



Autism Spectrum Disorder Program Newsletter

We walk alongside families impacted by autism, offering compassionate, individualized care, inclusive community connections, and creative, supportive programming.

Core Services

- **Early Diagnosis & Intervention:** We offer early autism screening and assessments to support timely, effective interventions.
- **Individualized Therapy:** Personalized plans based on each child's unique needs.
- **Funding Support:** Help with navigating applications, education, and funding use.
- **Family Support:** Access to workshops, counselling, community events, and online resources.
- **Ongoing Support:** Services continue until your child turns 19, even if we haven't heard from you in a while.



Community Programming

We're expanding to offer more diverse opportunities for children, youth, and families through community programs. Check our newsletter for details!

Team Support

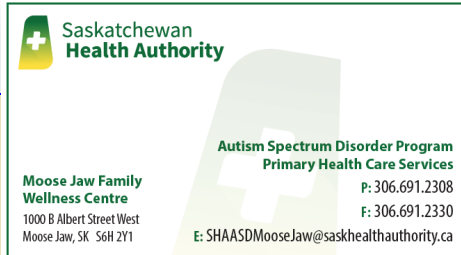
- **Autism Consultant:** Coordinates ASD services, provides screening, and supports individualized programming in homes, schools, and community.
- **Social Worker:** Supports mental, emotional, and social well-being, and connects families with resources and funding.
- **Occupational Therapist (OT):** Accessed via team referral, focusing on motor skills, self-care, sensory needs, and adaptive tools.
- **OT/PT Assistant:** Supports OT programming and therapy.

Accessing Services

You can reach out anytime for help—whether you're facing challenges or simply need guidance. Our team will connect you to services as needed.

Community Connections

We work with schools, Inclusion Moose Jaw, and the Early Years Family Resource Centre to offer inclusive events and social opportunities.



Program Essentials

Building Your Child's Autism Intervention Plan

All the information you need to know to support your child with diagnosis, funding and intervention.

Registry of Autism Service Providers

Have coverage for testing and want to speed up the process? Have IF funding for support services? Here is a list of providers from Psychology, Social Workers, Speech and OT!

Many Faces of Autism Autism Certification Centre

On our waitlist or current list? This is essential for programming. This introduces characteristics and five simple strategies to give you a head start! Complete and share with us your certificate. Complete at home or join us for group viewing and discussion!

Saskatchewan Autism Navigation

Provincial information on IF funding, Symptoms, Diagnosis, Treatment, and Resources.



CHECK OUT OUR
VERY OWN
AUTISM
LIBRARY



As the school year winds down and summer approaches, many families look forward to a break in routine. However, for autistic children and youth, the transition from structured school days to the open-ended nature of summer can bring anxiety, confusion, and emotional dysregulation.

Why the Transition Can Be Challenging

Autistic individuals often thrive with **predictability and routine**. The end of the school year can feel like a loss of structure, social connections, and a clear sense of purpose. Common challenges may include:

- Increased anxiety due to the lack of a daily schedule
- Disruption in support services (e.g., school-based therapies or aides)
- Fewer opportunities for peer interaction
- Sensory challenges with outdoor activities, summer camps, or travel

Strategies to Help with the Summer Shift

Here are a few supportive strategies that can help smooth the transition into summer:

1. Create a Summer Visual Schedule

Establish a new daily rhythm, even if it's more flexible than the school routine. Use visuals like pictures or icons to map out each day. Include:

- Morning and bedtime routines
- Meal times
- Chores or responsibilities
- Playtime, outdoor time, and downtime
- Appointments or special events

2. Prepare for Changes in Advance

Use social stories or countdown calendars to explain the end of the school year and what to expect in summer. Include visits to new locations ahead of time if you're planning to attend camps, appointments, or family trips.

3. Maintain Key Elements of Routine

Try to keep consistent sleep schedules, mealtimes, and quiet times. Stability in a few areas can help ease the changes elsewhere.

4. Offer Choices and Control

Provide some autonomy where possible, like letting your child choose between two activities or snacks. This can reduce power struggles and build confidence.

5. Plan for Social Time

Explore inclusive community programs or smaller gatherings with familiar peers. Even one scheduled playdate or community event per week can help maintain social skills.

