2019

Autism Community Training

Autism Videos & Resources Guide
See inside for over 35 free videos, thousands of resources, and in-depth training for parents & professionals

AUTISM VIDEOS @ ACT
www.actcommunity.ca/videos

AUTISM RESOURCES FOR B.C.
www.actcommunity.ca/bcresources

AUTISM INFORMATION DATABASE
www.actcommunity.ca/aid
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Autism Videos @ ACT
Videos available when you are, where you are — free!

Watch all of our videos at:
www.actcommunity.ca/videos

As Canada’s leading provider of free online, community-level, autism training for parents and professionals, ACT has met the challenge of our diverse community by videoing key presentations. We now have a library of over 35 online videos, by leading practitioners, allowing ACT to serve the autism community no matter where they live.

Autism Videos @ ACT (AVA) provides practical information, allowing you to watch when and where you wish, and to share our free resources, building your capacity to strengthen your community and support individuals with autism across the lifespan. Grounded in research and good practice, ACT’s presentations provide reliable, non-commercial information to help professionals and parents maximize the positive impact of providing fun and functional support for children with ASD. Many videos are relevant to a variety of special needs and to adults with ASD.

Autism Videos @ ACT hosts over 35 online videos:
» Available in streaming video
» Interesting, practical, expert presenters
» Free, with no login required
» Divided into segments to aid navigation
» Professionally filmed and edited with links to resources
» Accessible on smart phones and tablets
» High- and low-definition, to support lower-speed internet

Popular videos include:
» Positive Behavior Support
» Solving Sleep Problems in Children with ASD
» Toilet Training for Everyone
» Ready Set Coach: Supporting Children with ASD in Community Recreation
» The Essentials of Advocacy
» The Online Mental Health and Autism Project

Contact ACT at 604-205-5467, toll-free at 1-866-939-5188 or email info@actcommunity.ca
Online Mental Health & Autism Project
– Professional Development

In collaboration with the University of British Columbia, ACT has been funded by the B.C. Ministry of Children and Family Development to develop online training resources to support mental health professionals, in order to increase access to mental health services for children and youth with ASD. Topics include:

» Diagnosis, care, and treatment of children and youth with ASD and mental health disorders.
» Developing a plan to communicate with interprofessional care providers.
» Environmental changes important in the reduction of precipitating and maintaining factors for mental health disorders.
» The importance of cognitive behavioral approaches to treating anxiety, depression and OCD in ASD, with modifications.
» Identifying and accessing resources, tools and key organizations.

View OMHAP videos and information at www.actcommunity.ca/education/mentalhealth

Recognising Mental Health Disorders
Featuring: Drs. Karen Bopp, Anthony Bailey, Richard Stock, Balbinder Gill, Grace Iarocci
This presentation focuses on heightening awareness of the high prevalence of autism across the lifespan, which can mask mental health concerns that require treatment from mental health professionals.

Treating Anxiety, Depression and OCD in Children and Youth with ASD
Featuring: Drs. Melanie McConnell, David Worling, Anthony Bailey, Georgina Robinson and David Batstone
This presentation focuses on specific mental health conditions that affect children with ASD and their treatment: anxiety, depression and obsessive compulsive disorder. It also includes discussion on screening, assessment and Cognitive Behavior Therapy.

Addressing Mental Health in Autism: Should We Treat the Person with ASD, the Family, or the Community?
Jonathan Weiss, PhD, C. Psych., Chair in ASD Treatment and Care Research, York University
In this fascinating keynote presentation, Dr. Jonathan Weiss, one of Canada’s leading autism researchers, describes the individual and contextual factors that increase the likelihood of mental health problems for individuals with autism.

ESSENCE* – Early Recognition of ASD and Associated Disorders – Can It Lead to Better Outcomes?
Christopher Gillberg, MD, PhD, Professor of Child and Adolescent Psychiatry at the University of Gothenburg, Sweden, Director, Gillberg Neuropsychiatry Centre, University of Gothenburg
In this thought provoking presentation, Dr. Gillberg makes the case that while there are common childhood onset disorders affecting about 10% of the general population, with early recognition, psychoeducation and other targeted interventions, adaptive outcomes in adult life can be improved.

