

# Eastern Region Resources – Virtual Support



## [Autism Ontario – Connect with Us Virtually!](#)

Autism Ontario is currently offering a variety of online events, support groups and webinars for the whole family. Whether you're interested in learning, connecting with others, or just want to have fun, we've got something for everyone!

*Please note: We encourage families to register for the webinars and support groups that work (time and topic) for them, and not to be restricted by the region or city listed on the registration. During online groups, the speaker will specify at the beginning of the group if some of the information will be region specific.*

- Live and Pre-Recorded Webinars
- Events – Virtual and Home Based
- Online Support Groups
- Virtual OAP Information Sessions
- Connect One on One with Our Team

## **Therapy Centres – Behaviour, Occupational Therapy, Speech-Language Therapy**

### [ACT Learning Centre – Free Virtual Services](#)

We're proud to support families of children with autism through our virtual services. If you're interested in participating in the services, please contact us through the email form below and indicate which Seminar or "Ask an Expert" Session you would like to attend in the subject line. Once we receive your request, our therapists will send a link to our video conferencing platform. Spots are limited! Stay tuned for information about our upcoming virtual camps.

As parents or guardians of youth with autism spectrum disorder, what tips and information do you want to hear from our therapists and experts? Let us know your child's age, location, and interests so that we can focus our topics on what is most important to you and your child.

### [TIPES \(Thinking in Pictures Educational Services\) – Virtual Services](#)

Making a virtual impact in the lives of some of our most vulnerable individuals; allowing for socialization in a time when we need it most, while practicing social distancing. [info@tipes.ca](mailto:info@tipes.ca)

Online services include:

- 1:1 Therapy
- Tutoring and Guided Learning
- Group Learning
- Parent Coaching
- Counselling and Mental Health Resources
- Workshops
- Social Programs

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## [On the Ball Pediatric Physio & Occupational Therapy – Virtual Clinic](#)

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Don't let the progress fade. Email or call our clinic for online treatment sessions with your therapist, from the safety and comfort of your home.

### **How virtual PT can help:**

- Teach and progress individualized exercise programs
- Coach your child through his/her exercise program
- Assess ROM and biomechanics
- Screen for Gross motor delay for babies and toddlers
- Screen for Torticollis and plagiocephaly and give recommendations based on findings
- Demonstrate and coach parents on certain massage techniques
- Demonstrate stretches and coach parents and child as they practice at home
- Coach the parent on Tasks Specific Electrical Stimulation and/or how to progress with your neuro-muscular electrical unit.
- Provide bedwetting and pediatric incontinence individualized programs
- New clients welcome! 30 to 60 minutes virtual assessment, after review of intake form by the PT. Resources and recommendations will be given based on information gathered from the consultation and intake form

### **How virtual OT can help:**

- Update exercises and daily activities (for current clients)
- Learn and practice self-regulation techniques
- Work on specific fine or gross motor skills
- Adapt your home environment for successful therapy carryover
- Provide recommendations to facilitate activities of daily living i.e.: getting dressed, brushing teeth, mealtime...etc.
- Work on social skills and communication
- New clients welcome! 30 to 60 minutes consultation, after review of intake form by the OT. Resources and recommendations will be given based on information gathered from the consultation and intake form

# Eastern Region Resources – Virtual Support



## Applied Behaviour Consulting – Remote Video Consulting

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Remote Video Sessions are ran from the comfort of your own home allowing us to provide services across Ontario. You will be working directly with a BCBA the entire time. From initial intake to program planning and implementation of the program, we are here for you every step of the way. Every program is made specifically to suit your goals. Sessions will involve working directly with your child over video and one on one parent training to teach strategies to help your child achieve the goals that matter most. At Applied Behaviour Consulting we take pride in helping to achieve your family's specific goals.

The Remote Video Sessions are held using a PHIPA compliant, encrypted, direct peer to peer video service. After an appointment time is set up, an e-mail is sent out with a link to the secure video appointment.

## ABA Connections – Telehealth Sessions

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While the centre remains closed until further notice, we are offering select Telehealth services to individuals and families who are looking for additional support.

### **What is Telehealth?**

Telehealth involves the use of digital information and electronic communications technologies that enable clinicians and staff of ABA Connections Inc. to provide services including but not limited to parent training, clinical consultations, ABA services, youth services, and program development.

### **How does it work?**

Our experienced therapists run sessions using Google Meet for 1-2 hours. Frequency and length of sessions varies based on client needs and scheduling is flexible.

### **What is available?**

For adolescents, youth, and families, we are offering individual ABA- and CBT- based sessions. We will work from a strengths-based and solution-focused approach to better understand and manage difficult emotions and situations. Sessions involve theoretical and practical components and typically involve skill-building activities and at-home exercises. Therapeutic approaches are designed based on the needs of the individual and are completely customizable.

For more information, email Samantha, our Youth & Group Coordinator, at [sjoyce@abaconnections.ca](mailto:sjoyce@abaconnections.ca). Or, send your questions to [info@abaconnections.ca](mailto:info@abaconnections.ca).

## ASPEN Incorporated

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Feeling overwhelmed with kids at home? Ask us how we can help! Reach out to us at [office@aspenaservices.com](mailto:office@aspenaservices.com) to inquire about our online groups, 1:1 tutoring and telehealth services!

