

# AUTISM SOCIETY

OF THE REGIONAL MUNICIPALITY OF WOOD BUFFALO



## SOCIETY NEWS

We want to thank everyone for the support over the years, 2022 was a year of growth for the society and we appreciate everyone who has been involved in helping make it a success, we look forward to 2023.



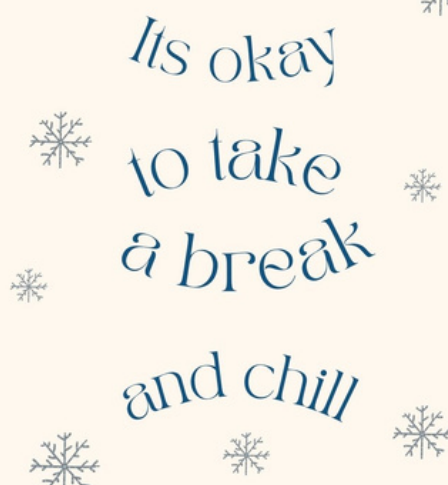
## Winter wellness

Winters are long and cold and with limited sunlight this affects our mental health and can leave children and adults tired, irritable, and sad. During the month of January try and set intentions for you and your families wellness.

Self-care can be different for everyone, but it is important to also know that self-care can be small things throughout your day.

## Simple Self-Care Tips

- Take deep breaths
- Make the bed
- Listen to happy songs
- Hydrate
- Write in a journal
- Call someone you love
- Take a walk
- Drop your shoulders
- Do a puzzle
- Do a craft
- Get a good night sleep
- Avoid things that are high stress
- Read a book
- Take a nap
- Learn a new skill
- Eat fruits and veggies
- Drink a cup of tea
- Move
- Meditate
- Unplug from social media
- Color, draw or paint
- Stretch



Focus on feeding your senses. Make sure you see, hear, taste, feel and smell enriching things will help ease the challenges that come with winter.

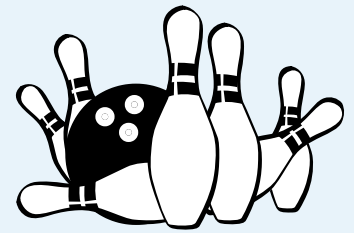


# COMMUNITY ENGAGMENTS & EVENTS

December was for celebrating the Holidays.

Adult Social group Christmas party

Bowling and games at The Alley



Member Christmas Party

Thank You Santa for putting a smile on all the faces.







## MEMBERSHIPS

**For \$20 annually you have the opportunity to get involved, stay connected and help guide the strategic direction of the Autism Society of the RWMB by electing our board-level leadership at the annual general meeting. Join the growing number of families, professionals and community members that make our society.**

### **Why become a member of our Society?**

**Support:** in the form of parent discussion groups, information sessions on various topics, information and advice on working with your child's school or simply a friendly ear on the end of a phone.

**Voting rights:** when you purchase a paid membership and agree to the Society's Approved Bylaws 2020, Guiding Principles, Vision and Mission.

**Advocate:** be a voice for our autism community. Help us to raise awareness and supports for people with special needs in our region.

