
ASPERGER SYNDROME

PARENT SUPPORT GROUP of OTTAWA-CARLETON

RESOURCE GUIDE

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SERVICE POINT OF ENTRY—ALL AGES

Service Coordination: Funded by *Ministry of Community and Social Services*. Provide case management, information about services and supports, and access to referrals. "Worker bank" to help families funded by SSAH (Special Services at Home) or ACSD (Assistance for Children with Severe Disabilities) locate special needs workers. They can help with respite and group home placement. They can also help AS adults with ODSP applications, housing and employment. Drop-in Resource Room open Monday from 1:30-4:00 p.m. or call for an appointment.

200-150 Montreal Rd., Vanier

Phone: (613) 748-1788

Website: www.scsottawa.on.ca

DIAGNOSIS AND TREATMENT

Covered by OHIP (public therapy)

OCTC Ottawa Children's Treatment Centre: Diagnosis and assessments. Early childhood and school-age services including behavioural intervention, therapists, social workers, psychologists, recreation/leisure and transition to adult services. Referrals accepted from parents, physicians, teachers and other community agencies. Anger management, social/recreational groups, and summer camps for children/youth. Main Site: 395 Smyth Road, Ottawa
Phone: (613) 737-0871
East Site: 2211 Thurston Dr. (613) 688-2126
West Site: 2 MacNeil Crt. (613) 823-5098
Website: www.octc.ca

CHEO Children's Hospital of Eastern Ontario: Specialized psychiatric and mental health services that provide evaluation and consultation, short-term intervention with some specialized programs. Referrals for children and youth from 0 to 18 can be made through Centralized Intake Services at CHEO/ROH:
401 Smyth Rd., Ottawa
Phone: (613) 737-2496
Toll-free: 1-866-737-2496

NEW! Day Treatment Programs (McHugh, Laurentian, etc.)—all day treatment programs for children under the age of 16 will be served through CHEO as of Sept. 2004; day treatment for 16 and up will remain with the ROH. Referrals are made to "Coordinated Access Referrals" by a doctor or other health professional or school teacher when there is a severe mental health issue that impedes the child's academics. The various disciplines may include the services of a psychiatrist, psychologist, speech and language therapist, occupational therapist, social worker, child and youth counsellor and teaching staff.
Coordinated Access Referrals:
401 Smyth Rd., Ottawa
Phone: 729-0577 x 251

Royal Ottawa Hospital

Adults—Dr. Paul Dagg: Psychiatrist who consults on occasional basis for individuals with AS when referred by another doctor who can oversee and provide continuing treatment.
1145 Carling Avenue, Ottawa
(613) 722-6521, ext. 6430

NEW! Ottawa General Hospital

Adults—Dr. Catherine Mann: Psychiatrist who specializes in adults with AS.
501 Smyth, Ottawa
(613) 722-7000 ext. 78010

Not Covered by OHIP (private therapy)

Psychiatrists: *In private practice: a referral from a physician is required. Ask your physician and other parents for recommendations.*

Psychologists: *In private practice: psychologist's services are not covered by OHIP but may be covered through private insurance plans. These are just a handful of psychologists that provide consultation, assessment, diagnosis, and treatment for AS. Ask your physician and other parents for further recommendations.*

Dr. R.G. Schnurr

Suite 300, 5307 Canotek Rd., Ottawa
Phone: (613) 746-6223

Dr. Vicky Martin

Suite 309, 1 CentrepoinTE Dr. Nepean
Phone: (613) 526-4977

Dr. Celine Cote

200 Churchill Ave. N., Ottawa
Phone: (613) 729-9792
Email: ccotebeck@canada.com

Dr. Gene Shershen:

100 Argyle Ave. Ottawa
Phone: (613) 762-2304

Goldstein, Moncion, Greenbaum and

Associates: Psychological and counselling services (all ages) and social skills groups for 6-18 yr. olds, not specific to AS. Cost of social skills groups: \$350 for 6 sessions.
2249 Carling Ave., Suite 314, Ottawa
Phone: (613) 596-2333

Speech Language Pathologists: *In private practice —work on speech development and social/pragmatic use of language; may also run social skills groups (see **Group Therapy** later in this Guide.)*

Sheila Bell (Assessment and consultation only)
(613) 521-0549

Jacquee Glance (613) 798-5405

Tanis Friesen (613) 728-8879

Mary-Jane Slingerland (613) 839-3271 ext. 115

Jacque Ballantine (613) 591-3686

NEW!

Occupational Therapists *In private practice—for fine and gross motor skills, play skills and sensory integration.*

NEW!

Susan E. Trower (interventions based on sensory integration principles)
Perth, ON
Phone: (613) 267-7746
Email: susantrower@perth.igs.net

Behavioural Consultants: *In private practice—to decrease behaviours that interfere with learning.*

Building Blocks: Behavioural intervention through “hands-on” training and programming in the home.

Contact: Elaine Bissonnette, DSW
Phone: (613) 722-3873
Email: ebbblocks@magma.ca

Colleen Csori: Assessment and in-home support for parents and children dealing with problems related to behaviour, school difficulties and other related issues.

Phone: (613) 859-3964
Email: csori@sympatico.ca

Child Guidance Consultation: For children aged 1-12; home visits for child guidance, parent skills training, and behaviour skills training.

Contact: Nancy Baker
Wakefield, PQ
Phone: (819) 459-1524
Email: nbaker@magma.ca

Positive Progress: Works with families, teachers, and others in the community on the social - emotional development of children and adolescents with challenging behaviour and learning styles.

Contact: Terri Neate (613) 277-3867
Email: positiveprogress@sympatico.ca

Multidisciplinary Services: *Provide a mix of speech/language, occupational, and other services in one setting.*

Communicare Therapy Development

Disorders Clinic: Provides speech, occupational and physical therapy and social work services for treating children with development disorders including Autism Spectrum Disorders.

Contact: Cindy Harrison
106-2280 St. Laurent Blvd.
Phone: (613) 738-2871
Email: charrison@communicare.on.ca

CentrepoinTE Professional Services:

Psychological, educational, speech and language and occupational therapy services for children and adults (not specific to Autism Spectrum).
98 CentrepoinTE Drive, Nepean, ON K2G 6B1
Phone: (613) 228-1174

NEW!

Little Star Development Services (holistic, transdisciplinary) Breath, movement and sensations are incorporated into play to enhance developmental abilities. Specialized programs including therapeutic listening, protective response regimen, and yoga.