Understanding Mental Health Problems and ASD – Evidence-Based Case Conceptualization to Inform Treatment Planning
Jonathan Weiss, PhD, C. Psych., Chair in ASD Treatment and Care Research, York University
This intensive training, based on a two day workshop, is for mental health clinicians experienced in cognitive behavioural therapy (CBT) with an interest in adaptations relevant to neurodevelopmental disabilities (e.g., autism, ADHD, learning disability). Sessions 1 and 2 provide an excellent overview of CBT conceptualizations that will interest a general audience.

The Relationship Between Anxiety and Social Competence
Grace Iarocci, PhD, RPsych, Professor of Psychology at Simon Fraser University
The relationship between the symptoms of anxiety and depression and social functioning among children, with and without ASD, are poorly understood. Dr. Grace Iarocci presents the results of a study into whether generalized anxiety and depression symptoms in children ages 6-14, with and without autism, were associated with social competence, after accounting for IQ, age, and gender. Dr. Iarocci discusses the importance of concurrently assessing internalizing symptoms and social difficulties in children with ASD and the implications for treatment.
Implementing Modified CBT in a Group Format to Treat Anxiety in Children with ASD: Insights for Parents, Clinicians, and Researchers

Krista Johnston, MA

The Facing Your Fears program is a manualized and evidence-based (Reaven et al., 2011), modified CBT group treatment for children with ASD and anxiety disorders. The presentation includes information to support parents in recognizing anxiety and seeking appropriate services as well as information for professionals interested in learning more about clinical and research efforts related to increasing community accessibility of group treatments targeting mental health concerns.

The Role of Medication in the Management of ASD

Professor Anthony Bailey, Institute of Mental Health Chair, Chair of Child and Adolescent Psychiatry, University of British Columbia

In this succinct and illuminating presentation, Dr. Anthony Bailey discusses the role of psychotropic medications in the treatment of individuals with ASD with a range of mental health diagnoses. Drawing on nearly 30 years of experience, he addresses the cautious use of medications in treating co-morbid conditions.

Girls and Women with Eating Disorders – Why are ASD and ADHD Missed?

Christopher Gillberg, MD, PhD, Professor of Child and Adolescent Psychiatry at the University of Gothenburg, Sweden, Director, Gillberg Neuropsychiatry Centre, University of Gothenburg

Professor Christopher Gillberg discusses the onset of eating disorders, which tend to affect girls and women rather than boys and men. These usually begin in puberty or early adult life; in many cases they have been preceded by early onset neurodevelopmental problems, including ASD and ADHD.

Practical Strategies for Supporting Mental Wellness of Teenage Girls and Women with ASD

Dori Zener, MSW, RSW, is an Individual, Couple and Family Therapist in Toronto

Girls and women with autism are often hard to identify due to their polished rote social skills and internalized ASD characteristics. Dori Zener’s presentation provides insights on how to adapt clinical practice to address the needs of women on the spectrum.

Mental Health in Post-Secondary Education: What is It Like for Students with ASD and What Does the Research Say?

Rashmeen Nirmal, PhD, RPsych

Dr. Rashmeen Nirmal provides key information on the mental health functioning of young autistic adults within the context of post-secondary settings including college and university. She discusses management of common mental health symptoms in students with ASD, in particular, depression and anxiety.

Mental Health Challenges in ASD: Perspectives of Adults with ASD and Professionals Who Work with Adults

This presentation discusses the mental health challenges of ASD faced by presenters Kenneth Binnie & Allixe Galloway, followed by a panel discussion with Dr. David Worling on personal and professional experiences. Moderated by Professor Anthony Bailey

Treating Selective Mutism in Children with ASD

Ainsley Boudreau, PhD, Post-Doctoral Clinical Research Fellow at BC Children’s Hospital

This presentation describes the treatment of selective mutism (SM) in children with ASD, using a case study of a school-aged youth as an illustrative example. An evidence-based behavioural intervention for SM modified for ASD is described. The youth in the case example made gains with respect to number of individuals spoken to, frequency of verbalizations to parents and voice volume.
Not Criminally Responsible: Autism and Forensic Healthcare

Rae Morris, MSW, RCSW, Individual & Family Therapist with the Redpath Centre in Vancouver

Forensic healthcare is a sub-specialty of mental health care that supports individuals who have come into contact with the legal system, typically the criminal justice system. This presentation shares information on research to date, highlights potential practice and research gaps, and shares risk and protective factors and preliminary recommendations for improving forensic service provision for adults with ASD.