6. Incorporate Interests

Build routines around special interests. If your child loves animals, consider trips to the zoo or library books about wildlife. If they enjoy building, explore outdoor LEGO challenges or STEM kits.

Resources for Families

Here are some helpful tools and supports for navigating the summer:

- **Autism Speaks Summer Tool Kit** <https://www.autismspeaks.org/tool-kit/summer-tool-kit> A guide full of planning tips, sample schedules, and travel preparation resources.
- **The Autism Community in Action (TACA)** <https://tacanow.org> Offers webinars and regional support for parents during summer transitions.
- **Do2Learn Visual Schedules** <https://do2learn.com> Printable visuals for routines, tasks, and communication.
- **Autism Little Learners – Free Social Stories & Printables** <https://www.autismlittlelearners.com> Great for early learners and those who benefit from social narratives.
- **Sensory-Friendly Events Calendar (Local Libraries & Community Centers)** Check local listings for quieter times at pools, libraries, and museums.

Remember: It's OK to Take it Slow


Every child's needs are different. Some families benefit from highly structured summer programs, while others thrive with more open-ended, calm days. The most important thing is to **tune into your child's needs**, build in moments of connection, and be flexible.

If you need support transitioning into summer please reach out—we're here to help.



June 2025

Mon	Tue	Wed	Thu
2 Drop in: 1:00-4:00 Chill and Connect @ Home-base 1:30—4:00 Topic: Just Breathe , Focus and Calm Yourself	3 Family Resource Centre AEPS - Math 9:00 am—4:00pm	4 Family Wellness Centre Individualized Funding Support—Drop In 1:00 - 4:00	5
9 Drop in: 1:00-4:00 Chill and Connect @ Home-base 1:30—4:00 Topic: Soar with Your Butterflies: Calm your Anxiety	10 Family Resource Centre AEPS - Literacy 9:00 am—4:00pm	11 FRC—Parent Connection: 2:00 - 4:00	12
16 Drop in : 1:00-4:00 Chill and Connect @ Homebase 1:30—4:00 Topic: Create a Pause Button: Get Comfortable	17 Family Resource Centre AEPS - Fine Motor 9:00 am—4:00pm	18 Family Wellness Centre Individualized Funding Support—Drop In 1:00 - 4:00	19
23 Drop in: 1:00-4:00 Chill and Connect @ Homebase 1:30—4:00 Topic: Light the Stage: Choose the Best	24 Family Resource Centre AEPS - Gross Motor 9:00 am—4:00pm	25 FRC—Parent Connection: 2:00 - 4:00	26
30 No Homebase Assiniboia with Mobile Early Learning	<div> <p>June 14 - Mortlach Saskatoon Berry Festival</p> <p>June 30 - Assiniboia</p> <p>Come Check Out Our Booth!</p> <p>Join us with Mobile Early Learning for a day of fun and learning!</p> <ul style="list-style-type: none"> ★ Information ★ Fun Activities ★ Prizes <p>Don't miss out — we can't wait to see you there!</p> </div>		



Saskatchewan Health Authority

Autism Spectrum Disorder Program
Primary Health Care Services

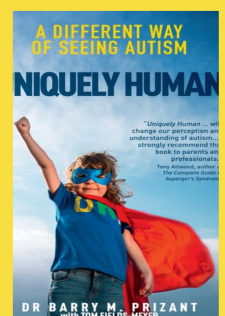
Moose Jaw Family Wellness Centre
1000 B Albert Street West
Moose Jaw, SK S6H 2Y1

P: 306.691.2308
F: 306.691.2330
E: SHAASDMooseJaw@saskhealthauthority.ca

Book of The Month

“Uniquely Human: A Different Way of Seeing Autism” by Dr. Barry Prizant This is a compassionate, hopeful perspective on autism, focusing on understanding behavior through the lens of communication. It includes helpful anecdotes and advice for responding to change, anxiety, and daily transitions—especially relevant during summer shifts. You can [access the book here](#) or by clicking the title or cover image.

It's available anytime through our **Online ASD Library**—a growing collection of helpful, family-focused resources at your fingertips.



Weekly ASD Programs & Drop-In Programs

Monday

1:00 PM – 4:30 PM | Homebase Drop-In

Looking for support or resources on Autism? Drop by Homebase for a relaxed, welcoming space for parents, youth, and young adults.

