



Parenting for Success: My Personal Learning Program

This flexible workshop program can be tailored by families to meet their needs. Families choose from a wide range of topics to construct a personalized learning curriculum.

Each session consists of a 2-hour group workshop for caregivers and a 1-hour individualized follow-up session. Workshops include current, evidence-based information and are facilitated by experienced staff. Follow-up sessions focus on each family's individualized goals and help caregivers plan to apply their learning to their own families and home or community environments.

Families can choose individual sessions that are of interest to them or bundle 5 different sessions at a discounted rate. Please call for fees and more information.

For more information, please call
or visit surreyplace.ca/autism

416-925-5141 ext.2429

SURREY  **PLACE**

Session Schedule

	South	West	North	East
Foundations of Applied Behaviour Analysis	Wednesday September 25 th 6:00-8:00PM	Wednesday September 25 th 10:00AM-12:00PM	Thursday November 14 th 6:00-8:00PM	Tuesday November 12 th 10:00AM-12:00PM
Community Resources and Funding	Wednesday November 6 th 6:00-8:00PM	Wednesday November 6 th 10:00AM-12:00PM	Thursday October 3 rd 6:00-8:00PM	Tuesday October 1 st 10:00AM-12:00PM
Parent Advocacy		Wednesday November 13 th 10:00AM-12:00PM		Tuesday October 22 nd 10:00AM-12:00PM
Using ABA in Everyday Life	Wednesday December 4 th 6:00-8:00PM			
A Parent's Guide to Dealing with Challenging Behaviours	Thursday November 21 st 6:00-8:00PM	Wednesday November 20 th 10:00AM-12:00PM	Thursday October 17 th 6:00-8:00PM	Tuesday October 15 th 10:00AM-12:00PM
Getting Started with Toilet Training	Wednesday September 11 th 6:00-8:00PM	Wednesday September 11 th 10:00AM-12:00PM	Thursday November 7 th 6:00-8:00PM	Tuesday October 29 th 10:00AM-12:00PM
Daily Living Skills: Increasing Independence		Wednesday December 4 th 10:00AM-12:00PM	Thursday October 10 th 6:00-8:00PM	
Healthy Sleep Habits	Wednesday October 23 rd 6:00-8:00PM	Wednesday October 23 rd 10:00AM-12:00PM	Thursday September 19 th 6:00-8:00PM	Tuesday September 17 th 10:00AM-12:00PM
No Fair! How to Teach Emotional Regulation	Wednesday October 9 th 6:00-8:00PM	Wednesday October 9 th 10:00AM-12:00PM	Thursday November 28 th 6:00-8:00PM	Tuesday November 26 th 10:00AM-12:00PM
Teaching Early Communication Skills		Wednesday September 18 th 10:00AM-12:00PM		
Supporting Transitions			Thursday November 21 st 6:00-8:00PM	
Social Skills: Supporting Your Child to Make Friends	Wednesday November 13 th 6:00-8:00PM			Tuesday November 5 th 10:00AM-12:00PM
Eating and Mealtime Routines	Wednesday November 27 th 6:00-8:00PM		Thursday September 26 th 6:00-8:00PM	
Let's Play! Strategies for Teaching Early Play Skills				Tuesday October 8 th 10:00AM-12:00PM

SOUTH LOCATION:
2 Surrey Place

WEST LOCATION:
2150 Islington Ave.

NORTH LOCATION:
2 Champagne Dr.

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10 Milner Business Ct.

Session Descriptions

Foundations of Applied Behaviour Analysis

Applied Behaviour Analysis (ABA) is the scientific methodology that is used to support each child's skill development within Autism Services at Surrey Place. This workshop will provide parents with a framework for understanding the basic principles of ABA. Key teaching strategies will be discussed, and there will be opportunities for parent discussion and activities to demonstrate how these strategies can be included in day to day parenting.

South
Wednesday
September 25th
6:00-8:00PM

North
Thursday
November 14th
6:00-8:00PM

West
Wednesday
September 25th
10:00AM-12:00PM

East
Tuesday
November 12th
10:00AM-12:00PM

Community Resources and Funding

Are you unsure of where to go to access services or funding for your family? Do you wonder if there are services or programs you are missing out on? If so, please join us for our Community Resources and Funding workshop. This is an opportunity to learn about services, supports, programs and funding options available to families in the city. Families will be guided through the details of each program or service and will be provided with a booklet to help keep them organized.

South
Wednesday
November 6th
6:00-8:00PM

North
Thursday
October 3rd
6:00-8:00PM

West
Wednesday
November 6th
10:00AM-12:00PM

East
Tuesday
October 1st
10:00AM-12:00PM

Parent Advocacy

This workshop explores the 7 key principles of being an advocate based on the book, "The Everyday Advocate," written by child advocate, lawyer and the parent of a child with autism, Areva Martin. Families will have the opportunity to participate in discussions and interactive activities to learn how to put the 7 principles into practice.

West
Wednesday
November 13th
10:00AM-12:00PM

East
Tuesday
October 22nd
10:00AM-12:00PM

Using ABA in Everyday Life

Do you want to gain a better understanding of how to use Applied Behaviour Analysis (ABA) in real life? Families will review the principles of ABA and discuss how they can be included in their everyday family life. There will also be an opportunity to create an individualized teaching plan to help guide you in teaching your child a new skill.

