



CELEBRATING
CÉLÉBRONS

30 YEARS
ANS



Autism Foundational Family Services Fall 2026



Maltby Centre

VIDEO VAULT



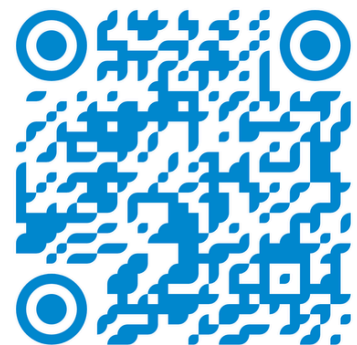
Pre-recorded videos on a variety of topics you can request curated by age group. This allows you the flexibility to watch when you're available.

TOPICS

- Emotional Regulation for Parenting Young Children
- What's Important to Know about ADHD
- How to Shape a Behaviour
- Preventing Crisis and Supporting Big Emotions
- Teaching Toileting Skills
- Play To Grow
- Improving Social Skills
- and More

CHECK IT OUT TODAY

Click on the QR code to view our list of videos, then register for the workshops you are interested in watching. Video links will be emailed to you within business hours.



Meeting the Milestones Playgroup

Community
partnership with:



Maltby Centre Autism Services and BGC EarlyON are excited to host a morning playgroup designed for parents/caregivers and their children ages 0 – 6 who are registered with the Ontario Autism Program (OAP) or are in the process of obtaining a registration number.

What to expect:

- ✓ 🎲 Fun toys, books, crafts & activities
- ✓ 🎵 Circle time with EarlyON
- ✓ 🤝 Maltby Centre Family Support Coordinators available to answer questions about Autism Services & community supports

Location:

BGC South East
1300 Bath Rd. Kingston

Time:

9:30AM - 11:30AM

Dates:

September 4
September 16
October 7
October 21
November 4
November 18
December 2
December 16

Register Here:



Meeting the Milestones Napanee Playgroup

Community
partnership with:



Maltby Centre Autism Services, LARC and EarlyON are excited to host a morning playgroup designed for parents/caregivers and their children ages 18 months – 6 who are registered with the Ontario Autism Program (OAP) or are in the process of obtaining a registration number.

What to expect:

- ✓ 🎲 Fun toys, books, crafts & activities
- ✓ 🎵 Circle time with EarlyON
- ✓ 🤝 Maltby Centre Family Support Coordinators available to answer questions about Autism Services & community supports

Location:

Trinity Church
25 Bridge St. East, Napanee

Time:

9:30AM - 11:30AM

Dates:

September 15
September 29
October 13
October 27
November 10
November 24
December 8

Register Here:



FALL 2026 CALENDAR SCHEDULE

September

Title	Time-Day	Registration Deadline
How to Improve My Child's Social Skills (virtual)	Wednesday, September 9 th 6:00 pm – 7:00 pm	September 2 nd
Why Use Visual Supports (virtual)	Monday, September 14 th 10:00 am – 11:00 am	September 7 th

October

Title	Time-Day	Registration Deadline
What is ABA? (virtual)	Monday, October 5 th 12:00 pm – 1:00 pm	September 28 th
Play to Grow (virtual)	Tuesday, October 6 th 1:00 pm – 2:00 pm	September 29 th
Teaching Your Child Toileting Skills (virtual)	Wednesday, October 7 th 10:00 am – 11:00 am	September 30 th
Coping with Challenging Behaviour (virtual)	Wednesday, October 14 th 5:30 pm – 6:30 pm	October 7 th
Sensitive Trick or Treat	Coming Soon	



Mental Health & Autism Services
for Children & Youth
Services de santé mentale et
d'autisme pour enfants et jeunes

31 Hyperion Court, Suite 100,
Kingston, ON K7K 7G3
613-546-8535
MaltbyCentre.ca

November

Title	Time-Day	Registration Deadline
Transition to Adulthood (virtual)	Monday, November 9 th 5:30 pm – 7:30 pm	November 2 nd
Transitions Through the Day (virtual)	Tuesday November 10 th 6:00 pm – 7:30 pm	November 3 rd
Words to Know! The F Words of Childhood Development (Virtual)	Wednesday, November 18 th 12:00 pm – 1:00 pm	November 11 th
Sensitive Santa	Coming Soon	

December

Title	Time-Day	Registration Deadline
How To Improve My Child's Social Skills (virtual)	Wednesday, December 9 th 10:00 am – 11:00 am	December 2 nd
Teaching Your Child Toileting Skills (virtual)	Monday, December 14 th 7:00 pm – 8:00 pm	December 7 th
Will Pictures Help My child to Communicate? (virtual)	Wednesday, December 16 th 7:00 pm – 8:00 pm	December 9 th

*Empowering children, youth and families navigating mental health challenges
and autism to lead fulfilling and thriving lives.*



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GENERAL TOPICS FOR ALL AGES

COPING WITH CHALLENGING BEHAVIOUR (ONE HOUR WORKSHOP)

This presentation is designed to help parents create strategies to reduce challenging behaviours by identifying why the behaviour is occurring in the first place, how we can stop reinforcing the behaviour to ensure it happens less in the future and how we can start reinforcing other behaviours to replace it.

