

MOVE LEARN GROW VIRTUAL PARENT WORKSHOPS

SCAN TO REGISTER!



21
SEPT

Understanding Your Child on the Spectrum

Practical strategies to better understand your child's sensory, communication, and support needs.

12PM- 1PM

22
SEPT

Every Opportunity Counts: Meeting Your Child Where They Are At

Learn how to navigate your child's behaviors with empathy, connection, and confidence.

12PM- 1PM

23
SEPT

The Home Sensory Toolkit: Sensory Processing 101

Understand your child's sensory needs and discover practical ways to create a supportive, sensory-friendly home.

12PM- 1PM

24
SEPT

Financial Supports and Disability-Related Benefits in Canada

Learn about financial supports and benefits available for children with disabilities.

12PM- 1PM

25
SEPT

Your Child Has Been Diagnosed—What's Next?

Explore the next steps after a diagnosis and gain practical tools and resources to help you navigate services, supports, and advocacy for your child.

12PM- 1PM

28
SEPT

Tech-Savvy Parenting: Supporting Youth in a Digital World

Part 1: Ages & Stages, Screen Time and Parental Controls

Navigate the challenges of raising children in the digital age with strategies for healthy screen time, online safety, and positive technology use.

12PM- 1PM

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29
SEPT

AccessOAP: What You Need To Know!

Discover how AccessOAP can help families navigate autism services, access supports, and connect with resources in their community.

12PM- 1PM

29
SEPT

Introduction to RT: Supporting Children Through Meaningful Recreation

Explore how Recreation Therapy helps children build skills, confidence, and social connections.

1:30PM - 2:30PM

1
OCT

Tech-Savvy Parenting: Supporting Youth in a Digital World Part 2: Cyberbullying, Grooming, and Sexting/ Sharing

Stay informed about online safety concerns and support your child in building safe digital relationships.

12PM- 1PM

1
OCT

Finding Balance and Building Resilience: Supporting Yourself While Supporting Your Child

Connect with other families while building the tools and confidence to navigate life after a diagnosis.

1PM - 2PM

1
OCT

Advocacy 101 for Parents/Caregivers

Build confidence in advocating for your child by learning practical strategies for communication, inclusion, and navigating systems and services.

2PM- 3PM

2
OCT

Tech-Savvy Parenting: Supporting Youth in a Digital World Part 3: Gaming and Social Media

Learn about the benefits and risks of gaming and social media while supporting safe and healthy online habits.

12PM- 1PM