Contact: Tanya Nash (613) 233-0206
Email: littlestar@realmyth.net
Website: <http://littlestar.realmyth.net/>

Special Needs Workers: *Parents of children with AS can apply for financial support through the MCCFS Special Services at Home (SSAH) program to hire individuals to work with their children (See **Financial Assistance**.) Workers can help develop children's social skills, fine and gross motor skills, life skills, or provide respite to parents. Service Coordination maintains a list of workers. Parents have also found workers through Algonquin College's Developmental Services Worker program or Ottawa University's Speech and Language Department. Workers are also found through networking on the autismsupportOttawa list (See **Support Groups**.)*

comments or corrections?

send an email to: hawcett@sympatico.ca

Also available at www.autismottawa.com

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Special Needs Caregiver – Parent Matching

Service: Matches child or adolescent with Special Needs Caregiver for respite or developmental programming purposes. Fee: \$150, partly reimbursed by most health care providers.

Contact: Dr. Gene Shershen, Psychologist
Phone: (613) 762-2304

Email: specialneedshelp@aol.com

Website: www.SpecialNeedsCaregivers.com

Group Therapy for Language/Social

Skills/Anger: *Run by Speech and Language Pathologists (SLP), Psychologists, Behavioural Therapists, and other professionals. Cost may be covered through employee medical plans or "Special Services at Home" funding (see Financial Assistance.)*

Children at Risk "Friendship Groups" for children with Autism Spectrum Disorders (including AS). Ages 4 to 9+. Focus on social interaction and friendship skills.

Contact: Brenda Reisch

235 Donald St. Ottawa (also West-end site)

Phone: (613) 741-8255

NEW! Children at Risk "Typical Teens" group for AS teens Grades 7 to 12. Social skills taught and practised through community outings. Peer mentors provide modeling of behaviour and support.

Contact: Heather Pierscianowski

235 Donald St. Ottawa

Phone: (613) 738-3023

NEW! OCTC (Ottawa Children's Treatment Centre): Anger management and recreational groups for Autism Spectrum Disorders (including AS.) Ages 6 to 13.

395 Smyth Rd. Ottawa

Phone: (613) 737-0871

NEW! Jacquie Ballantine (SLP): Leads a social language interaction group. Ages 4 to 14. Not specific to Autism Spectrum Disorders.

2 MacNeil Court, Kanata

Phone: (613) 591-3686

NEW! Psychoeducational Services: Social skills group for children 5-14. Not specific to Autism Spectrum Disorders.

1250 Main Street, Unit C20 Stittsville

Contact: Richard Glatt (613) 831-6606

NEW! Turnbull Learning Centre: Social skills groups primarily for ADHD and teens with anger management issues. Ages 7 to 18.

Contact: Richard Harman

1132 Fisher Ave, Ottawa

Phone: (613) 729-9940

Website: www.turnbull.ca/tlcpages

Positive Progress: Communication and social development groups offered throughout the year for children between the ages of 2.5 – 9yrs. Not specific to Autism Spectrum Disorders.

Contact: Terri Neate

340 McLeod Street, Suite 208, Ottawa

Phone: (613) 277-3867

Goldstein, Moncion, Greenbaum, and

Associates: Social skills groups for 6 to 18 years. Not specific to Autism Spectrum Disorders.

2249 Carling Ave. Suite 314, Ottawa

Phone: (613) 596-2333

Western Ottawa Community Resource Centre:

For Goulbourn, Kanata, and West Carleton parents and children who are experiencing difficulty at home, in school or the community. Confident Child Program includes social skills component. Not specific to Autism Spectrum Disorders.

Phone: (613) 591-3686

DAN (Defeat Autism Now) Professionals: *Treat and consult based on the DAN protocol, developed in the US by a group of physicians and scientists in the autism field.*

Dr. John Coombs, M.D.

Some initial services may be covered by OHIP.

152 Walter's Lane, Fallbrook (near Perth)

Phone: (613) 267-2523

Nutrichem Pharmacy: Provides medical, biochemical and nutritional counseling as well as lab services based on the DAN protocol.

Contact: Kent McLeod, Pharmacist

1303 Richmond Road, Ottawa, ON

Phone: (613) 820-4200

Neuroimmune Dysfunction Syndrome (NIDS)

Parent Group: NIDS protocol is based on a theory that immune dysregulation is at the core of autism symptoms and can be treated with antibiotics, antivirals, and antifungals.

Ottawa Parent Contact: Dave Naylor

Phone: (613) 824-9067

Email: dnaylor99@rogers.com

Environmental Health Practitioners: *allergy testing, yeast control, heavy metal detoxification, nutritional counselling.*

Dr. Ross Mickelson

2197 Riverside Dr. Ottawa

Phone: (613) 523-0108

Dr. Jennifer Armstrong

Ottawa Environmental Health Clinic

3364 Carling Ave. Ottawa

Phone: (613) 721-9800

Nutritional Counselling: *Help with supplements, Gluten-free, Casein-free diet, and general nutritional advice.*

Natural Food Pantry

Westgate Mall, 442 Hazeldean Rd. Kanata, 126 York St., Ottawa. \$65 for initial hour; \$45 for follow-up.

Contact: Jo-anne Payant (613) 728-1255

Email: naturalfoodpantry@rogers.com

AGENCIES AND ASSOCIATIONS

NEW!

Autism Society Ontario: Advocacy, information, quarterly newsletter, and other publications. New manual available for purchase: ***Children Diagnosed with Autism: What to Expect and Where to Get Help - Strategies and Information for Ontario Families and Care Providers.***

1179A King Street West, Suite 004

Toronto, ON M6K 3C5

Phone: (416) 246.9592

Email: mail@autismsociety.on.ca

Website: www.autismsociety.on.ca

The Ottawa Chapter of Autism Society

Ontario: Information packages, workshops, individual support and support groups.

Bronson Centre, 211 Bronson Ave., Ottawa

Phone: (613) 230-6305 Fax: (613) 237-4874

Email: contacts@autismottawa.com

Website: www.autismottawa.com

Regional Support Leaders:

Jane McLaren: asosupport@cogeco.ca

Anne Wittich: anneasoo@magma.ca

Chapitre francophone d'Ottawa

(French Autism Chapter of Ottawa).

Contact: Huguette Boisvert

Phone: (613) 722-2482 Fax: (613) 722-5068

Email: Boisvert@rogers.com

Children at Risk: Community-based special projects for Autism Spectrum children and families including sibling groups and social skills groups. Funded by membership and fundraising. 235 Donald St., Ottawa

Phone: (613) 741-8255 Fax: (613) 741-5530

Email: CARSUP@magma.ca

Website: www.childrenatrisk.ca

Geneva Centre: Workshops, counselling, video loan-out privileges if you're a member. Autism Symposium every 2 years. Holds workshops in Ottawa on occasion.

250 Davisville Ave., Suite 200

Toronto, ON M4S 1H2

Phone: (416) 322-7877 or 1-866-GENEVA-9

Email: info@autism.net

Website: www.autism.net

Aspergers Society of Ontario: Information, programs and services, annual conference.