**Opportunity:** to be involved with committees, events and activities to work towards an inclusive community.

### **Benefits to becoming a member:**

10% off sensory store items

Access to newsletters and information about the society

Unlimited access to our lending library

Early registration for programming and special events

Member rates for workshops, seminars, and conferences

Discounts with community partners

Current community partners- Earls, Color Me Mine, Colossal Toys, Vista Ridge

Voting rights at our Annual General Meeting and special resolution meetings

Non-Voting Rights for professional Membership

**To become a member follow the following link**

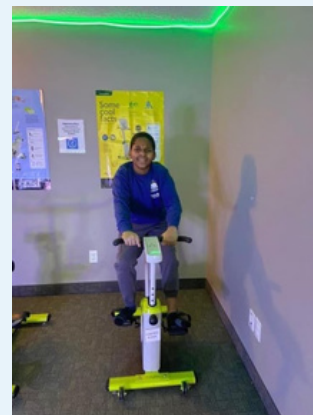
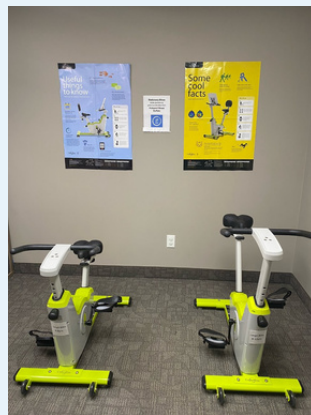
**Membership – Autism RMWB**

**Or contact the office**

Thank you



**Thank you KidSport Wood Buffalo enough, for adding 2 Adaptive Active Bikes to our Community Sensory Room and Social Respite Program. The kids are loving the new additions and the extra activity in these cold months**



## FUNDRAISERS, EVENTS & VOLUNTEER OPPORTUNITIES

**MEMBER  
MOVIE NIGHT**



**GET COZY, BRING YOUR BLANKET, AND ENJOY A  
MOVIE ON THE BIG PROJECTOR.  
WE WILL BE SERVING POPCORN AND DRINKS**

SAT JAN 14 6:00-8:30 PM  
10019 MACDONALD AVE  
UNIFORM BUILDING

**PLEASE REGISTER THROUGH THE WILD APRICOT APP**  
LIMITED SPACE AVAILABLE

FOR MORE INFORMATION, PLEASE CONTACT  
COMMUNITY DEVELOPMENT OFFICER  
PHONE: 587-458-9334  
EMAIL: COMMUNITY@AUTISM RMWB.ORG



**AUTISM AWARENESS MONTH  
KICKOFF EVENT  
SILENT AUCTION**

**50/50  
kickoff**



**Raffle  
kickoff**

Join us on March 24th 2023 to kickoff Autism Awareness month  
6:00 pm start, Silent Auction closes at 10:30pm

**CANADIAN  
BREW HOUSE**

Canadian Brew House  
177-108 Riverstone Ridge  
Minors welcome till 9:00 PM

FOR MORE INFORMATION PLEASE CONTACT  
AUTISM SOCIETY OF THE RMWB  
COMMUNITY DEVELOPMENT OFFICER  
COMMUNITY@AUTISM RMWB.ORG  
587-452-9334



Bingo April 2023/  
Wood Buffalo Volunteers





# EDUCATION INCLUSION PROGRAM

We have been able to continue the delivery of this program through funding provided by the Community Initiative Grant from the Regional Municipality of Wood Buffalo.

*Thank You*

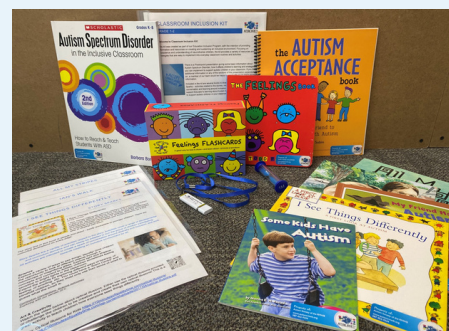
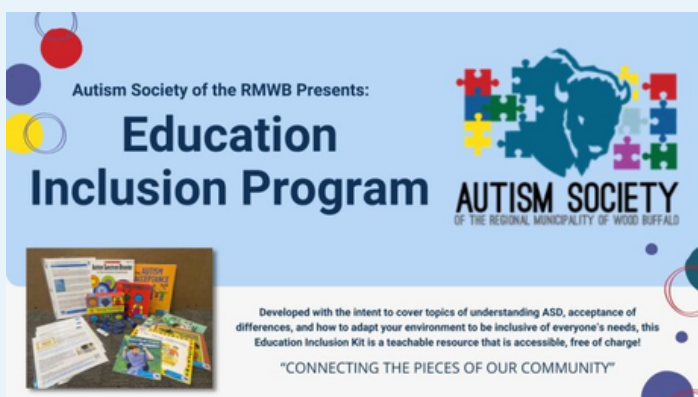