# Eastern Region Resources – Virtual Support



## [ABC Pediatric Therapies – Virtual Therapy Sessions](#)

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Fun & Engaging Sessions to Work on:

- Articulation
- Reading
- Spelling
- Language
- Stuttering
- Lisp
- Tongue Thrust
- Phonological Awareness
- Alphabet-Sound Knowledge
- Developmental Delays

## [Monarch House Ottawa – Digital Services](#)

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While our onsite services are temporarily closed, we are excited to offer live video conferencing programs by providing video sessions and online tutoring. Contact us today and ask how we can help your family in the comfort of your home.

- Behaviour
- Speech-Language
- Occupational Therapy

## [Expanding Horizons Occupational Therapy](#)

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Expanding Horizons Occupational Therapy is pleased to announce that we are now offering virtual occupational therapy sessions! Please contact us by email at [expandinghorizonsOT@gmail.com](mailto:expandinghorizonsOT@gmail.com) or by telephone at 613-897-4820.

## [Terrace Wellness Group ABA & IBI Therapy – Virtual Therapy](#)

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We provide a collaborative, all-inclusive & evidence-based approach to autism therapy. We are open virtually during the COVID19 crisis. Please contact your therapist directly, our office at 613-831-1105 or email [intake@terracewellness.com](mailto:intake@terracewellness.com) for more info.

# Eastern Region Resources – Virtual Support



## Virtual Activities

### [Ausome Ottawa – Stay Active with Ausome](#)

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STAY ACTIVE with Ausome — to help members of our community stay active at home  
Join us from home in STAYING ACTIVE with Ausome. Every Monday, Wednesday and Friday morning we will post a video at 10am. Fun and accessible for the whole family! Activities are roughly 5min long and include yoga adventures, obstacle courses and fitness countdowns.

- Obstacle Course
- Yoga Adventure
- Fitness Fun

### [Recreation Respite – Virtual Services](#)

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During these challenging times, our team of recreation therapists and community partners have come together to create unique interactive and innovative virtual (online) services that will offer experiential outcomes through 1:1, mini (4) and small groups (6) and ‘screen sharing’ programs where siblings or parents and their children, can take part together. These services are for children, youth and adults.  
[groups@recrespite.com](mailto:groups@recrespite.com) - 1-877-855-7070

### [Owl Café and Meeting Place – Owl Autism Online](#)

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No cost groups for children with Autism/ADHD

- Mind & Body Balance
- Morning Movement
- Family Bingo
- Recycle Art
- Fun & Games
- Morning Movements

Register by email: [Emilym@ysowlmaclure.org](mailto:Emilym@ysowlmaclure.org)

### **Teens Online**

To be part of the Teen Owl Autism Online Community, you will need to sign up for our programs and classes. Safety is our number one priority for our young people. Registration will be required to participate. Zoom classes will not be posted online.

### [Lotus Centre for Special Needs Music Education](#)

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Due to recent events, the Lotus Centre is currently offering ONLINE music lessons. Students can now participate in music learning from the comfort of their own homes!

We are also offering a NEW program - Virtual Music Circles with Brett! New videos will be posted on our YouTube channel every Tuesday and Thursday - check them out to join Brett for some musical fun!

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## Caregiver Support Groups

### [PLEO – Parents’ Lifeline of Eastern Ontario – Online Support Group](#)

Helping parents of children facing mental health challenges find their way forward.

Through these challenging times, our support groups will go on and will be hosted via an online video conference platform, called ‘Zoom’.

With an internet connection on your phone, your computer, or your tablet you can join our meetings at the scheduled time, by clicking the appropriate link below.

If you don’t have a camera on your device, you can still join with audio only. The technology is safe, confidential and simple to use. We are here for you and can help walk you through it.

### [Mothercraft Ottawa](#)

Parents and caregivers of children with special needs who are 6 years and under... we are happy to announce that our EarlyON team will be offering online evening Zoom support groups on Thursday evenings starting April 16th. Please see attached flyer for more information! Share with any families you may know who are looking for some support.

### [TIPES \(Thinking in Pictures Educational Services\) – Online Parent Support Group](#)

Coffee with Marnie! We are currently offering a Parent Support Group. Please email Marnie if you would like to be invited [marnie@tipes.ca](mailto:marnie@tipes.ca)

Disclaimer: It is important to do your own research and make your own informed decisions. Please note Autism Ontario does not endorse any specific therapy, product, treatment, strategy, opinions, service, or individual. We do, however, endorse your right to information.

*Clinical Supervisors of behavioural services who meet all the Ontario Autism Program (OAP)’s qualifications requirements can join the OAP Provider List.*

*The Clinical Supervisor is the person responsible for developing and overseeing behavioural services purchased through the OAP Childhood Budget. This person may be called a clinical supervisor, a clinician-in-charge, a clinical director, or something similar.*

*For an interim period, families can continue to use their OAP Childhood Budgets to purchase behavioural services from a Clinical Supervisor who is working towards the OAP’s qualifications requirements, however, Clinical Supervisors who are working towards their qualifications will not be permitted to join the Provider List until they have achieved all of the qualifications.*