

July, 2025

Society Newsletter

www.autismrmwb.org



KEEPING COOL!

Staying hydrated is essential, especially during hot weather months.

To make hydration more enjoyable, try infusing water with slices of fresh fruits like lemon, oranges, or berries for a refreshing twist. Make sure to use a bottle that is made for infusing to reduce the risk of choking.



Additionally, creating fun snacks can also help you stay cool and hydrated. Consider making homemade fruit popsicles, which are both delicious and hydrating. Simply blend your favorite fruits with a bit of yogurt/greek yogurt (high in protein) or coconut water, pour the mixture into molds, and freeze.

By combining these strategies, you can keep cool and hydrated in a fun and tasty way.



These resources were taken from:

<https://www.canada.ca/en/department-national-defence/maple-leaf/defence/2020/07/drink-up-eat-well.html>

Visit the link for more information!

Resource Connection

Connecting you to resources, organizations, workshops and events.

Highlighting different organizations and resources within our region or that help support our region. This month we are sharing Autism Alberta, and Autism Edmonton as these organizations hold online presentations, workshops and tool kits that can be accessed by anyone.

Water Safety

Drowning Statistics

Drowning is a leading cause of injury-related death among the general pediatric population, especially those younger than 4 and teens.





For children with autism, the risk of drowning is 160 times that of the general pediatric population, according to a 2017 study from Columbia University's Mailman School of Public Health

According to a 2017 study from the National Autism Association, drowning accounts for more than 70% of wandering-related fatalities

Swimming Lessons

Whether it's bathtime, swimming, jumping in puddles or simply splashing around at the beach, water-play remains a common favorite activity among kids with autism. Unfortunately, water also carries significant risk for those who wander off. According to NAA research, the leading cause of death in autism-related wandering cases is drowning. Therefore, it's extremely important to enroll your child into swimming lessons as early as possible.






Ways to find swim lessons in your area:

-  Ask your local swim facility, such as YMCA, to provide swimming lessons that can accommodate your child's unique needs.
-  Safe Splash Swim School has 100+ U.S. locations and provides swimming lessons specifically for those with autism and other special needs (safesplash.com)
-  Google 'Special Needs Swimming Lessons' + Your City, State.
-  Search for a swim school in your area that is a member of the United States Swim School Association. The association teaches a course internationally that trains swim instructors how to teach swimmers with special needs.



For kids with autism, final lessons should be done with clothes & shoes on.



-  Children with autism will go straight to water regardless of its temperature or type.
-  Even if your child does not seem to like bathtime or swimming at the pool, natural water sources may be perceived differently. These include ponds, lakes, fountains, rivers, canals, even waste water.
-  Teaching your child how to swim can help lower risk, but does not eliminate risk, so it's important to stay vigilant.
-  If you own a pool, fence your pool and use gates that self-close and self-latch higher than your children's reach. Remove all toys or items of interest from the pool when not in use.
-  Neighbors with pools should be made aware of these safety precautions and your child's tendency to wander.



Toll Free: 877.622.2884
Fax: 401.293.5342



nationalautism.org
naa@nationalautism.org



One Park Avenue, Suite 1
Portsmouth, RI 02871



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These resources were taken from:
<https://nationalautismassociation.org/watersafety/>
Visit the link for more information.

Our Programming

Click on each poster for direct links to more information and registration

REGISTER NOW



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
21B-10019 MACDONALD AVE.
FORT MCMURRAY, AB
T9H 1S9

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

Social-Respite Program

About the Program

Our Social Respite Program provides respite for families of neurodiverse children in our community. As well as respite, the program offers opportunities for children to learn and practice crucial social skills that are needed to make and maintain long-term friendships.



Program Groups

- KINDER**
This group is for children aged 3-5 years-old. Sessions are 2hrs long with 3-4 children in group. Activities include play in Program Room & Sensory Room, swimming, rock climbing, parks and indoor playgrounds, walks in local community, sensory play, etc.
- JUNIOR**
This group is for children aged 6-8 years-old. Sessions are 2hrs long and have 3-5 children in group. Activities include play in Program Room & Sensory Room, swimming, rock climbing, parks and indoor playgrounds, walks in local community, sensory play, etc.
- SENIOR**
This group is for youth aged 9-11 years-old. Sessions are 2hrs long and have 3-5 youth in group. Activities include play in Program Room & Sensory Room, swimming, rock climbing, parks and indoor playgrounds, walks in local community, sensory play, etc.
- TWEEN & TEEN**
This group is for youth aged 12-17 years-old. Sessions are 2hrs long and have 3-5 youth in group. Activities include play in Program Room & Sensory Room, swimming, rock climbing, parks and indoor playgrounds, walks in local community, sensory play, etc.