293 Wychwood Ave.

Toronto, ON M6C 2T6

Phone: (416) 651-4037

Email: info@aspergers.ca

Website: www.aspergers.ca

(CISS) Children's Integration Support Services – Andrew Fleck Child Care Services:

Bilingual service funded by the Ministry of Children and Youth and the City of Ottawa.

Provides support services to licensed nursery schools, day care, school age day care and family home care that include children with special needs within the City of Ottawa. Includes the Thursday's Child Nursery School for children with autism and communication disorders. Has lending library. Referrals can be made by families, referring agencies or childcare programs.

Contact: Moira D'Aoust, Manager

600-700 Industrial Ave., Ottawa, ON K1G 0Y9

Phone: (613) 736-1913 ext. 299

Western Ottawa Community Resource Centre:

(For residents of Goulbourn, Kanata, and West Carleton): Crisis support and group programs for parents and children who are experiencing difficulty at home, in school or the community.

Confident Children's Program offers groups for children and parents on Social Skills, Girl's Self Esteem, Anger Control, and Friendship.

Intake: (613) 591-3686

Website: www.communityresourcecentre.ca

Note: there are over a dozen CRCs in Ottawa.

Check with the centre in your area to see if there are any programs applicable to your needs.

SUPPORT GROUPS

Asperger Syndrome Parent Support Group:

Funded by ASO Ottawa chapter for parents of children with Asperger Syndrome. A diagnosis is not required. Interested teachers and other professionals welcome. Meets the last Monday of the month. Also has parent-led Buddy group (under 14) and Asperger Teen Club (ATC) (14 and over).

Contact: Heather Pierscianowski (613) 738-3023

Email tadp@sympatico.ca or

Heather Fawcett (613) 823-2794

Email hawcett@sympatico.ca

Aspirations: Funded by ASO Ottawa chapter for adults and older teens (ages 16 and up) with Asperger Syndrome. Mutual support, guest speakers, educational activities, and fun! Parents, other relatives, friends, and professionals are also welcome to attend. Meets the second Monday of every month.

Contact: Paul Anderson (613) 725-0459
Bob Basil (613) 723-8488
Email: iris.anderson@sympatico.ca or

Autism Support Ottawa Yahoo Group: Online forum for parents, professionals and persons with autism spectrum disorders in the Ottawa-Carleton region created to exchange information and resources. Subscribe by email: autismsupportOttawa-subscribe@yahoogroups.com

Aspergers Society of Ontario Yahoo Group: Primarily adults with AS but no restrictions on who can join. Subscribe by email: aspergerson-subscribe@yahoogroups.com

Autism Parent Support Group: Informal support group for parents of children with Autism Spectrum Disorders meets once a month on Thursdays at a restaurant.
Contact: Brenda Desjardins (613) 951-0034
Email: Brenda.Desjardins@statcan.ca

Enable Parent Support Group: Spiritual/Christian Perspective. For parents with children of: Autism, Down Syndrome, Hearing or Visual Impairment, Cerebral Palsy
Contact: Rosanne Berry (613) 254-9264
Email: rberry@pastors.com

PLEO (Parents' Lifelines of Eastern Ontario): Support group for families who have children and youth with mental illness.
Email: info@pleo.on.ca
Website: www.pleo.on.ca

OCD Parent Support Group: Support group for parents of children with Obsessive Compulsive Disorder.
Phone: (613) 220-1507
Email: blake.vandenheuvel@ottawa.ca

NEW! Jewish Family Services Brainstormers Group: Support group for Jewish families with special needs children, focussing on children with autism spectrum disorders.
Contact: Lynn Sherwood (613) 722-2225 ext 409.

EDUCATION SUPPORT

ELEMENTARY AND HIGH SCHOOL

To ensure service, students with AS should be formally identified as exceptional by an Identification, Placement and Review Committee (IPRC). Make this request to your principal.

An Individual Education Plan (IEP) containing specific objectives and an outline of educational services that meets the needs of the exceptional pupil is prepared. For students requiring

equipment (e.g., laptops) or specialized personnel, the school board applies for funding through a special education grant called "Intensive Support Amount" or ISA. Parents may be required to provide documentation to support a claim for funds. Parents should be involved in all planning for their child and need to be informed and proactive in advocating for their children.

Information on special education is also available at Board websites.

For Public Board: <http://www.ocdsb.edu.on.ca/>
(look under Parent Resources/Publications)
For Separate Board: <http://www.ocdsb.on.ca/>
(look under Publications)

Also see the Ministry of Education website: <http://www.edu.gov.on.ca/eng/general/elemsec/specced/specced.html> and other websites listed under **Websites: Educational** in this Guide.

SEAC: The Autism Society has representatives on the Special Education Advisory Committee of the local school boards who can also provide information to parents about access to school services and the IPRC process.
Contact ASO Ottawa Chapter Office
Phone: (613) 230-6305
Website: www.autismottawa.com/

Autism Resource Teams: Both school boards have a small team of professionals who may act as consultants to teachers with students with autism spectrum disorders.
OCDSB contact: John Rager
Phone: (613) 596-8211 ext. 8583
Email: john_rager@ocdsb.edu.on.ca
(Note: after Sept. 04 contact Anna Peacock at anna_peacock@ocsb.edu.on.ca).
OCCSB contact: Wendy Macphee-Ebbs
Phone: (613) 224-2222 ext 2107
Email: wendy_macphee-ebbs@ocdsb.edu.on.ca

Navigating the Special Education System in Ontario: A Handbook for Parents of Children with Autism Spectrum Disorders. 2nd Edition. Autism Society Ontario Publications.
Phone: (613) 230-6305 (ASO local office) or (416) 246-9592 (provincial office) for copy.

Lindsay Moir (Comhnadh Consulting): Retired special educator with 31 years of Ministry of Education experience. Provides information on education rights, legislation, meeting preparation, correspondence, and mediation/advocacy support by phone, fax, teleconference, in person or via the www.familynet.org website.
92 Cumberland Crescent
London, ON N5X 1B6
(519) 660-0493
(519) 660-1491(FAX)

comments or corrections?
send an email to: hfawcett@sympatico.ca
Also available at www.autismottawa.com

Email: l.moir@sympatico.ca
Website: <http://www3.sympatico.ca/l.moir/>

POST-SECONDARY

Algonquin College Centre for Students with Disabilities: Provides educational support services to students with disabilities attending or applying to Algonquin. Also ask about the Career and College Preparation Program which has benefited some AS students.

Algonquin College, Room C142
1385 Woodroffe Ave., Nepean
Phone: (613) 727-4723, ext. 7683
Phone: (613) 727-7747 (TTY)
Website: www.algonquincollege.com/csd

Carleton University—Paul Menton Centre for Students with Disabilities: Provides educational support services and academic accommodation to students with disabilities attending or applying to Carleton University. Students are responsible for contacting the centre and may need to provide formal documentation in order to qualify for some services.

