

Momentum education sessions

Before you begin

Before you attend a session, we ask parents and guardians to get familiar with the basic principles of applied behaviour analysis (ABA). This includes proactive behaviour strategies, prompting and reinforcement. Learning these strategies in advance will make sure you get the most out of your session.

Pricing

Single part session = \$300
Two-part session = \$400

Teen nights
4 night package = \$100
8 night package = \$200

Complete the *Introduction to autism: free online series* course from the Geneva Centre for Autism at www.elearning.autism.net

Session descriptions

Our sessions are designed to give parents and guardians the skills they need to support their child's communication, independence and build the skills required to be successful in the home and community.

Each session includes space for up to two parents or guardians and **two consultations** with a clinician to discuss the skills and strategies learned.

Session name	Age group	Who can attend	Description
Introduction to communication	2-5 years	Parents and guardians	Learn how speech, language and social communication skills develop in children with autism and how to help develop your child's communications skills with the support of a speech language pathologist.
Using visual supports	3-5 years	Parents and guardians	During this two-part session you will explore the many ways that visual supports can help areas such as transition management, communication, and daily living skills. Make and take: after attending the visual supports workshop, visit our Ottawa centre and create visuals to support you and your child.
Let's potty	3-5 years	Parents and guardians	Learn the steps involved in toilet training.
Picky eating	3-5 years	Parents and guardians	Learn some take-home strategies for increasing your child's food repertoire and willingness to try new foods.

Sleep training	3-5 years	Parents and guardians	Discuss healthy sleep patterns, common sleep problems, and learn how to improve your child's sleep routine.
Learning to listen	3-5 years	Parents and guardians	This two-part session will improve co-operation with day-to-day instructions and routines. Topics include setting up for success, effective instruction, prompting, and reinforcement.
School prep	3-5 years	Parents and guardians	Learn how to support your child's first school experience. Topics include managing routines, major transitions, and expected behaviours.
School prep	6-8 years	Parents and guardians	Learn how to support your child's early school experience. Topics include managing routines, major transitions, and expected behaviours. This session is focused on children either entering the school environment for the first time or continuing at their school.
School prep	9-11 years	Parents and guardians	Learn how to support your child's school experience. Topics include managing routines, major transitions, and expected behaviours. This session is focused on children returning to the school environment.
Sexuality	9-11 years	Parents and guardians	Explore the stages of sexuality with a focus on how to introduce sexuality to your child. Topics include the changing body, social pressures, personal boundaries, and developing healthy relationships.
Life skills	9-11 years	Parents and guardians	Learn how to increase your child's skills and independence through self-help and daily living skills. Topics include personal hygiene, daily routines, chores, and more.
Anxiety and ASD	9-11 years	Parents and guardians	Learn how to help your child identify when they are feeling anxious and develop coping strategies. Recommended for parents of children who can identify and express different states of emotions.
School prep	12-17 years	Parents and guardians	Learn how to support your youth's school experience. Topics include managing routines, major transitions, and expected behaviours. This session is focused on youth enrolled in a high school environment.

Sexuality	12-17 years	Parents and guardians	Explore the stages of sexuality with a special focus on how to talk to your youth. Topics include the changing body, social pressures, boundaries, and developing healthy sexual relationships.
Teen life skills	12-17 years	Parents and guardians	Learn how to improve your youth's skills and independence through self-help and daily living skills like personal hygiene, daily routines, chores, and more!
Anxiety and ASD	12-17 years	Parents/Caregivers (Teens may attend if interested)	Learn how to help your youth identify when they are feeling anxious and develop coping strategies. Recommended for youth who can identify and express different states of emotions.
Teen job search	12-17 years	Teens	A two-part session for youth to help them in their search for meaningful employment. Topics include searching and applying for jobs, resume development, and mock interviews.
Teen night	12-17 years	Teens only	For youth that have previously completed Program for the Education and Enrichment of Relational Skills (PEERS) or are motivated and looking for an opportunity to socialize.



Momentum education session calendar May-September

May 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8	9	10	11
13	14 Let's Potty! Kanata 2-5 years 6:30 - 8:00 p.m.	15 1/2 Visuals Kanata 2-5 years 6:30 - 8:00 p.m.	16 *FRANÇAIS* Picky eating St. Laurent 2-5 years 6:30 - 8:00 p.m.	17	18
20	21 Teen job search 1/2 Kanata 12+ years 6:30 - 8:00 p.m.	22	23 Teen job search 2/2 Kanata 12+ years 6:30 - 8:00 p.m.	24	25
27	28 *FRANÇAIS* Sleep St. Laurent 2-5 years 6:30 - 8:00 p.m.	29	30 2/2 Visuals make and take Kanata 2-5 years 6:30 - 8:00 p.m.	31	1

June 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Communication St. Laurent 2-5 years 6:30 - 8:00 p.m.	5 Sleep training Kanata 2-5 years 6:30- 8:00 p.m.	6 Learning to listen 1/2 Kanata 2-5 years 6:30 - 8:00 p.m.	7	8
10	11 Anxiety St. Laurent 12+ years 6:30 - 8:00 p.m.	12	13 Learning to listen 2/2 Kanata 2-5 years 6:30 - 8:00 p.m.	14	15
17	18 *FRANÇAIS* Let's potty St. Laurent 2-5 years 6:30 - 8:00 p.m.	19 Picky eating St. Laurent 2-5 years 6:30 - 8:00 p.m.	20	21	22
24	25	26	27	28	29
July 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	4	5	6
8	9	10 Teen night Kanata 12+ years 6:00 - 8:00 p.m.	11	12	13

15 Sexuality Kanata 9-11 years 6:30 - 8:00 p.m.	16	17 Teen life skills St. Laurent 12+ years 6:30 - 8:00 p.m. Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	18	19	20
22 *FRANÇAIS* Sexuality St. Laurent 12+years 6:30 - 8:00 p.m.	23	24 Life skills St. Laurent 9-11 years 6:30 - 8:00 p.m. Teen night Kanata 12+ years 6:00 - 8:00 p.m.	25	26	27
29	30	31 Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	1	2	3

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10
August 5-9 - offices closed for CHEO summer slowdown period.					

12 Anxiety Kanata 9-11 years 6:30 - 8:00 p.m.	13	14 School prep Kanata (4-5 years) 6:30 - 8:00 p.m. *FRANÇAIS* School prep St. Laurent (4-7 years) 6:30 - 8:00 p.m. Teen night Kanata 12+ years 6:00 - 8:00 p.m.	15	16	17
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19 School prep Kanata 6-8 years 6:30 - 8:00 p.m. School prep St. Laurent 9-11 years 6:30 - 8:00 p.m.	20	21 School prep St. Laurent 12+ years 6:30 - 8:00 p.m. Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	22	23	24
26 1/2 Visuals St. Laurent 2-5 years 6:30 - 8:00 p.m.	27	28 2/2 Visuals make and take St. Laurent 2-5 years 6:00 - 8:00 p.m. Teen night Kanata 12+ years 6:00 - 8:00 p.m.	29	30	31

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Learning to listen 1/2 Kanata 2-5 years 6:30 - 8:00 p.m.	5	6	7
9	10	11	12	13	14
16 Sexuality St. Laurent 12+ years 6:30 - 8:00 p.m.	17 Let's potty St. Laurent 2-5 years 6:30 - 8:00 p.m.	18 Learning to listen 2/2 Kanata 2-5 years 6:30 - 8:00 p.m.	19	20	21
23	24	25	26	27	28