bed time routines, meal times, weekends, etc. Having a predictable and consistent routine may be the key to a successful morning and we are here to teach you how to do it.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, July 17 from 6:00 - 8:00 p.m.
COST	No cost

Understanding Interfering Behaviour - Where to Start

Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggressing towards others. This workshop will teach you the ABCs of behaviour and how to identify the 'why' behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the "Introduction to Applied Behaviour Analysis" workshop and want to understand more about their child's interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 15 from 6:00 - 8:00 p.m. Friday, August 15 from 12:00 - 2:00 p.m.
COST	No cost

Understanding Interfering Behaviour - What Comes Next

Once you have identified why your child might be engaging in interfering behaviours, it's important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child's interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed "Understanding Interfering Behaviour - Where to Start" and have a good understanding of their child's interfering behavior, but want to know more about how best to support them to reduce this behaviour.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 19 from 6:00 - 8:00 p.m. Friday, September 19 from 12:00 - 2:00 p.m.
COST	No cost

Helping Your Child Manage Change

This workshop will provide you with strategies to increase your child's flexibility. You'll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, April 25 from 12:00 - 2:00 p.m. Monday, September 29 from 6:00 - 8:00 p.m.
COST	No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, April 28 from 6:00 - 8:00 p.m. Friday, July 18 from 10:00 a.m. - 12:00 p.m.
COST	No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 6 from 10:00 a.m. - 12:00 p.m. Tuesday, September 23 from 12:00 - 2:00 p.m.
COST	No cost

Parent Connections

Connect with other parents and caregivers who have a child/ youth with autism and share similar experiences to you, whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth's social and life skills or have a youth transitioning into adult services. These sessions are facilitated by a Family Service Coordinator in collaboration with clinicians from the McMaster Children's Hospital Autism Program. Available for families in the Hamilton area. Please register for each session that you are interested in attending.

LEVEL	A, B, C
INCLUDES	• 90-minute virtual meeting
DATE	Wednesday, April 30 from 6:00 - 7:30 p.m. Wednesday, May 28 from 6:00 - 7:30 p.m. Wednesday, September 24 from 6:00 - 7:30 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Fee-Based Core Clinical Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 2025.

Are you interested in our fee-based core clinical services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, please contact (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca.



Fee-Based Core Clinical Services continued

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Registered Behaviour Analyst (RBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our RBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment

This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The Registered Behaviour Analyst (OAP Clinical Supervisor) will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy

An individualized 12-week therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by the Registered Behaviour Analyst (OAP Clinical Supervisor) may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$175-\$195 per therapy hour

Speech and Language Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment

This intake assessment is completed by an S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

Speech Therapy

These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

Fee-Based Core Clinical Services continued

Occupational Therapy Services

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence in their daily activities. You will learn how to apply these strategies to support your child's development and participation in the identified goal areas of your occupational therapy assessment. Resources and materials will be provided to support practice at home. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

Grade 1 to 3



Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours. Available for families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child, unless additional spaces become available.

Get Into the Group

This group will help parents/caregivers learn strategies to support their child across a variety of group-based activities. Teaching strategies are based on the science of Applied Behaviour Analysis (ABA) and will help you support your child to be better prepared for group activities, such as summer camps, recreational activities, or school. The focus of this group will be on transitioning between activities, remaining in group, and engaging in group instructions and activities. Parents/caregivers will participate along with their child as Autism Therapists provide hands-on coaching. This group is supervised by an OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none">• 6 45-minute sessions• Available in-person
DATE	Mondays 4:00 - 4:45 p.m. from July 7 to August 18
COST	No cost

Ready, Set, Participate!

This group will help your child build readiness skills needed to participate in group games and sports. Children will be taught how to attend to a coach, learn new actions used in sports (e.g., shooting baskets), and become more independent in group games and sports. Parents/caregivers will participate along with their child to help them meet their goals and learn strategies to help further support their child to participate in sports. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none"> • 6 45-minute sessions • Available in-person
DATE	Mondays 5:15 - 6:00 p.m. from April 28 to June 9
COST	No cost

Making Friends

The Making Friends group will provide children with opportunities to socialize and build skills to make friends. This group will teach children how to ask peers to play or join activities, respond to feedback from their peers, and further develop their conversational skills. Parents and caregivers will participate along with their child to help coach them to respond and engage with their peers. This group is facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 6 1-hour sessions • Available in-person
DATE	Mondays 4:00 - 5:00 p.m. from September 15 to October 27
COST	No cost

Group Recreational Programs

Beach Day

Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Monday, June 30 from 4:00 - 4:45 p.m.
COST	No cost

Summer Travels

Let's travel the world! Jump aboard our virtual airplane and discover the wonders of the world. Have you ever wanted to explore a jungle? Join a Hawaiian luau? Visit Disney World? Fly a rocketship into space? Or dig for dinosaur bones? Together with Autism Therapists, your child will participate in virtual field trips and activities that celebrate locations all around the globe. Let us take you on your summer vacation from the comfort of your home.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Monday, August 25 from 4:00 - 4:45
COST	No cost

Music and Movement

This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Thursday, September 18 from 4:00 - 4:45
COST	No cost

Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, April 10 from 6:00 - 8:00 p.m. Monday, May 5 from 12:00 - 2:00 p.m. Wednesday, June 4 from 6:00 - 8:00 p.m. Tuesday, July 8 from 12:00 - 2:00 p.m. Friday, August 8 from 10:00 a.m. - 12:00 p.m. Wednesday, September 10 from 6:00 - 8:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, May 8 from 12:00 - 2:00 p.m. Tuesday, August 12 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Special Services at Home (SSAH) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, June 16 from 12:00 - 2:00 p.m. Thursday, September 25 from 6:00 - 8:00 p.m.
COST	No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Assistance for Children with Severe Disabilities (ACSD) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child's disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, May 27 from 6:00 - 8:00 p.m. Thursday, August 28 from 12:00 - 2:00 p.m.
COST	No cost

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child's development, and cope with difficult situations. Recommended for parents and caregivers new to their child's diagnosis.

LEVEL	A, B, C
INCLUDES	• 7 2-hour group sessions for parents/caregivers • 3 follow-up individualized consultations • Available virtually
DATE	Tuesdays 6:00 - 8:00 p.m. from April 22 to June 24 Tuesdays 12:00 - 2:00 p.m. from September 30 to December 2 Tuesdays 6:00 - 8:00 p.m. from September 30 to December 2
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 9 from 10:00 a.m. - 12:00 p.m. Tuesday, August 26 from 12:00 - 2:00 p.m.
COST	No cost

Getting Ready to Learn

This workshop will provide you with strategies and tips to prepare you and your child for learning. There are lots of skills that support young children to get ready for learning opportunities, including being able to sit, being able to follow instructions, and focusing.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, May 7 from 12:00 - 2:00 p.m. Friday, September 12 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Teaching a New Skill

This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 22 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Introduction to Play Skills

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles for helping your child develop their play skills. You will learn about the stages of play from independent toy play to more advanced cooperative play with others.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, June 17 from 12:00 - 2:00 p.m.
COST	No cost

Improving Your Child's Sleep

During this workshop, you will learn strategies based on Applied Behaviour Analysis (ABA) principles that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered step-by-step, in a practical manner to address a variety of sleep-related issues.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, April 24 from 10:00 a.m. - 12:00 p.m. Tuesday, July 15 from 12:00 - 2:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 12 from 10:00 - 12:00 p.m.
COST	No cost

Let's Communicate!

During this workshop you will learn about the pathway for communication development and the many ways that children can send messages. Various strategies to support your child with increasing their meaningful communication with you and others will be shared.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, April 15 from 12:00 - 2:00 p.m. Friday, July 25 from 10:00 a.m. - 12:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared.

LEVEL A, B

INCLUDES • 2-hour virtual workshop

DATE Monday, May 26 from 10:00 a.m. - 12:00 p.m.
Monday, September 15 from 12:00 - 2:00 p.m.

