



Ask A Behaviour Consultant Virtual Clinic Series



The Behaviour Consultants of SDRC are presenting these clinics for parents and caregivers of individuals with a developmental disability and/or autism spectrum disorder. All clinics will be 1 hour in length via Zoom, be limited to a maximum of 10 participants and will include an opportunity for questions and discussion. If you are eligible for SDRC services, and would like to attend any of these clinics, please call Rehana Khanam at 519 741 1121 ext. 2201 to register.

Executive Functioning by Denise Burke **Sept 30, 10 am, Oct 28, 1 pm, Nov 25, 6 pm**

This new clinic will look at mental skills that includes working memory, flexible thinking and self control. We use these specific skills everyday to learn, work and manage daily life. We will learn to identify challenges with executive functioning and how to implement strategies that can be useful in day to day situations.

Emotional Regulation by Stuart Lamont **Oct 24, 5 pm, Nov 28, 3 pm, Dec 12, 2 pm**

This clinic will look at myths about emotions, explaining strategies to promote emotional regulation. This clinic would be suitable for caregivers who are struggling to help those that they care for cope with emotions. The idea that 'all behaviour is communication' will be explored along with ways to interpret the behaviour of nonverbal individuals.

Hygiene by Denise Burke **Sept 30, 6 pm, Oct 28, 10 am, Nov 25, 1 pm**

This clinic will provide information and support for parents/caregivers of individuals who struggle to complete hygiene routines (i.e., showering, brushing teeth, washing hands, etc.). Participants will learn common barriers that prevent completion of these tasks as well as strategies to support the individual.

Sleep Hygiene by Jessica Frede **Sept 24, 10 am, Oct 17, 1 pm, Nov 19, 6 pm**

This new clinic will focus on common sleep issues and factors influencing sleep. Sleep is essential, influencing our biological, social and emotional needs. We will look at sleep as a skill, examining specifically how to support a healthy sleep environment and review evidence-based sleep strategies.

ABA Myth Busting by Chloe Riddell **Sept 18, 10 am, Oct 16, 6 pm, Nov 14, 10 am**

Curious about Applied Behaviour Analysis (ABA) and want to separate fact from fiction? Join our clinic dedicated to Myth-Busting ABA. This session will tackle common misconceptions and provide you with a clear, evidence-based understanding of ABA practices.

School Refusal by Denise Burke **Sept 30, 1 pm, Oct 28, 6 pm, Nov 25, 10 am**

This clinic will offer general tips and strategies around school refusal issues. Sharing ideas to make transitioning to school a little less stressful for children, youth, parents, and caregivers.

Transitions by Stuart Lamont **Sept 19, 5 pm**

Transitions are a large part of anyday, as we move to different activities or locations. Studies have indicated that up to 25% of a school day may be spent engaged in transition activities, making it a critical skill for school aged children and youth. This clinic is designed to offer strategies to help support successful transitions across daily routines at home and in the community.