1:30pm—4:00 pm | Check out our **Chill and Connect** where you can play games, ask questions, make friends and connect with others in a supportive environment. Topic for the day is provided. Can drop in anytime. Check the calendar for days and topics

Tuesday

9:00 AM – 4:00 PM | AEPS-3 at the FRC

Join us for a hands-on, play-based drop-in program designed for children aged 0–5 and their parents or caregivers!

Each week features fun, interactive activities focused on developing different skills through play.

You'll also have the opportunity to connect with our team—including a Social Worker, Consultant, Occupational Therapist (OT), Occupational Therapy Assistant (OTA), and Nurse—to ask questions and get support.



PROGRAMMING

Looking for a fun, engaging, and supportive space for individuals with Autism Spectrum Disorder (ASD) and their families? Our **Monthly ASD Programming** is designed to bring the community together through exciting activities, social connections, and valuable learning opportunities!

Wednesday

1:00 PM – 4:00 PM (Bi-Weekly) | Drop-In Individualized Funding (IF) Support

Need help with IF applications or paperwork? Visit the Moose Jaw Family Wellness Centre (1000 A Albert St) for guidance and support.

2:00 PM – 4:00 PM (Bi-Weekly) | Parent Connection

A welcoming space for all parents to enjoy coffee, build connections, and create a supportive community. Each session features guest presentations from ASD experts or other community organizations, providing valuable insights and resources. No diagnosis is required to attend. All parents are welcome.

Keep your eyes out for our upcoming spring and summer programming—lots of exciting things are on the way!

June 14 - Mortlach Saskatoon Berry Festival

June 30 - Assiniboia

Come Check Out Our Booth!
Join us with **Mobile Early Learning** for a day of fun and learning!



Mondays 1:30 pm –4:00 pm

Location: Homebase
52 High Street W

June 2, 9, 16, 23,

July 7, 13, 21, 28

August 4, 11, 18, 25

Chill and Connect

Looking for a fun and relaxed space to hang out, meet new friends, and learn something valuable?

Chill & Connect is the perfect drop-in program for teens who want to socialize, play games, and explore important life topics—all in a casual, welcoming environment.

- ★ **Play & Socialize:** Whether you're into board games, cards, foosball, or basketball, there's always something fun to do!
- ★ **Engage & Learn:** Each week, we dive into meaningful discussions on topics like navigating emotions, mental well-being, building strong relationships, self-reflection, and taking charge of your health and safety.

★ **Drop-in Anytime:** No registration is needed—just show up, relax, and connect! Check out the calendar for the weekly topic.

Come chill, connect, and be part of a supportive community designed just for teens!



**Saskatchewan
Health Authority**

**Moose Jaw Family
Wellness Centre**

1000 B Albert Street West
Moose Jaw, SK S6H 2Y1

**Autism Spectrum Disorder Program
Primary Health Care Services**

P: 306.691.2308

F: 306.691.2330

E: SHAASDMooseJaw@saskhealthauthority.ca



AEPS –3 Drop & Play Sessions

The **Assessment, Evaluation, and Programming System for Infants and Children (AEPS-3)** is an assessment that we have used to create a hands on program supporting children's development from birth to six years. It evaluates six developmental domains: **fine motor, gross motor, adaptive, cognitive, social-communication, and social-emotional** skills.

Parents have the opportunity to connect with other parents, engage in skill development in a play based setting and take home resources.

We are available to support the self assessment of the domains, and support any questions you may have about Autism or development.

Come have a cup of coffee, and connect with other parents!

Tuesday's 9:00am -12:00pm
Location: Moose Jaw Early Years
Family Resource Centre
(1250 11th Ave. NW)

June 3, 10, 17, 24

July 8, 15, 22, 29

August 5, 12, 19, 26



**Saskatchewan
Health Authority**

**Moose Jaw Family
Wellness Centre**
1000 B Albert Street West
Moose Jaw, SK S6H 2Y1

**Autism Spectrum Disorder Program
Primary Health Care Services**

P: 306.691.2308

F: 306.691.2330

E: SHAASDMooseJaw@saskhealthauthority.ca



ASD Parent Connection: A Welcoming Space for All Parents

Join us for Parent Connection, a bi-weekly come and go gathering for parents of children age 0-5 designed to foster meaningful connections among parents in our community. This relaxed and welcoming session invites parents to come together, enjoy a cup of coffee, and engage with others who share similar experiences.

