

# Parent/Caregiver Online Workshops

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
31	<p>1</p> <p>Ontario Autism Program (OAP) Reconciliation presentation Guest: Shana Gibson 6:00pm-7:00 pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/j/86824349403">https://us02web.zoom.us/j/86824349403</a></p>	<p>2</p> <p>Psychological First Aid Part 1 6:00pm-7:00 pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/j/86824349403">https://us02web.zoom.us/j/86824349403</a></p>	3	4
7	<p>8</p> <p>Passport Funding Program Guest: Nancy Stead 6:00pm-7:00 pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/j/86824349403">https://us02web.zoom.us/j/86824349403</a></p>	9	10	<p>11</p> <p>Registered Disability Savings Plan (RDSP) (Mandarin) 7:30pm-9:00pm Join Zoom Meeting <a href="https://us02web.zoom.us/j/86824349403">https://us02web.zoom.us/j/86824349403</a> Meeting ID: 868 2434 9403 +1 647 558 0588</p>
14	15	16	<p>17</p> <p>Resilience during challenging times Guest Speaker: Claudia 6:00pm-7:00 pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/j/86824349403">https://us02web.zoom.us/j/86824349403</a></p>	18

<p>21</p> <p><b>General Meeting</b> 7-8:30pm Guest: Brendon Pooran</p> <p>Join Zoom Meeting <a href="https://us02web.zoom.us/j/86988577573">https://us02web.zoom.us/j/86988577573</a> Meeting ID: 869 8857 7573 +1 647 374 4685</p>	<p>22</p> <p><b>Gut Health with a Naturopath Doctor</b> Guest Speaker: Dr. Neha 6:00-7:00pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/meeting/register/tZwsc-ytqjovHdHMXQ8rzz-EmAddNYpt2lhv">https://us02web.zoom.us/meeting/register/tZwsc-ytqjovHdHMXQ8rzz-EmAddNYpt2lhv</a></p>	<p>23</p> <p><b>Job Retention with JVS</b> Guest speaker: Nazreen 5:00-6:00pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/meeting/register/tZwtcuyvrTkpGNTyl7xutxPVHegz-Z1ob-2X">https://us02web.zoom.us/meeting/register/tZwtcuyvrTkpGNTyl7xutxPVHegz-Z1ob-2X</a></p>	<p>24</p>	<p>25</p>
<p>28</p> <p><b>Psychological First Aid Part 2</b> 6:00-7:00pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/meeting/register/tZlSde-grT8sHNDrQ6l20zDRoUd_9jufJXFI">https://us02web.zoom.us/meeting/register/tZlSde-grT8sHNDrQ6l20zDRoUd_9jufJXFI</a></p>	<p>29</p>	<p>30</p> <p><b>Cognitive Behavioural Therapy for wellbeing (Part 2)</b> Guest Speaker: Claudia 6:00-7:00pm</p> <p>Register in advance for this meeting: <a href="https://us02web.zoom.us/meeting/register/tZltduyupzwrHdlsgFCAQIC7E08jQ48Mn4o7">https://us02web.zoom.us/meeting/register/tZltduyupzwrHdlsgFCAQIC7E08jQ48Mn4o7</a></p>		

### **Canadian Red Cross**

In the Psychological First Aid – Self-care, Module 1 and Module 2 will explore the effects of stress, with an emphasis on building and using a personal self-care plan. Learning strategies will include to prevent, recognize, and cope with stress. It is a good way to be introduced to a resiliency-building approach to emotional, psychological, and social wellbeing that will teach how to support themselves and others to cope with the effects of various types of stress. This is a Group Study session.

### **Resilience during challenging times**

This webinar is designed to educate individuals on how to develop their adaptive capacity and to build psychological resources for resilience. Topics include recognizing your 3 core signs of stress, teaching stress management tools, managing compassion fatigue, emotional regulation, and creating daily practices to cultivate resilience and mindfulness at work. We also have engaging discussions on best practices to deal with some of the challenges people are facing during the pandemic. This interactive webinar is based on the book Emotional Resilience by Claudia Ferryman.

### **Gut Health**

Join us for a session with Dr Neha who is a naturopath. We will be discussing the importance of Gut health and how it relates to our wellbeing.

### **(CMHA) Health Anxiety Essentials**

How is Covid affecting our health?  
How can I help? Acute signs of Anxiety? What is the Cognitive Triad?

### **Cognitive Behavioural Therapy for well-being**

In this webinar you will learn how to understand the relationship between your behaviours, emotions and thoughts in order to determine how these interact to produce habits that prevent you from realizing your optimum potential. We will also look at ways to modify unhelpful patterns of thinking that cause stress, worry and anxiety and deploy empowering techniques to create a stronger state of well-being. Participants will grasp the ABCs (Activating Event + Beliefs = Consequence) of Cognitive Behavioural Therapy.

### **Passport program**

If you want to know updated passport program policy and guideline, this workshop can give you answer. Don't miss it.

### **Registered Disability Savings Plan (RDSP) (Mandarin)**

What is RDSP?  
How can RESP transfer to RDSP?  
Come to find more answers.

### **Ontario Autism Program (OAP) Reconciliation presentation**

During this information session, an Autism Ontario Service Navigator will lead you through the Ontario Autism Program (OAP) reconciliation process. This session will cover these topics:  
Tips and tricks on managing your funds  
Eligible expense headings and subcategories  
How to fill out the online expense form  
This session is intended for those in receipt of OAP Childhood Budget or One-Time Interim Funding.

### **JVS- Job Retention**

Join our session with JVS where we will talking about job retention along with how to balance work life from home life.