COST No cost

Understanding How Your Child Learns and Uses Words

Did your child start speaking in whole phrases right away rather than saying one word at a time before combining them? Does your child memorize language, like dialogue from videos, or has anyone said they use "delayed echolalia" or "scripting" when talking? If so, your child might be a Gestalt language learner. During this workshop, you will learn how to tell if your child is a Gestalt language learner, and how these gestalts are often linked to a situation and can be further broken down and recombined to support spontaneous language development. To explore this further, we will review information about different ways people learn language and address some common myths about Gestalt language processing. Various child-led strategies will be discussed to build your confidence in recognizing your child's communication style and how to continue supporting their language learning.

LEVEL B, C

INCLUDES • 2-hour virtual workshop

DATE Wednesday, June 11 from 12:00 - 2:00 p.m.
Monday, September 29 from 10:00 a.m. - 12:00 p.m.

COST No cost

Using Visual Supports

During this workshop you will learn about the importance and benefits of using many different types of visual supports, as well as how these visuals can be implemented and modified throughout the life span to support your child.

LEVEL A, B

INCLUDES • 2-hour virtual workshop

DATE Tuesday, April 29 from 10:00 a.m. - 12:00 p.m.
Wednesday, August 27 from 12:00 - 2:00 p.m.

COST No cost

Promoting Positive Mealtimes

During this workshop facilitated by an Occupational Therapist and a Speech-Language Pathologist, you will learn about the development of the skills involved in eating and how to set up your mealtime environment for success. We will discuss strategies to reduce the stress and worry that can surround mealtimes with a child with eating-related issues and explore ways to make feeding fun. This workshop is intended for families looking to improve their child's eating and mealtime experience.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop
• Follow-up individualized consultation

DATE Friday, May 9 from 12:00 - 2:00 p.m.
Wednesday, July 9 from 10:00 a.m. - 12:00 p.m.

COST No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating, as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. This workshop builds on the information shared in the Promoting Positive Mealtimes workshop.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Monday, June 23 from 12:00 - 2:00 p.m.
Friday, August 1 from 10:00 a.m. - 12:00 p.m.

COST No cost

Movement Masters: Fine & Gross Motor Skills for Your Child

Join us for a fun-filled workshop led by Occupational Therapists! Discover the world of fine and gross motor skills and how they influence everyday activities like printing, eating, biking, playing, and exploring. Learn practical tips and tricks to support your child's motor development and watch them conquer new challenges with confidence!

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, June 20 from 10:00 a.m. - 12:00 p.m.

COST No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered.

LEVEL A, B, C

INCLUDES • 2-hour virtual workshop

DATE Tuesday, June 10 from 12:00 - 2:00 p.m.
Tuesday, September 16 from 6:00 - 8:00 p.m.

COST No cost

Co-Regulation with Your Child

This workshop will explore how self-regulation develops during childhood and will provide strategies for parents/caregivers to co-regulate with their child so they can successfully manage their thoughts, feelings, and behaviour and learn to self-regulate.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 13 from 12:00 - 2:00 p.m. Monday, September 22 from 6:00 - 8:00 p.m.
COST	No cost

Understanding Your Child Through a Sensory Lens

During this workshop presented by Occupational Therapists, you will learn about the body's different senses and gain an understanding of how sensory processing can impact participation in daily activities. Does your child move a lot and seek input to their muscles? Does your child seem sensitive to noise or certain types of touch? Strategies to support your child to cope with the demands of the environment and meet their body's sensory needs will be shared.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 23 from 10:00 a.m. - 12:00 p.m. Wednesday, August 20 from 12:00 - 2:00 p.m.
COST	No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 5 from 6:00 - 8:00 p.m.
COST	No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, August 7 from 6:00 - 8:00 p.m.
COST	No cost

Creating Successful Routines

We know that mornings can be busy! The goal of this workshop is to provide families with evidence-based strategies to support this time of day. These strategies can be generalized to bed time routines, meal times, weekends, etc. Having a predictable and consistent routine may be the key to a successful morning and we are here to teach you how to do it.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, July 17 from 6:00 - 8:00 p.m.
COST	No cost

Understanding Interfering Behaviour - Where to Start

Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggressing towards others. This workshop will teach you the ABCs of behaviour and how to identify the 'why' behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the "Introduction to Applied Behaviour Analysis" workshop and want to understand more about their child's interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 15 from 6:00 - 8:00 p.m. Friday, August 15 from 12:00 - 2:00 p.m.
COST	No cost

Understanding Interfering Behaviour - What Comes Next

Once you have identified why your child might be engaging in interfering behaviours, it's important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child's interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed "Understanding Interfering Behaviour - Where to Start" and have a good understanding of their child's interfering behavior, but want to know more about how best to support them to reduce this behaviour.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 19 from 6:00 - 8:00 p.m. Friday, September 19 from 12:00 - 2:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Helping Your Child Manage Change

This workshop will provide you with strategies to increase your child's flexibility. You'll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, April 25 from 12:00 - 2:00 p.m. Monday, September 29 from 6:00 - 8:00 p.m.
COST	No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, April 28 from 6:00 - 8:00 p.m. Friday, July 18 from 10:00 a.m. - 12:00 p.m.
COST	No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 6 from 10:00 a.m. - 12:00 p.m. Tuesday, September 23 from 12:00 - 2:00 p.m.
COST	No cost

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more.

LEVEL	A, B, C
INCLUDES	• 1-hour virtual workshop
DATE	Tuesday, June 3 from 12:00 - 1:00 p.m.
COST	No cost

Preventing and Responding to Elopement

Your child may be considered a "flight risk" if they make repeated attempts to leave a designated area without permission or supervision. This workshop is for families who are looking for ways to prevent their child from eloping and what to do when elopement does happen.

LEVEL	A, B, C
INCLUDES	• 90-minute virtual workshop
DATE	Wednesday, July 30 from 10:00 - 11:30 a.m.
COST	No cost

Supporting Communication with your School

This workshop will discuss how to support effective communication with your child's school team. Topics will include commonly used terminology, specialized services in the school boards, sharing information, and maintaining a positive open line of communication. Building a strong relationship with your school's team will help set your child up for success.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 29 from 6:00 - 8:00 p.m. Tuesday, September 9 from 12:00 - 2:00 p.m.
COST	No cost

Emotion Regulation

This workshop will provide information about emotion regulation in children with autism and evidence-based strategies for improving emotion regulation skills. Topics will include emotion recognition and understanding, along with some strategies to help children stay calmer.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, May 13 from 12:00 - 2:00 p.m. Friday, August 22 from 12:00 - 2:00 p.m.
COST	No cost

Parent Connections

Connect with other parents and caregivers who have a child/youth with autism and share similar experiences to you, whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth's social and life skills or have a youth transitioning into adult services. These sessions are facilitated by a Family Service Coordinator in collaboration with clinicians from the McMaster Children's Hospital Autism Program. Available for families in the Hamilton area. Please register for each session that you are interested in attending.

LEVEL	A, B, C
INCLUDES	• 90-minute virtual meeting
DATE	Wednesday, April 30 from 6:00 - 7:30 p.m. Wednesday, May 28 from 6:00 - 7:30 p.m. Wednesday, September 24 from 6:00 - 7:30 p.m.
COST	No cost

Fee-Based Core Clinical Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 2025.

Are you interested in our fee-based core clinical services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, please contact (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca.



Fee-Based Core Clinical Services continued

Group Services

Let's Create!

Explore your child's creative side while building their social communication and interaction skills with peers. Participants will be given the opportunity to grow their social skills, including initiating and joining conversations and sharing in one another's interests, while engaging in collaborative craft and building activities together. A parent/caregiver will participate along with their child to help them participate in the group activities. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 8 60-minute sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in person
DATE	Program to begin Fall 2025. Dates and times to be determined.
COST	\$1,700

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Registered Behaviour Analyst (RBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our RBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment

This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The Registered Behaviour Analyst (OAP Clinical Supervisor) will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy

An individualized 12-week therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by the Registered Behaviour Analyst (OAP Clinical Supervisor) may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$175-\$195 per therapy hour

Speech and Language Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment

This intake assessment is completed by an S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Fee-Based Core Clinical Services continued

Speech Therapy

These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

Occupational Therapy Services

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence in their daily activities. You will learn how to apply these strategies to support your child's development and participation in the identified goal areas of your occupational therapy assessment. Resources and materials will be provided to support practice at home. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

Mental Health Services

Our Mental Health Services will target your child's mental health and emotional well-being. Our psychological assessments explore your child's strengths and needs in areas like cognitive/learning, worry/anxiety, or mood/depression. Using a combination of time spent individually with your child and your active participation in sessions, you and your child will be taught strategies to support your child to regulate their emotions and cope with mental health challenges. All Mental Health Services are either directly provided or closely supervised by a doctoral level Psychologist. Mental Health Services may be eligible for reimbursement from private insurance providers.