Paul Menton Centre - 500 University Centre
Carleton University, 1125 Colonel By Drive
Ottawa
Phone: (613) 520-6608 or (613) 520-3937 (TTY)
Website: www.carleton.ca/pmc

Ottawa University Access Service: Offers individualized services to improve the learning conditions for students with disabilities and collaborates with University staff to facilitate the best possible learning conditions.
The Access Service, Unicentre, 3rd floor
Phone: (613) 562-5976
Website: web.sass.uottawa.ca/classroom/access/

Eleanor Ritchie Post-Secondary Education Entrance Scholarships for Students with ASD: Awards given annually in recognition of the achievements of students with ASD in finishing their secondary education and entering into post-secondary education in Ontario. For additional information:
Email: mail@autismsociety.on.ca
Website: www.autismsociety.on.ca

Jeanette Holden Post-Secondary Education Entrance Scholarships for Siblings of Students with ASD: Awards given annually in recognition of the role and contributions of siblings to the welfare of individuals with ASD. For additional information:
Email: mail@autismsociety.on.ca
Website: www.autismsociety.on.ca

Ontario Bursary for Post-Secondary Students with Disabilities: Some disabled students are eligible for bursaries through the province of

Ontario. Find out details on the Ministry of Education's website, Assistance for Students with Disabilities, and through your college or university disability centre.
http://osap.gov.on.ca/eng/not_secure/BSWD.htm

PRIVATE OPTIONS

There are no private schools specifically geared to Asperger Syndrome. Private schools need to be assessed on an individual basis. Tutoring instruction can also be helpful when a child has difficulty in a specific subject or with organization or study skills. Ask other parents for recommendations for private schools and tutors.

March Academy: Private learning institution for students from grade 1 to grade 6, with a special emphasis on individual learning styles. March Academy recognizes that some children are in need of extra attention or support.
325 Sandhill Rd, Kanata
Phone: 613-832-3784
Email: info@marchacademy.ca

Mindware Educational Services: Services include in-home tutoring by learning disability specialists.
53 Hayward Cres. Kanata
Phone: (613) 591-8435
Website: www.mindware.ca

The Social Learning Centre: An after school program with a focus on social skills in addition to academics.
725 Churchill Avenue North, Ottawa
Phone: 729-1333

Ann Sutherland: 1:1 tutoring for all aspects of learning—academic, social and emotional. Individualized programs, from pre-school, with use of Montessori and other materials. Experience with the autism spectrum and other learning differences, including dyslexia.
Phone: (613) 841-5492
Email: ann.abacus@rogers.com

NEW! Sylvan Learning Centre: Offers individualised programs from kindergarten to OAC for Reading, Math, Writing and Study Skills. Certified Teachers, low 3:1 student-teacher ratio, regular parent conferences, progress assessments. North America's largest provider of supplemental education with over 100 centres in Canada.
Nepean Location:
217 - 1600 Merivale Rd, (at Meadowlands Rd.)
(613) 727-9636
sylvan@magma.ca

Kanata Location:
15 - 417 Hazeldean Rd. (at Castlefrank Rd.)
(613) 836-0903

NEW!

sylvan2@magma.ca
Website: www.educate.com

EDUCATION RESOURCES

Linguisticsystems: Resources for special education teachers including books and games for teaching reading and writing skills as well as social skills. Phone: 1-800-776-4332 for a catalogue. Website: www.linguisticsystems.com

Visual Thinking and Learning Tools: Graphical ways of working with ideas and presenting information. Helps with brainstorming, planning, organizing, outlining, diagramming, and writing. Phone: 1-800-726-7784 Website: www.inspiration.com/

Finding the Way: Tools such as timers and organizational binders to assist learning. Phone: (905) 707-9345 Email: info@findingtheway.ca Website: www.findingtheway.ca

FINANCIAL ASSISTANCE

Ministry of Children and Youth/Ministry of Community and Social Services
10 Rideau St., Ottawa
Phone: (613) 234-1188
<http://www.cfcs.gov.on.ca/CFCS/en/programs/default.htm>

ACSD Assistance for Children with Severe Disabilities: Formerly Handicapped Children's Benefit; a program based on income to assist parents with the extra costs involved with caring for a child with serious special needs. Contact: (613) 787-2399
<http://www.children.gov.on.ca/CS/en/programs/SpecialNeeds/assistanceforChildrenwithSevereDisabilities.htm>

NEW! **Special Services at Home (SSAH):** Provides limited funding to families caring for children and adults with a developmental disability for hiring workers for developmental programming and family relief. **More flexible discretionary funding allowance covers expenses such as social skills groups, summer camp, and housecleaning.** Assistance is not means tested. Contact: Susan Fournier (613) 788-2390
<http://www.children.gov.on.ca/CS/en/programs/SpecialNeeds/specialServicesatHome.htm>

Ontario Disability Support Program (ODSP): Financial and employment supports for disabled individuals over age 18 based on financial need and eligibility criteria. Contact: (613) 234-1188

<http://www.children.gov.on.ca/CS/en/programs/SpecialNeeds/ontarioDisabilitySupportProgram.htm>

Note: For help filling out Ministry forms, contact Service Coordination at (613) 748-1788.

Easter Seals: Grant available for children incontinent day and night age 3-18, based on need. For more information: Phone: 1-888-377-5437

Handicapped Parking Permit: With medical endorsement, you may qualify for a handicapped parking permit to enable you to more safely care for your child. In the blue section of the white pages phone book, under Drivers & Vehicles, there are listed ten licensing centres around the city. They have the form to be filled in by your doctor and returned to receive the permit.

NEW!

President's Choice Children's Charity: Financial assistance for children and youth to age 25 who are physically or developmentally challenged. Family income below \$60,000. Contact: Wayne Wavryk (416) 218-7918 Email: pccharity@ngco.com

TAXES AND TRUST FUNDS

A chartered accountant can help you determine whether you can claim expenses incurred when caring for a child with special needs. Ask about claiming expenses of a registered therapist, purchase of special educational resources, specialized camps, diet, etc.

If you are supporting a child with a disability, you may be eligible for:

1) Disability Amount (also known as the Disability Tax Credit): a non-refundable tax credit that reduces the amount of income tax that an individual has to pay. You must fill out Form TT2201 Disability Tax Credit Certificate.

2) Child Disability Benefit (CDB): Supplement to the Canada Child Tax Benefit (CCTB). If you are eligible for the CCTB, you may be eligible for this supplement—a monthly benefit providing financial assistance for qualified families caring for children with severe and prolonged mental or physical impairments. To be eligible you must qualify for the Disability Amount (see above.) Your benefit will be calculated automatically if you receive the CCTB for your child and you or your current or former spouse or common-law partner has already submitted an approved Form T2201.

