



# Y's AUTISM CONNECTIONS

## **Programs & Services**

Y's Owl Maclure Co-op offers a wide range of services to adults, youths and teens with an Autism Spectrum Disorder. All of our programs run on a six-to-eight week rotation. Interviews will take place in the week prior to the start of the program. Your son or daughter will be asked to complete a questionnaire by email before the interviews.

To confirm program dates, costs, and times, please check our homepage at [www.ysowlmaclure.org](http://www.ysowlmaclure.org) and click on the [blog](#). This will provide you with an opportunity to view the programs that are currently running and what programs are being offered next. Y's Owl Maclure's services are fee-based services designed for parents/caregivers to provide them with alternative options to access support for your son or daughter without being on a waitlist.

### **Youth and Teens**

#### **Let's Talk Social Skills**

**Age:** 13 – 18 years of age

**Diagnosis:** Asperger's Syndrome or High-Functioning Autism

Group participants will meet once a week for 2.5 hour sessions. They will first meet at 1140 Morrison Drive (class setting) for direct social skills instruction. This involves direct teaching of the social skill through modeling, coaching, role-playing and feedback, as well as an explanation to participants why the development of this skill is important in both their personal and professional lives. Following each of these training sessions, participants and group facilitators will from time to time engage in a recreational activity within the community. During the recreational activity, participants will have the opportunity to practice the social skills lesson in a more natural generalized setting.

Length of program: 8 weeks for \$100.00

## Teen Gamers - Gaming Night

**Age:** 14 - 22 year of age

**Diagnosis:** Asperger's Syndrome or High-Functioning Autism

Are you a gamer? Then join other teens in a fun and only slightly competitive environment to participate in video games, chess, board games, foosball, and any other games our ASD facilitators think up! This group is designed to bring teens together over a shared interest to work on skills such as conversational skills, social confidence, and friendship building. This group is appropriate for teens that have conversational language skills and can participate independently in a group setting. Come and show off your skills and meet new friends who love gaming as much as you do! Participants are welcome to bring their own games, but it is not a requirement.

Length of program: 8 weeks for \$100.00

## Teens in the Kitchen

**Age:** 13 to 18 years of age

**Diagnosis:** Asperger's Syndrome or High-Functioning Autism

Are you interested in cooking? Want to try recipes you can use at home? These classes are designed to teach basic cooking skills that will give teens **semi-independent living skills**. If you want to learn more about healthy eating, kitchen safety, and how to prepare and clean up after a meal, then the Teens in the Kitchen Cooking Club is for you! Meet new friends and have a lot of fun! Complete and fax registration form from website to Y's Owl Maclure Cooperative. Fax number 613-721-6223.

Length of program: 8 weeks for \$160.00

## Teen Fitness Program

**Age:** 13 – 18 years of age

**Diagnosis:** Asperger's Syndrome or High-Functioning Autism

Physical activity is an essential part of all teens and young adults foundation for a long, healthy life. Facilitators will integrate fitness knowledge and fun activities to help encourage and persuade teens that exercise is important to their well-being. Exercise has particular benefits for preteens and teens with autism spectrum disorder as it can:

- Reduce anxiety, stress, and depression
- Improve self-esteem
- Boost academic performance
- Help establish lifelong healthy habits

Activities will take place both at YMCA (pool, weight rooms, gym) and at Y's Owl Maclure (floor routines, exercise bikes, and equipment).

Length of program: 6 weeks for \$100.00

## **Employability Series**

### **Jobs Preparation for Teenagers with Asperger Syndrome / High Functioning Autism**

**Age:** 16 - 21 year of age

**Diagnosis:** Asperger's Syndrome or High-Functioning Autism

Individuals on the Autism Spectrum often benefit greatly from some support and planning when searching for and maintaining employment. Each individual's employable skills and abilities shine through with some training and support through the process of searching for a job, applying and interviewing for it and then keeping the job. The right steps are essential to turning each person's skills into successful long-term employment.

#### **Employment Training Series sessions:**

1. Job Search and Resume Development
2. Interview Skills and Personal Hygiene
3. Time Management and Organizational Skills
4. Keeping Your Job
5. Managing Your Anxiety

Length of program: 5 weeks

Costs: TBA

## **ASD Life Coaching (College/University Students) Experience College/University Living**

The daily lives of many young adults with ASD have typically been organized by their parents. However, once they leave home, young adults with ASD can be overwhelmed by the choices that they must make everyday. They will need to master the skills required to make good choices and plan their day themselves. For example, some students may live in an apartment alone or with a roommate. With either option, students must learn to handle tasks of everyday living such as grocery shopping, preparing meals, doing laundry, studying, paying bills, and maintaining their living space. Even getting out of bed for class in the morning can be especially challenging for students with ASD.