Psychological Service Consultation

All psychological services begin with this consultation with a Psychologist to share your questions and concerns about your child/youth so you can determine which type of service is best and when it should occur.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Parent/caregiver appointment with Psychologist • Available virtually
DATE	Flexible
COST	\$225

Fee-Based Core Clinical Services continued

Mental Health Assessment

Mental health assessments are used to explore social, emotional, and behavioural difficulties that are causing significant concerns about your child. These difficulties may also be getting in the way of your child's ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their mental health challenges can be accounted for by additional diagnoses, such as anxiety, mood, or obsessive-compulsive disorders. Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$1,900

Comprehensive Psychological Assessment

Comprehensive psychological assessments are used to explore complex concerns that may include all or some combination of cognitive, learning, and/ or social, emotional, and behavioural difficulties. These difficulties are significantly impairing your child's ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their challenges can be accounted for by additional diagnoses, including neurodevelopmental disorders (e.g., Intellectual Developmental Disorder, Attention-Deficit/Hyperactivity Disorder, Specific Learning Disorder) and/or mental health disorders (e.g., anxiety, mood, obsessive-compulsive disorders). Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$4,700

Psychoeducational Assessment

Psychoeducational assessments are used to identify areas of strength and need in a student's learning profile allowing for a deeper understanding of their educational abilities. These assessments may also be used to make a decision as to whether their challenges in school can be accounted for by additional diagnoses, such as a Specific Learning Disorder, Attention Deficit/Hyperactivity Disorder, or Intellectual Developmental Disorder. Recommendations are made to enable students to access appropriate academic accommodations and supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$4200 Please note that OAP Core Clinical Funding cannot be used for this type of assessment, but some Extended Health Benefits plans cover psychological services

1:1 Cognitive Behavioural Therapy (CBT)

Cognitive Behaviour Therapy (CBT) is an evidence-based psychological intervention that is goal-oriented and short-term. The focus of CBT is to challenge and change unhelpful thoughts, behaviours, and feelings and to develop coping skills and strategies in order to help improve overall functioning and quality of life. A typical course of CBT involves between 6 and 24 sessions. Available for children 8 years old and older.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • Therapy sessions with child/youth • Parent involvement and training as appropriate • Available in-person or virtually
DATE	Flexible
COST	\$250 per therapy hour

Grade 4 to 8



Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours. Available for families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child, unless additional spaces become available.

Ready, Set, Participate!

This group will help your child build readiness skills needed to participate in group games and sports. Children will be taught how to attend to a coach, learn new actions used in sports (e.g., shooting baskets), and become more independent in group games and sports. Parents/caregivers will participate along with their child to help them meet their goals and learn strategies to help further support their child to participate in sports. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none">• 6 45-minute sessions• Available in-person
DATE	Mondays 5:15 - 6:00 p.m. from July 7 to August 18
COST	No cost

Children's Friendship Training

Children's Friendship Training (CFT) is a group-based program for kids 8-12 years old. Participants learn and develop the skills needed to make and keep friends through role playing and activities. Parents/caregivers learn strategies to support their children as they develop these skills. Facilitated by Autism Therapists with supervision from a Clinical Supervisor.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 10 1-hour child group sessions; run concurrently with parent/caregiver group sessions • Available in person
DATE	Wednesdays 4:30 - 5:30 p.m. from September 17 to November 19
COST	No cost

Group Recreational Programs

Beach Day

Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Monday, June 30 from 4:00 - 4:45 p.m.
COST	No cost

Summer Travels

Let's travel the world! Jump aboard our virtual airplane and discover the wonders of the world. Have you ever wanted to explore a jungle? Join a Hawaiian luau? Visit Disney World? Fly a rocketship into space? Or dig for dinosaur bones? Together with Autism Therapists, your child will participate in virtual field trips and activities that celebrate locations all around the globe. Let us take you on your summer vacation from the comfort of your home.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Monday, August 25 from 4:00 - 4:45
COST	No cost

Music and Movement

This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 45-minute virtual session
DATE	Thursday, September 18 from 4:00 - 4:45
COST	No cost

Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, April 10 from 6:00 - 8:00 p.m. Monday, May 5 from 12:00 - 2:00 p.m. Wednesday, June 4 from 6:00 - 8:00 p.m. Tuesday, July 8 from 12:00 - 2:00 p.m. Friday, August 8 from 10:00 a.m. - 12:00 p.m. Wednesday, September 10 from 6:00 - 8:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Thursday, May 8 from 12:00 - 2:00 p.m. Tuesday, August 12 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Special Services at Home (SSAH) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • 2-hour virtual workshop
DATE	Monday, June 16 from 12:00 - 2:00 p.m. Thursday, September 25 from 6:00 - 8:00 p.m.
COST	No cost

Assistance for Children with Severe Disabilities (ACSD) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child's disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, May 27 from 6:00 - 8:00 p.m. Thursday, August 28 from 12:00 - 2:00 p.m.
COST	No cost

Triple P Stepping Stones

This 10-week program for parents and caregivers of children up to 12 years of age teaches positive, proactive strategies to manage behaviours in a constructive way, encourage your child's development, and cope with difficult situations. Recommended for parents and caregivers new to their child's diagnosis.

LEVEL	A, B, C
INCLUDES	• 7 2-hour group sessions for parents/caregivers • 3 follow-up individualized consultations • Available virtually
DATE	Tuesdays 6:00 - 8:00 p.m. from April 22 to June 24 Tuesdays 12:00 - 2:00 p.m. from September 30 to December 2 Tuesdays 6:00 - 8:00 p.m. from September 30 to December 2
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 9 from 10:00 a.m. - 12:00 p.m. Tuesday, August 26 from 12:00 - 2:00 p.m.
COST	No cost

Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT) approach to increasing your child's self-management skills and decreasing your child's dependence on caregivers and teachers. Self-management can lead to greater independence with tasks like self-care, homework/household chores, and leisure routines, and may also reduce interfering behaviour. To benefit from this workshop, your child/youth can follow routines, adapt to changes in routines, follow multi-step instructions, and learn a self-monitoring system (e.g., use a pictorial or written checklist, use a timer, reinforce their own behaviour). Parents/caregivers will learn how to implement the strategies in their home environment to support their child/youth.

LEVEL	C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 30 from 12:00 - 2:00 p.m. Wednesday, August 13 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Teaching a New Skill

This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 22 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 12 from 10:00 - 12:00 p.m.
COST	No cost

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, May 26 from 10:00 a.m. - 12:00 p.m. Monday, September 15 from 12:00 - 2:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Understanding How Your Child Learns and Uses Words

Did your child start speaking in whole phrases right away rather than saying one word at a time before combining them? Does your child memorize language, like dialogue from videos, or has anyone said they use "delayed echolalia" or "scripting" when talking? If so, your child might be a Gestalt language learner. During this workshop, you will learn how to tell if your child is a Gestalt language learner, and how these gestalts are often linked to a situation and can be further broken down and recombined to support spontaneous language development. To explore this further, we will review information about different ways people learn language and address some common myths about Gestalt language processing. Various child-led strategies will be discussed to build your confidence in recognizing your child's communication style and how to continue supporting their language learning.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, June 11 from 12:00 - 2:00 p.m. Monday, September 29 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Promoting Positive Mealtimes

During this workshop facilitated by an Occupational Therapist and a Speech-Language Pathologist, you will learn about the development of the skills involved in eating and how to set up your mealtime environment for success. We will discuss strategies to reduce the stress and worry that can surround mealtimes with a child with eating-related issues and explore ways to make feeding fun. This workshop is intended for families looking to improve their child's eating and mealtime experience.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 9 from 12:00 - 2:00 p.m. Wednesday, July 9 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Picky Eating

During this workshop presented by an Autism Therapist and Speech-Language Pathologist, you will learn general information related to what is involved in the process of eating, as well as a variety of positive approaches to introducing new foods or expanding food choices for picky eaters. Strategies are covered step-by-step, in a practical manner to address a variety of eating-related issues. This workshop builds on the information shared in the Promoting Positive Mealtimes workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, June 23 from 12:00 - 2:00 p.m. Friday, August 1 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Movement Masters: Fine & Gross Motor Skills for Your Child

Join us for a fun-filled workshop led by Occupational Therapists! Discover the world of fine and gross motor skills and how they influence everyday activities like printing, eating, biking, playing, and exploring. Learn practical tips and tricks to support your child's motor development and watch them conquer new challenges with confidence!