For information on either of these benefits, see: <http://www.cca-adrc.gc.ca/tax/individuals/segments/disabilities/menu-e.html>

A list of forms and publications relevant to disabilities can be found at:

<http://www.ccradrc.gc.ca/formspubs/clientgroup/individuals/disabled-e.htm>

Contact Revenue Canada directly for more information on any taxes or deductions.

Phone: 1-800-959-8281

Phone: 1-800-959-2221 (for copies of bulletins/forms)

Trust Funds: *A qualified lawyer can help parents plan to leave money to a disabled child after their death without jeopardising qualification for government-assisted programs. Consult a lawyer with experience in setting up Henson Trusts.*

Donna Neff

Neff Law Office, 1869 Maple Grove Road
Stittsville or in Lincoln Heights

Phone: (613) 836-9915

Website: www.dnefflaw.com

Email: donna.neff@nefflawoffice.com

NEW! Kenneth Pope

The ADR Centre, 500-251 Bank St.

Phone: 567-8230

Email: kenneth.pope@on.aibn.com

Website: www.kpopelaw.ca

CANADIAN-BASED AUTISM RESEARCH

ASD-CARC (Autism Spectrum Disorders

Canadian-American Research Consortium:

Multidisciplinary group consisting of researchers, clinicians, and parents from across Canada and the US. Their aim is to gain a better understanding of the biological basis of ASDs to assist in early diagnosis and intervention. Parents can participate in studies by contacting:

ASD-CARC Research Program

Phone: (613) 548-4417 ext. 1130

Toll Free: 1-866-ASD-CARC

Email: autism@post.queensu.ca

Website: www.autismresearch.ca/

CAIRN (Canadian Research Agenda in Early

Autism Intervention): National network of researchers interested in early intervention in autism. Members of CAIRN include parents and professionals from psychiatry, paediatrics, psychology, education, health policy, speech and language pathology and early childhood education.

Contact: Trish Colton

Phone: (905) 521-2100 ext. 74947

Email: coltonp@mcmaster.ca

CANAGENS (Canadian Autism Genetics Study): to identify genetic or other biological

causes of autism with the aim of developing effective treatment.

Phone: 1-888-3-AUTISM

Email: autism@mcmaster.ca

OTHER ORGANIZATIONS

Many AS children have multiple exceptionalities and could benefit from other services that are available in our area.

ABC Association for Bright Children:

Advocates for the needs of bright children and offers a "Take-Off" program in fall and spring which may be of interest to children with AS. Features courses such as chess, robotics, magic, astronomy, math which may align with your child's "special interest."

Phone: Barbara Martin (613) 830-8866

Website: <http://www.abcottawa.cyberus.ca/>

Learning Disabilities Association of Ottawa-

Carleton: Resource centre with a lending library and information for children and youths with learning disabilities. (AS and Non-Verbal Learning Disorder share similar traits and intervention strategies.)

McNabb Park School

160 Percy St., Ottawa

Phone: (613) 567-5864

Website: <http://ldao-c.ncf.ca/>

Tourette Syndrome Ottawa

Suite 386-900 Greenbank Road

Nepean

Phone: (613) 823-1471

Website: www.tourette.ca

RECREATIONAL AND SOCIAL ACTIVITIES

NEW! AS Buddy group: Run by the AS Parent Support Group. Children with AS and families get together in the community for fun and friendship. Ages 13 and under.

Contact: Roxanne Bury (613) 271-7375

Email: s-bury@rogers.com

NEW! ATC (Asperger Teen Group): Run by the AS Parent Support Group. Teens meet at homes and in community for fun and friendship. Ages 14 +. Contact: Elizabeth Hare (613) 825-8388

Email: hare@eisa.com

NEW! Aspirations Social Evenings: Older teens (16 and up) and adults with AS along with family and friends meet for movies, conversations and games at the Bronson Centre twice a month. Contact: Bob Basil (613) 723-8488

Saturday Morning Drop-In Program: For children ages 6 and up with Autism Spectrum

Disorders and their siblings. Held at the Britannia Boys and Girls Club on DuMaurier (off Pinecrest). Runs from 10a.m.-12 p.m. Games room (billiards tables, ping-pong and air-hockey) and gym. \$2.00 per child.

Contact: Peggy Brown (613) 728-2009

Email: psbrown@istar.ca

City of Ottawa Programs: The City of Ottawa runs programs geared to special needs, some of which may be appropriate to AS. Paid program assistants are also available to assist in regular programs on a first-come first-serve basis. Contact Portfolio Coordinators for assistance or check your *Ottawa Recreation Guide* for a complete list of programs.

City-wide Portfolio Manager (613) 580-2747
South/West Coordinator (613) 580-2424 x 41226
East Coordinator (613) 580-2424 x 29300
Central Coordinator (613) 830-6252 x 6371

SNAP—Autism Program: Recreational program for children 5-12 years old with Autism Spectrum Disorders. Held at Walter Baker Sports Centre in Barrhaven.

Phone: (613) 580-2424 ext. 41226

Exceptional Explorers: Kanata Leisure Centre offers a swim and gym program for autistic/ PDD children and their families. Learn basic swimming skills and enjoy structured play.
Phone: (613) 591-9283

Busy Kids: Program geared toward children with ADHD and learning disabilities who may require support.

Orleans (ORC): 580-2424 ext. 29300

Sawmill Creek: 580-2424 ext. 29291

Walter Baker Sports Centre: 580-2424 ext. 41226

Adult Programming: Social/recreational programs such as aquafitness, volleyball, floor hockey, etc. designed for developmental delay/mental health clientele *may* be appropriate. Call the Portfolio Coordinator to check before signing up. Gloucester area residents—ask about \$7.00/year access to swimming pools for individuals (14 and up) with disabilities. Fee assistance (means-tested) is available for all programs in all areas of the City.

The Social Network for Youth: Recreational activities for young people aged 13-21 years who have difficulty socializing. A Grad Club is available for those over 21. A French program is available as well. Dalhousie Community Centre.

Contact: Mike Souilliere at the ROH

Phone: (613) 722-6521, ext. 6122

Activity Info Line: (613) 823-0113

Personal Awareness Class: Co-operative play, story telling, role playing, very basic self-defense for children with Autism Spectrum Disorders.

Mother Theresa High School, Barrhaven

Contact: Janet Heffernan (613) 825-9079

NEW! Tae Kwon Do for special needs: YMCA, Merivale Mall. Ages 6 to 18.
Phone: (613) 727-7070

NEW! Dance Ability Too! All types and levels of disability welcome. Ages 7-12.
Dovercourt Community Centre
411 Dovercourt Avenue
Phone: (613) 238-7838

Boys and Girls Club of Ottawa-Carleton:

Integrated Services responds to children and youth with special needs ranging from physical disabilities to developmental delays. Children are matched with older youth and professional staff depending on level of functioning, and are encouraged to participate in all regular activities.