Identifying and Treating Co-occurring Mental Health Challenges in Children with ASD

Vikram Dua, MD, FRCP(c), Psychiatrist-in-Chief, Surrey Place Centre; Assistant Professor, University of Toronto

Children with ASD have very high rates of co-occurring mental health challenges, carrying a 75% risk that they will be identified with conditions including ADHD, anxiety disorders and tic disorders prior to reaching adulthood. Frequently it is these conditions and not autism itself that is the most disabling factor in the life of a child with ASD. Dr. Dua, a leading child psychiatrist, introduces his approach, the Autism Comorbidity Algorithm (ACA), which frames and guides clinical, diagnostic assessment and treatment decisions through a developmental lens.

Emergency Services, Hospitalizations and Mental Health Care for Adolescents & Adults

Jonathan Weiss, PhD, C. Psych., Chair in ASD Treatment and Care Research, York University

Accessing appropriate healthcare can be confusing, stressful and challenging for individuals with ASD and their caregivers. Challenges include navigating between sectors (health and social services), transitioning across age groups, and finding specialized expertise. As a result, emergency services can end up being one pathway to mental health care. The current study examines emergency service and psychiatric hospitalization in a large sample of adolescents and adults with ASD in Ontario, as part of an ongoing longitudinal study of health care service use.

Navigating the Teen Years and Beyond

Thriving in Youth with ASD – What Does it Take?

Jonathan Weiss, PhD, CIHR Chair in ASD Treatment and Care Research; Associate Professor, York University

In this video, Dr. Weiss looks at how to promote positive outcomes in youth with ASD, including those with intellectual disability, by focusing on indicators such as happiness, satisfaction and resilience. This presentation has significant implications for educators, families and therapists as they look at the pivotal interventions that will have the biggest impact.

Navigating Puberty, Adolescence and Beyond

Joy Becker, RN, BSN

This video will inspire school teams and parents to “step into puberty” with confidence! It is designed to give parents, caregivers, and professionals a foundation for teaching individuals with ASD, enabling parents and community professionals to present factual information, including the difference between private and public, at various stages of development.

A Review of Emerging Considerations for Vocational Support in ASD

David Nicholas, PhD, University of Calgary

This presentation summarizes the results of a systematic review of the literature on vocational support for adults with ASD. Promising approaches for vocational support are identified, including skills– and strengths–based learning, the use of naturalistic vocational, behavioral, communication, sensory supports and environmental modifications in the workplace.

For more details, visit: www.actcommunity.ca/videos
Autism Information Database (AID)
www.actcommunity.ca/aid

ACT has developed the AID to promote access to quality autism resources in the interests of those with autism and related conditions internationally.

The AID is a free portal linking to over 1300 records created by ACT to promote practical, evidence-informed resources on autism and related disabilities.

Some of the features of the AID include:

» Search by key word or browse by topic.
» Links are provided to full-text guides, articles, videos and websites, sourced internationally.
» Includes resources in over 36 languages.
» Oversight is provided by an international panel of autism specialists and advocates.

Search the AID by keyword, for example:

» Diagnosis
» Positive Behavior Support
» Toilet Training
» Dental Care
» Medications
» Social
» Mental Health
» Employment

Submitting AID resources
Individuals, community organizations, researchers and service providers are welcome to share their resources with AID users around the world by using the AID submission tool:
www.actcommunity.ca/submitir

How Are Potential AID Resources Assessed?
Many factors are considered when assessing an information resource for inclusion in the AID:

» Is it aimed primarily at community-level users - families, self-advocates and community professionals and service providers?
» Is it evidence-informed or, at a minimum, not harmful?
» Is it of practical use to building family awareness, knowledge and skills?
» Is it a positive resource for adults with autism or those who support them?

Members of the AID International Advisory Panel
ACT has enlisted an international panel of autism specialists to provide oversight of resources included in the AID. ACT refers questionable submissions for inclusion to the AID to an appropriate member of the AID International Advisory Panel. Go to the FAQ for the full list of AID International Advisory Panel members.