Everyone is welcome—no specific diagnosis or prerequisites are required to participate. Parent Connection is open to all parents who are looking to build friendships, share insights, or simply enjoy a supportive environment.

Each session features a focused discussion or presentation led by the Autism Spectrum Disorder (ASD) Program or other local community groups. These provide valuable information, resources, and tools that can benefit parents in various aspects of life.

Whether you're seeking advice, offering support, or just looking for a space to connect, Parent Connection is the perfect opportunity to come together as a community. We look forward to seeing you there!

Wednesday (Bi weekly)

2:00pm—4:00pm

**Location: Moose Jaw Early Years
Family Resource Centre
(1250 11th Ave. NW)**

June 11, 25 2025

July 9, 23 2025

August 6, 20 2025

For all parents

*Parent of children age 0-5 can bring their
children*



**Saskatchewan
Health Authority**

**Moose Jaw Family
Wellness Centre**

1000 B Albert Street West
Moose Jaw, SK S6H 2Y1

**Autism Spectrum Disorder Program
Primary Health Care Services**

P: 306.691.2308

F: 306.691.2330

E: SHAASDMooseJaw@saskhealthauthority.ca

Individualized Funding Sessions

On the waitlist for diagnosis? Wondering about Individualized funding and what you need? Have a current diagnosis? Need help with the renewal? Bring in your documentation and we can help you with the paperwork! Come and check out our Individual Funding Sessions. These sessions are drop in, no appointment necessary.

- **Eligibility Criteria:** Who can apply for funding and what requirements must be met.
- **Types of Funding:** Different programs available
- **Application Process:** Step-by-step guidance on how to apply, including necessary documentation.

If applying for Individual Funding you will need to bring:

- Proof of Diagnosis
- Child's Birth Certificate
- Parent's Social Insurance Number (SIN)
- Proof of Residency (*SGI photo identification, SaskPower, SaskEnergy or a municipal water/utility bill from within the last three months*)
- Child's Health Care Card

- Void Check or Banking



Moose Jaw Family Wellness Centre
(1000 A Albert St W)

June 4, 18 2025

July 2, 16, 30 2025

August 13, 27 2025

Drop In Welcome! Wednesday's 1:00pm – 4:00pm

What is Individualized Funding?

Individualized funding is a flexible financial support system that gives individuals, particularly those with disabilities, the freedom to choose and manage services and supports tailored to their unique needs and goals.

Unlike traditional service models, this approach allows for more control, empowering individuals to direct the funding toward specific resources, therapies, equipment, or community activities. Commonly used in disability services, individualized funding enables the person or their caregivers to create personalized care plans and allocate funds for personal care, specialized equipment, therapy, and more.

Oversight may be required to ensure the funds are used appropriately, but the focus is on offering greater autonomy and choice for the individual.

Check out these great resources:

[IF Information Presentation](#)

[IF Forms](#)

Website:

www.saskatchewan.ca/autism#individualized-funding

HOMEBASE

For Youth  By Youth

Location: 52 High Street W
Hours: Monday, Wednesday, Friday
11 AM - 5:30 PM
Tuesday & Thursday
10 AM - 7 PM

Drop-In ASD Support at HOMEBASE (Ages 12–19)
Supporting Youth with Autism & Their Families
—No Appointment Needed

Mondays 1:00– 4:30

Our ASD Program at **HOMEBASE** offers drop-in support for autistic youth aged 12 to 19 in a welcoming, non-judgmental environment. Whether you're a young person looking to build skills and confidence, or a parent seeking support and connection, ASD Program is here for you.

Parents are always welcome, and the space is open to other professionals, school staff, and community partners. We believe in flexible, collaborative support—no referrals, no red tape, just people helping people.

What We Offer:

1. Social Skills Development

- **Group Activities:** Practice communication, teamwork, and problem-solving with peers.

Role-Playing Scenarios: Build confidence with guided, real-life social practice.

2. Emotional & Behavioral Support

- **One-on-One Support:** Talk privately with trained staff about stress, emotions, and coping.
- **Behavior Strategies:** Learn tools to manage challenges at school, home, or in public.

Crisis Support: Calm, skilled help during difficult moments—no judgment.

3. Life Skills Coaching

Learn everyday skills for greater independence—like hygiene, organization, and routines.