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 20 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Toilet Training

During this workshop, you will learn to recognize when children are ready to begin toilet training and identify patterns in current toileting behaviours. Various toilet training strategies based on Applied Behaviour Analysis (ABA) principles will be covered.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, June 10 from 12:00 - 2:00 p.m. Tuesday, September 16 from 6:00 - 8:00 p.m.
COST	No cost

Understanding Your Child Through a Sensory Lens

During this workshop presented by Occupational Therapists, you will learn about the body's different senses and gain an understanding of how sensory processing can impact participation in daily activities. Does your child move a lot and seek input to their muscles? Does your child seem sensitive to noise or certain types of touch? Strategies to support your child to cope with the demands of the environment and meet their body's sensory needs will be shared.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 23 from 10:00 a.m. - 12:00 p.m. Wednesday, August 20 from 12:00 - 2:00 p.m.
COST	No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 5 from 6:00 - 8:00 p.m.
COST	No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, August 7 from 6:00 - 8:00 p.m.
COST	No cost

Creating Successful Routines

We know that mornings can be busy! The goal of this workshop is to provide families with evidence-based strategies to support this time of day. These strategies can be generalized to bed time routines, meal times, weekends, etc. Having a predictable and consistent routine may be the key to a successful morning and we are here to teach you how to do it.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, July 17 from 6:00 - 8:00 p.m.
COST	No cost

Understanding Interfering Behaviour - Where to Start

Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggressing towards others. This workshop will teach you the ABCs of behaviour and how to identify the 'why' behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the "Introduction to Applied Behaviour Analysis" workshop and want to understand more about their child's interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 15 from 6:00 - 8:00 p.m. Friday, August 15 from 12:00 - 2:00 p.m.
COST	No cost

Understanding Interfering Behaviour - What Comes Next

Once you have identified why your child might be engaging in interfering behaviours, it's important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child's interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed "Understanding Interfering Behaviour - Where to Start" and have a good understanding of their child's interfering behavior, but want to know more about how best to support them to reduce this behaviour.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 19 from 6:00 - 8:00 p.m. Friday, September 19 from 12:00 - 2:00 p.m.
COST	No cost

Helping Your Child Manage Change

This workshop will provide you with strategies to increase your child's flexibility. You'll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change. This workshop is facilitated by a Behaviour Therapist who is a Board Certified Behavior Analyst.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, April 25 from 12:00 - 2:00 p.m. Monday, September 29 from 6:00 - 8:00 p.m.
COST	No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, April 28 from 6:00 - 8:00 p.m. Friday, July 18 from 10:00 a.m. - 12:00 p.m.
COST	No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 6 from 10:00 a.m. - 12:00 p.m. Tuesday, September 23 from 12:00 - 2:00 p.m.
COST	No cost

Teaching Safety in a Virtual World

This workshop will provide parents/caregivers with an overview of the risks and benefits of being online for autistic children and youth. We will review how to set limits for screen time, how to teach online safety skills, and the risks and benefits of current popular apps and websites. Recommended for parents/caregivers who want to provide their child with online opportunities while emphasizing safety in a virtual world.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, June 18 from 12:00 - 2:00 p.m. Thursday, September 18 from 12:00 - 2:00 p.m.
COST	No cost

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more.

LEVEL	A, B, C
INCLUDES	• 1-hour virtual workshop
DATE	Tuesday, June 3 from 12:00 - 1:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Preventing and Responding to Elopement

Your child may be considered a “flight risk” if they make repeated attempts to leave a designated area without permission or supervision. This workshop is for families who are looking for ways to prevent their child from eloping and what to do when elopement does happen.

LEVEL	A, B, C
INCLUDES	• 90-minute virtual workshop
DATE	Wednesday, July 30 from 10:00 - 11:30 a.m.
COST	No cost

Supporting Communication with your School

This workshop will discuss how to support effective communication with your child’s school team. Topics will include commonly used terminology, specialized services in the school boards, sharing information, and maintaining a positive open line of communication. Building a strong relationship with your school’s team will help set your child up for success.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 29 from 6:00 - 8:00 p.m. Tuesday, September 9 from 12:00 - 2:00 p.m.
COST	No cost

Responding to School Refusal and Bullying

This workshop will discuss bullying behaviour in elementary school-aged children. We will identify the different types of bullying and its impact on autistic children. As bullying may often occur in the school setting, strategies for reporting, working on social skills, and working with your child’s school team will be reviewed. Children who experience bullying often refuse to go to school, leading to poor attendance. Strategies to address school refusal, both related to bullying and not, will also be provided.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 22 from 12:00 - 2:00 p.m.
COST	No cost

Supporting Your Teen with Self-Independence Skills

Are you looking for tips to help your teen to become more independent with organizing their day, managing their time or being more independent with daily routines? This workshop will outline strategies to help your child navigate the transition to adolescence. Topics covered will include: organization, time management, hygiene routines, understanding puberty and sexuality as well as strategies for how to handle bullying.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, July 22 from 12:00 - 2:00 p.m.
COST	No cost

Supporting Your Child Through Puberty

Is your child nearing or currently going through puberty changes? This workshop will help parents and caregivers prepare for changes in their child’s behaviour and body during puberty. Clinicians will discuss different evidenced-based and strengths-based strategies for teaching skills across all developmental levels (A, B, and C). Examples of topics covered include labelling body parts and expected changes (e.g., hair growth, acne, etc.), menstruation, masturbation, and personal hygiene skills (e.g., shaving, using deodorant, etc.).

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 2 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Building and Maintaining Relationships with Friends and Partners

In this workshop, you will learn strategies to help develop your child’s social skills for building, maintaining, and navigating friendships and other relationships. Clinicians will cover topics such as identifying a good friend, teaching boundaries and advocacy, unspoken social norms and rules, and dating.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, August 25 from 6:00 - 8:00 p.m.
COST	No cost

Emotion Regulation

This workshop will provide information about emotion regulation in children with autism and evidence-based strategies for improving emotion regulation skills. Topics will include emotion recognition and understanding, along with some strategies to help children stay calmer.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, May 13 from 12:00 - 2:00 p.m. Friday, August 22 from 12:00 - 2:00 p.m.
COST	No cost

Autism and Anxiety

This workshop will provide information about how anxiety presents in children and youth with Autism and evidence-based strategies for coping with and preventing anxiety.

LEVEL	C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, June 24 from 12:00 - 2:00 p.m. Friday, September 26 from 12:00 - 2:00 p.m.
COST	No cost

Parent Connections

Connect with other parents and caregivers who have a child/youth with autism and share similar experiences to you, whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth's social and life skills or have a youth transitioning into adult services. These sessions are facilitated by a Family Service Coordinator in collaboration with clinicians from the McMaster Children's Hospital Autism Program. Available for families in the Hamilton area. Please register for each session that you are interested in attending.

LEVEL	C
INCLUDES	• 90-minute virtual meeting
DATE	Wednesday, April 30 from 6:00 - 7:30 p.m. Wednesday, May 28 from 6:00 - 7:30 p.m. Wednesday, September 24 from 6:00 - 7:30 p.m.
COST	No cost



We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Fee-Based Core Clinical Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 2025.