Read the FAQ
Access our Frequently Asked Questions page at:
www.actcommunity.ca/information/aid-faqs
Autism & Special Needs Resources for British Columbia
www.actcommunity.ca/bcresources

Since 2005, ACT has devoted much of our energy into organizing our online resources to be accessible to B.C.’s large autism community, 24/7, 365 days a year.

While ACT’s expertise is in the area of autism, autism is rarely ‘just autism’, so we have gathered information, relevant across the lifespan, that can be keyword searched, including information on other special needs and in multiple languages.

ACT no longer receives funding from the B.C. government to maintain these information resources. If you find this information useful, please consider donating or sponsoring ACT at www.actcommunity.ca/support-us

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B.C. Community Resources Search
B.C. residents can find local Community Agencies, Recreational Activities, Service Providers, Support Groups, and Educational Training & Employment Opportunities in our database of community resources.

Special Needs Community Events
Calendar of events and workshops in B.C. related to autism and other special needs.

Autism Manual for B.C.
ACT’s Guide for Living & Working with Children and Adults with ASD.

Post-Secondary Programs for Professionals
Autism-related programs offered by post-secondary institutions within B.C.

Opportunities for Individuals with ASD – Post-Secondary
Programs and resources available to B.C. post-secondary students with ASD and related disabilities.

New Diagnosis Hub
Developed to help parents put an intervention program in place for their child who has been newly diagnosed with ASD in B.C.

Transition to Adulthood for Individuals with Autism
Resources to help young people with autism prepare for employment or higher education.

More B.C. Resources
School-age Children with Autism

To explore ACT’s online resources available in British Columbia, visit:
www.actcommunity.ca/bcresources
Focus on Supporting Diverse Families

ACT’s 2016 Focus on Research Conference generated a number of excellent presentations on the topic of Autism & Family Quality of Life – Developing Culturally Responsive Research and Intervention Programming. Our thanks to the presenters and panelists for allowing us to share their insights with a wider audience.

The Invention and Reinvention of Autism: Researching ASD Across Cultures
Roy Richard Grinker, PhD, Professor of Anthropology, International Affairs, George Washington University
Author of Unstrange Minds – Remapping the World of Autism, Dr. Grinker has researched autism in South Korea, India, South Africa, and among Korean-American and African-American communities. In this fascinating lecture, he talks about the cross-cultural commonalities and differences in how autism is defined and treated and the social movement to rethink autism as “ability” instead of “disability.”

Parent Support for Linguistically and Culturally Diverse Communities – a Global Perspective
Mayada Elsabbagh, PhD, McGill University
The empowerment of caregivers is increasingly recognized as a critical component of intervention for children with autism. The World Health Organization recommends parent skills training (PST) for management of developmental disorders. However, to date, no such programs have been widely available, especially for use in low-resource communities. McGill University is undertaking a local adaptation and evaluation of this new evidence-based, affordable, PST program in support of global research in intervention design and delivery.

Bilingualism and Language Development in Children with Autism
Pat Mirenda, PhD, BCBA-D, University of British Columbia
Many bilingual families are told by professionals to speak only one language to their child with autism. This important presentation summarizes the research in this area, much of which was conducted in Canada, with recommendations for bilingual parents and for professionals who support them that calls into question the one-language recommendation.

Helping Families Thrive with Positive Behavior Support

Many families have found Positive Behavior Support (PBS) strategies very helpful if their child starts to develop the kind of challenging behaviors that make it difficult for them to engage in community activities or participate fully at school. Often families are exhausted because they can’t get their child into a sleep routine or toilet training is prolonged. These behaviors are not symptoms of autism that must be endured, but if they are ignored, they will get in the way of a child learning. ACT has a range of videos that use a PBS approach to help families and community professionals develop an understanding of key strategies.

Positive Behavior Support: What Parents Need to Know!
Brenda Fossett, PhD, BCBA-D, Capilano University
This video provides parents with an overview of Positive Behavior Support (PBS). Many families find PBS useful in learning how to support their children with special needs develop functional behaviors that can make a huge difference in the quality of family life, and the child’s ability to be included in school and community activities.
Helping Families Thrive with Positive Behavior Support

Ready, Set, Coach: Supporting Children with ASD in Community Recreation
*Stephanie Jull, PhD, BCBA-D, Canucks Autism Network*
What families, school teams, and recreational professionals have been waiting for — an effective approach to including children with autism in community recreation opportunities!