Why Choose Us As Your Family's Respite Provider?

- All our staff are fully screened (RCMP & JRC)
- Our Support Workers are supported by agency and liability insured
- Direct billing to FSCD available
- We take care of employee payroll (inc. WSIC, CPP & EI/ELC)
- Staff are required to complete mandatory training (eg. First Aid & NCVI)

For more details or to register: www.autismwmwb.org

INDEPENDENT Living Skills, Ages 16+

- Health and Self Care
- Personal Finance
- Household Management
- Relationships
- Community and Leisure

Our LifeSkills Program is open to any neurodiverse individuals and persons living with disabilities from the ages of 16+ to learn critical life skills and promote independent living.



For more Information
community@autismwmwb.org



Autism and Neurodiversity Awareness Training



This is a 2 hour training session is facilitated by the Autism Society of the RMWB. During this 2 hour session you will learn how to support individuals of all ages living with disabilities throughout their life span. Training is appropriate for caregivers, professionals, family, friends, employers and coworkers, and anyone who supports someone living with a disability, or wants to expand their knowledge of neurodiverse individuals. This training will offer a certification upon completion.

CHAT 'N' CHILL DAY CAMP



August 5, 2025
10:00 - 3:00 pm
Cabin Day/Art Lesson
Lunch Provided
Meet at Cabin

August 6, 2025
10:00am - 3:00pm
River Boating
Lunch Provided
Meet at Cabin

August 7, 2025
10:00 - 4:00 pm
Beach Day at Greigore Lake
Lunch will be provided
Meet at Cabin
HOURS ARE EXTENDED

August 8, 2025
10:00 - 3:00 pm
Aerial Park/Mini Golf at Vista Ridge
Lunch will be provided
Meet at cabin

Register Here



Cost \$45.00/ Day

DOUG BARNES CABIN - 162 TAMARACK WAY
Chat 'N' Chill summer program for ages 16+. Fun activities and lunch provided. 1:1 support is not provided, please reach out if accommodation is needed.
Registration is required per camp day.

For more information please contact
community@autismwmwb.org 587-452-9334

EMPLOYMENT PROGRAM

Are you a neurodiverse individual or a person living with a disability and looking for employment?



ACCEPTING APPLICATIONS
JUNE 25TH, AND 26TH, 2025

REQUIREMENTS:
Neurodiverse individuals and persons living with disabilities from the ages of 16+

APPLY NOW

- ✓ Digital Training
- ✓ One to One Coaching
- ✓ Person-centered Tools
- ✓ Employability Skill Evaluations
- ✓ Develop Goals
- ✓ Build Healthy Working Relationships

Seamless Support Project
Seamless Support
Powered By METICULON.

Contact: Autism Society of the RMWB
Email: community@autismwmwb.org
Phone: 587-452-9334

Funded in part by:
TELUS, RBC, TD, UNITY, AUTISM

Click a date to register for above training:

July 24, 2025
September 25, 2025
October 30, 2025
November 27, 2025

There is still room in our Adult Camps,
click poster to register

Please visit our website www.autismwmwb.org and follow us on social media to stay up to date on everything the Autism Society has to offer!

Upcoming Community Events



Helmet Exchange Event

A sensory friendly helmet event
At the Safe Community Wood Buffalo office
25B - 10019 MacDonald Avenue
Unifor building, around the corner from The Autism Society office



Members of The Autism Society of the RMWB and/or Wood Buffalo You Can Ride 2 who do not have a helmet to exchange will still be fitted for a new helmet.



CHOZEN BREED RC
6th ANNUAL
POKER RUN

kickstands up at 12pm
license and registration required
ALL motorcycles welcome!
ride ending back at the hotel for silent auction, food, bar service
BBQ by Donation

STARTS 1030am at
**BEST WESTERN PLUS
SAWRIDGE SUITES 410
TAIGANOVA CRES**

Don't Miss It!
SAT AUGUST 9TH

\$20 PER HAND registration begins at 1030am

50/50 DRAW

Sponsored by:
Autism Society, Prestige, Frey, Ashley, Lusso, BME

more information, ghost hands, to make a donation please email chozenbreedfm@yahoo.com

INCLUSION Burger DAY

September 25th, 2025

In celebration of Canada's Autism Awareness Month in October, all A&W locations in Fort McMurray will donate \$1 to the Autism Society of the RMWB for every Teen Burger™ sold.

