



Saskatchewan
Health Authority

July 2025

Autism Spectrum Disorder Program Newsletter

We walk alongside families on their autism journey, offering compassionate, individualized care, inclusive community connections, and creative, supportive programming.

Core Services

- **Early Diagnosis & Intervention:** We offer early autism screening and assessments to support timely, effective interventions.
- **Individualized Therapy:** Personalized plans based on each child's unique needs.
- **Funding Support:** Help with navigating applications, education, and funding use.
- **Family Support:** Access to workshops, counselling, community events, and online resources.
- **Ongoing Support:** Services continue until your child turns 19, even if we haven't heard from you in a while.



Community Programming

We're expanding to offer more diverse opportunities for children, youth, and families through community programs. Check our newsletter for details!

Team Support

- **Autism Consultant:** Coordinates ASD services, provides screening, and supports individualized programming in homes, schools, and community.
- **Social Worker:** Supports mental, emotional, and social well-being, and connects families with resources and funding.
- **Occupational Therapist (OT):** Accessed via team referral, focusing on motor skills, self-care, sensory needs, and adaptive tools.
- **OT/PT Assistant:** Supports OT programming and therapy.

Accessing Services

You can reach out anytime for help—whether you're facing challenges or simply need guidance. Our team will connect you to services as needed.

Community Connections

We work with schools, Inclusion Moose Jaw, and the Early Years Family Resource Centre to offer inclusive events and social opportunities.



CHECK OUT OUR VERY
OWN AUTISM
LIBRARY



Saskatchewan
Health Authority

Moose Jaw Family
Wellness Centre
1000 B Albert Street West
Moose Jaw, SK S6H 2Y1

Autism Spectrum Disorder Program
Primary Health Care Services

P: 306.691.2308
F: 306.691.2330

E: SHAASDMooseJaw@saskhealthauthority.ca

Program Essentials

Building Your Child's Autism Intervention Plan

All the information you need to know to support your child with diagnosis, funding and intervention.

Registry of Autism Service Providers

Have coverage for testing and want to speed up the process? Have IF funding for support services? Here is a list of providers from Psychology, Social Workers, Speech and OT!

Many Faces of Autism Autism Certification Centre

On our waitlist or current list? This is essential for programming. This introduces characteristics and five simple strategies to give you a head start! Complete and share with us your certificate. Complete at home or join us for group viewing and discussion!

Saskatchewan Autism Navigation

Provincial information on IF funding, Symptoms, Diagnosis, Treatment, and Resources.



Saskatchewan Autism
Navigation | Moms &
Kids Health Saskatche-
wan
(saskhealthauthority.ca)



Summer Routines: Balancing Flexibility and Structure

Summer can bring a welcome break from the busy school year, but for many autistic children, the sudden change in routine can also bring uncertainty and anxiety. Finding a balance between maintaining helpful structure and embracing the freedom of summer is key to supporting your child's comfort, growth, and enjoyment during this season.

Why Summer Routines Matter

While summer offers more free time, keeping some predictable routines in place can:

- Reduce anxiety from unexpected changes
- Support smoother transitions back to school in the fall
- Help maintain skills learned during the year
- Provide a sense of stability and control

Simple Ways to Balance Structure and Flexibility:

• **Keep Morning and Bedtime Routines Consistent** Keeping these anchors in place helps the rest of the day feel manageable.

• **Use Visual Schedules or Weekly Planners** Plan each day with visuals or written schedules. Leave space for free-choice or flexible activities.

• **Plan Transitions in Advance** Let your child know ahead of time if routines will change (e.g., a trip, visitors, or a different bedtime).

• **Include Daily Movement and Outdoor Time** Physical activity supports regulation and can provide needed sensory input.

• **Mix in Choice and Spontaneity** Offer opportunities to pick activities or explore new things, but within a predictable framework.

• **Use "Flex Days"** Designate certain days or afternoons as more open-ended or relaxed, so your child can practice flexibility with support.