Are you interested in our fee-based core clinical services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, please contact (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca.



Fee-Based Core Clinical Services continued

Group Services

Let's Cook!

Spark your child's love of food while building their independence with simple cooking tasks. Participants will be taught how to gather and organize ingredients in a recipe, engage with kitchen appliances, and participate in a meal time routine alongside their peers. Parents/caregivers will participate along with their child to help them learn to complete the activities. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	B, C
INCLUDES	<ul style="list-style-type: none"> • 6 90-minute sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in person
DATE	Program to begin Summer 2025. Dates and times to be determined.
COST	\$1,700

Facing Your Fears

Facing Your Fears is a group-based cognitive behavioural therapy program for kids 8-14 years old who are struggling with anxiety. The goal is to help your child develop coping strategies to manage anxiety, and to provide you as a parent/caregiver with the understanding of the nature of your child's difficulties and with strategies to help. Participating in the group requires that one parent/caregiver (the same one each week) and your child attend all sessions. This program is co-facilitated and supervised by a Registered Psychologist. A screening will be completed in order to determine whether this group is clinically appropriate. Parents/caregivers who are interested should contact us by June 16, 2025 to book a screening appointment.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 12 weekly 90-minute sessions for parents/care-givers and children • Parent/caregiver and child workbooks and materials • Virtual service • Register by June 16, 2025
DATE	Program to begin Summer 2025. Dates and times to be determined.
COST	\$4,000

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Registered Behaviour Analyst (RBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our RBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment

This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The Registered Behaviour Analyst (OAP Clinical Supervisor) will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy

An individualized 12-week therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by the Registered Behaviour Analyst (OAP Clinical Supervisor) may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$175-\$195 per therapy hour

Fee-Based Core Clinical Services continued

Speech and Language Services Occupational Therapy Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment

This intake assessment is completed by an S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

Speech Therapy

These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Materials may be provided to support practice at home • therapy sessions with child(ren) and caregiver(s) • parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence in their daily activities. You will learn how to apply these strategies to support your child's development and participation in the identified goal areas of your occupational therapy assessment. Resources and materials will be provided to support practice at home. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Materials may be provided to support practice at home • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Fee-Based Core Clinical Services continued

Mental Health Services

Our Mental Health Services will target your child's mental health and emotional well-being. Our psychological assessments explore your child's strengths and needs in areas like cognitive/learning, worry/anxiety, or mood/depression. Using a combination of time spent individually with your child and your active participation in sessions, you and your child will be taught strategies to support your child to regulate their emotions and cope with mental health challenges. All Mental Health Services are either directly provided or closely supervised by a doctoral level Psychologist. Mental Health Services may be eligible for reimbursement from private insurance providers.

Psychological Service Consultation

All psychological services begin with this consultation with a Psychologist to share your questions and concerns about your child/youth so you can determine which type of service is best and when it should occur.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Parent/caregiver appointment with Psychologist • Available virtually
DATE	Flexible
COST	\$225

Mental Health Assessment

Mental health assessments are used to explore social, emotional, and behavioural difficulties that are causing significant concerns about your child. These difficulties may also be getting in the way of your child's ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their mental health challenges can be accounted for by additional diagnoses, such as anxiety, mood, or obsessive-compulsive disorders. Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$1,900

Comprehensive Psychological Assessment

Comprehensive psychological assessments are used to explore complex concerns that may include all or some combination of cognitive, learning, and/ or social, emotional, and behavioural difficulties. These difficulties are significantly impairing your child's ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their challenges can be accounted for by additional diagnoses, including neurodevelopmental disorders (e.g., Intellectual Developmental Disorder, Attention-Deficit/Hyperactivity Disorder, Specific Learning Disorder) and/or mental health disorders (e.g., anxiety, mood, obsessive-compulsive disorders). Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$4,700

Psychoeducational Assessment

Psychoeducational assessments are used to identify areas of strength and need in a student's learning profile allowing for a deeper understanding of their educational abilities. These assessments may also be used to make a decision as to whether their challenges in school can be accounted for by additional diagnoses, such as a Specific Learning Disorder, Attention-Deficit/Hyperactivity Disorder, or Intellectual Developmental Disorder. Recommendations are made to enable students to access appropriate academic accommodations and supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$4200 Please note that OAP Core Clinical Funding cannot be used for this type of assessment, but some Extended Health Benefits plans cover psychological services

Fee-Based Core Clinical Services continued

Cognitive-Adaptive Assessment

Cognitive-Adaptive assessments are used to examine thinking and reasoning skills (cognitive) and functional life skills (adaptive), and to assist with treatment planning and accessing appropriate supports. These assessments compare a child or youth's functioning in these areas to others their age, and may help identify an Intellectual Developmental Disorder (Intellectual Disability), as well as confirming eligibility for funding and services like Developmental Services of Ontario (DSO) or Community Living Ontario.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$1200

1:1 Cognitive Behavioural Therapy (CBT)

Cognitive Behaviour Therapy (CBT) is an evidence-based psychological intervention that is goal-oriented and short-term. The focus of CBT is to challenge and change unhelpful thoughts, behaviours, and feelings and to develop coping skills and strategies in order to help improve overall functioning and quality of life. A typical course of CBT involves between 6 and 24 sessions. Available for children 8 years old and older.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • Therapy sessions with child/youth • Parent involvement and training as appropriate • Available in-person or virtually
DATE	Flexible
COST	\$250 per therapy hour

High School



Consultation

Service Planning Consultation

Not sure where to begin? During your consultation with one of our expert program staff, we will help identify your child's needs and strengths, and discuss your goals as a family. Service recommendations will be made to help you achieve success. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Resource Consultation

Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms. Available to families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

School Support Consultation

ASD Specialists offer 1 hour clinics to families on a variety of topics related to school. Possible topics can include: helping your child transition on/off the bus; successfully transitioning to school in the morning/after school routine; supporting your child in remote learning; supporting your child to complete homework; promoting consistency between home and school and using visuals to teach routines.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Clinics

Clinic Appointment

Meet with a clinician to discuss a specific skill you'd like your child to develop or address a concern about your child's behaviour. You will receive individualized tips and strategies for building skills and reducing challenging behaviours. Available for families in the Hamilton area.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none">• 1-hour appointment• Available in-person or virtually
DATE	Flexible
COST	No cost

Group Clinical Programs

Please note that there is a limit of one clinical group per child, unless additional spaces become available.

Teen Independence - Life Skills

This group will introduce a variety of life skills to participants in a fun and supportive environment with plenty of hands-on practice. Each week will target a different life skill during a 1 hour group session, while parents simultaneously learn strategies to promote further teaching and generalization at home. Topics will include: nail care, using utensils, shaving, tying shoes, applying and removing nail polish, buttons and zippers, laundry, and basic First Aid. Participants will be asked to identify which weeks they would like to participate in during registration. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	A, B
INCLUDES	<ul style="list-style-type: none">• 6 1-hour teen group sessions; run concurrently with parent/caregiver group sessions• Available in person
DATE	Mondays 5:30 - 6:30 from September 15 to October 27
COST	No cost

Group Recreational Programs

Beach Day

Summer is here and we're ready for the beach! Our Autism Therapists will lead your child through different beach-themed games, activities, and dance parties, while encouraging them to interact with their peers in a virtual setting. Rain or shine, this group will have all participants embracing summer fun!

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Monday, June 30 from 4:00 - 4:45 p.m.
COST	No cost

Summer Travels

Let's travel the world! Jump aboard our virtual airplane and discover the wonders of the world. Have you ever wanted to explore a jungle? Join a Hawaiian luau? Visit Disney World? Fly a rocketship into space? Or dig for dinosaur bones? Together with Autism Therapists, your child will participate in virtual field trips and activities that celebrate locations all around the globe. Let us take you on your summer vacation from the comfort of your home.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Monday, August 25 from 4:00 - 4:45
COST	No cost

Music and Movement

This group will encourage your child to get moving and be creative through dance. Together with our Autism Therapists we will explore different creative dance options while also interacting with peers in a virtual setting. Parents/caregivers and siblings are encouraged to participate in the fun.