## THE EDUCATION INCLUSION PROGRAM

The Education Inclusion Program, was created by the society as a lending resource that is accessible to and free of charge. It was developed with the intention of promoting and educating others about Autism Spectrum Disorder. With a focus on acceptance and understanding, it covers topics of understanding ASD, acceptance of differences, and how to adapt your environment to be inclusive of everyone's needs. Since its conception it has grown to a library of presentations that cover a range of topics for almost any organization, service provider, business, employer and family wishing to learn more about ASD acceptance and accommodations.

Our school lending bins have been created for an intended audience of early entry to grade 6. Educators can request to borrow a bin for their class. Included in the bin is a collection of books, interactive material and an informative slideshow. We

have ensured that the bins have curriculum related material that could be substituted for items in health or language arts. Reading comprehension activities, novel study material and critical thinking activities are just some of what you will find in this resource. We have also ensured to add Leader in Me language to slideshow content. It really is a "win, win". An extensive teacher recourse guide has been created for each bin and offers ideas for activities and group projects. A teacher could use as little or as much of this program as they like. The resource can be borrowed from the society office with training provided if required or requested. A presentation to the intended audience is available by our Community Development Officer as well.



Please follow the link below to request a kit:  
[Education Inclusion Kit Request \(office.com\)](https://www.office.com)

# UPCOMING SESSIONS

**Neurodiverse**

**ADULT SOCIAL GROUP**

Social program for 16 years plus. The program focuses on building and maintaining friendship skills in group activities.

**TUESDAYS**  
12:00-2:00 PM

LOWER LEVEL OF THE LOCAL 707A UNIFOR BUILDING  
218-10019 MACDONALD AVE.  
FORT MCMURRAY, AB  
T9H 1S9

PHONE: 587-452-9334  
EMAIL: COMMUNITY@AUTISMRMBW.ORG  
WEBSITE: WWW.AUTISMRMBW.ORG

**AUTISM SOCIETY**  
OF THE REGIONAL MUNICIPALITY OF WOOD BUFFALO

**Neurodiverse Social Group is a Social Program for 16 years plus. The Program focuses on building and maintaining friendship skills in group activities.**

**Activities included:**

- Pizza Party with crafts & games
- Wood Buffalo Regional Library.
- Bowling at The Alley YMM
- Sensory Friendly Movie
- Games and activities night
- Sensory time

**For any questions please contact 587-452-9334 or email [community@autismrmwb.org](mailto:community@autismrmwb.org)**

**ADULT LIFE SKILLS PROGRAM**

Our LifeSkills Program is open to any neurodiverse individuals and persons living with disabilities from the ages of 12-30 to learn critical life skills and to promote independent living.

**For more information please contact:**  
**Leslie Rae Samson LifeSkills**  
**Leader Email:**  
[lifeskills@autismrmwb.org](mailto:lifeskills@autismrmwb.org)  
**Phone: 587-452-9334**

**Independent Living Skills**

Ages 18-29yrs

- ✓ Health & Self-Care
- ✓ Personal Finance
- ✓ Household Management
- ✓ Relationships
- ✓ Community & Leisure

An opportunity for neurodiverse young adults to learn critical life skills to promote independent living.

Apply: 

MORE INFO: [lifeskills@autismrmwb.org](mailto:lifeskills@autismrmwb.org)

**WOOD BUFFALO COMMUNITY FOUNDATION**

**AUTISM SOCIETY**  
OF THE REGIONAL MUNICIPALITY OF WOOD BUFFALO

**FRIDAY FRIENDS**

**Social Skills and Friendship Group**

**THE PROGRAM**

A 6 week facilitator led program, (based on PEERS) for youth aged 10-14yrs. Fridays 5-7pm, starting October 28th. Youth will learn and practice skills during sessions and practice at home with parents/family members. ATTENDANCE IS REQUIRED AT EACH SESSION. ELIGIBILITY IS DETERMINED THROUGH TELEPHONE INTERVIEW WITH FACILITATOR.