North
Wednesday
December 4th
6:00-8:00PM

This session is designed for families that already have foundational knowledge in ABA

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A Parent's Guide to Dealing with Challenging Behaviours

Are you struggling to deal with your child's challenging behaviour? Are you not sure where to turn for support? This workshop will help caregivers develop a basic understanding about behaviour and the underlying reasons why kids and teens may engage in challenging behaviour. Some common strategies for addressing these behaviours will be discussed, and case studies will be examined. Participants will begin planning to prevent or redirect the challenging behaviour displayed by their children at home and in the community.

South
Thursday
November 21st
6:00-8:00PM

North
Thursday
October 17th
6:00-8:00PM

West
Wednesday
November 20th
10:00AM-12:00PM

East
Tuesday
October 15th
10:00AM-12:00PM

This session is designed for families that already have foundational knowledge in ABA.

Getting Started with Toilet Training

Are you thinking about toilet training your child? Are you overwhelmed with the thought of your child moving out of diapers? In this workshop, caregivers will learn about signs of readiness, different toilet training methods, and teaching strategies that can help with the toileting process. Families will also have an opportunity to develop an individual plan to get started with their child.

South
Wednesday
September 11th
6:00-8:00PM

North
Thursday
November 7th
6:00-8:00PM

West
Wednesday
September 11th
10:00AM-12:00PM

East
Tuesday
October 29th
10:00AM-12:00PM

This session is most appropriate for families of young children that have not yet started the toilet training process, or who have recently started and would like some additional support.

Daily Living Skills: Increasing Independence

Teaching independent living skills to children and teens with Autism Spectrum Disorders is incredibly important as these skills give them greater control over their lives and offer more choices for the future. In this workshop families will learn about the variables that influence the learning of self-help skills and different strategies used to teach these skills. Parents will also have the opportunity to create a practical teaching plan for their own child.

West
Wednesday
December 4th
10:00AM-12:00PM

North
Thursday
October 10th
6:00-8:00PM

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Healthy Sleep Habits

If your child is experiencing sleep issues you will know how much of an impact it can have on everyday life. In this workshop families will learn the benefits of healthy sleep habits and common sleep issues such as falling asleep on their own and night awakenings will be discussed. Caregivers will also learn how to apply various strategies to improve their child's sleep routine.

South
Wednesday
October 23rd
6:00-8:00PM

North
Thursday
September 19th
6:00-8:00PM

West
Wednesday
October 23rd
10:00AM-12:00PM

East
Tuesday
September 17th
10:00AM-12:00PM

No Fair! How to Teach Emotional Regulation

Does your child experience meltdowns or other challenging behaviours when they are overwhelmed or things don't go their way? Would you like to learn strategies to help your child learn to regulate their emotions? In this workshop families will learn what emotional regulation is, how to identify dysregulation, and practical strategies that can help their child begin to manage their emotions.

South
Wednesday
October 9th
6:00-8:00PM

North
Thursday
November 28th
6:00-8:00PM

West
Wednesday
October 9th
10:00AM-12:00PM

East
Tuesday
November 26th
10:00AM-12:00PM

This session is appropriate for caregivers that have children with a functional communication system and have difficulties regulating their emotions.

Teaching Early Communication Skills

Communication is a fundamental skill that will enhance your child's quality of life. In this session, families will gain an understanding of how early speech and communication skills develop in children with autism and learn teaching strategies to help develop their child's communications skills within every day routines.

West
Wednesday
September 18th
10:00AM-12:00PM

This workshop is appropriate for caregivers of children with early communication skills, such as hand leading, pointing, single or 2-3 word sentences.

Supporting Transitions

Transitions big and small can be difficult for individuals with autism. With support and preparation, these changes can be easier. Please join us to discuss common and larger life transitions your child may encounter, such as starting a new activity, changing schools, moving, or welcoming a new baby. Caregivers will learn multiple strategies that can help manage these transitions

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Thursday
November 21st
6:00-8:00PM

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Social Skills: Supporting Your Child to Make Friends

Would you like to help your child improve their interactions with others? This workshop will highlight practical teaching strategies to enhance interactions with peers and methods to ensure these skills are generalized to other environments. Common social skills such as greetings, sharing, initiating and maintaining interactions, and having back and forth conversations will be discussed.

This session is appropriate for caregivers that have children with a functional communication system and are of school age or older.

South
Wednesday
November 13th
6:00-8:00PM

East
Tuesday
November 5th
10:00AM-12:00PM

Eating and Mealtime Routines

There is a wide range of information related to diet and nutrition for individuals with autism available to caregivers. Filtering through the vast amount of information on this topic may be challenging. In this workshop families will discuss well researched information regarding nutritional considerations, common eating challenges around mealtime routines such as picky eating and sitting at the table for meals, and learn behavioural strategies to address them.

South
Wednesday
November 27th
6:00-8:00PM

North
Thursday
September 26th
6:00-8:00PM

Let's Play! Strategies for Teaching Early Play Skills

Would you like your child to engage in more play opportunities with you? Would you like to expand on the ways your child currently plays? Play offers terrific opportunities for parents to share in meaningful interactions with their children. In this session, caregivers will explore the stages of play and discover fun and creative ways to be engaged with their child. This session focuses on strategies to teach early play skills such as imitation, turn taking, increasing length of time in play interactions, and expanding ways to play with toys.

East
Tuesday
October 8th
10:00AM-12:00PM

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