Online Resources:

• **Autism Little Learners: Free Summer Visual Supports**
<https://www.autismlittlelearners.com/p/free-resources.html>

• **Autism Parenting Magazine: Summer Routines**
<https://www.autismparentingmagazine.com/summer-routine-autism/>

• **National Autistic Society: Preparing for Change**
<https://www.autism.org.uk/advice-and-guidance/topics/>

[mental-health/preparing-for-change](https://www.autism.org.uk/advice-and-guidance/topics/mental-health/preparing-for-change)

• **Do2Learn: Visual Schedules and Printable Tools**
<https://do2learn.com/picturecards/visualschedule/index.htm>

Local & Community Resources

- **Saskatchewan Parks: Family-Friendly Outdoor Activities** <https://parks.saskatchewan.ca/> Check local parks for sensory-friendly outdoor spaces and nature programs.
- **YMCA Summer Day Camps (Sensory Support Available Upon Request)** Local YMCA locations often provide summer day camps that can offer some structure and peer interaction
- **SHA Autism Program** – We can help you brainstorm summer routines, share visual supports, and connect you to community activities that suit your child's needs.
- **Moose Jaw Recreation Guide For Summer Activities** that include park programs, groups, sports and crafts.

<https://moosejaw.ca/parks-recreation-culture/>



Book of The Month

"This summer, we invite you to join us in reading *The Reason I Jump*, a unique and powerful book written by Naoki Higashida, a 13-year-old non-speaking autistic boy from Japan. Through a series of thoughtful and personal questions and answers, Naoki offers readers an intimate look into how he experiences the world.

The book is not only informative but incredibly moving. It challenges common assumptions about autism and provides valuable insight into behaviours that are often misunderstood. Naoki's words encourage us to shift from asking "what's wrong?" to "what's it like for you?"

Whether you're a parent, professional, educator, or simply curious about autism, *The Reason I Jump* is an accessible and eye-opening read that stays with you long after you finish the last page.

Why Read This Book?

- Written from a *first-person autistic perspective*
- Short, reflective chapters—perfect for summer reading
- A deeper, compassionate understanding of non-speaking autism
- Encourages empathy, patience, and curiosity

You can [access the book here](#) or by clicking the title or cover image.



Caregiver Wellness: Making Space for Yourself This Summer

The Importance of Caregiver Wellness

Summer can bring a change of pace, but for many caregivers of autistic children, it can also bring extra challenges—disrupted routines, more supervision needs, and fewer formal supports. Taking care of yourself isn't just helpful—it's essential. When caregivers feel supported and rested, they can better support their child.

Remember: Self-care isn't selfish. It's part of building a sustainable, healthy family life.

Here are some *realistic* summer self-care strategies:

- **Take 10 minutes a day just for you.** Even brief breaks matter. Step outside, sip your coffee slowly, or listen to your favorite song.
- **Practice saying no to extra commitments.** Protect your time and energy.
- **Connect with other caregivers.** Shared experiences can reduce isolation and offer practical tips.
- **Ask for help.** This might be from family, friends, professionals, or community programs.
- **Try short, simple self-care activities:** Stretching, journaling, reading, going for a walk, or simply breathing mindfully for a few minutes.

Online Resources:

- **Autism Speaks Caregiver Quick Tips:** <https://www.autismspeaks.org/family-services/tool-kits/caregiver-skills-training> Practical strategies for managing stress and supporting both caregiver and child.
- **The Mighty – Autism Caregiver Community:** <https://themighty.com/topic/autism-parenting/> Real stories, tips, and a safe online space to connect with other caregivers.
- **Self-Compassion for Caregivers – Dr. Kristin Neff:** <https://self-compassion.org/category/exercises/#exercises> Free guided meditations and exercises designed to build self-kindness.
- **Caregiver Burnout Prevention (Canadian Virtual Hospice):** https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Supporting+Caregivers/Caregiver+Burnout.aspx Tips for preventing caregiver fatigue and recognizing early signs of burnout.

Local & Community Resources :

- **SHA Autism Services:** Offers caregiver coaching, resources, and connections to local supports. Contact your SHA Autism Program representative for more info.
- **Family Resource Centres:** Many offer free drop-in activities for children, giving caregivers a brief break. Example: Moose Jaw Family Resource Centre – <https://mjfrcc.com/>
- **Public Libraries:** Many libraries offer summer programs and sensory-friendly spaces. Example: Saskatoon Public Library's

Storytime in the Park.

- Community Recreation guide for summer activities, park programs and groups.

Final Thought:

Taking care of yourself allows you to show up as the best version of you—for your child, your family, and yourself. Even the smallest steps toward caregiver wellness can make a big difference.

