

Reimagine Your Potential



WELLNESS SERVICES

MAY 2020

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Surrey Place Wellness Services

Wellness Services are available to clients – past and present – along with families, caregivers, and the broader community to build awareness and enhance knowledge, skills and resiliency. The sessions are time-limited and prepare participants for more intensive programs and services, or for transitioning at the end of their program.

We deliver our Wellness Services in-person or online, one-on-one or in a group. Class formats vary, including training, groups, clinics and drop-ins. We offer a variety of sessions on different topics and are consistently updating our offerings based on feedback from our participants.

Reimagine Your Potential with Surrey Place

Founded in 1962, Surrey Place helps children and adults living with developmental disabilities, autism spectrum disorder and visual impairments reach their full potential. Our comprehensive programs and services range from assessment and diagnosis to family counselling, one-on-one treatment, group support, wellness, and mental health services serving communities across Toronto and Northern Ontario. A broad network of clinicians and professionals deliver our services



Our Locations

We are dedicated to bringing customized and effective services to children with autism. We have locations across the city of Toronto with state-of-the-art facilities to create effective, all-encompassing programs.

S SOUTH

2 Surrey Place,
Toronto, ON M5S 2C2

N NORTH

2 Champagne Dr, Unit E6
North York, ON M3J 2C5

E EAST

10 Milner Business Ct., Suite 102
Scarborough, ON M1B 3C6

W WEST

2150 Islington Avenue, Suite 102
Toronto, ON M9P 3V4





Physical & Mental Health

Designed to support the physical and mental well-being of individuals including medical needs, sensory impairments and chronic conditions.



LIVE STREAM - TRAINING

Introduction to Fetal Alcohol Spectrum Disorder

May 5, Tuesday 1:00pm - 3:00pm

This workshop provides participants with an introduction to Fetal Alcohol Spectrum Disorder, and how FASD impacts functioning and learning. We will help to identify the strengths and needs in children and youth with FASD, introduce supportive strategies, and facilitate resource-sharing.



Suited for anyone interested in learning more about Fetal Alcohol Spectrum Disorder.

Delivered online using Microsoft Teams. Link will be sent following registration.

TO REGISTER

<http://ow.ly/ipKJ50zr8P3>



Psychological & Emotional Support

Strategies to develop effective communication, social skills, coping with stress, and tools to support emotional growth and healthy relationships.



LIVE STREAM - TRAINING

Talking to Your Child About COVID-19

 May 4, Monday  10:00-10:45am

TO REGISTER

<http://ow.ly/VVWh50zr8Ab>

 May 6, Wednesday  4:00-4:45am

TO REGISTER

<http://ow.ly/3XaJ50zr9eA>

This interactive webinar is designed to support caregivers in using the '[Talking to Your Child About COVID-19](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/D9q050zr7xB>



Participants will receive a link to join the webinar, by email, the day before the event.



LIVE STREAM - TRAINING

Supporting an Anxious Child

 May 4, Monday  4:00-4:45pm

TO REGISTER

<http://ow.ly/KqD450zr8IH>

 May 8, Friday  10-10:45am

TO REGISTER

<http://ow.ly/xUVI50zr9gj>

This interactive webinar is designed to support caregivers in using the '[Supporting an Anxious Child](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/VLDU50zr7sn>



Participants will receive a link to join the webinar, by email, the day before the event.



LIVE STREAM - TRAINING

Reading and Writing FUNdamentals

May 12, Wednesday 9:45am - 12:00pm

Learn the FUNdamentals of reading and writing development. Through hands-on demonstration participants will be introduced to strategies to support pre-literacy/early literacy skills, hand skills and early printing skills at home.

Suited for anyone interested in learning about how to develop reading and writing skills for clients with emerging literacy.

Delivered online via Microsoft Teams. Link will be sent following registration.

TO REGISTER

<http://ow.ly/sKUH50zrfX9>



Social and Behavioural Support

Support for daily activities, life transitions, and challenging behaviours to increase independence and community involvement.



Promoting Play Skills

May 6, Wednesday 10-10:45am

TO REGISTER

<http://ow.ly/xflG50zr8Y6>

May 8, Friday 4-4:45pm

TO REGISTER

<http://ow.ly/mRzR50zr9hA>

This interactive webinar is designed to support caregivers in using the '[Promoting Play Skills](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/KIsL50zr7df>



Participants will receive a link to join the webinar, by email, the day before the event.

Using Social Stories to Support Changes in Routine

 May 11, Monday  10:00-10:45am

TO REGISTER

<http://ow.ly/iaWP50zr9if>

 May 13, Wednesday  4:00-4:45pm

TO REGISTER


<http://ow.ly/M7eR50zr9Ya>

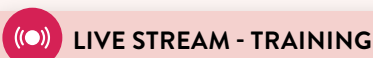
This interactive webinar is designed to support caregivers in using the '[Using Social Stories to Support Changes in Routine](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/ILih50zr8bY>

 *Participants will receive a link to join the webinar, by email, the day before the event.*



LIVE STREAM - TRAINING

Encouraging Healthy Sleep

📅 May 11, Monday ⌚ 4:00-4:45pm

TO REGISTER<http://ow.ly/6sKN50zr9jn>

📅 May 15, Friday ⌚ 10:00-10:45am

TO REGISTER<http://ow.ly/1Pq050zr9Zu>

This interactive webinar is designed to support caregivers in using the '[Encouraging Healthy Sleep](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET<http://ow.ly/UJxc50zr6Fe>

Participants will receive a link to join the webinar, by email, the day before the event.