4. Family Support & Guidance

- **Parental Drop-Ins:** Chat with staff or connect with other parents for support and guidance.
- **Planning for the Future:** Get help navigating school life, transitions, and next steps.

5. Sensory-Friendly Activities

Quiet zones, sensory tools, and calming activities available anytime.

6. Mental Health & Counseling

Access to counselors who understand autism and adolescent challenges.

Why Drop-In?

Drop-in services mean **you come when you need to**—no long-term commitment required. It's a safe, low-pressure way to build relationships, learn, and get help on your terms.

We also welcome:

- **School staff or service providers** looking to connect in a non-clinical setting
- **Collaborative meetings** with parents and professionals
- **Families exploring services** and looking for guidance
- **Opportunities to socialize** and build friendships in a relaxed space

Bonus: We're connected with a variety of community programs, helping families tap into additional supports and resources beyond HOMEBASE.



Saskatchewan
Health Authority

Moose Jaw Family
Wellness Centre
1000 B Albert Street West
Moose Jaw, SK S6H 2Y1

Autism Spectrum Disorder Program
Primary Health Care Services

P: 306.691.2308
F: 306.691.2330

E: SHAASDMooseJaw@saskhealthauthority.ca

1:30PM – 4:00 PM | Chill and Connect

Play games, ask questions, make friends and connect with others in a supportive environment.

Check the calendar for dates and topic!

HOMEBASE

For Youth



By Youth

Low barrier access to core services and supports that meet the needs of youth **ages 12-25**.

Peer Support

Mental Health and Addictions

Education and Employment

Cultural and Traditional Support

Primary Health Clinic

& MORE

HOMEBASE is a safe space for all youth, where they are supported and encouraged to come exactly as they are.



52 High Street West
306-694-5554

homebasesask.ca/hubs/moose-jaw/



HOMEBASE PRIMARY CARE SERVICES

The Nest Health Center

General Practitioner care for youth ages 12-25 in need of medical services.

Thursdays 10 am-2 pm

306-694-5554

52 High St W

By appointment only

for clients of HOMEBASE



the nest
health centre





Welcome to our **Free Autism Online Library**—a comprehensive resource hub for parents, caregivers, professionals, and anyone looking to learn more about autism. Explore our collection of **downloadable books, guides, and resources** designed to support individuals across all ages and stages.



What You'll Find:

- ☑ **Children & Teen Workbooks** – Interactive activities and tools to support learning and development.
- ☑ **Parenting & Caregiver Guides** – Strategies for daily life, emotional support, and advocacy.
- ☑ **Professional Resources** – Evidence-based strategies and best practices.
- ☑ **Children's Books (Fiction & Non-Fiction)** – Stories that foster understanding and inclusivity.
- ☑ **Social Stories & Visual Supports** – Practical tools to help with routines, transitions, and communication.

Topics Covered:

- ✓ Social Skills & Emotional Regulation
- ✓ Mental Health & Well-Being
- ✓ Visuals, visual schedules and social stories
- ✓ School Supports & Programming
- ✓ Sleep, Toileting, & Feeding
- ✓ Local Resources & More!

**Saskatchewan
Health Authority**



**Autism Spectrum Disorder Program
Primary Health Care Services**

**Moose Jaw Family
Wellness Centre**
1000 B Albert Street West
Moose Jaw, SK S6H 2Y1

**P: 306.691.2308
F: 306.691.2330
E: SHAASDMooseJaw@saskhealthauthority.ca**

Access anytime, anywhere—for free!

Disclaimer: While we strive to provide reliable and high-quality resources, the materials included in this library have not been independently vetted. Users should exercise their own judgment, and we assume no liability for the accuracy or applicability of the information provided.



Saskatchewan Autism Navigation

Building connections to ease access to
children's autism supports and services

For families:

- Autism general information
- Assessment options in Saskatchewan
- Connect to autism programs closest to home
- Help access available funding
- Provide family-centred goal setting and planning



<https://momsandkidssask.saskhealthauthority.ca/infant-child-health/autism/navigation>



New Diagnosis

Under Age 4



When your child is diagnosed with autism spectrum disorder, your family begins a new journey. When starting a new journey it can be hard to know which direction to go and what steps to take. Learning more about autism and the resources available to you and your child is an important first step. The following resources have been selected as a starting point to learn more about autism spectrum disorder and the resources, therapies, & services to support your child.

