

# ROCK'S FOUNDATIONAL FAMILY SERVICES - AUGUST 2023 OFFERINGS

## Registered Drop-In Programs (In-Person)



### Stepping Stones with Project ImPACT

**Wednesday, August 2 @ 9-11:30am**

Join us at Stepping Stones, a sensory-controlled play group! Once a month, a Behaviour Therapist will drop by to introduce you to the Project ImPACT program and demonstrate some simple strategies you can use to start teaching social communication skills right away! Practice play-based teaching strategies and learn about community supports, while connecting with other families and playing in a safe space.

**Location:** EarlyON/St. Mark's, 2145 Upper Middle Rd., Burlington

**To register for Stepping Stones with Project ImPACT:** Visit [www.KeyON.ca](http://www.KeyON.ca)



### OAP Teen Drop-In

**Thursday, August 3 @ 1:30-3pm: ROCK Burlington Location, 471 Pearl Street, Burlington**

**Thursday, August 17 @ 1:30-3pm: ROCK Milton Location, 400 Bronte Street South, Suite 101, Milton**

Join us on the first and third Thursday of the month for fun activities, theme nights, and a chance to meet new friends! Behaviour Therapists on site to facilitate and support youth throughout drop-in.

**To register for the OAP Teen Drop-In:** Call ROCK's Access Line at 289-266-0036 and ask to speak with a Behaviour Therapist



### August Social Drop-Ins

**Ages 6-9**

**Wednesday, August 9 @ 9:30-11am: ROCK Oakville Location, 504 Iroquois Shore Road, Unit 12A, Oakville**

**Wednesday, August 23 @ 9:30-11am: ROCK Burlington Location, 471 Pearl St., Burlington**

**Ages 10-13**

**Wednesday, August 9 @ 1:30-3pm: ROCK Oakville Location, 504 Iroquois Shore Road, Unit 12A, Oakville**

**Wednesday, August 23 @ 1:30-3pm: ROCK Burlington Location, 471 Pearl Street, Burlington**

Join us for our August social drop-ins for children and youth aged 6-9 and 10-13. Participants will have a chance to play, connect, and make new friends. Behaviour therapists on site to facilitate and support throughout drop-in.

**To register for a Social Drop-In:** Call ROCK's Access Line at 289-266-0036 for more details and to find out if your child is eligible for our August drop-in groups.



## Visual Supports

### *By Appointment*

Visual supports can provide structure and routine, promote understanding or expectation, provide reminders, encourage independence, and prevent frustration and anxiety. When you book an appointment for Visual Supports, a Behaviour Therapist will create customized visual supports for you to take home and provide tips on how to use them effectively.

**To schedule an appointment for Visual Supports:** Call ROCK's Access Line at 289-266-0036 and ask to speak with a Behaviour Therapist

## Family Groups



## Summer Caregiver Café and Play Together

### *ROCK Milton Location*

*Thursday, August 10 @ 10-12pm*

*400 Bronte Street South, Suite 101, Milton*

### *ROCK Burlington Location*

*Wednesday, August 16 @ 10-12pm*

*471 Pearl Street, Burlington*

### *ROCK Oakville Location*

*Thursday, August 24 @ 10-12pm*

*504 Iroquois Shore Road, Unit 12A, Oakville*

A group for caregivers by caregivers! Come join us in a space for caregivers of children and youth with autism, where you can chat and share experiences. Come by on your own, or with your child/youth with autism and siblings! Behaviour Therapists will be on site to spend time with them, while you take time to chat and enjoy a cup of coffee on us!

**To register for a Family Group:** Visit [www.bookwhen.com/rock-foundational-family-services](http://www.bookwhen.com/rock-foundational-family-services)

## Brief Targeted Consultations



## Walk-In Sessions

### *By Appointment*

Our Behaviour Therapists are available to talk one-on-one with caregivers seeking support for their child. Schedule a session where you can privately ask questions about the changing Ontario Autism Program (OAP), general strategies regarding challenging behaviour, or recommendations to assist in skills development.



## Supporting Your Child or Youth Through Change

### *By Appointment*

Transitions can be hard for everyone! Whether it may be a small change or a big life event, our Behaviour Therapists can help you prepare and guide your child every step of the way. We can help with starting or returning to school, moving to a new home, new family dynamics such as a new family or parents separating, and daily activity transitions. You can also schedule up to three follow up consultations as your child adjusts to the changes.

