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Successful Transitions from One Activity to Another for Individuals
with ASD / Autism and Depression



**Autism Awareness
Centre Inc.** *believe in change*



New Blog Post

Successful Transitions from One Activity to Another for Individuals with ASD

Transitioning from one activity to another is a part of life at home, work, school and in the community. Transitions involve stopping one activity and starting another or moving from one location to another one to begin something new. Studies have shown that up to 25% of the school day may be spent in transition activities such

as changing classrooms, going outside for recess, lunchtime, putting items in lockers, or getting materials for a task. There are similarities in the workplace and at home such as moving from one task to another, attending meetings or social events, eating meals and leisure breaks.

Without preparation or support for transitions, many people with ASD find them stressful or anxiety provoking. Challenging behavior may happen at this time.

[Read More](#)



Autism Awareness Webinar Training

Teaching Literacy Skills to Students with Autism - Reflections and Foundations

Thursday, January 28, 2021 – 10 am - 11 am (Mountain Time)

Featuring Leslie Broun

When Leslie began working with students with autism in 1988, there was very little information available on what to teach or how to teach it, but gradually, through the 1990's, thanks to individuals like Temple Grandin, autism became more understood and part of the educational discourse. In this webinar, Leslie will discuss her specific influences in developing teaching skills, in particular - literacy, for students with autism. One of the most significant of these is the role of neuroscience, which we can neither ignore nor underestimate in conceptualizing instruction, e.g. how irregularities in the brains of persons with autism can affect elements of social understanding and thus, reading comprehension.

One of the most important things Leslie has learned is that when a student is involved in an academic program where he or she is meaningfully engaged using strategies that enable him/her to be successful, difficulties with behaviour and reluctance to participate are very often ameliorated.

Another element in the child's school program and academic skill development is the parent/teacher relationship. It is critical that both the parent(s) and teacher have a mutual understanding of what will be taught and how. Mixed methodologies will not help the student so having this shared perspective will benefit all parties, especially the student.

Please note that this webinar will be presented live. If you are unable to attend on the day of the webinar, you will have access to the recorded webinar on demand.

To purchase the webinar click the link below

[Sign Up Now](#)



Autism Awareness Webinar Training **The Brain and Autism: Linking** **Neurology and Interventions to Address** **Academic and Behavior Challenges**

Thursday, February 11, 2021 – 10 am - 11 am (Mountain Time)

Featuring Brenda Smith Myles

This session will briefly overview some of the neurological research and autism spectrum disorder in laymen's terms. Specifically, brain research related to academics/learning, social, sensory, and regulation will be addressed. This research will then be linked to practical, easy-to-use evidenced-based interventions that can help autistic students learn.

At the end of the session, attendees will be able to:

1. Describe how academic and learning challenges in autism spectrum disorder (ASD) are related to the brain.
2. Discuss the sensory systems, regulation, and social neurological research and how they are linked.
3. Overview the linkages between observable behavior and neurological research.

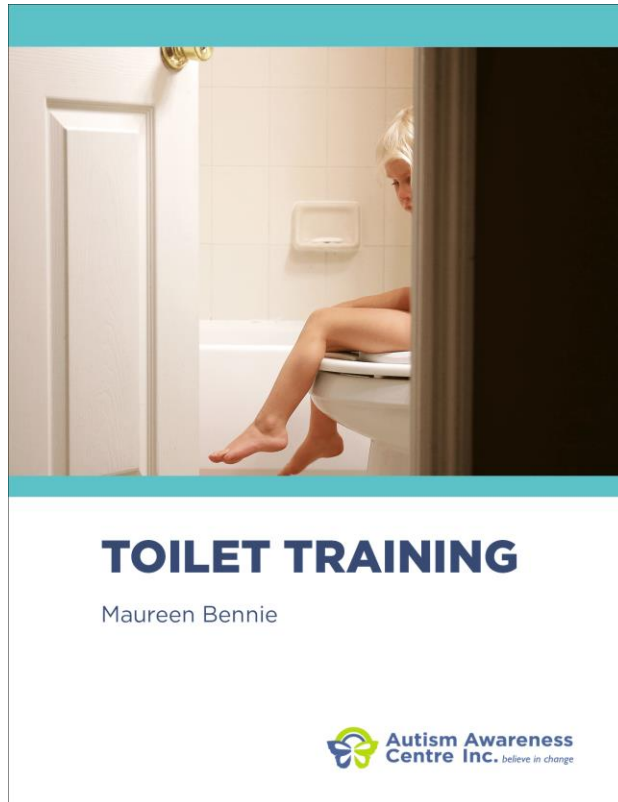
There will be a Q & A following this presentation.

Please note that this webinar will be presented live. If you are unable to attend on the day of the webinar, you will have access to the recorded webinar on demand.

