

# Reimagine Your Potential



WELLNESS SERVICES

JANUARY 2022

SURREY  PLACE

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## Surrey Place Wellness Services

Wellness Services are offered to current or past clients, families, caregivers and the broader community to proactively engage participants in their care by building awareness and enhancing knowledge, skills and resilience.

Our wide range of Wellness Events provide timely services that support the changing needs of our clients across the lifespan. These are delivered through various means, including groups, workshops, clinics, drop-ins, phone-ins and Telehealth services.

## Reimagine Your Potential with Surrey Place

Founded in 1962, Surrey Place helps children and adults living with developmental disabilities, autism spectrum disorder and visual impairments reach their full potential. Our comprehensive programs and services range from assessment and diagnosis to family counselling, one-on-one treatment, group support, wellness, and mental health services serving communities across Toronto and Northern Ontario. A broad network of clinicians and professionals deliver our services



# MENTAL HEALTH SUPPORTS

## Building Better Mental Health

Surrey Place offers a wide range of supports to help clients, caregivers, community members and professionals of all ages, in all aspects of their lives, including their mental health. We believe that mental health includes a person's emotional, psychological and social well-being, so we take a holistic approach to service delivery that wraps around the needs of our clients and families. October is recognized as Mental Health Awareness Month.



Get started on your journey today!  
Look for this icon to find our Mental Health Supports.



# FAMILY CONNECTIONS FACEBOOK GROUP

Calling all family members and caregivers of current or past Surrey Place clients – you're invited to join our Family Connections Facebook Group! This private group, brought to you by our Family Advisory Council, gives families a safe space to ask questions, share experiences, and learn from others caring for a loved one with a developmental disability.

[JOIN GROUP](#)





# FOUNDATIONAL FAMILY SERVICES

The caregiver-child relationship is a life-long journey of learning and discovery and can be exceptionally true for caregivers raising a child with autism. Access to quality and timely information is critical for families so that they can support their child to reach their full potential.

Foundational Family Services are available to all families registered with the Ontario Autism Program (OAP) at no cost.

Foundational Family Services offer a wide range

of evidence-based services offered in a variety of formats to build family capacity to support their child's ongoing learning and development.

They may include:

- ▶ Family and peer mentoring
- ▶ Caregiver workshops and follow-up
- ▶ Brief targeted consultation
- ▶ Transition supports
- ▶ Family resource and clinic days

If you have any questions about our Foundational Family Services, please call 416-925-5141 ext. 2590.

# RESOURCE LIBRARY

Whether you are a person living with a disability, a caregiver, or a community member in education or healthcare, the Resource Library has something for you. Using our easy-to-use interface, search for original content based on audience, age, and topics ranging from behaviour and communication to physical and mental health. Find up-to-date articles, tools and videos carefully curated by our clinicians to help you on your journey.

[VISIT THE RESOURCE LIBRARY](#)





LIVESTREAM

## ACWA Drop In Session

AGE RELEVANCE:

● ALL AGES

January 11, Tuesday 10:00am - 5:00pm

The ACWA Program will be offering monthly drop-in sessions online.

These sessions are for families who have completed service with ACWA in the past and need further support.

Participants are requested to sign up for a one hour session between 10am -5pm

- Participant will sign up for a 1:1 session with a clinician, during registration.  
*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER**[www.eventbrite.ca/e/131377235849](http://www.eventbrite.ca/e/131377235849)





## Adult Resource Clinic

AGE RELEVANCE: ● ADULTS

📅 January 27, Thursday ⌚ 9:30am - 4:30pm

The Resource Clinic provides individuals/families/caregivers with the opportunity to meet with a Service Coordinator one-to-one. A Service Coordinator can assist you to navigate and answer questions you have about supports and services available in the city of Toronto. Participants can receive advice about community resources (respite programs, Passport, recreational programs, other sector supports etc.) and applying for financial supports (government and charitable funding supports).