Small Moments That Make a Big Difference

Quick Everyday Self-Care (5–15 minutes)

- Step outside for fresh air and sunshine
- Drink your coffee or tea slowly and without distraction
- Listen to your favorite music or podcast
- Stretch or do a few yoga poses
- Take a mindful breathing break (try 4-7-8 breathing)
- Write in a journal or gratitude list
- Enjoy a few pages of a book or magazine
- Try a quick mindfulness app (e.g., Calm, Insight Timer)

Rest and Recharge

- Take a short nap if possible
- Go to bed 15 minutes earlier
- Ask a family member or friend for child coverage to have a break
- Plan a "pause" hour during the week where you do something just for you

Connection and Support

- Call or text a friend who understands your journey
- Join an online caregiver group or forum
- Attend a local parent support group
- Plan a quick coffee meet-up with another caregiver

Joyful Activities

- Try a simple creative project (coloring, crafts, gardening)
- Watch your favorite show or movie
- Bake or cook something you love just for you
- Plan a small summer treat (ice cream, smoothie, local event)

Gentle Movement

- Go for a solo walk (even around the block)
- Dance to a favorite song in your kitchen
- Try light swimming or water walking if accessible
- Do a short online exercise video

Mindful Mini-Breaks

- Sit quietly in nature for a few minutes
- Light a candle and enjoy the scent
- Watch the sunset or stargaze
- Practice grounding by focusing on your five senses

June 2025

Mon	Tue	Wed	Thu/Fri
 <p>Saskatchewan Health Authority</p> <p>Autism Spectrum Disorder Program Primary Health Care Services</p> <p>Moose Jaw Family Wellness Centre 1000 B Albert Street West Moose Jaw, SK S6H 2Y1 E: SHAASDMooseJaw@saskhealthauthority.ca P: 306.691.2308 F: 306.691.2330</p>	1 STAT Canada Day 	2 FRC–Parent Connection: 2:00 - 4:00  <p>Join us with Mobile Early Learning for a day of fun and learning! Craik 9:30-11:30</p>	3/4 No Community Programming  Personalized Autism In-Office Support Drop in or by Appointment with Social Worker or Consultant (appointment preferred) 9:00am—4:00 PM
7 Drop in: 1:00-4:00 Chill and Connect @ Homebase 1:30—4:00 Topic: Communication Cards games and Coffee 	8 Family Resource Centre AEPS - Cognitive 9:00 am—4:00pm  <p>Join us with Mobile Early Learning for a day of fun and learning! Buffalo Pound Provincial Park 9:30-11:30</p>	9 Family Wellness Centre Individualized Funding Support—Drop In 1:00 - 4:00 	10/11 No Community Programming  Personalized Autism In-Office Support Drop in or by Appointment with Social Worker or Consultant (appointment preferred) 9:00am—4:00 PM
14 Drop in: 1:00-4:00 Chill and Connect @ Homebase 1:30—4:00 Topic: Communication Cards games and Coffee 	15 Family Resource Centre AEPS - Adaptive 9:00 am—4:00pm  <p>Join us with Mobile Early Learning for a day of fun and learning! Douglas Provincial Park 9:30-11:30</p>	16 FRC–Parent Connection: 2:00 - 4:00 	17/18 No Community Programming  Personalized Autism In-Office Support Drop in or by Appointment with Social Worker or Consultant (appointment preferred) 9:00am—4:00 PM
21 Drop in : 1:00-4:00 Chill and Connect @ Homebase 1:30—4:00 Topic: Communication Cards games and Coffee 	22 Family Resource Centre AEPS - Social Emotional 9:00 am—4:00pm 	23 Family Wellness Centre Individualized Funding Support—Drop In 1:00 - 4:00 	24/25 No Community Programming  Personalized Autism In-Office Support Drop in or by Appointment with Social Worker or Consultant (appointment preferred) 9:00am—4:00 PM
28 Drop in: 1:00-4:00 Chill and Connect @ Homebase 1:30—4:00 Topic: Communication Cards, games and Coffee 	29 Family Resource Centre AEPS - Social Communication 9:00 am—4:00pm  <p>Join us with Mobile Early Learning for a day of fun and learning! Dunnet Regional Park 9:30-11:30</p>	30 FRC–Parent Connection: 2:00 - 4:00 	31 No Community Programming <p>Join us with Mobile Early Learning for a day of fun and learning! Assiniboia Haley and Cayden Memorial Park 9:30-11:30</p>

Weekly ASD Programs & Drop-In Programs

Monday

1:00 PM – 4:30 PM | Homebase Drop-In

Looking for support or resources on Autism? Drop by Homebase for a relaxed, welcoming space for parents, youth, and young adults.