LIVE STREAM - TRAINING

Getting Started with Toilet Training

 May 13, Wednesday  4:00-4:45pm

TO REGISTER<http://ow.ly/QSxL50zra1z>

 May 15, Friday  10:00-10:45am


TO REGISTER<http://ow.ly/QSxL50zra1z>

This interactive webinar is designed to support caregivers in using the '[Getting Started with Toilet Training](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET<http://ow.ly/iAV050zr6Pd>


Participants will receive a link to join the webinar, by email, the day before the event.

 LIVE STREAM - TRAINING


Augmentative Communication and Writing Aids (ACWA)

 May 19, Tuesday  9:45am - 12:00pm

The Augmentative Communication and Writing Aids (ACWA) program is hosting a workshop for caregivers who are supporting a person who uses augmentative & alternative communication (AAC). This workshop will provide an introduction to using AAC and teach you strategies to build communication skills. Participants will receive a take home package with resources and materials and can sign up for a follow-up consult to be held 2-4 weeks after the workshop.

 **WHO SHOULD ATTEND:** Parents or caregivers of people who use Augmentative or Alternative Communication (AAC). AAC systems can be no/low-tech (e.g. communication books, PECS, Go-Talk) or high-tech (e.g. tablets)


Delivered over the phone or online via Microsoft Teams. Link will be sent following registration.

TO REGISTER<http://ow.ly/TcRK50zra7C> LIVE STREAM - TRAINING

Augmentative Communication and Writing Aids (ACWA)

 May 20, Wednesday  10:00am - 5:00pm

This is a follow-up session for children who require further tools and strategies to support their face-to-face and written communication.

 Suited for families developing strategies for augmentative communication

Delivered over the phone or online via Microsoft Teams. Link will be sent following registration.

TO REGISTER<http://ow.ly/jwdt50zrbAt>



Navigating Social Media

📅 May 19, Tuesday ⌚ 10:00-10:45am

TO REGISTER

<http://ow.ly/PHO550zra8u>

📅 May 20, Wednesday ⌚ 4:00-4:45pm

TO REGISTER

<http://ow.ly/TjPJ50zrbGJ>

This interactive webinar is designed to support caregivers in using the 'Navigating Social Media' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/OnQi50zr7RR>



Participants will receive a link to join the webinar, by email, the day before the event.

Teaching Executive Functioning Skills for Task Completion

 May 19, Tuesday  4:00-4:45pm

TO REGISTER

<http://ow.ly/wqfI50zra9O>

 May 22, Friday  10:00-10:45am

TO REGISTER


<http://ow.ly/8dnO50zrbIH>

This interactive webinar is designed to support caregivers in using the '[Teaching Executive Functioning Skills for Task Completion](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/ks4u50zr896>

 *Participants will receive a link to join the webinar, by email, the day before the event.*

Creating Natural Learning Opportunities at Home

📅 May 20, Monday ⌚ 10:00-10:45am

TO REGISTER

<http://ow.ly/myQn50zrbCq>

📅 May 22, Friday ⌚ 4:00-4:45pm

TO REGISTER

<http://ow.ly/Oyo750zrbLN>

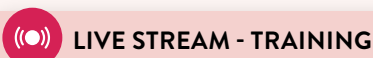
This interactive webinar is designed to support caregivers in using the '[Creating Natural Learning Opportunities at Home](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/NxHC50zr6cB>

i Participants will receive a link to join the webinar, by email, the day before the event.



LIVE STREAM - TRAINING

Encouraging Healthy Eating Habits

 May 25, Monday  4:00-4:45pm

TO REGISTER<http://ow.ly/m1C950zrbNR>

 May 29, Friday  10:00-10:45am

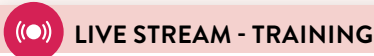
TO REGISTER<http://ow.ly/Wp9a50zrbQH>

This interactive webinar is designed to support caregivers in using the '[Encouraging Healthy Eating Habits](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET<http://ow.ly/XGcJ50zr6BM>

Participants will receive a link to join the webinar, by email, the day before the event.



Using a Visual Schedule to Support Routines

📅 May 25, Monday ⌚ 10:00-10:45am

TO REGISTER

<http://ow.ly/cMhh50zrbN0>

📅 May 27, Wednesday ⌚ 4:00-4:45pm

TO REGISTER


<http://ow.ly/hlfy50zrbQl>

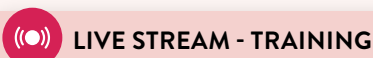
This interactive webinar is designed to support caregivers in using the '[Using a Visual Schedule to Support Routines](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/ugqz50zr88d>

 Participants will receive a link to join the webinar, by email, the day before the event.



LIVE STREAM - TRAINING

Helping Your Child Transition Between Activities

📅 May 27, Wednesday ⌚ 10:00-10:45am

TO REGISTER

<http://ow.ly/RrnD50zrbOW>

📅 May 29, Friday ⌚ 4:00-4:45pm

TO REGISTER

<http://ow.ly/cbTJ50zrbRr>

This interactive webinar is designed to support caregivers in using the '[Helping Your Child Transition Between Activities](#)' tip sheet.

Led by a Family Support Coach, caregivers can expect a review of the information included in the tip sheet, expanded details on the concepts and strategies, relevant examples on the topic, and a discussion on what has worked well for families along with any challenges they've been having in the area.

TIP SHEET

<http://ow.ly/E6Rv50zr7O2>



Participants will receive a link to join the webinar, by email, the day before the event.