

Upcoming Events Fall 2019

Stepping Stones Triple P- Positive Parenting Program	<p><i>Stepping Stones Triple P</i> is a world renowned, specially designed parenting program for parents of a child with a disability. <i>Stepping Stones Triple P</i> recognizes that raising a child with a disability creates challenges and extra stresses on the family.</p> <p>This 9-week program will focus on helping you feel more confident and competent in your parenting through developing strategies for managing behavioural problems and developmental concerns.</p>
Introduction to Fetal Alcohol Spectrum Disorder	<p>****MULTIPLE SESSIONS AVAILABLE****</p> <p>This workshop provides caregivers and professionals with an introduction to Fetal Alcohol Spectrum Disorder, and how FASD impacts functioning and learning. We will help to identify the strengths and needs in children and youth with FASD, introduce supportive strategies, and facilitate resource-sharing with other caregivers.</p>
Networking and Advocacy	<p>Navigating community-based services and supports can sometimes be overwhelming. This session highlights the benefits of establishing community networks and will provide a starting point for families to learn about the various services and supports available to them.</p>
Do you need help completing Special Services at Home (SSAH)/Assistance for Children with Severe Disabilities (ACSD) applications? We can help!	<p>****MULTIPLE SESSIONS AVAILABLE IN SEVERAL LOCATIONS****</p> <ul style="list-style-type: none"> • This session is designed to help parents/caregivers learn how to complete the Ministry funding applications for Special Services at Home (SSAH) and Assistance for Children with Severe Disabilities (ACSD). • Please bring your application package(s) and come prepared to complete it during the session with assistance from our service coordinators. Please bring confirmation of diagnosis (if available).
Healthy Living Education Program	<p>This 2-session event will provide participants with an understanding of making healthy choices in food and how to identify activities that promote healthy living strategies to implement in their everyday life.</p> <p>This session is designed for adults with a moderate intellectual disability, accompanied by their caregiver.</p>
Sibshops	<p>****MULTIPLE PA DAY SESSIONS****</p> <p>These sessions offer a mix of activities that focus on the experience of having a sibling with special needs. Physical activities and table top activities with age appropriate group discussions on the topic.</p>

SURREY PLACE WELLNESS SERVICES

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Augmentative and Alternative Communication (AAC) Strategies	The Augmentative Communication and Writing Aids (ACWA) program is hosting a workshop for caregivers who are supporting a person who uses augmentative & alternative communication (AAC). This workshop will provide an introduction to using AAC and teach you strategies to build communication skills. Participants will receive a take home package with resources and materials and can sign up for a follow-up consult to be held 2-4 weeks after the workshop.
The Importance of Respite: Understanding What Respite Is & Why Families Need It	****MULTIPLE SESSIONS AVAILABLE IN SEVERAL LOCATIONS**** This workshop will introduce caregivers to respite. Participants will learn what respite is and what different types of respite options are available within the developmental service sector. A breakdown of respite process, funding options, and service navigation will be identified. The workshop will also allow families the opportunity to find support in registering for respiteservices.com .
"I Am" Workshop for Caregivers: Building a Meditation Habit	****5 Week Series**** This meditation practice will build upon itself over 5 weeks. It takes 21 days to build a habit. In this workshop, caregivers will be guided through meditation for the duration of 5 weeks. Participants will be asked to continue what they have learned in the workshop, at home.
Caregiver Support Group	****5 Session Series**** This group is an opportunity to connect with other family members and share your experiences caring for a family member with a developmental disability. Group facilitators will share information on mental wellness, self-care, and community resources. This group is for family caregivers (e.g. parents / siblings) of adult clients (18+) registered with the adult program (i.e. have completed the intake) at Surrey Place.
Caregiver Yoga/Mindfulness Info Session	***Multiple Sessions in various locations available*** This workshop will offer both information on the importance of self-care through a yoga mindfulness lens, and an opportunity to practice yoga with certified yoga teachers. This workshop is intended to offer an introduction to yoga and mindfulness tools to develop stress reduction strategies that could be used in everyday situations for caregivers of an individual living with special needs.

Eligibility: Please check each event for specific eligibility requirements

For More information or to register visit:

<https://www.surreyplace.ca/programs-services/education-and-training-wellness/>

Or Call 1-833-575-KIDS (5437)

Please check the Surrey Place website frequently for current events as they are updated regularly

Specialized Clinical Services for People with Developmental Disabilities and Autism Spectrum Disorder

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