1:30pm—4:00 pm | Chill and Connect where you can play games, ask questions, make friends and connect with others in a supportive environment. Topic for the day is provided. Can drop in anytime. Check the calendar for days and topics

Tuesday

9:00 AM – 4:00 PM | AEPS-3 at the FRC Join us for a hands-on, play-based drop-in program designed for children aged 0–5 and their parents or caregivers!

Each week features fun, interactive activities focused on developing different skills through play.

You'll also have the opportunity to connect with our team—including a Social Worker, Consultant, Occupational Therapist (OT), Occupational Therapy Assistant (OTA), and Nurse—to ask questions and get support.

Wednesday

1:00 PM – 4:00 PM (Bi-Weekly) | Drop-In Individualized Funding (IF) Support

Need help with IF applications or paperwork? Visit the Moose Jaw Family Wellness Centre (1000 A Albert St) for guidance and support.

2:00 PM – 4:00 PM (Bi-Weekly) | Parent Connection

A welcoming space for all parents to enjoy coffee, build connections, and create a supportive community. Each session features guest presentations from ASD experts or other community organizations, providing valuable insights and resources. No diagnosis is required to attend. All parents are welcome.

Thursday/Friday

9:00am—4:00 PM Personalized Autism in Office Support - Drop in or by Appointment


(appointment preferred)

We offer in-office support sessions for families, caregivers, and individuals navigating autism services with the social worker or consultant. Appointments are available throughout the week, but Thursday and Fridays **are set aside specifically for in-office support.**

How we can help:

- Understand autism resources and supports
- Explore individualized strategies and tools
- Problem-solve specific challenges
- Get assistance with paperwork, funding, and referrals

Whether you're just getting started or need additional guidance, we're here to help. Con-

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Wed. July 2 nd	Craik Regional Park	10-11:30
Tues. July 8 th	Buffalo Pound provincial Park	10-11:30
Tues. July 15 th	Douglas Provincial Park	10-11:30
Tues. July 29 th	Dunnet regional Park	10-11:30
Th. July 31 st	Assiniboia – Haley and Cayden memorial Park	10-12

Mobile Early Learning for a day of fun and learning!

Don't miss out — we can't wait to see you there!

- ★ Information
- ★ Support
- ★ Fun Activities
- ★ Prizes



Join us

with



Mondays 1:30 pm –4:00 pm

Location: Homebase
52 High Street W

June 2, 9, 16, 23,

July 7, 13, 21, 28

August 4, 11, 18, 25

Chill and Connect

Looking for a fun and relaxed space to hang out, meet new friends, and learn something valuable?

Chill & Connect is the perfect drop-in program for teens who want to socialize, play games, and explore important life topics—all in a casual, welcoming environment.

- ★ **Play & Socialize:** Whether you're into board games, cards, foosball, or basketball, there's always something fun to do!
- ★ **Engage & Learn:** Each week, we dive into meaningful discussions on topics like navigating emotions, mental well-being, building strong relationships, self-reflection, and taking charge of your health and safety.

★ **Drop-in Anytime:** No registration is needed—just show up, relax, and connect! Check out the calendar for the weekly topic.

Come chill, connect, and be part of a supportive community designed just for teens!



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AEPS –3 Drop & Play Sessions

The **Assessment, Evaluation, and Programming System for Infants and Children (AEPS-3)** is an assessment that we have used to create a hands on program supporting children's development from birth to six years. It evaluates six developmental domains: **fine motor, gross motor, adaptive, cognitive, social-communication, and social-emotional** skills.

Parents have the opportunity to connect with other parents, engage in skill development in a play based setting and take home resources.

We are available to support the self assessment of the domains, and support any questions you may have about Autism or development.

Come have a cup of coffee, and connect with other parents!

Tuesday's 9:00am -12:00pm
Location: Moose Jaw Early Years
Family Resource Centre
(1250 11th Ave. NW)

June 3, 10, 17, 24

July 8, 15, 22, 29

August 5, 12, 19, 26



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ASD Parent Connection: A Welcoming Space for All Parents

Join us for Parent Connection, a bi-weekly come and go gathering for parents of children age 0-5 designed to foster meaningful connections among parents in our community. This relaxed and welcoming session invites parents to come together, enjoy a cup of coffee, and engage with others who share similar experiences.