Toilet Training for Everyone: It’s Never Too Late– Revisited!
*Pat Mirenda, PhD, BCBA, Professor, University of British Columbia & Katie Rinald, M.A., BCBA*
Delayed toilet training is a severe barrier to successful inclusion in school and community settings. Many families have found Dr. Mirenda’s approach (honored by decades of practical experience in helping families succeed after years of failure) a huge boost to improving their quality of life.

Building a System of Culturally Sensitive Family-Centred Positive Behavior Support
*Parbs Bains, MEd, BCBA & Noreen Dunn, MEd, BCBA*
As professionals working in culturally diverse communities in Metro Vancouver, how can we best deliver culturally-sensitive services to the many families for whom English is not their first language? A local group is developing a series of parent training workshops to improve the quality of life for families and their children by empowering families to use PBS strategies in ways that are effective, meaningful, and acceptable culturally.

Culturally Responsive PBS with Families of Diverse Cultural and Linguistic Backgrounds
*Joseph Lucyshyn, PhD, BCBA-D, UBC & Christy Cheremshynski, MA, BCBA, RCC*
Positive Behavior Support (PBS) has become a foundational approach to addressing the problem behaviors that children with autism may develop when their families have not been given the tools they need. Dr. Joe Lucyshyn is internationally recognized for his inspired work with families who have children with a variety of severe behavior challenges, giving them the tools they need to change the dynamics in their homes. This presentation demonstrates that PBS programs can have a significant impact on families from diverse cultural and linguistic backgrounds, regardless of traditional approaches to child-rearing.

Solving Sleep Problems in Children with ASD
*Beth Ann Malow, Professor of Neurology, Vanderbilt University*
Many parents assume that nothing can be done about their nightly struggle to help their child with ASD go to sleep and stay asleep. This video is relevant to both professionals and parents looking for practical steps to improve family health and quality of life. Dr. Malow is internationally recognized as a sleep researcher specializing in autism and is the co-author of *Solving Sleep Problems for Kids with ASD – A Guide for Frazzled Families*. She is the parent of two children with ASD.

Building Capacity: Teaching a Community Service Provider to Implement PBS in a Family Setting
*Brenda Fossett, PhD, BCBA-D, Capilano University*
This presentation, illustrated with video, demonstrates using Positive Behavior Support (PBS) with a deaf child, also diagnosed with autism and cerebral palsy. The focus of this presentation is on the basic elements of PBS, the generalization of assessment and intervention skills from training to an intervention setting, and the profound impact of PBS on improving the quality of life of the child and his family. Those who work with children on the autism spectrum who have problem behavior will find this video relevant, regardless of the child’s hearing status.

Watch these presentations at [www.actcommunity.ca/videos](http://www.actcommunity.ca/videos)
One Parent’s Journey in Autism

Sunita Braich, MEd in Special Education

As a parent of a child who was diagnosed with ASD 8 years ago, and a special education teacher, Ms. Braich shares her experience in receiving the diagnosis and supporting her family. “There are some things I wish I had known more about before being thrown into what will be a lifelong journey, and there are other things that I am proud to say, I feel I intuitively succeeded at.”

Introduction to IEP’s – In Punjabi

Raminder Kaur

This video describes the process for developing an Individualized Education Plan (IEP) for children with autism, including what the school and parent can do to support the IEP process. Included are practical tips for parents on how to work with the school in developing effective IEP goals for their child. Thank you to Parbinder Bains, MEd, BCBA, Behavior Consultant and Preetinder Narang, MEd, BCBA, District Behavior Specialist, Surrey School District, for developing the presentation content.

Find more Punjabi-language information at:
www.actcommunity.ca/information/act-in-punjabi

ACT in Chinese

www.actcommunity.ca/act-in-chinese

ACT in Chinese is an area of ACT’s website where we have gathered key information in Chinese on topics such as Applied Behavior Analysis, Positive Behavior Support and Social Thinking. Initially this was developed for British Columbia’s large Chinese-speaking community, but these evidence-based information resources are relevant internationally.
Quality of Life Among Families Living with ASD
Grace Iarocci, PhD, R.Psych & Emily Gardiner, PhD, Simon Fraser University
The research is definitive: families raising children with autism are highly stressed. This presentation introduces the core concepts and research findings of family quality of life.