LEVEL	A, B, C
INCLUDES	• 45-minute virtual session
DATE	Thursday, September 18 from 4:00 - 4:45
COST	No cost

Parent and Caregiver Education and Training

Next Steps After Your Child Receives a Diagnosis

The days and months after a diagnosis of Autism can be overwhelming. This workshop provides a step-by-step checklist for parents, an overview of community services and funding options, and an opportunity to ask specific questions about supports for your child.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, April 10 from 6:00 - 8:00 p.m. Monday, May 5 from 12:00 - 2:00 p.m. Wednesday, June 4 from 6:00 - 8:00 p.m. Tuesday, July 8 from 12:00 - 2:00 p.m. Friday, August 8 from 10:00 a.m. - 12:00 p.m. Wednesday, September 10 from 6:00 - 8:00 p.m.
COST	No cost

Overview of Autism Spectrum Disorder (ASD)

This workshop provides an overview of the characteristics of Autism Spectrum Disorder (ASD) including how autistic children/youth may perceive the world differently. Participants are provided with information about common strengths and challenges for children/youth with ASD, as well as some helpful strategies and resources.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 8 from 12:00 - 2:00 p.m. Tuesday, August 12 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Special Services at Home (SSAH) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Special Services at Home (SSAH) funding application. The SSAH program supports families who are caring for a child with a developmental disability and/or a physical disability. The funding for this program can be used towards personal development and growth and/or family relief and support. The amount of funding a family receives is dependent on the type and amount of service the child requires, what other assistance is available in the community, and what kind of support is already being received by the family.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, June 16 from 12:00 - 2:00 p.m. Thursday, September 25 from 6:00 - 8:00 p.m.
COST	No cost

Assistance for Children with Severe Disabilities (ACSD) Funding

Filling out funding applications can be difficult. This workshop provides a step-by-step review of completing the Assistance for Children with Severe Disabilities (ACSD) application. ACSD is a monthly financial benefit for parents of children with severe disabilities. It is needs tested to help with the ongoing costs arising from the child's disability. In order to be eligible for this program the following requirements must be met: the child must be under the age of 18 years, the child must have a severe disability resulting in functional loss, the extraordinary costs must be as a result of this disability, the applicant and the child must be residents of Ontario, and the family income must be less than \$74,760.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, May 27 from 6:00 - 8:00 p.m. Thursday, August 28 from 12:00 - 2:00 p.m.
COST	No cost

Introduction to Applied Behaviour Analysis (ABA)

This workshop helps participants understand how the environment influences human behaviour. It covers the basics of ABA including reinforcement, prompting, and creating an environment that promotes positive learning outcomes.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 9 from 10:00 a.m. - 12:00 p.m. Tuesday, August 26 from 12:00 - 2:00 p.m.
COST	No cost

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Teaching Self-Management Strategies to Increase Independence

This workshop will cover a Pivotal Response Treatment (PRT) approach to increasing your child's self-management skills and decreasing your child's dependence on caregivers and teachers. Self-management can lead to greater independence with tasks like self-care, homework/household chores, and leisure routines, and may also reduce interfering behaviour. To benefit from this workshop, your child/youth can follow routines, adapt to changes in routines, follow multi-step instructions, and learn a self-monitoring system (e.g., use a pictorial or written checklist, use a timer, reinforce their own behaviour). Parents/caregivers will learn how to implement the strategies in their home environment to support their child/youth.

LEVEL	C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 30 from 12:00 - 2:00 p.m. Wednesday, August 13 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Teaching a New Skill

This workshop helps caregivers learn Applied Behaviour Analysis (ABA) strategies for teaching a new skill. Examples of skills include: organization and homework, daily chores, hygiene, or dressing.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 22 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Preparing for a Successful Community Outing

In this workshop, Autism Therapists will work with parents and caregivers to prepare their child/youth for a successful outing into the community. Whether it is going to the grocery store, the movie theatre, bowling, or the park, families will learn of different strategies to use before, during, and after the outing to help make it as smooth and fun as possible! Please come prepared with a specific outing in mind to get the most out of this interactive workshop.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 12 from 10:00 - 12:00 p.m.
COST	No cost

Introduction to Augmentative and Alternative Communication

During this workshop you will learn about Augmentative and Alternative Communication (AAC). AAC is the use of various methods of communication (e.g., gestures, pictures, speech generating devices) as a substitute to, or in support of spoken language. We will discuss the different types of AAC that are available and how AAC can be used to support your child or youth's communication development. Strategies to support your child or youth's use of AAC in meaningful everyday situations will be shared.

LEVEL	A, B
INCLUDES	• 2-hour virtual workshop
DATE	Monday, May 26 from 10:00 a.m. - 12:00 p.m. Monday, September 15 from 12:00 - 2:00 p.m.
COST	No cost

Understanding How Your Child Learns and Uses Words

Did your child start speaking in whole phrases right away rather than saying one word at a time before combining them? Does your child memorize language, like dialogue from videos, or has anyone said they use "delayed echolalia" or "scripting" when talking? If so, your child might be a Gestalt language learner. During this workshop, you will learn how to tell if your child is a Gestalt language learner, and how these gestalts are often linked to a situation and can be further broken down and recombined to support spontaneous language development. To explore this further, we will review information about different ways people learn language and address some common myths about Gestalt language processing. Various child-led strategies will be discussed to build your confidence in recognizing your child's communication style and how to continue supporting their language learning.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, June 11 from 12:00 - 2:00 p.m. Monday, September 29 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Movement Masters: Fine & Gross Motor Skills for Your Child

Join us for a fun-filled workshop led by Occupational Therapists! Discover the world of fine and gross motor skills and how they influence everyday activities like printing, eating, biking, playing, and exploring. Learn practical tips and tricks to support your child's motor development and watch them conquer new challenges with confidence!

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 20 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Summer Success! How to Plan Your Summer for an Easier Fall

This workshop will provide strategies for parents and caregivers to help structure the summer break so that children have a successful transition back to school in September. Topics will include building positive routines, using visuals, getting involved in the community, and considering screen time.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 5 from 6:00 - 8:00 p.m.
COST	No cost

Making the Transition to School Easier

This workshop will provide parents and caregivers with strategies to support their child's transition to school in September. Key topics will include the morning routine, being part of a larger group of children, paying attention to the teacher, following the classroom schedule, and doing specific work at specific times.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, August 7 from 6:00 - 8:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Creating Successful Routines

We know that mornings can be busy! The goal of this workshop is to provide families with evidence-based strategies to support this time of day. These strategies can be generalized to bed time routines, meal times, weekends, etc. Having a predictable and consistent routine may be the key to a successful morning and we are here to teach you how to do it.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, July 17 from 6:00 - 8:00 p.m.
COST	No cost

Understanding Interfering Behaviour - Where to Start

Does your child engage in behaviours that interfere with their participation or independence within their everyday life? Certain behaviours can be challenging to manage, like severe tantrums or aggressing towards others. This workshop will teach you the ABCs of behaviour and how to identify the 'why' behind your child engaging in these behaviours. We will also help you to be able to define what these interfering behaviours look like and figure out in what situations or environments these behaviours are most likely to occur. This workshop is for families who have already attended the "Introduction to Applied Behaviour Analysis" workshop and want to understand more about their child's interfering behaviour. This workshop may be especially useful for those families of children with a new Autism diagnosis.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 15 from 6:00 - 8:00 p.m. Friday, August 15 from 12:00 - 2:00 p.m.
COST	No cost

Understanding Interfering Behaviour - What Comes Next

Once you have identified why your child might be engaging in interfering behaviours, it's important to be able to provide a better way for them to achieve that same need or desire. In this workshop, you will learn how to respond to your child's interfering behaviour and find some appropriate replacement behaviours to teach instead. This workshop is for families who have completed "Understanding Interfering Behaviour - Where to Start" and have a good understanding of their child's interfering behavior, but want to know more about how best to support them to reduce this behaviour.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, June 19 from 6:00 - 8:00 p.m. Friday, September 19 from 12:00 - 2:00 p.m.
COST	No cost

