

HALDIMAND-NORFOLK

REACH Foundational Family Services

Daily Living Skills

Exploring New Foods <i>Suitable for ages 3-10 years</i>	Discusses approaches to introducing new foods or expanding food repertoires of children who are picky eaters.
Improving Sleep <i>Suitable for all ages</i>	This workshop reviews strategies that can be used to help children fall asleep and maintain a full night's sleep.
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Toilet Training <i>Suitable for ages 3-8 years</i>	Learn about the dos and don'ts of toilet training!
10 Key Steps to Organizational success <i>Suitable for ages 12-18 years</i>	An interactive workshop to learn and practice organizational strategies that can be used in all areas of life. Both parent and youth can attend this workshop.
Teaching Independence <i>Suitable for all ages</i>	Reviews strategies to promote independence in the home environment.
Surviving the Holidays <i>Suitable for all ages</i>	This workshop will provide some practical strategies for helping the holiday season be more joyful.
Planning a Successful Community Outing <i>Suitable for all ages</i>	Learn strategies and take home resources to help prepare your child/youth for successful community outings and/or appointments

Communication and Social Skills

How to Talk to Your Child About their Diagnosis <i>Suitable for all ages</i>	This workshop will focus on providing caregiver education, strategies & tips to talk to your child about their ASD diagnosis.
Introducing Pivotal Response Training (PRT) <i>Suitable for ages 1-6 years</i>	Learn strategies of PRT to increase your child's motivation to communicate.
Job Readiness Workshop <i>Suitable for ages 12-16 years</i>	The workshop will target job readiness skills, employer expectations, & formulating answers to job interview questions. The workshop is designed for both youth and parent/caregiver to attend.
Learning & Being Social Through Play Skills <i>Suitable for ages 2-6 years</i>	Learn strategies to teach play skills and tips for structuring play. This includes social skills such as turn-taking/ sharing, initiating greetings and co-operative play.
Making Friends and Being Social <i>Suitable for ages 7-17 years</i>	This workshop will teach you how to foster social skills in your child to have a successful play date and expand peer interactions
Transitions to High School <i>Suitable for ages 12-14 years</i>	Discusses proactive strategies to build organizational and independent skills necessary for surviving high school.

Regulating Emotions & Behaviour

<p>Managing Misbehaviors <i>Suitable for all ages</i></p>	<p>This workshop is designed to help you look at factors that influence your child's behaviours and provides you with effective strategies to help manage misbehaviour.</p>
<p>Sexuality and Relationships <i>Suitable for ages 13-18 years</i></p>	<p>This workshop will focus on providing caregiver education with the why, what and how to teach your child about sexuality and relationships.</p>
<p>Puberty: Answering Difficult Questions <i>Suitable for ages 8-17 years</i></p>	<p>Strategies to prepare your youth for the body changes that come with puberty. Such as, menstruation, hygiene and changes in appearance.</p>
<p>Desensitization <i>Suitable for all ages</i></p>	<p>Learning strategies to provide support to your child to increase tolerance in challenging environments.</p>
<p>How to Support a Child with Autism Spectrum Disorder during Medical Appointment <i>Suitable for all ages</i></p>	<p>Caregivers will learn strategies and take home resources to help prepare your child/youth for medical appointments.</p>
<p>Helping Your Child Manage Change <i>Suitable for all ages</i></p>	<p>This workshop provides you with strategies and tips on proactive planning to set your child up for success and increase your child's flexibility.</p>
<p>Positive Reinforcement: Myths and Misconceptions <i>Suitable for all ages</i></p>	<p>Provides caregivers with a more thorough understanding of reinforcement to increase desired behaviours and maintain new skills.</p>
<p>For more information or to acquire services please call:</p> <p style="text-align: center;">T. 519.587.2441 / 1.800.265.8087 Joan Costigan x271 Tami Ward x287</p> <p>Or to email you can find us at: autisminfo@hnreach.on.ca</p> <div style="text-align: center;">  </div> <p>101 Nanticoke Creek Parkway, Townsend, ON N0A 1S0 Our main office hours are: Monday to Friday - 8:30 am to 4:30 pm</p>	