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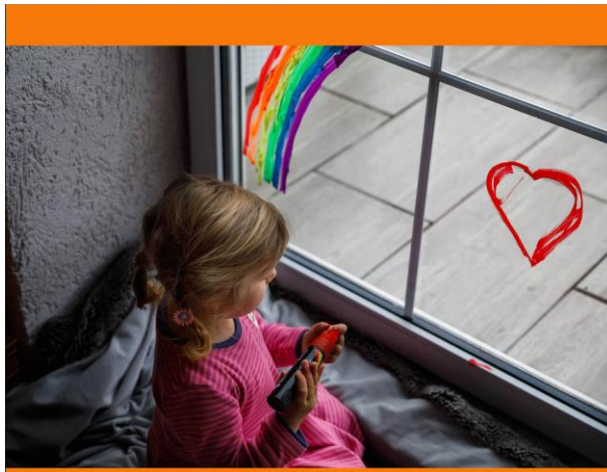
Autism Awareness E-Books Are Available For Download Now

AACI [e-books](#) are developed directly from Maureen's blog posts, personal experience as a parent of children on the spectrum, and the thousands of emails and questions she has answered over the years.

Purchasing these easy to use and information-rich e-books directly supports the Autism Awareness Centre, and the parents and professionals who have depended on us for years.

FREE E-BOOK

Along with this published e-book that addresses information for [Toilet Training \(see above\)](#), we have created an e-book to support families with children on the spectrum while social distancing measures are in place.

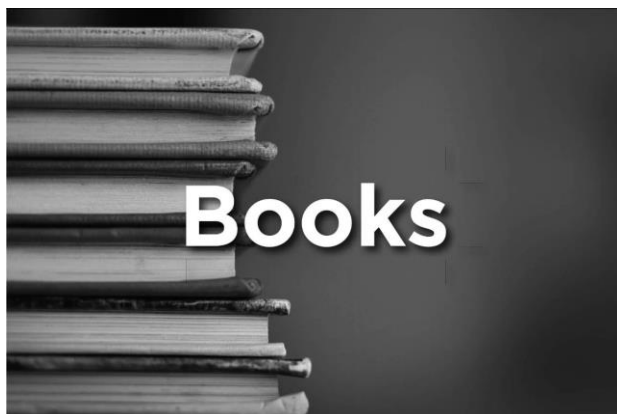


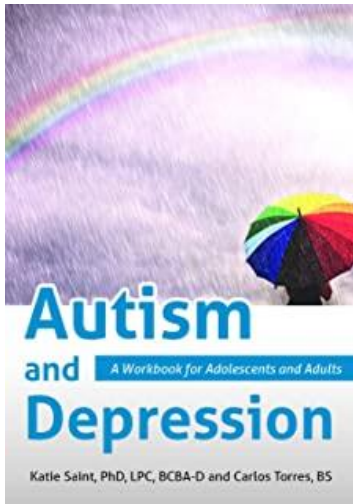
LIFE AT HOME DURING COVID-19

Maureen Bennie



[See E-Books](#)





Autism and Depression - A Workbook for Adolescents and Adults

Author: **Katie Saint and Carlos Torres**

Price: **\$20.95**

Autism and depression are very commonly diagnosed together in young adults. This book is for them.

Katie Saint and Carlos Torres, authors of [*AWKWARD: The Social Dos and Don'ts*](#), have created another user-friendly resource by combining the issues and needs of young adults with both Autism and Depression into one workbook. *Autism and Depression* uses Acceptance and Commitment Therapy (ACT) to target emotional regulation skills, perspective-taking, acceptance, independent goal setting, and skill-building related to symptoms associated with depression.

This book can be used individually or with a trusted therapist or friend.

[View Product](#)

Autism Awareness Webinar Training

[Supporting Individuals on the Autism Spectrum with Co-Occurring Mental Health Conditions](#)

Featuring: Dr. Cathy Pratt

[School's Out Forever - Navigating Adult Life: How to Plan and Get There](#)

Featuring: Maureen Bennie

[Helpful Tips and Resources for Teaching Conversation Skills to High Functioning Students with Autism Spectrum Disorder](#)

Featuring: Kerry Mataya

[Manage, Evaluate, Change - A Model for Working with Challenging Behaviour](#)

Featuring: Bo Hejlskov Elvén

[Supporting Anxiety in Children and Adolescents with Autism Spectrum Disorder](#)

Featuring: Lauren H. Kerstein

[Understanding Practical Strategies and Big Ideas for Supporting Autistic Children](#)

Featuring: Brenda Smith Myles

[Strengthen Executive Function Skills: Strategies to Teach Time Management](#)

Featuring: Carol Burmeister

[Interoception, The Eighth Sense – Impact on Behavior, Regulation and Positive Mental Health](#)

Featuring: Kelly Mahler

[Teaching Toileting to Individuals with ASD – How to Get Started and Make Progress at Any Age, Any Stage](#)

Featuring: Maureen Bennie

[Ten Strategies to Teach Social/Emotional Learning for the Current Home](#)

[Environment Webinar](#)

Featuring: Elizabeth Sautter

[The New ASD “At Home” World – 10 Ways to Cope with Changes During COVID-19 and Beyond](#)

FREE Webinar

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