



FAMILY NIGHTS HAVE GONE VIRTUAL!

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

PARENT SUPPORT GROUP

Meet with other parents, share information and experiences, ask, and answer questions, and make connections. We have 2 groups that happen on alternate months including a new diagnosis group and a coffee and a chat group. Join Liz Mitchell and Liz Boyd, Service Navigators from Autism Ontario.

When: Please contact for upcoming dates and times available.

To register: Please visit autismontario.com/events or contact Liz Mitchell, Service Navigator by email at liz.m@autismontario.com for more information.

SIBLING SUPPORT GROUP

This 4-week virtual program is designed to bring siblings together! Led by Cayleigh Sexton, Program Manager with the Young Caregivers Association, this group is for children ages 7-12 years old who support a sibling who has autism at home. Together we will explore themes that can help siblings in their daily life such as dealing with emotions and how to take time for themselves. The group provides children with an opportunity to connect with peers who understand the experience of having a sibling who needs some extra help.

When: Runs virtually every Thursday from 6:30 - 7:30 p.m. starting Thursday, January 28th until Thursday, February 18th.

To register: Please contact Cayleigh Sexton at 905-708-4347 or email csexton@powerhouseproject.ca.

NEW! TEEN SIBLING SUPPORT GROUP

This virtual program runs once a month and is designed to bring siblings together that are ages 13 and older who support a sibling who has autism at home. Together we will share our experiences and explore themes like stress, emotions, communication, and self-care. This group allows older teens to connect once a month with others who have similar experiences caring for a sibling with Autism.

When: Runs virtually once a month on Thursdays from 6:30 - 7:30 p.m. on January 21st, February 25th and March 25th.

To register: Please contact Cayleigh Sexton at 905-708-4347 or email csexton@powerhouseproject.ca.

RECREATIONAL GROUPS FOR CHILDREN WITH AUTISM

Children are invited to participate virtually in fun theme-based recreational groups offered throughout the winter 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.