**PROGRAM FOR THE EDUCATION AND ENRICHMENT OF RELATIONSHIP SKILLS (PEERS)**

An evidence-based social skills training intervention for youth with ASD, ADHD, FASD, Anxiety, Depression and/or other socio-emotional challenges. PEERS is designed for motivated youth to learn how to make and keep friends. Skills taught include: use of appropriate conversational skills, appropriate use of humour, how to enter and exit conversation, how to handle arguments and disagreements, rumours and gossip, and how to handle rejection, teasing and bullying.

TO REGISTER, EMAIL [programdirector@autismrmwb.org](mailto:programdirector@autismrmwb.org)

**MAS** METICULON ASSESSMENT SERVICE

**DO YOU WANT TO...**

Support for neurodiverse individuals & people living with all types of disabilities

- CONTRIBUTE TO YOUR COMMUNITY
- RECEIVE NO COST DIGITAL LITERACY TRAINING
- DEVELOP YOUR GOALS
- CREATE STRUCTURE AND BUILD HEALTHY HABITS
- STRENGTHEN YOUR COMMUNICATION SKILLS
- BUILD CONFIDENCE
- RECEIVE PERSONALIZED COACHING

ACCESS EMPLOYMENT, VOLUNTEER, AND/OR MENTORSHIP OPPORTUNITIES

**CONTACT US**  
**AUTISM SOCIETY OF THE RMWB**  
Email: [employment@autismrmwb.org](mailto:employment@autismrmwb.org)  
Phone: 780-215-7280  
Website: [www.autismrmwb.org](http://www.autismrmwb.org)

**FUNDED BY**  
Government of Alberta  
Government of Canada  
CASE (Canadian Association for Supported Employment)  
Sinneave Family Foundation

## Employment Support

**Identify as neurodiverse, or as a person living with a disability?**  
**Want to achieve your career goals?**  
**Please reach out to Jibran Hamayun**  
**our Employment Supports Program**  
**Facilitator to find out more**  
**information for our next session.**

**Email:**  
[employment@autismrmwb.org](mailto:employment@autismrmwb.org)  
**Phone: 780-215-7280**

**DO YOU...**

- Identify as neurodiverse or as a person living with a disability?
- Have the skills but struggle to move beyond the first interview?
- Want support to achieve your career goals?

To learn more about how we can assess your employability skills and create a customized solution just for you, contact us at:

**AUTISM SOCIETY OF THE RMWB**  
Phone: 780-215-7280  
Email: [employment@autismrmwb.org](mailto:employment@autismrmwb.org)  
Website: [www.autismrmwb.org](http://www.autismrmwb.org)

**FUNDED BY:**  
**MAS** METICULON ASSESSMENT SERVICE  
**Sinneave Alberta**  
Government of Alberta  
Government of Canada  
Canada

# NOW HIRING SOCIAL-RESPITE SUPPORT WORKERS



We are looking for motivated, caring, enthusiastic, supportive and professional members to join our team. Knowledge and previous experience supporting individuals with disabilities is essential.

**Flexible hours  
part time/casual**

**Email Resume to:**

[programdirector@autismrmwb.org](mailto:programdirector@autismrmwb.org)

## CONTACT US



Lower level of the Local 707A UNIFOR Building  
21B-10019 MacDonald Ave,  
Fort McMurray, AB  
T9H 1S9



Phone: 587-452-9334



Email: [community@autismrmwb.org](mailto:community@autismrmwb.org)



Website: [www.autismrmwb.org](http://www.autismrmwb.org)

## *Vision*

A Region where Autistic Individuals and all those living with a disability, are valued and are participating members of the community. A region that recognizes that all citizens have the right to live, work and play.

## *Mission*

We are committed to creating an inclusive community through programming, supports, and understanding for Autistic individuals in our region, and all those living with a disability and their families across the lifespan.