To pre-order OR any inquiries, please call: 780.531.0746

You're invited to join us for a free
COMMUNITY BBQ
Lions Park Cabin, Saturday, September 6th, 2025
@ 3:00pm to 6:00pm

Enjoy beef hot dogs, burgers, chips, and refreshments (gluten-free options are available). Check out our Traveling Sensory Room

Contact us at:
community@autismrmwb.org for any questions

Lions Park, 3 Tolen Dr, Fort McMurray, AB T9H 1G7

Become a Member

Join the growing number of families, professionals and community members that make up the Autism Society of the RMWB.

Together we can raise awareness and bring positive changes in our community!

For \$20 annually you have the opportunity to get involved, stay connected and help guide the strategic direction of the Autism Society of the RMWB 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.

Click link for more information:

<https://autismrmwb.org/become-a-member/>

Fundraising

As a Non profit we rely on fundraising to continue to provide out services, programs and support to our community. We thank you for your continued support.

**Take a look at
this raffle!**

**For more information on
ticket sales, please contact
Robert Todd
780-370-4570**

Thank You

**To our community for
supporting our food drive.
We were very successful in
collecting donations that will
support our programs.**



Charity Raffle

Enter for a chance to win a Macsimizer Tool Cart, provided by FMT Sales Fort McMurray (Model UC4125HM-BL- MSRP \$5700) by purchasing a raffle ticket for just \$20!

The draw will take place on December 6, 2025 or when 100% of tickets are sold, the proceeds will be donated to the Autism Society of the Regional Municipality of Wood Buffalo.

Tool storage solutions by FMT Sales Fort McMurray. Get top tools for your trade from trusted MAC Tools distributor! Call 780-743-4182 today!

 For information on ticket sales, please contact Robert Todd at 780-370-4570

 Fort McMurray Lodge No. 195 of the Freemasons is a local chapter dedicated to community service, personal development, and charitable initiatives in the Wood Buffalo region. The Regional Municipality of Wood Buffalo Autism Society is a non-profit organization that supports individuals and families affected by autism through advocacy, education, and community programs. Together, these two organizations collaborate to make a meaningful impact, promoting inclusion, awareness, and support within the community.

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

ACLC License # 736668



A special thank you to some of our recent funders!

Contribute to our Cause

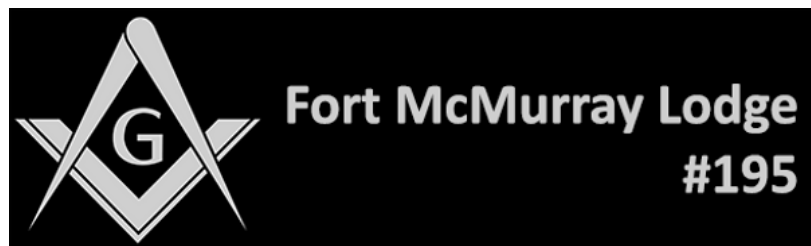
If you are interested in helping support our organization, please consider our volunteer and or sponsorship opportunities.

Thank you to our community for helping save our Social Respite Program, Which we can now officially say will remain open until March 2026. Thank you Syncrude, operated by Suncor, for the special grant helping make this happen, as well as the Fort McMurray Canadian Legion, and our incredible members, families, staff, and volunteers for all their fundraising efforts. Your support has made a lasting impact and ensures continued care for those who need it most.



We thank you for your support!

Masonic Lodge 195 Annual Golf Tournament Sponsorship Opportunity



For volunteer opportunities
please follow the link below:

Autism Society of the RMWB: Fort McMurray
Masonic Lodge 195 Golf Tournament

Make a one time donation or become a monthly donor!

It is largely through the generous support of our donors that we are able to offer and grow our programs and services. By contributing today, you could make special events possible, provide equipment for programs and camp, support the continued growth through our acceptance and education resource, and most of all support individuals in our community have support to inclusive and supported opportunities in our region.



For direct link to donate please click on photo.

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.

Contact us:

Phone: 587-452-9334

Email: community@autismrmwb.org

Website: www.autismrmwb.org

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