**i** Parents will learn how to navigate services and complete application forms.  
*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER**

[www.eventbrite.ca/e/161633854209](http://www.eventbrite.ca/e/161633854209)



## Children & Youth Resource Clinic (6-17)

AGE RELEVANCE: ● CHILDREN & YOUTH

January 20, Thursday 9:30am - 1:30pm

The Resource Clinic provides families/caregivers with the opportunity to meet with a Service Coordinator one-to-one. A Service Coordinator can assist you to navigate and answer questions you have about supports and services available to your child in the city of Toronto (respite programs, recreational programs, camps, financial supports). Support to complete funding applications can also be provided.

If you are active or waitlisted to Service Coordination at Surrey Place, please call your Service Coordinator for assistance.

If you require completion of funding forms please ensure you have all supporting documentation ready.

Caregivers will be asked to select a 1-hour timeslot between 9:30am-1:30pm and will be sent a link to join a meeting with a Service Coordinator the day before the event. The meeting will be held on Microsoft Teams Platform.

*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER** [www.eventbrite.ca/e/221518837807](https://www.eventbrite.ca/e/221518837807)



LIVESTREAM

# Gentle Yoga Flow for Caregivers



AGE RELEVANCE:

● ALL AGES

January 5, Wednesday 10:30 - 11:00am

January 12, Wednesday 10:30 - 11:00am

January 19, Wednesday 10:30 - 11:00am

January 26, Wednesday 10:30 - 11:00am

Join us for Gentle Flow Yoga. This class will include stretches, gentle poses/asanas, breath work and meditation. A wonderful way to take some time for yourself and practice self care. Please wear comfortable clothes, bring any props that you may need and have a safe space to move.

See you on your mat!

Participants will receive a link to join the webinar, by email, the day before the event.

**TO REGISTER**[www.eventbrite.ca/e/221530041317](http://www.eventbrite.ca/e/221530041317)



LIVESTREAM

# Guided Meditation



AGE RELEVANCE:

● ALL AGES

📅 January 5, Wednesday ⌚ 10:00 - 10:15am    📅 January 12, Wednesday ⌚ 10:00 - 10:15am

📅 January 19, Wednesday ⌚ 10:00 - 10:15am    📅 January 26, Wednesday ⌚ 10:00 - 10:15am

Join us for a guided meditation on Wednesday mornings. Whether you practice meditation regularly, or are just starting out we hope you can practice with us!

Please make sure to wear comfortable clothing.

**i** Participants will receive a link to join the webinar, by email, the day before the event.

**TO REGISTER**[www.eventbrite.ca/e/204725297877](http://www.eventbrite.ca/e/204725297877)



LIVESTREAM

## Intro to AAC

AGE RELEVANCE:

● ALL AGES

📅 January 13, Thursday ⌚ 10:00am - 12:00pm

This session Introduces the concept of Augmentative and Alternative Communication (AAC) and will help families understand how it could benefit their child. We will review different types of symbolic communication, AAC tools and vocabulary selection. Strategies for introducing AAC at home will be discussed and demonstrated through case examples.

**i** Participants will receive a link to join the webinar, by email, the day before the event.

**TO REGISTER**[www.eventbrite.ca/e/223547736297](http://www.eventbrite.ca/e/223547736297)



# MySurreyPlace Event Portal Training

AGE RELEVANCE: ● ALL AGES

📅 January 5, Wednesday ⌚ 10:00am - 12:00pm      📅 February 2, Wednesday ⌚ 1:00 - 3:00pm

📅 March 2, Wednesday ⌚ 4:00 - 6:00pm

Participate in a step-by-step presentation that will demonstrate how to navigate our new website and MySurreyPlace Event Portal.

View the calendar of events and examples of some of the in person and online offerings we offer at Surrey Place.

Learn how to sign up and create an account for yourself and other family members.

Understand how to update your personal information and how to upload any of your important documents.

## NEW EVENT

*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER**

[www.eventbrite.ca/e/221038370717](http://www.eventbrite.ca/e/221038370717)



# Nourishing your Mind, Body and Soul Series



AGE RELEVANCE: ● ALL AGES

**Meditation and Mindfulness** January 10, Monday 11:00am - 12:00pm

**TO REGISTER**

[www.eventbrite.ca/e/221571936627](http://www.eventbrite.ca/e/221571936627)

This session will introduce the concepts of meditation and mindfulness. The session will be led by a Certified Meditation Teacher, who will lead participants through practical ideas and options to support your physical and mental health.