As a result of participating in this workshop, you will be able to:

- Identify the four functions of behaviour.
- Learn strategies related to not reinforcing each function of behaviour.
- Learn how to use motivation and reinforcement to encourage replacement behaviours.

TRANSITIONS THROUGH THE DAY (TWO HOUR WORKSHOP)

Parents of children with autism spectrum disorder often find that their child/youth resists changing activities through the day. Child/youth personality, anxiety, and characteristics associated with autism spectrum disorder all contribute to difficulties with transitions. This presentation covers the most common and effective strategies recommended to parents and caregivers to make transitions easier and less anxiety-provoking.

As a result of participating in this workshop, you will be able to:

- List challenges associated with autism that may impact children's/youth's abilities to make transitions.
- Identify and describe 5 transition strategies and corresponding tools that can be used to support many types of transitions.
- Create an individual plan to teach your child to complete one daily transition.

WHY USE VISUAL SUPPORTS? (ONE HOUR WORKSHOP)

In this workshop, participants will receive a short presentation on the use of visual support to help teach children/youth with ASD, skills and independence. Participants will have an opportunity to ask questions and participate in group discussions.

As a result of participating in this workshop, you will be able to:

- Describe what visual supports are.
- Explain why visual supports can help your child/youth learn new skills or develop independence.
- Identify how to use visual supports to aid in your child/youth's development.

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WHAT IS ABA? (ONE HOUR WORKSHOP)

Applied Behaviour Analysis (ABA) is an evidence-based therapy used to support individuals with an autism spectrum disorder to learn new skills and/or reduce challenging behaviour. Often parents/caregivers who have a child with ASD come across ABA services when looking for support. This workshop will introduce parents/caregivers to what ABA is and how it is used to support the learning and development of children and youth with ASD.

As a result of participating in this workshop, you will be able to:

- Describe the basic principles of Applied Behaviour Analysis (ABA).
- Understand how ABA programming is tailored and individualized.
- Identify common strategies used in ABA programming.

WORDS TO KNOW! THE F WORDS OF CHILDHOOD DEVELOPMENT (ONE HOUR WORKSHOP)

This is an interactive workshop learning about Can Child's 6 F words (Function, Family, Fitness, Fun, Friends, and Future). The F word's focus on six key areas of child development and can help you when fostering your child/youth's growth. They help to provide a holistic framework when working with service providers.

As a result of participating in this workshop, you will be able to:

- Identify the F words and understand how they are helpful in developing a plan to support your child/youth's growth.
- Create your child/ youth's F word profile.

WORKSHOPS FOR FAMILIES OF YOUNG CHILDREN

HOW TO IMPROVE MY CHILD/ YOUTH'S SOCIAL SKILLS (ONE HOUR WORKSHOP)

This workshop has been developed to help parents and caregivers create opportunities for social skills development using general Applied Behaviour Analysis strategies.

As a result of participating in the workshop, you will be able to:

- Describe the social styles and explain how social skills may be different for children and youth with autism spectrum disorder.
- Describe ways to enhance children and youth's environment to encourage social opportunities and development.
- Describe how to plan a play date or social "hang out" time.

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PLAY TO GROW (ONE HOUR WORKSHOP)

This workshop is designed for parents and caregivers who would like to learn more ways to use play with their child to facilitate learning. Parents and caregivers will have the opportunity to discover fun and creative ways to be engaged with their child during play while focusing on specific learning goals.

As a result of participating in this workshop parents and caregivers will be able to:

- Describe the stages of play throughout child development.
- Explain how play may be different for children with ASD and specifically for their child.
- Describe ways to enhance a child's environment for each stage of play.

TEACHING YOUR CHILD TOILETING SKILLS (ONE HOUR WORKSHOP)

In this workshop participants will receive a short presentation on some general ABA strategies to begin teaching their child toileting skills. Participants will have an opportunity to ask questions and participate in group discussions.

As a result of participating in this workshop, you will be able to:

- How to identify when your child is ready for toileting
- General ABA strategies to help teach your child toileting skills.

WILL PICTURES HELP MY CHILD TO COMMUNICATE? (ONE HOUR WORKSHOP)

In this workshop parents and caregivers will learn from an experienced ABA Family Support staff about communication styles and the use of pictures to communicate. Parents and caregivers will have an opportunity to ask the facilitator questions related to this topic.

As a result of participating in this workshop, you will be able to:

- Identify how your child is currently communicating.
- Understand different ways we can communicate.
- Learn the first step to teaching functional communication.
- Learn about the use of pictures as a form of communication.

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WORKSHOPS FOR FAMILIES OF YOUTH

TRANSITION TO ADULthood (TWO HOUR WORKSHOP)

Transition to Adulthood is a workshop that has been developed to help parents manage the transition of their child/youth from childhood into adulthood. This workshop is not limited to parents of teenagers, and we recommend you start planning for adulthood as soon as possible by attending this workshop.

As a result of participating in this workshop, you will be able to:

- Identify resources related to the transition to adulthood.
- Create a plan that will help your child live the life they want.
- Learn to overcome barriers to your plan.

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Thank
You



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autism@maltbycentre.ca