Everyone is welcome—no specific diagnosis or prerequisites are required to participate. Parent Connection is open to all parents who are looking to build friendships, share insights, or simply enjoy a supportive environment.

Each session features a focused discussion or presentation led by the Autism Spectrum Disorder (ASD) Program or other local community groups. These provide valuable information, resources, and tools that can benefit parents in various aspects of life.

Whether you're seeking advice, offering support, or just looking for a space to connect, Parent Connection is the perfect opportunity to come together as a community. We look forward to seeing you there!

Wednesday (Bi weekly)

2:00pm—4:00pm

**Location: Moose Jaw Early Years
Family Resource Centre
(1250 11th Ave. NW)**

June 11, 25 2025

July 9, 23 2025

August 6, 20 2025

For all parents

*Parent of children age 0-5 can bring their
children*



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Individualized Funding Sessions

On the waitlist for diagnosis? Wondering about Individualized funding and what you need? Have a current diagnosis? Need help with the renewal? Bring in your documentation and we can help you with the paperwork! Come and check out our Individual Funding Sessions. These sessions are drop in, no appointment necessary.

- **Eligibility Criteria:** Who can apply for funding and what requirements must be met.
- **Types of Funding:** Different programs available
- **Application Process:** Step-by-step guidance on how to apply, including necessary documentation.

If applying for Individual Funding you will need to bring:

- Proof of Diagnosis
- Child's Birth Certificate
- Parent's Social Insurance Number (SIN)
- Proof of Residency (*SGI photo identification, SaskPower, SaskEnergy or a municipal water/utility bill from within the last three months*)
- Child's Health Care Card



- Void Check or Banking



Moose Jaw Family Wellness Centre
(1000 A Albert St W)

June 4, 18 2025

July 2, 16, 30 2025

August 13, 27 2025

Drop In Welcome! Wednesday's 1:00pm – 4:00pm

What is Individualized Funding?

Individualized funding is a flexible financial support system that gives individuals, particularly those with disabilities, the freedom to choose and manage services and supports tailored to their unique needs and goals.

Unlike traditional service models, this approach allows for more control, empowering individuals to direct the funding toward specific resources, therapies, equipment, or community activities. Commonly used in disability services, individualized funding enables the person or their caregivers to create personalized care plans and allocate funds for personal care, specialized equipment, therapy, and more.

Oversight may be required to ensure the funds are used appropriately, but the focus is on offering greater autonomy and choice for the individual.

Check out these great resources:

[IF Information Presentation](#)

[IF Forms](#)

Website:

www.saskatchewan.ca/autism#individualized-funding

HOMEbase

For Youth  By Youth

Location: 52 High Street W
Hours: Monday, Wednesday, Friday
11 AM - 5:30 PM
Tuesday & Thursday
10 AM - 7 PM

Drop-In ASD Support at HOMEbase (Ages 12–19)
Supporting Youth with Autism & Their Families
—No Appointment Needed

Mondays 1:00– 4:30

Our ASD Program at **HOMEbase** offers drop-in support for autistic youth aged 12 to 19 in a welcoming, non-judgmental environment. Whether you're a young person looking to build skills and confidence, or a parent seeking support and connection, ASD Program is here for you.

Parents are always welcome, and the space is open to other professionals, school staff, and community partners. We believe in flexible, collaborative support—no referrals, no red tape, just people helping people.

What We Offer:

1. Social Skills Development

- **Group Activities:** Practice communication, teamwork, and problem-solving with peers.

Role-Playing Scenarios: Build confidence with guided, real-life social practice.

2. Emotional & Behavioral Support

- **One-on-One Support:** Talk privately with trained staff about stress, emotions, and coping.
- **Behavior Strategies:** Learn tools to manage challenges at school, home, or in public.

Crisis Support: Calm, skilled help during difficult moments—no judgment.

3. Life Skills Coaching

Learn everyday skills for greater independence—like hygiene, organization, and routines.

4. Family Support & Guidance

- **Parental Drop-Ins:** Chat with staff or connect with other parents for support and guidance.
- **Planning for the Future:** Get help navigating school life, transitions, and next steps.

5. Sensory-Friendly Activities

Quiet zones, sensory tools, and calming activities available anytime.

6. Mental Health & Counseling

Access to counselors who understand autism and adolescent challenges.

Why Drop-In?

Drop-in services mean **you come when you need to**—no long-term commitment required. It's a safe, low-pressure way to build relationships, learn, and get help on your terms.