Y's Owl Maclure believes that if young adults have the right support, they can thrive in college and university. This support can be provided with one-on-one Life Coaching. Life Coaching is about helping young adults with ASD to set and achieve individualized personal and educational goals using person-directed planning, getting results, sharing insights and inspirations, applying proven life coaching strategies, building a new and stronger level of independence, learning how to cope with issues like:

- Life skills
- Organizing schedules and workspaces
- Studying/note taking/completing assignments
- Social interactions/Healthy Relationships
- Time Management
- Money Management
- Managing Depression and Anxiety

- Personal Safety
- Healthy Living (exercise, eating well, etc...)
- Personal Appearance

Y's Owl Maclure Life Coaches will build a relationship with each young adult by earning their trust, listening to their concerns, asking questions, exploring options, and helping to set priorities.

**Life Coach costs \$45 per hour**

Parents and teens that are interested in looking into **Life Coaching** services are invited to contact Suzanne Ford, Y's Owl Maclure at 613-721-1500 extension 19 to determine the level of support a student will require in college/university.

## **Adult Groups**

### **ASD Employment Support & Services**

Our employment program provides training and support for individuals with Asperger Syndrome and High Functioning Autism who are searching for employment in the community. Individuals earn minimum wage or better.

Our employment program provides a number of services:

- The Job Club - pre-employment classes (i.e. social skills, job readiness, and job search skills)
- Assessment of their employment skills
- Development of resume and training in interview skills
- Assistance with contacting potential employers and securing employment
- Teaching new job skills
- On-site job coaching
- Long-term maintenance/follow up support

Our ASD Employment Program is an appropriate choice for individuals who wish to be employed in a fully integrated work setting in the community and are capable of doing so without being at risk.

**Job Coach costs \$45 per hour**

### **Asperger Syndrome/High Functioning Autism Adult Social Group**

This group looks to provide both a social and supportive environment for adults with Asperger Syndrome/High Functioning Autism to come together. Group participants will meet once a week for 2 hour sessions. They will meet at 1140 Morrison Drive for direct social skills instruction. This involves direct teaching of the social skill through modeling, coaching, role-playing, and feedback, as well as an explanation to participants why the development of this skill is important in both their personal and professional lives.

Our ASD facilitators will focus on providing both an environment where individuals can question and share experiences, but also a lively environment where socializing and fun interaction is included. This group is suitable for adults with Asperger's who are comfortable in a group setting and comfortable independently participating in conversations and discussions.

Length of program: 8 weeks for \$80.00

## Healthy Relationship Workshop

**Age:** 18 - 27 year of age

**Diagnosis:** Asperger's Syndrome or High-Functioning Autism

Come and join us for a fun, comfortable and interactive look on how to develop and maintain a healthy relationship in your life. This workshop is designed specifically for individuals on the Autism Spectrum and for the comfort of all of those participating; we ask that parents/guardians do not attend.

Length of program: 2 hours for \$20.00

## ASD Life Coaching (Adults)

The daily lives of many young adults with ASD have typically been organized by their parents. However, once they transition into adulthood, young adults with ASD can be overwhelmed by the choices that they must make everyday. They will need to master the skills required to make good choices and plan their day themselves. Y's Owl Maclure believes that if young adults have the right support, they can thrive rather than just survive. This support is provided with one-on-one Life Coaching. Life Coaching is about helping young adults with ASD to set and achieve individualized personal, educational, and employment goals using person-directed planning, getting results, sharing insights and inspirations, applying proven life coaching strategies, building a new and stronger level of independence, learning how to cope with issues like:

- Life skills
- Organizing schedules and workspaces
- Studying/note taking/completing assignments
- Social interactions/Healthy Relationships
- Time Management
- Money Management
- Managing Depression and Anxiety
- Personal Safety
- Healthy Living (exercise, eating well, etc...)
- Personal Appearance

Y's Owl Maclure Life Coaches will build a relationship with each individual by earning their trust, listening to their concerns, asking questions, exploring options, and helping to set priorities.

**Life Coaching costs:** \$45 per hour

If you are considering working with a life coach, you are invited to contact Suzanne Ford, Y's Owl Maclure at 613-721-1500; extension 19 to determine the level of support you or your son/daughter may require.

## To register for a program or event:

Contact Suzanne Ford, Program Co-ordinator

in Autism Connections at 613-721-1500 ext. 19  
email: [suzanne@ysowlmaclure.org](mailto:suzanne@ysowlmaclure.org)

**For more information:**

Contact Suzanne Ford in Autism Connections [suzanne@ysowlmaclure.org](mailto:suzanne@ysowlmaclure.org)  
or call at 613-721-1500.

Visit our website for a complete list of Autism Connections services.  
[www.ysowlmaclure.org](http://www.ysowlmaclure.org)