New Diagnosis

Over Age 4



When your child is diagnosed with autism spectrum disorder, your family begins a new journey. When starting a new journey it can be hard to know which direction to go and what steps to take. Learning more about autism and the resources available to you and your child is an important first step. The following resources have been selected as a starting point to learn more about autism spectrum disorder and the resources, therapies, & services to support your child.



Scan Me



Guides & Tool Kits

- First Concern to Action Tool Kit
- 100 Day Kit for Newly Diagnosed Families of Young Children
- A Parent's Guide to Autism
- Introduction to ABA
- How to Use Visual Supports to Help Your Child with Autism
- Visual Supports and Autism Spectrum Disorder



Visual Supports

- Visual Flip Schedule
- First-Then Board
- Choice Board



Safety

- Big Red Safety Tool Kit



Education Services

- Call your local elementary school, school district office, or school district special education department to learn more about special services for preschool age children.

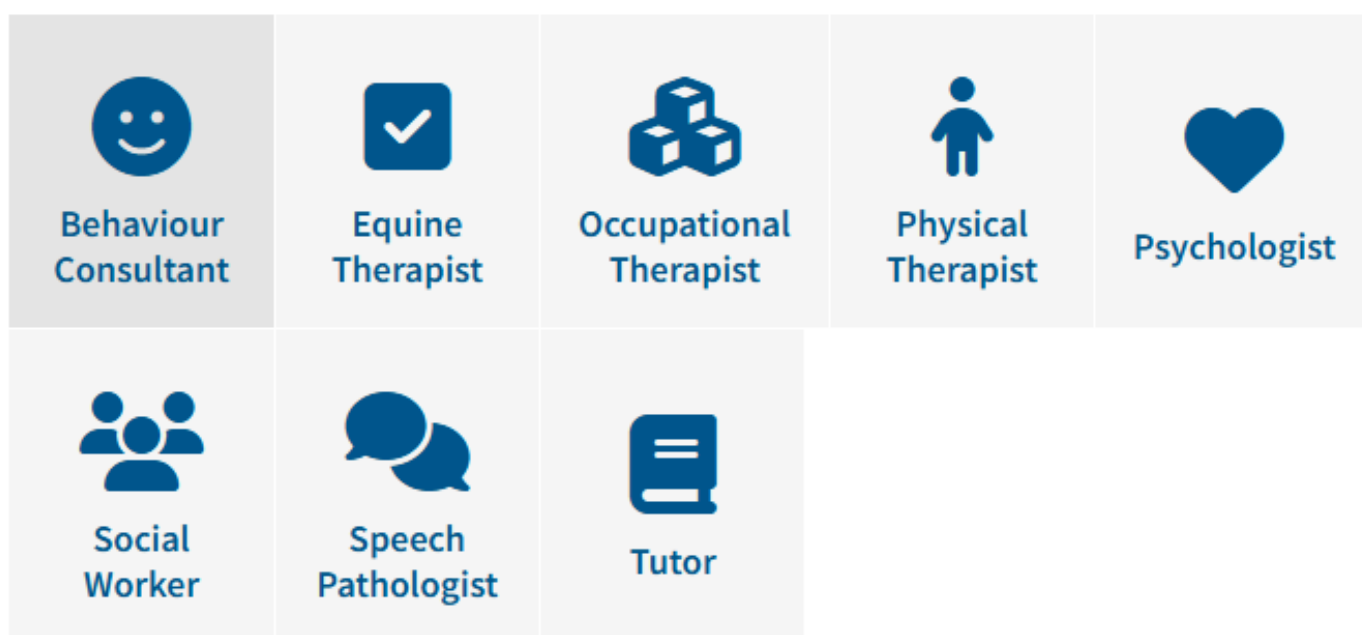
[https://echoautism.org/
resources/](https://echoautism.org/resources/)



Saskatchewan

Registry of Autism Service Providers

This registry is a comprehensive resource for individuals and families seeking autism-related services in Saskatchewan. It includes professionals and organizations offering support in areas such as assessment, therapy, education, and community programs.



Saskatchewan

Registry of Autism Service Providers

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/health-services-for-people-with-disabilities/registry-of-autism-service-providers>