Helping Your Child Manage Change

This workshop will provide you with strategies to increase your child's flexibility. You'll learn how to break down challenging situations and support your child with proactive planning, teaching them to accept change.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, April 25 from 12:00 - 2:00 p.m. Monday, September 29 from 6:00 - 8:00 p.m.
COST	No cost

Desensitization: How to Make Difficult Events Easier

This workshop focuses on making activities, like getting a haircut, washing hands, going to the store, or visiting the dentist, more seamless for the entire family. You will learn strategies to help reduce your child's interfering behaviour during these activities, such as understanding how to develop a gradual approach to increase your child's tolerance of these activities and situations.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, April 28 from 6:00 - 8:00 p.m. Friday, July 18 from 10:00 a.m. - 12:00 p.m.
COST	No cost

When you have to say "No!" to your child

Does your child get upset when you tell them "No!"? This workshop provides parents and caregivers with the skills to teach your child to stay calm when they are told "No!" or that they have to wait.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, June 6 from 10:00 a.m. - 12:00 p.m. Tuesday, September 23 from 12:00 - 2:00 p.m.
COST	No cost

Teaching Safety in a Virtual World

This workshop will provide parents/caregivers with an overview of the risks and benefits of being online for autistic children and youth. We will review how to set limits for screen time, how to teach online safety skills, and the risks and benefits of current popular apps and websites. Recommended for parents/caregivers who want to provide their child with online opportunities while emphasizing safety in a virtual world.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Wednesday, June 18 from 12:00 - 2:00 p.m. Thursday, September 18 from 12:00 - 2:00 p.m.
COST	No cost

Home and Community Safety

This workshop will provide strategies to promote safe experiences for your child in the home and community including: kitchen safety, walking safely, crossing the street, not speaking to strangers, and more.

LEVEL	A, B, C
INCLUDES	• 1-hour virtual workshop
DATE	Tuesday, June 3 from 12:00 - 1:00 p.m.
COST	No cost

Preventing and Responding to Elopement

Your child may be considered a "flight risk" if they make repeated attempts to leave a designated area without permission or supervision. This workshop is for families who are looking for ways to prevent their child from eloping and what to do when elopement does happen.

LEVEL	A, B, C
INCLUDES	• 90-minute virtual workshop
DATE	Wednesday, July 30 from 10:00 - 11:30 a.m.
COST	No cost

Supporting Communication with your School

This workshop will discuss how to support effective communication with your child's school team. Topics will include commonly used terminology, specialized services in the school boards, sharing information, and maintaining a positive open line of communication. Building a strong relationship with your school's team will help set your child up for success.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, May 29 from 6:00 - 8:00 p.m. Tuesday, September 9 from 12:00 - 2:00 p.m.
COST	No cost

Responding to School Refusal and Bullying

This workshop will discuss bullying behaviour in high school-aged children. We will identify the different types of bullying and its impact on autistic children. As bullying may often occur in the school setting, strategies for reporting, working on social skills, and working with your child's school team will be reviewed. Children who experience bullying often refuse to go to school, leading to poor attendance. Strategies to address school refusal, both related to bullying and not, will also be provided.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Thursday, April 24 from 6:00 - 8:00 p.m. Wednesday, September 24 from 6:00 - 8:00 p.m.
COST	No cost

Supporting Your Teen with Self-Independence Skills

Are you looking for tips to help your teen to become more independent with organizing their day, managing their time or being more independent with daily routines? This workshop will outline strategies to help your child navigate the transition to adolescence. Topics covered will include: organization, time management, hygiene routines, understanding puberty and sexuality as well as strategies for how to handle bullying.

LEVEL	A, B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, July 22 from 12:00 - 2:00 p.m.
COST	No cost

Building and Maintaining Relationships with Friends and Partners

In this workshop, you will learn strategies to help develop your child's social skills for building, maintaining, and navigating friendships and other relationships. Clinicians will cover topics such as identifying a good friend, teaching boundaries and advocacy, unspoken social norms and rules, and dating.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Monday, August 25 from 6:00 - 8:00 p.m.
COST	No cost

Supporting Your Child Through Puberty

Is your child nearing or currently going through puberty changes? This workshop will help parents and caregivers prepare for changes in their child's behaviour and body during puberty. Clinicians will discuss different evidenced-based and strengths-based strategies for teaching skills across all developmental levels (A, B, and C). Examples of topics covered include labelling body parts and expected changes (e.g., hair growth, acne, etc.), menstruation, masturbation, and personal hygiene skills (e.g., shaving, using deodorant, etc.).

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Friday, May 2 from 10:00 a.m. - 12:00 p.m.
COST	No cost

Transition to Adult Services

This workshop will provide parents and caregivers with information about the transition to adulthood process for youth with Autism, including applying to DSO and ODSP. Come learn about what programs and services may be available as your child transitions into the adult world.

LEVEL	A, B, C
INCLUDES	• 1-hour virtual workshop
DATE	Thursday, July 24 from 6:00 - 7:00 p.m.
COST	No cost

Autism and Anxiety

This workshop will provide information about how anxiety presents in children and youth with Autism and evidence-based strategies for coping with and preventing anxiety.

LEVEL	C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, June 24 from 12:00 - 2:00 p.m. Friday, September 26 from 12:00 - 2:00 p.m.
COST	No cost

Emotion Regulation

This workshop will provide information about emotion regulation in children with autism and evidence-based strategies for improving emotion regulation skills. Topics will include emotion recognition and understanding, along with some strategies to help children stay calmer.

LEVEL	B, C
INCLUDES	• 2-hour virtual workshop
DATE	Tuesday, May 13 from 12:00 - 2:00 p.m. Friday, August 22 from 12:00 - 2:00 p.m.
COST	No cost

We value your input. A survey link will be sent to you within 48 hours of you attending a workshop. Please look for our survey link.

Emotion Coaching: Helping Your Youth Through Big Emotions

This workshop will introduce the strategy of Emotion Coaching based on the principles and techniques of Emotion Focused Family Therapy (EFFT). This strategy involves validating and supporting difficult emotions to help your youth regulate.

LEVEL B, C

INCLUDES • 2-hour virtual workshop

DATE Friday, July 11 from 12:00 - 2:00 p.m.

COST No cost

Parent Connections

Connect with other parents and caregivers who have a child/youth with autism and share similar experiences to you, whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth's social and life skills or have a youth transitioning into adult services. These sessions are facilitated by a Family Service Coordinator in collaboration with clinicians from the McMaster Children's Hospital Autism Program. Available for families in the Hamilton area. Please register for each session that you are interested in attending.

LEVEL A, B, C

INCLUDES • 90-minute virtual meeting

DATE Wednesday, April 30 from 6:00 - 7:30 p.m.
Wednesday, May 28 from 6:00 - 7:30 p.m.
Wednesday, September 24 from 6:00 - 7:30 p.m.

COST No cost

Fee-Based Core Clinical Services

Our fees are set to cover the cost associated with delivering service and are based on professional guidelines. Our fees include time spent with your child and your family, as well as time developing your individual services. There may be additional costs if travel and/or materials are recommended. All costs will be discussed with you prior to beginning service. Our services may be eligible for reimbursement through OAP Core Clinical Services Funding, unless otherwise noted. Prices are in effect for the duration of this service guide, until September 30, 2025.

Are you interested in our fee-based core clinical services? If the timing is right for you, please reach out to our Family Service Coordinators to discuss how you can start the process. For more information, please contact (905) 521-2100 ext. 78972 or email autismprogram@hhsc.ca.



Fee-Based Core Clinical Services continued

Group Services

Let's Connect!