We also welcome:

- **School staff or service providers** looking to connect in a non-clinical setting
- **Collaborative meetings** with parents and professionals
- **Families exploring services** and looking for guidance
- **Opportunities to socialize** and build friendships in a relaxed space

Bonus: We're connected with a variety of community programs, helping families tap into additional supports and resources beyond HOMEbase.



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1:30PM – 4:00 PM | Chill and Connect

Play games, ask questions, make friends and connect with others in a supportive environment.

Check the calendar for dates and topic!

HOMEBASE

For Youth



By Youth

Low barrier access to core services and supports that meet the needs of youth **ages 12-25**.

Peer Support

Mental Health and Addictions

Education and Employment

Cultural and Traditional Support

Primary Health Clinic

& MORE

HOMEBASE is a safe space for all youth, where they are supported and encouraged to come exactly as they are.



52 High Street West
306-694-5554

homebasesask.ca/hubs/moose-jaw/



HOMEBASE PRIMARY CARE SERVICES

The Nest Health Center
General Practitioner care for youth ages 12-25 in need of medical services.

Thursdays 10 am-2 pm

306-694-5554

52 High St W

By appointment only

for clients of HOMEBASE



the nest
health centre



Free Autism Online Library



Welcome to our **Free Autism Online Library**—a comprehensive resource hub for parents, caregivers, professionals, and anyone looking to learn more about autism. Explore our collection of **downloadable books, guides, and resources** designed to support individuals across all ages and stages.



What You'll Find:

- ☑ **Children & Teen Workbooks** – Interactive activities and tools to support learning and development.
- ☑ **Parenting & Caregiver Guides** – Strategies for daily life, emotional support, and advocacy.
- ☑ **Professional Resources** – Evidence-based strategies and best practices.
- ☑ **Children's Books (Fiction & Non-Fiction)** – Stories that foster understanding and inclusivity.
- ☑ **Social Stories & Visual Supports** – Practical tools to help with routines, transitions, and communication.

Topics Covered:

- ✓ Social Skills & Emotional Regulation
- ✓ Mental Health & Well-Being
- ✓ Visuals, visual schedules and social stories
- ✓ School Supports & Programming
- ✓ Sleep, Toileting, & Feeding
- ✓ Local Resources & More!

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Access anytime, anywhere—for free!

Disclaimer: While we strive to provide reliable and high-quality resources, the materials included in this library have not been independently vetted. Users should exercise their own judgment, and we assume no liability for the accuracy or applicability of the information provided.



Saskatchewan Autism Navigation

Building connections to ease access to
children's autism supports and services

For families:

- Autism general information
- Assessment options in Saskatchewan
- Connect to autism programs closest to home
- Help access available funding
- Provide family-centred goal setting and planning



<https://momsandkidssask.saskhealthauthority.ca/infant-child-health/autism/navigation>



New Diagnosis

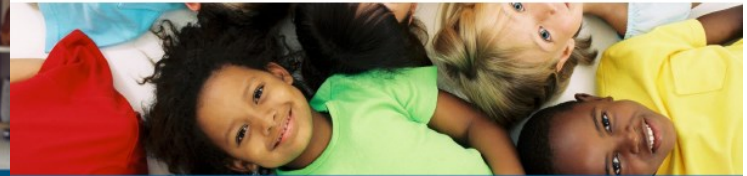
Under Age 4



When your child is diagnosed with autism spectrum disorder, your family begins a new journey. When starting a new journey it can be hard to know which direction to go and what steps to take. Learning more about autism and the resources available to you and your child is an important first step. The following resources have been selected as a starting point to learn more about autism spectrum disorder and the resources, therapies, & services to support your child.

New Diagnosis

Over Age 4



When your child is diagnosed with autism spectrum disorder, your family begins a new journey. When starting a new journey it can be hard to know which direction to go and what steps to take. Learning more about autism and the resources available to you and your child is an important first step. The following resources have been selected as a starting point to learn more about autism spectrum disorder and the resources, therapies, & services to support your child.



Scan Me



Guides & Tool Kits

- First Concern to Action Tool Kit
- 100 Day Kit for Newly Diagnosed Families of Young Children
- A Parent's Guide to Autism
- Introduction to ABA
- How to Use Visual Supports to Help Your Child with Autism
- Visual Supports and Autism Spectrum Disorder



Visual Supports

- Visual Flip Schedule
- First-Then Board
- Choice Board



Safety

- Big Red Safety Tool Kit



Education Services

- Call your local elementary school, school district office, or school district special education department to learn more about special services for preschool age children.