**To schedule a Brief Targeted Consultation:** Call ROCK's Access Line at 289-266-0036 and request a consultation with a Behaviour Therapist

## Parent Workshops



### No Tears Toilet Training

*Tuesday, August 1 @ 12-1:30pm*

*And By Appointment*

Toilet training has many benefits for both caregivers and children, but how do you start? Join our Behaviour Therapists as they walk you through steps that you can take to set yourself and your child up for success with toilet training.



### Registered for the OAP...Now What?

*Tuesday, August 1 @ 2-3:30pm*

*And By Appointment*

Join ROCK as we help you determine the next steps that will benefit your child and family. We will review what happens after you register for the OAP, ROCK's autism services that you can receive, and tips and resources for navigating the OAP.



### Managing Challenging Behaviour

*Tuesday, August 15 @ 12-1:30pm*

*And By Appointment*

Join an experienced Behaviour Therapist for this live informative webinar to learn ways to help reduce and managing challenging behaviours throughout day-to-day life!



### Intro to ABA Services

*Tuesday, August 15 @ 2-3:30pm*

*And By Appointment*

New to ABA services and feeling overwhelmed by all the jargon? Join us while we walk you through applied behaviour analysis and its benefits, the different ABA based therapies, and what to look for in an ABA service provider. This is a great place to start if your child has recently been diagnosed.



## Coping with Big Emotions

*Tuesday, August 29 @ 12-1:30pm*

*And By Appointment*

Crying, screaming, and tantrums, oh my! Is your child struggling with big emotions? Join our experienced Behaviour Therapists as we work with you to help teach your children to better understand and regulate their emotions during this workshop. Each workshop is followed by an individual coaching session with one of our Behaviour Therapists.



## Steps to Improving Communication

*Tuesday, August 29 @ 2-3:30pm*

*And By Appointment*

Are you looking to improve your child's communication in a meaningful and fun way? Join our Behaviour Therapists as they help break down play-based strategies that you can use with your child at home throughout the day! This workshop is adapted from Project ImPACT, a play-based caregiver coaching program designed by a SLP and Behaviour Analyst.

To register for a Parent Workshop: Visit [www.bookwhen.com/rock-foundational-family-services](http://www.bookwhen.com/rock-foundational-family-services)

## Transition Supports



## High School Ready

*By Appointment*

Transitioning from elementary school to high school is a big change and can be stressful for any youth. Join one of ROCK's Behaviour Therapists where they will go through what to expect from high school with your teen with autism, and strategies for making the transition smooth. A 1:1 follow up session can also be booked after the workshop to address specific social skills.

To register for Transition Supports: Call ROCK's Access Line at 289-266-0036 and request an appointment with a Behaviour Therapist.



# AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> No Tears Toilet Training <i>12-1:30pm</i> Registered for the OAP, Now What? <i>2-3:30pm</i>	<b>2</b> Stepping Stones with Project imPACT <i>9-11:30am</i>	<b>3</b> OAP Teen Drop-In Burlington Location <i>1:30-3pm</i>	<b>4</b>
<b>7</b>	<b>8</b>	<b>9</b> Social Drop-Ins: Oakville 6-9 yrs <i>9:30-11am</i> 10-13 yrs <i>1:30-3pm</i>	<b>10</b> Summer Caregiver Café & Play Together: Milton <i>10-12pm</i>	<b>11</b>
<b>14</b>	<b>15</b> Managing Challenging Behaviours <i>12-1:30pm</i> Intro Into ABA Services <i>2-3:30pm</i>	<b>16</b> Summer Caregiver Café & Play Together: Burlington <i>10-12pm</i>	<b>17</b> OAP Teen Drop-In Milton Location <i>1:30-3pm</i>	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b> Social Drop-Ins: Burlington 6-9 yrs <i>9:30-11am</i> 10-13 yrs <i>1:30-3pm</i>	<b>24</b> Summer Caregiver Café & Play Together: Oakville <i>10-12pm</i>	<b>25</b>
<b>28</b>	<b>29</b> Coping with Big Emotions <i>12-1:30pm</i> Steps to Improving Communication <i>2-3:30pm</i>	<b>30</b>	<b>31</b>	