Phone: (613) 232-7316

Website: www.bgcottawa.org

Spring Action: Trampoline classes that provide a special needs program aimed at people of all ages with minimal to severe physical, mental, emotional, social, language and/or sensory challenges.

151 Chapel Street

Ottawa, ON K1N 7Y2

Phone: (613) 761-9620

Website (page on special needs programs):

<http://www.springaction.ca/page0017.htm>

HEATHER: Helken Association for Therapeutic Riding.

RR2 Dunrobin (613) 832-3071

The National Handicapped Ski Association

Contact: Tom Abernathy (613) 824-7393

Email: tabernathy@iosphere.net

Website: www.cads-ncd.ca

SUMMER CAMPS

*Only camps that advertise accommodations for related special needs are listed. **Most regular camps are also suitable for children with AS.** If integration support is required for City Camps, consult the Ottawa Recreation Guide for contact numbers of Portfolio Coordinators. Otherwise, speak to the camp director about extra accommodations needed for your child. Look for camps that offer highly structured programming such as the computer, science, and engineering camps offered through the Universities. Note that*

the Museum of Aviation camps run up to 14 years of age.

Watch for the Ottawa Citizen's Summer Camps guide published in May.

SUMMER DAY CAMPS

Camp Leo: For children with Autism Spectrum Disorders. Co-sponsored by the ASO Ottawa Chapter and the Boys and Girls Club of Ottawa-Carleton. Ages 6-18
Contact: ASO Ottawa (613) 230-6305

NEW! Summer Survival: For teens 13-18 with physical and/or developmental disabilities including AS. Run out of OCTC Ottawa Children's Treatment Centre. Aug. 9-13.
395 Smyth Road, Ottawa
Phone: (613) 737-0871
Website: www.octc.ca

Summer Success: City of Ottawa camp for children requiring specialized programming and support due to attention, hyperactivity, learning and behavioural difficulties. Ages 5-12
Phone: (613) 830-6301

Kamp Kanata: City of Ottawa camp that integrates special needs children. Bridlewood Community Centre.
Phone: (613) 727-6640

Youth Summer Adventures: Run by the City of Ottawa for special needs. Ages 13-30
Phone: (613) 828-4313

Sunshine Day Camp: Run by the Learning Disabilities Association of Ottawa-Carleton Includes time with a behavioural therapist and psychologist. Ages 6-12.
Phone: (613) 567-5864

NEW! Psychoeducational Services Social Skills Day Camp: Program tailored to camper's needs. Ages 5-14. Not specific to AS.
Phone: 831-6606

SUMMER RESIDENTIAL CAMPS

NEW! Ontario Camping Association: Maintains a complete listing of summer residential camps, disability-related or otherwise. Also has information on funding sources such as SSAH (also see Financial Assistance section of this guide) that can assist with camping fees.
Phone: 416-485-0425
Email: info@ontcamp.on.ca
Website: www.ontcamp.on.ca

Camp Smitty: Operated by The Boys and Girls Club of Ottawa-Carleton. Sleepover camp with

integration component for 8 to 16 year olds.

Financial assistance is available.

Location: Mink Lake near Eganville

Phone: (613) 232-7316

Website: www.boysandgirlsclubottawa.com/

NEW! Sonshine Cove: Year-round camp for children in Foster Care as well as children with a variety of special needs.

Location: 100 km. north of Orleans.

Contact: Cathy Goddard (613) 834-8187 ext 28

Website:

www.sonshinefamilies.ca/residential.htm

NEW! Camp Misquah: For children *and adults* with ASDs, Down syndrome and CP.

Location: On Lac Bitobi near Gracefield, Que.

Phone: 613-787-2897

Email: fawzimankal@hotmail.com

Website: www.misquah.com

Adults—Camp Misquah (see above for contact info) runs a cottage camp program. Allows independent adults to experience beach-front cottage holiday, participating in activities such as cards, board games, swimming and day trips if they wish.

Camp Kennebec: An integrated summer residence camp for children with ADD, ADHD, Learning Disabilities, Tourette Syndrome and other social & behavioural disorders.

Location: Land O'Lakes region on Bull Lake.

Winter Contact: (905) 436-3376

Summer Contact: Toll Free (877) 335-2114

Email: kennebeccamp@hotmail.com

Website: www.campkennebec.com/

Camp Kodiak: LD, ADD, & mainstream boys and girls. Ages 6-18.

Location: 20 minutes northeast of Parry Sound

Winter Contact: Toll Free (877) 569-7595

Summer Contact: 1-705-389-1910

E-mail: info@campkodiak.com

Website: www.campkodiak.com/

Camp Winston: Residential special needs camp that includes children (age 6 to 15) with learning disabilities, AD(H)D, Tourette Syndrome and Autism Spectrum Disorders.

Location: on Sparrow Lake in the Muskokas

Phone: (905) 707-3427

Email: mail@campwinston.com

Website: <http://www.campwinston.com/about-camp.asp>

NEW! Lions Clubs Camp Kirk: Learning disabilities, ADD, ADHD, and those with bladder/bowel control delays.

Location: Kirkfield

Contact: Henri Audet (416) 782-3310

comments or corrections?

send an email to: hawcett@sympatico.ca

Also available at www.autismottawa.com

Camp Towhee: Children and adolescents with learning disabilities and related psycho-social problems.

Location: Haliburton.

Phone: 705-457-2741

Project Rainbow (Sponsored by Reach for the Rainbow): Provides integrated camping experiences for children across Ontario with one-to-one support. Ages 7 to 17. In partnership with Ottawa-area camps such as **Camp Davern** (girls), **Camp Y-On-The-Ottawa**, and **Camp Opermikon** (boys). For availability and complete list of camp locations:

Phone: (416) 503-0088 ext. 117

Email: projectrainbow@reach.on.ca

Website: www.reach.on.ca/

EMPLOYMENT SUPPORT

*If you are eligible for the **ODSP**, Ontario Disability Support Program, (call 613 234-1188 for eligibility information,) you have free access to a number of service providers including those below that can help you develop an employment plan.*

Line 1000 Placement Services: Individual job search assistance with a job developer, job-finding club, workshops, referrals to agencies, computers, and other related employment resources.

1355 Bank St., Suite 209, Ottawa, ON K1H 8K7

Phone: (613) 731-7620

Website: www.line1000.ca/

Causeway Supported Employment Program:

Provides supported employment services on behalf of ODSP for clients in Eastern Ontario and Southeastern Ontario regions. Designed to help adults with mental illness, dual diagnosis, and general disabilities gain competitive employment.