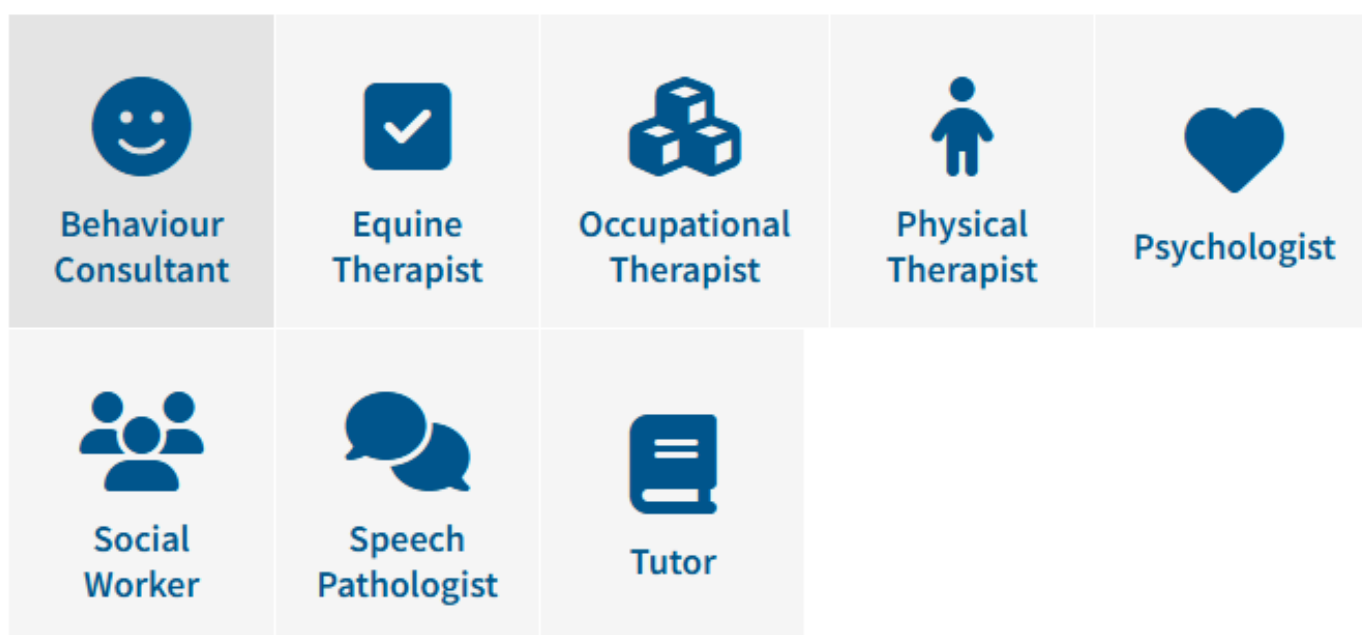
[https://echoautism.org/
resources/](https://echoautism.org/resources/)



Saskatchewan!

Registry of Autism Service Providers

This registry is a comprehensive resource for individuals and families seeking autism-related services in Saskatchewan. It includes professionals and organizations offering support in areas such as assessment, therapy, education, and community programs.



Saskatchewan!

Registry of Autism Service Providers

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/health-services-for-people-with-disabilities/registry-of-autism-service-providers>

Department of Pediatrics
University of Saskatchewan

**PARTICIPANTS NEEDED FOR
RESEARCH IN *Autism study***

We are looking for volunteers to take part in a study entitled:
***Evaluating the barriers to access autism supports and services in
Saskatchewan***

Eligible participants must be the caregiver of a child who:

- Has been diagnosed with autism
- Is at any age between 0-18 years
- Lives in Saskatchewan at the time that the study is being conducted.

As a participant in this study, you would be asked to: *complete a short
questionnaire.*

Your participation would involve 1 session, each of which is approximately 30
minutes. Please scan the QR code below to access and complete the
questionnaire for the study



For more information about this study, or to volunteer for this study,
please contact:

Dr. Ghita Wiebe

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at

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***Your participation is entirely voluntary and will not affect your access to services,
healthcare, your relationship with the research team, or how you will be treated in any
way. This study has been approved by the University of Saskatchewan Behavioural
Research Ethics Board**



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