**Creating Your Vision Board** January 31, Monday 11:00am - 12:00pm

**TO REGISTER**

[www.eventbrite.ca/e/221026796097](http://www.eventbrite.ca/e/221026796097)

Join us for an interactive, fun and creative workshop where you can make your very own vision board. Bring any pictures you have, old magazines you might want to cut from and your craft materials.

Participants will receive a link to join the webinar, by email, the day before the event.



## Resource Clinic for Caregivers (0-5)

AGE RELEVANCE: ● CHILDREN & YOUTH

January 18, Tuesday 9:00am - 1:00pm

The Resource Clinic provides families/caregivers with the opportunity to meet with a Service Coordinator one-to-one. A Service Coordinator can assist you to navigate and answer questions you have about supports and services available to your child in the city of Toronto (respite programs, recreational programs, camps, financial supports). Support to complete funding applications can also be provided.

If you are active or waitlisted to Service Coordination at Surrey Place, please call your Service Coordinator for assistance.

If you require completion of funding forms please ensure you have all supporting documentation ready.

Caregivers will be asked to select a 1-hour timeslot between 9am-1pm and will be sent a link to join a meeting with a Service Coordinator the day before the event. The meeting will be held on Microsoft Teams Platform.

*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER** [www.eventbrite.ca/e/221577603577](https://www.eventbrite.ca/e/221577603577)





LIVESTREAM

## Sharing a Diagnosis

AGE RELEVANCE:

● ALL AGES

January 19, Wednesday 10:00 - 11:00am

A workshop designed to support parents, family and caregivers share a diagnosis with their loved ones. This session explores the process, potential obstacles and considerations one might take when sharing a diagnosis. This session encourages sharing your thoughts, experiences and any questions or concerns around this topic.

*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER**[www.eventbrite.ca/e/221581806147](http://www.eventbrite.ca/e/221581806147)



LIVESTREAM

## The Basics of Behaviour (under age 6)

AGE RELEVANCE:

● CHILDREN &amp; YOUTH

January 26, Wednesday 10:00am - 12:00pm

This workshop is for families and caregivers of children with developmental disabilities under age 6 currently receiving or waiting for services through the Infancy and Early Childhood Program.

Participants will learn to understand their child's behaviour through the principals of Applied Behaviour Analysis. Twelve behavioural strategies will also be introduced to help tackle behaviour challenges.

Handouts will be provided to participants by email.  
*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER**

Please contact Jennifer Tysick at  
[jennifer.tysick@surreyplace.ca](mailto:jennifer.tysick@surreyplace.ca) or 416-518-9466




## While You Are Waiting - Q & A

AGE RELEVANCE: ● ALL AGES

 January 11, Tuesday  11:00am - 12:00pm  January 25, Tuesday  11:00am - 12:00pm

A workshop designed to support parents, family and caregivers share a diagnosis with their loved ones. This session explores the process, potential obstacles and considerations one might take when sharing a diagnosis. This session encourages sharing your thoughts, experiences and any questions or concerns around this topic.

 *Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER** [www.eventbrite.ca/e/221586610517](http://www.eventbrite.ca/e/221586610517)



## Yoga - Friday Flow



AGE RELEVANCE: ● ADULTS

📅 January 14, Friday ⌚ 1:30 - 2:00pm

📅 January 21, Friday ⌚ 1:30 - 2:00pm

📅 January 28, Friday ⌚ 1:30 - 2:00pm

📅 February 4, Friday ⌚ 1:30 - 2:00pm

Friday Flow will include a variety of postures, including traditional sun salutations, stretches, strengthen and connecting with our breath. This class will also focus on mindfulness and self acceptance . A perfect way to end your week and head into the week end!

Cant wait to Flow with you.

*Participants will receive a link to join the webinar, by email, the day before the event.*

**TO REGISTER**

[www.eventbrite.ca/e/221521355337](http://www.eventbrite.ca/e/221521355337)