Contact: Chafika Dominic (613) 725-3494 ext. 31

E-mail: emckay@causewayclubhouse.org

Website: <http://www.causewayclubhouse.org>

Active Rehab Association: Employment assistance through ODSP and privately.

376 #202 Churchill Avenue North, Ottawa

Contact: Laura Mercier (613) 761-8602

Y's Owl Maclure: Offers vocational and employment services in addition to recreation and leisure and community outreach.

1140 Morrison Drive, Suite 100, Nepean

Phone: (613) 721-1500

E-mail: ysowl@magma.com

Website: www.ysowlmaclure.org

March of Dimes: Offers one-stop shopping: assessment, employment plan, job search, placement, and job coaching.

Intake: (613) 596-3463 (if receiving ODSP, access through their offices at (613) 787-5250.)

Destination Employment: Employment training program for adults with learning disabilities or dual diagnosis with AS.

Contact: Susan Barker (613) 567-5027

Email: destinationemployment@magma.ca

Job Connect: Helps young people aged 16-24, out of school and out of work to overcome obstacles to finding and keeping employment.

Website: www.needajob.org

1) Youth Employment Resource Centre West

3730 Richmond Rd., Suite 216 (behind Harvey's)

Bells Corners, Nepean

Phone: (613) 828-2123

Email: youthemp@ottawa.johnhoward.ca

2) Youth Employment Services Centretown and East

71 Bank Street, 5th Floor

Ottawa, Ontario

Phone: (613) 236-8244

Email: employment@ysb.on.ca

The Human Resource Centre of Canada for Students:

provides a wide range of employment services for youth 16 to 24.

3rd floor 360 Laurier Av. West, Ottawa

Phone: (613) 993-9911

Website: <http://www.youth.hrdc-dhrc.gc.ca/ythlink/ythlink.shtml>

(HDRC) Human Development Resources

Canada: Provides information, online forums and the Opportunities Fund for Persons with Disabilities program to support people with disabilities find employment. Access through Line 1000 (see above) or contact your local HDRC office; reachable at (613) 990-5100:

Ottawa Centre: 330 Laurier Ave. W. (L'Esplanate Laurier Building)

Ottawa East 2339 Oglive Rd. (Beacon Hill)

Ottawa West 2525 Carling Ave. (Lincoln Fields)

Website:

www.hrsdc.gc.ca/asp/gateway.asp?hr=en/on/epb/disabilities/programs.shtml&hs=pyp

INDEPENDENT LIVING

Service Coordination: (Funded by *Ministry of Community and Social Services*.) Can help AS adults with ODSP applications, housing and employment. Drop-in Resource Room open Monday from 1:30-4:00 p.m. or call for an appointment.

200-150 Montreal Rd., Vanier

Phone: (613) 748-1788

Ottawa-Carleton Independent Living Centre:

Cross-disability, consumer-controlled resource centre, which enables people with any disability to access resources they need to participate in the community.

B10 - 75 Albert St., Ottawa

Phone: (613) 236-2558

Email: ocilc@magma.ca

Website: www.magma.ca/~ocilc

Directory of Ottawa-Carleton Community

Services: Comprehensive book listing organizations and programs available in this region. Libraries have copies or purchase from: Community Information Centre of Ottawa-Carleton

260 St. Patrick St. Suite 301, Ottawa

Phone: (613) 241-4636

Community Resource/Health Centre

Home Management Counselling: guidance, teaching and ideas on how to balance your home, job, school and family

Phone: (613) 560-0618 ext. 4453

Lifetime Networks Ottawa: Establishes a personal network to provide caring, support and life management assistance for persons with a disability. Workshops, resource library, publications, consulting. Membership fee varies depending on chosen level of service.

#406 - 1390 Prince of Wales Drive, Nepean

Phone: (613) 748-7162

Email: LNO@lifetimenetworks.ca

Website: www.lifetimenetworks.ca

NEW!

CRISIS CONTACTS

Ottawa Mobile Crisis Team

(Children 0-18 and Families) (613) 562-3004

Robert Smart Centre (teens, 24hr.)

(613) 722-4591

Parents Help Line: 1-888- 603-9100

Distress Centre of Ottawa and Region:

(613) 238-3811

Tel-Aide Outaouais (613) 741-6433

Mental Health Crisis Line: (613) 722-6914

Children's Aid Society: (613) 747-7800

Emergency Housing, City of Ottawa: (613) 560-0622

Ottawa Police: (613) 236-1222
911

RECOMMENDED BOOKS AND VIDEOS

GENERAL—PARENTS AND TEACHERS

Asperger's Syndrome – A Guide for Parents and Professionals. Tony Attwood, 1998.

Asperger Syndrome – A Practical Guide for Teachers. Cumine, Leach and Stevenson, 1998.

Helping a Child with Nonverbal Learning Disorder or Asperger's Syndrome. Kathryn Stewart. 2002.

Asperger Syndrome and Adolescence: Practical Solutions for School Success. Brenda Smith Myles, Diane Adreon, 2001.

Asperger Syndrome and Difficult Moments – Practical Solutions for Tantrums, Rage and Meltdowns. Brenda Smith Myles, Jack Southwick, 1999.

Aspergers...What Does it Mean to Me: A Workbook Explaining Self-Awareness and Life Lessons to the Child or Youth with High Functioning Autism or Aspergers. Cathy Faherty, 2000.

NEW! The OASIS Guide to Asperger Syndrome. Patty Romanowski Bashe and Barbara L. Kirby. Crown, 2001.

NEW! The Curious Incident of the Dog in the Night-time. Mark Haddon, 2003. (*N.B. fictional account is a must-read for parents and teachers*)

CHILDREN AND TEENS

Asperger's Huh? A Child's Perspective. Dr. Rosina Schnurr, 1999.

Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence. Luke Jackson, 2002.

Able Autistic Children with Asperger's Syndrome: A Booklet for Brothers and Sisters. Julie Davies.

For fiction books with characters who have AS see:

<http://www.tonyattwood.com.au/>

ADULTS WITH AS

Coping: A Survival Guide for People with Asperger Syndrome. Marc Segar, 1997.

Pretending to be Normal—Living with Asperger's Syndrome. Liane Holliday Willey, 1999.

Asperger Syndrome Employment Workbook: An Employment Workbook for Adults with Asperger Syndrome. Roger Mayer, 2001.

SOCIAL/COMMUNICATION SKILLS

NEW! Teach Me Language: A Language Manual for children with autism, Asperger's syndrome and related developmental disorders. Sabrina Freeman, Lorelie Drake, 1996.

Teaching Your Child the Language of Social Success. Marshall Duke, Stephen Nowicki and Elisabeth Martin, 1996.

Autism/Aspergers: Solving the Relationship Puzzle. Steven Gutstein, 2001.

Incorporating Social Goals in the Classroom: A Guide for Teachers and Parents of Children with High-Functioning Autism and Asperger Syndrome. Rebecca A. Moyes, Susan J. Moreno, 2001.

Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders. Jeanette McAfee, 2002.

Raise Your Child's Social IQ: Stepping Stones to People Skills for Kids. Cathi Cohen, 2000.

A Good Friend: How to Make One, How to Be One. Ron Herron, Val J. Peter, 1998.

Helping a Child with Nonverbal Learning Disorder or Asperger's Syndrome: A Parent's Guide. Kathryn Stewart, 2002.

Many of these books can be borrowed from the Ottawa Public Library or CHEO's Kaitlin Atkinson Family Resource Library: www.cheo.on.ca/family If you can't find them, you can always special order from one of the following or through www.chapters.ca or www.amazon.ca

Parentbooks: Carries books of interest to parents, teachers and other professionals on a wide range of special needs.
201 Harbord Street
Toronto, ON M5S 1H6
Phone: (416) 537-8334, 1-800-209-9182
Email: info@parentbooks.ca
Website: www.parentbooks.ca

Exceptional Resources: Largest Canadian distributor of Autism and Asperger's Syndrome books and tapes.
116, 11728 Kingsway Avenue
Edmonton, Alberta T5J 0X5
Phone: 1-877-482-1555
Website: www.exceptionalresources.com/

Future Horizons (US publisher of books on Autism Spectrum Disorders).
Website: www.futurehorizons-autism.com/

NEW! PARTNERS WITH AS

The Other Half of Asperger Syndrome: A Guide to an Intimate Relationship with a Partner who has Asperger Syndrome. Maxine C. Aston, 2002.

Aspergers in Love: Couple Relationships and Family Affairs, Maxine Aston, 2003

Asperger Syndrome and Long-Term Relationships. Ashley Stanford, Liane Holliday Willey, 2003.

An Asperger Marriage. Gisele Slater-Walker, Christopher Slater-Walker, 2002.

VIDEOS

Note: (OAARN) *The Ontario Adult Autism Research and Support Network* has a comprehensive list of videos on AS and other ASDs and where they can be ordered. See: <http://www.ont-autism.uoguelph.ca/books.shtml>

Dr. Tony Attwood: Asperger's Syndrome DVD - Volume Two: released April 2003 goes into depth on Anger management, teaching teachers, and adolescent issues. Available from Parentbooks at 1-800-209-9182.

WEBSITES

GENERAL – PARENTS AND PROFESSIONALS

Ministry of Community and Social Services: Regular updates on government programs for individuals with special needs.
<http://www.cfcs.gov.on.ca/CFCS/en/programs/default.htm>

OASIS – Online Asperger's Syndrome Information and Support: The pioneer of websites for Asperger Syndrome. You can find most if not all relevant Asperger Syndrome sites via this one.
www.udel.edu/bkirby/asperger/

NEW! Asperger Syndrome Coalition of the United States/ MAPP (More Advanced Persons with Autism and Asperger Syndrome): These two organizations recently joined forces. Good articles and links about AS, NLD, etc.
www.asperger.org
www.maapservices.org

BBB Autism Support Network: Online club developed by the York Region chapter of the Autism Society of Ontario. Information, support, message boards for parents and kids, CHATs, buddy system for parents, and twice-monthly e-newsletter. Check the Asperger Syndrome section for a comprehensive list of links to other sites.

Website: www.bbbautism.com/

NEW! eMentalHealth.ca: Ottawa mental health resources, information about specific conditions, information for families and professionals and help for those in crisis.
<http://www.ementalhealth.ca/>

ADULTS AND PARTNERS

(OAARN) The Ontario Adult Autism Research and Support Network: Special focus on adult issues. Up-to-date news on autism issues in Ontario.

www.ont-autism.uoguelph.ca

NEW! (ASPIRES) Asperger Syndrome Partners and Individual Resources, Encouragement and Support: Primarily for partners, spouses, and adults with AS. Resources and listserv.
<http://www.aspires-relationships.com/index.html>

EDUCATIONAL

Family Net Online Newsletter: Current news stories about special needs issues in Ontario. Includes popular "Ask Lindsay" feature where parents can email their school-related questions to educational consultant Lindsay Moir.

www.familynet.on.ca

NEW! SNOW (Special Needs Opportunity Windows): Online resources and professional development opportunities for educators and parents of students with special needs. Check out "Best Practises" for info about IPRCs, IEPs, and more. Includes Parent Discussion Boards, Kids section, and lists of residential camps in Ontario.

NEW! University Students With Autism And Asperger's Syndrome: First-person accounts of Post-Secondary experiences, many helpful resources for managing College and University life and an elist for students.
<http://www.users.dircon.co.uk/~cns/index.html>

NEWSLETTERS

ASO Autism Society of Ontario: By joining the ASO you will automatically become a member of the Ottawa Chapter and you will receive

"Newslink". You will also receive the newsletter of your local chapter.

The Jenison Autism Journal (formerly The Morning News): This excellent publication is well worth the \$22 US for 4 quarterly issues. It contains sample social stories, interesting articles by parents, individuals with AS, and professionals such as Tony Attwood. It also has a Pen Pal registry for individuals with Autism Spectrum Disorders.

Phone: 616-954-9747

Email: info@thegraycenter.org

Website:

http://www.thegraycenter.org/Jenison_Autism_Journal.htm

Autism-Asperger's Digest magazine: Covers the latest people, products, research, news & viewpoints emerging in the autism field. 6 issues per year at \$59.95 US for Canadian orders.

Website: www.autismdigest.com/

Autism Research Review International:

Quarterly publication of the Autism Research Institute headed by Bernard Rimland, researcher, parent and advocate. Reviews biomedical and educational research in autism spectrum disorders. \$20 US for 4 quarterly issues.

Website: www.autismresearchinstitute.com/

ONLINE NEWSLETTERS

BBB Autism E-News: Each free online issue tackles a different subject, all related to autism spectrum disorders. Developed by the York Region chapter of the Autism Society of Ontario. Send an email to liz@deaknet.com and you will be added to the list.

Website: www.bbbautism.com/

Schafer Autism Report: Monitors larger autism-related email lists, larger dailies and websites for important news and developments. Sends out one posting per day.

Website: <http://home.sprynet.com/~schafer/>

DISCLAIMER

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Prepared by the AS Parent Support Group, last updated 2004-04-20. If you have comments or corrections to any content provided in this guide, please send an email to: hfwcett@sympatico.ca.

The Ottawa AS Parent Support Group has provided website addresses and contact information for many other organizations and businesses throughout this document. The AS Parent Support Group does not endorse these businesses nor have control of any of the content that may be contained in their websites.