Family Quality of Life and ASD Funding in B.C.: Opportunities for Culturally Responsive Research
Grace Iarocci, PhD, R.Psych & Emily Gardiner, PhD, Simon Fraser University
In a B.C. study, participants reported on their satisfaction with available funds and resources for autism in B.C. This research revealed important insights into the strengths and challenges associated with the B.C. funding model, as perceived by service users.

Best Practices in Early Intervention: An Update
Karen Bopp, PhD, RSLP, Senior Behavior Consultant, MCFD & Research Associate, UBC
This video provides an overview of best practice treatment approaches for children and youth with ASD.

Education, Integration, Inclusion: Information for Parents of Children with Special Needs
Suzanne Jacobsen, EdD, BCBA-D
Help your child get the education they deserve. This presentation reviews important sections of the B.C. School Act and documents issued by the B.C. Ministry of Education. The information will help parents understand how to be an effective advocate and is relevant for children with a range of abilities and skills from kindergarten to school completion.

The Essentials of Advocacy: A Parent’s Guide
Deborah Pugh, ACT – Autism Community Training
This presentation helps families better understand how to effectively and positively advocate for their children—regardless of their child’s specific special need. Includes guidance to empower families to understand their rights, roles and responsibilities with practical information on how to achieve their advocacy goals.

Taking Control of the Future – Planning for Families with Special Needs
Blair Dwyer & Layli Antinuk, Dwyer Tax Law, Victoria
A primary source of stress for families who have children with special needs is worrying about securing their future. This video will help families better understand planning options that are available to help secure the financial future of their children. The presenters provide important information on Registered Disability Savings Plans and the use of trusts and wills to protect vulnerable family members.

Visit www.actcommunity.ca/videos to view these videos.
Donate to Support ACT’s Free Online Resources

www.actcommunity.ca/donate

If ACT’s work has been important to your professional development or has provided essential support to your family, please consider donating to support ACT online resources or sponsoring an event. ACT is challenged to maintain our many free resources, as ACT no longer receives government funding. However, with 96% of respondents to our 2017 survey expressing satisfaction with ACT’s online resources, we have been encouraged to seek private donations and sponsorship to sustain ACT’s free online information and training resources including:

» Autism Videos @ ACT (www.actcommunity.ca/videos)
Providing families and community professionals with positive, practical, comprehensive and evidence-based information. Nearly 40 videos are available, free and with no login required.

» Autism Information Database (www.actcommunity.ca/aid)
Over 1,400 evidence-informed resources, in many languages, vetted by ACT’s staff and overseen by an international expert panel. The AID helps parents and professionals find authoritative resources, sourced internationally, using a simple keyword search.

» B.C. Community Resources (www.actcommunity.ca/bcresources)
For the past 13 years ACT has devoted much of our energy into organizing our online resources to be accessible to B.C.’s large autism and special needs community – wherever they live. Families, and the community professionals who support them, use our comprehensive range of evidence-informed information, as well as links to local resources from dentists to horseback riding, 24/7, 365 days a year.

As a federally registered Canadian not-for-profit society, ACT can provide tax receipts for donations over $10. ACT’s Charitable Tax Number is #861691236RR0001.

Visit www.actcommunity.ca/donate for more information, or contact info@actcommunity.ca.

Recognizing ACT’s Collaborators
Families: ACT is very grateful to the generosity of the many parents who have provided videos of their children to educate the broader community about the tremendous potential of children with autism — and the crucial role of parent training and engagement. These videos demonstrate that effective treatment involves the whole family.

Presenters: Autism Videos @ ACT is available thanks to the presenters who allow us to record them, demonstrating their commitment to knowledge translation with their willingness to share their research and clinical experience.

Why Does ACT Focus on Community-Level Training & Resources?
ACT’s mission is to provide excellent information and training, in accordance with international best practices. Our goal is to enable parents, professionals and para-professionals to support children and adults with autism to live productive, satisfying lives within their families and communities.

To support our mission, ACT focuses on practical training that empowers parents and community professionals to create welcoming environments at school, in the home, at work, at the swimming pool or in the grocery store. Families and community professionals need insight, training and resources to help individuals with ASD. ACT’s role is to encourage initiatives that build community support and training by creating online resources, and by the provision of live training, both in-person and via web streaming.

Contact ACT
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Email: info@actcommunity.ca

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