

Spectrum Spotlight

Winter 2020 | Issue 4
December 10, 2020

Welcome to the fourth edition of our newsletter!

I am pleased to welcome you to our fall edition of Spectrum Spotlight. As we turn the page from 2020 to 2021, it is difficult not to reflect on the challenges we have all faced in this most unprecedented year. I have spoken with many families who share similar concerns, whether it be keeping your family safe and healthy, balancing work and caregiver roles, finding services and supports in a pandemic, or managing stress. No doubt, it has been a trying year, and I am looking forward to a new year and better days ahead.



Scott Bark
Director, Autism Services
Kinark Child and Family Services

Throughout the COVID-19 pandemic, our goal at Kinark has been to continue to adapt our services and supports to best meet your needs and the needs of your family, and we will continue to do so. I am proud of our team of staff and their ability to deliver a range of in-person and virtual services that meet the needs of children and youth with autism, their parents and siblings, schools, and other members of the community. We will continue to challenge ourselves to be the best while holding children and youth at the centre of all we do.

With the holiday season upon us, here is my wish list:

- That you and your family stay safe and healthy
- That family and community are sources of comfort rather than stress
- That you can find comfort in the small joys our world has to offer
- That your 2021 brings better days to you and your family

If you or your child is struggling during this time, please reach out to find the services and supports you need. You can contact us at [1-800-283-3377](tel:1-800-283-3377) or email autisminfo@kinark.on.ca to see how we can help.

Scott Bark
Director, Autism Services
Kinark Child and Family Services

Our Virtual Services

To best support our clients, their families,

Upcoming Virtual Events

December 14, 2020

- [Transitions Done Right](#)

and the autism community during this time, Kinark Autism Services has adapted many of our services to be delivered virtually. These services allow our team to continue to support the development of children and youth with autism and their families while ensuring a safe and healthy environment.

Watch the video below to learn about the virtual services we deliver!



To learn more about a specific service, or to view our full list of services, please visit our [website](#).

- [Meet Santa!](#)

December 15, 2020

- [Holiday Story Time](#)

December 16, 2020

- [Transition to Adulthood](#)
- [Keeping Your Child with Autism Safe](#)
- [Meet Santa!](#)

[View our Virtual Events](#)

Acronym Central

In this newsletter:

IEP: Individualized Education Plan

OAP: Ontario Autism Program

ABA: Applied Behaviour Analysis

BCBA: Board Certified Behavior Analyst

ASD: Autism Spectrum Disorder

Service Feature: Social Time!

Kinark's Social Time! is one of the many foundational family services we deliver to children and youth with autism and their families. Facilitated by our Family Support Workers, these free sessions are a fun and interactive way for families, parents and kids to engage virtually, discuss ongoing events, participate in activities, and bring families together for an hour of virtual fun!



Kinark offers three types of groups to meet the needs of the families we support. Our family social groups connect families virtually to participate in fun activities. Our parent social groups provide a safe space for parents and caregivers of children and youth with autism to meet and discuss the unique challenges they may have and share experiences. Our kid socials groups allow children and youth with autism to virtually participate in fun activities such as crafts, show and tell, dance parties and much more.

This holiday season we invite you to a session the whole family can enjoy! View our holiday-themed Social Time! sessions [here](#). To learn more about these sessions and to register, please visit our [website](#).

Ask a Psychologist!

Question: What is a psychoeducational assessment and when might it be helpful to have my child assessed?

Answer: A psychoeducational assessment is completed by a psychologist and

evaluates how a child learns. It involves a standardized assessment of their intellectual, academic, and social-emotional functioning to identify strengths, as well as underlying factors that may be contributing to learning difficulties in core skills, such as reading, writing and math. The assessment varies based on a child's age and uses different techniques, including verbal responses, motor tasks, and paper/pencil activities.



Laura Goodman, C. Psych.
Clinical Psychologist
Kinark Child and Family Services

In addition to the use of standardized tools, the psychologist conducts clinical interviews with those involved in the care of the child (e.g., caregivers and teachers), gathers developmental information, and reviews historical reports. Caregivers are provided with a comprehensive report following the assessment, which includes child-specific recommendations based on their learning profile.

To learn more about psychoeducational assessments, [click here](#).

If you would like to book a free consultation with our psychology team, please complete the intake form on our [website](#).

Do you have a question for our team? Email autisminfo@kinark.on.ca for a chance to have it answered in our next newsletter!

Kinark Autism Services: Staff Spotlight

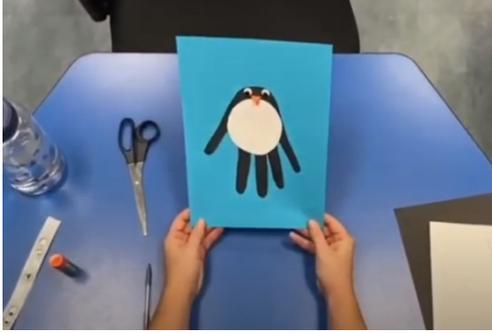
Our Navigation Team!

At Kinark Autism Services we are committed to supporting children and youth with autism and their families through our services. Our free foundational family services provide support for children and youth with autism, and complementary programs for siblings, parents and caregivers. If you need help navigating our foundational family services, our team of service navigators are here to help!



Watch the video above to meet some members of our service navigation team! If you would like to learn more about our programs and services, please visit our [website](#).

Kinark Kreates: Winter Crafts



Penguin Craft

The weather outside is cold so let's make a fun penguin craft inside! This video shows you how to make a penguin craft using common materials around your home. Grab some coloured paper, glue, markers and a circle water bottle to make your own penguin! Remember that adult supervision is always required when using scissors.



Snowflake Craft

Winter is here! How exciting! Today you will learn how to create a winter snowflake craft. You can use it as a decoration or even give to someone as a present. To follow along grab some paper, glue, markers and string! Remember that adult supervision is always required when using scissors.

Watch our Kinark Krees Videos

7 Tips to Get Ready for the Holidays by Children's Mental Health Ontario.

To view the 7 tips, [click here](#).



We want to hear from you!

Are you interested in contributing to our next newsletter? Contact us today at autisminfo@kinark.on.ca.

For more information about our services, please book a free consultation by contacting our Service Representatives at **1-800-283-3377** or by emailing autisminfo@kinark.on.ca.

From the staff of Kinark Autism Services, we wish you and your family a safe and happy holiday season!



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