This group will introduce a variety of social skills that help to build and maintain friendships with other teens. Each week will target a different social skill during a 1-hour group session, while parents simultaneously learn strategies to promote further teaching and generalization at home. Topics will include conversational skills, use of technology in social interactions, and how to respond to rejection or bullying, among others. Facilitated by Autism Therapists with supervision from an OAP Clinical Supervisor.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 8 1-hour sessions • Parent/caregiver training • All materials will be provided • Summary report • Available in-person
DATE	Program to begin Spring 2025. Dates and times to be determined.
COST	\$1,700

CBT Together

Unified Protocols is an evidence-based group Cognitive Behavioural Therapy (CBT) program for youth aged 15-17 years who are struggling with emotional difficulties like worry (anxiety), fear, sadness (depression), and anger. This group is aimed at helping youth develop coping strategies to manage their emotional difficulties, and providing parents/caregivers with an understanding of the nature of their teen's difficulties and strategies to help them. This program is co-facilitated and supervised by a Registered Psychologist. A screening will be completed in order to determine whether this group is clinically appropriate. Parents/caregivers who are interested should contact us by June 16, 2025 to book a screening appointment.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • 12 90-minute sessions for teens and parents/caregivers • Available in-person
DATE	Program to begin Summer 2025. Dates and times to be determined.
COST	\$3,000

Applied Behaviour Analysis (ABA)

Our Applied Behaviour Analysis (ABA) Services will target your child's behavioural health needs. Under the supervision of a Registered Behaviour Analyst (RBA) OAP Clinical Supervisor, our highly trained clinicians will focus on goals related to increasing social and practical daily living skills. Our RBAs are also able to focus on reducing behaviours that interfere with daily living. Through your active participation in sessions, you will be taught how to apply strategies to support your child's adaptive behaviour.

ABA Assessment

This intake assessment is used to evaluate a child's practical daily living skills and/or why a behaviour is occurring in certain situations. The Registered Behaviour Analyst (OAP Clinical Supervisor) will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

ABA Therapy

An individualized 12-week therapy plan will be developed to meet goals based on your child's current skills and behaviours. Programming will focus on building skills and/or reducing interfering behaviours for successful participation in everyday activities. Recommendations by the Registered Behaviour Analyst (OAP Clinical Supervisor) may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • ABA therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$175-\$195 per therapy hour

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Fee-Based Core Clinical Services continued

Speech and Language Services

Our Speech and Language Services will explore your child's strengths and needs in the domains of speech, language, and communication. Through your active participation in sessions, you will be taught how to apply strategies to support your child learning to communicate with people. All Speech and Language Services are with a Speech-Language Pathologist (S-LP). Speech and Language Services may be eligible for reimbursement from private insurance providers.

Speech and Language Assessment

This intake assessment is completed by a S-LP and is used to evaluate your child's unique skills and abilities in speech, language, and communication. The S-LP will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$500

Speech Therapy

These therapy sessions offer strategies to facilitate your child's speech, language, and communication skills. Resources and materials will be provided to support practice at home. Recommendations by our S-LPs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • S-LP therapy plan • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$145-\$195 per therapy hour

Occupational Therapy Services

Our Occupational Therapy Services will explore your child's strengths and needs in the areas of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. Through your active participation in sessions, you will be taught how to apply strategies to support your child's engagement and independence in their daily activities. All Occupational Therapy Services are with an Occupational Therapist (OT). Occupational Therapy Services may be eligible for reimbursement from private insurance providers.

Occupational Therapy Assessment

"This intake assessment is completed by an OT and is used to evaluate your child's strengths and needs in the domains of sensory processing, self-regulation, self-care tasks, and fine and gross motor development. The OT will meet with you to review a written report which will provide strategies and make recommendations regarding therapy.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report
DATE	Flexible
COST	\$500

Occupational Therapy

These therapy sessions offer strategies to facilitate your child's engagement and independence in their daily activities. You will learn how to apply these strategies to support your child's development and participation in the identified goal areas of your occupational therapy assessment. Resources and materials will be provided to support practice at home. Recommendations by our OTs may include information related to location of therapy, number of hours, staffing levels, parent/caregiver involvement, and number of goals. Cost will vary depending on service plan.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • OT therapy plan • Materials may be provided to support practice at home • Therapy sessions with child(ren) and caregiver(s) • Parent/caregiver training • Summary report • Available in-person or virtually
DATE	Flexible
COST	\$195 per therapy hour

Fee-Based Core Clinical Services continued

Mental Health Services

Our Mental Health Services will target your child's mental health and emotional well-being. Our psychological assessments explore your child's strengths and needs in areas like cognitive/learning, worry/anxiety, or mood/depression. Using a combination of time spent individually with your child and your active participation in sessions, you and your child will be taught strategies to support your child to regulate their emotions and cope with mental health challenges. All Mental Health Services are either directly provided or closely supervised by a doctoral level Psychologist. Mental Health Services may be eligible for reimbursement from private insurance providers.

Psychological Service Consultation

All psychological services begin with this consultation with a Psychologist to share your questions and concerns about your child/youth so you can determine which type of service is best and when it should occur.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Parent/caregiver appointment with Psychologist • Available virtually
DATE	Flexible
COST	\$225

Mental Health Assessment

Mental health assessments are used to explore social, emotional, and behavioural difficulties that are causing significant concerns about your child. These difficulties may also be getting in the way of your child's ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their mental health challenges can be accounted for by additional diagnoses, such as anxiety, mood, or obsessive-compulsive disorders. Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Interview with parent/caregiver • Structured observations • Direct assessment techniques • Feedback session • Written report • Combination of in-person and virtual appointments
DATE	Flexible
COST	\$1,900

Comprehensive Psychological Assessment

Comprehensive psychological assessments are used to explore complex concerns that may include all or some combination of cognitive, learning, and/ or social, emotional, and behavioural difficulties. These difficulties are significantly impairing your child's ability to cope and navigate life successfully. These assessments may be used to make a decision as to whether their challenges can be accounted for by additional diagnoses, including neurodevelopmental disorders (e.g., Intellectual Developmental Disorder, Attention-Deficit/Hyperactivity Disorder, Specific Learning Disorder) and/or mental health disorders (e.g., anxiety, mood, obsessive-compulsive disorders). Recommendations are made to inform treatment planning and enable access to appropriate supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$4,700

Cognitive-Adaptive Assessment

Cognitive-Adaptive assessments are used to examine thinking and reasoning skills (cognitive) and functional life skills (adaptive), and to assist with treatment planning and accessing appropriate supports. These assessments compare a child or youth's functioning in these areas to others their age, and may help identify an Intellectual Developmental Disorder (Intellectual Disability), as well as confirming eligibility for funding and services like Developmental Services of Ontario (DSO) or Community Living Ontario.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$1200

For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Fee-Based Core Clinical Services continued

Psychoeducational Assessment

Psychoeducational assessments are used to identify areas of strength and need in a student's learning profile allowing for a deeper understanding of their educational abilities. These assessments may also be used to make a decision as to whether their challenges in school can be accounted for by additional diagnoses, such as a Specific Learning Disorder, AttentionDeficit/Hyperactivity Disorder, or Intellectual Developmental Disorder. Recommendations are made to enable students to access appropriate academic accommodations and supports at school, home, and in the community.

LEVEL	A, B, C
INCLUDES	<ul style="list-style-type: none"> • Clinical interview • Behavioural observations • Completion of standardized testing and questionnaires • Feedback session • Written report • Available in-person or virtually; please be advised that some aspects of the assessment will need to take place in-person
DATE	Flexible
COST	\$4200 Please note that OAP Core Clinical Funding cannot be used for this type of assessment, but some Extended Health Benefits plans cover psychological services

1:1 Cognitive Behavioural Therapy (CBT)

Cognitive Behaviour Therapy (CBT) is an evidence-based psychological intervention that is goal-oriented and short-term. The focus of CBT is to challenge and change unhelpful thoughts, behaviours, and feelings and to develop coping skills and strategies in order to help improve overall functioning and quality of life. A typical course of CBT involves between 6 and 24 sessions. Available for children 8 years old and older.

LEVEL	C
INCLUDES	<ul style="list-style-type: none"> • Therapy sessions with child/youth • Parent involvement and training as appropriate • Available in-person or virtually
DATE	Flexible
COST	\$250 per therapy hour

Do you want to learn more about any of the services in the Service Guide?

Do you have questions about how we can work with you and your family?

Please reach out to our Family Service Coordinators at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

Services I am interested in:
