



# Learning and Development Guide

# WELCOME TO KERRY'S PLACE

**Creating a future where all  
Autistic people can participate  
fully in their communities.**

Kerry's Place is Canada's largest Autism services provider and the only one that serves the lifespan of Autistic individuals and their families. Over our 50 years, we've built locations and partnerships across southeastern Ontario to help Autistic people of any age or ability build skills, gain independence, make friendships, and achieve their goals.

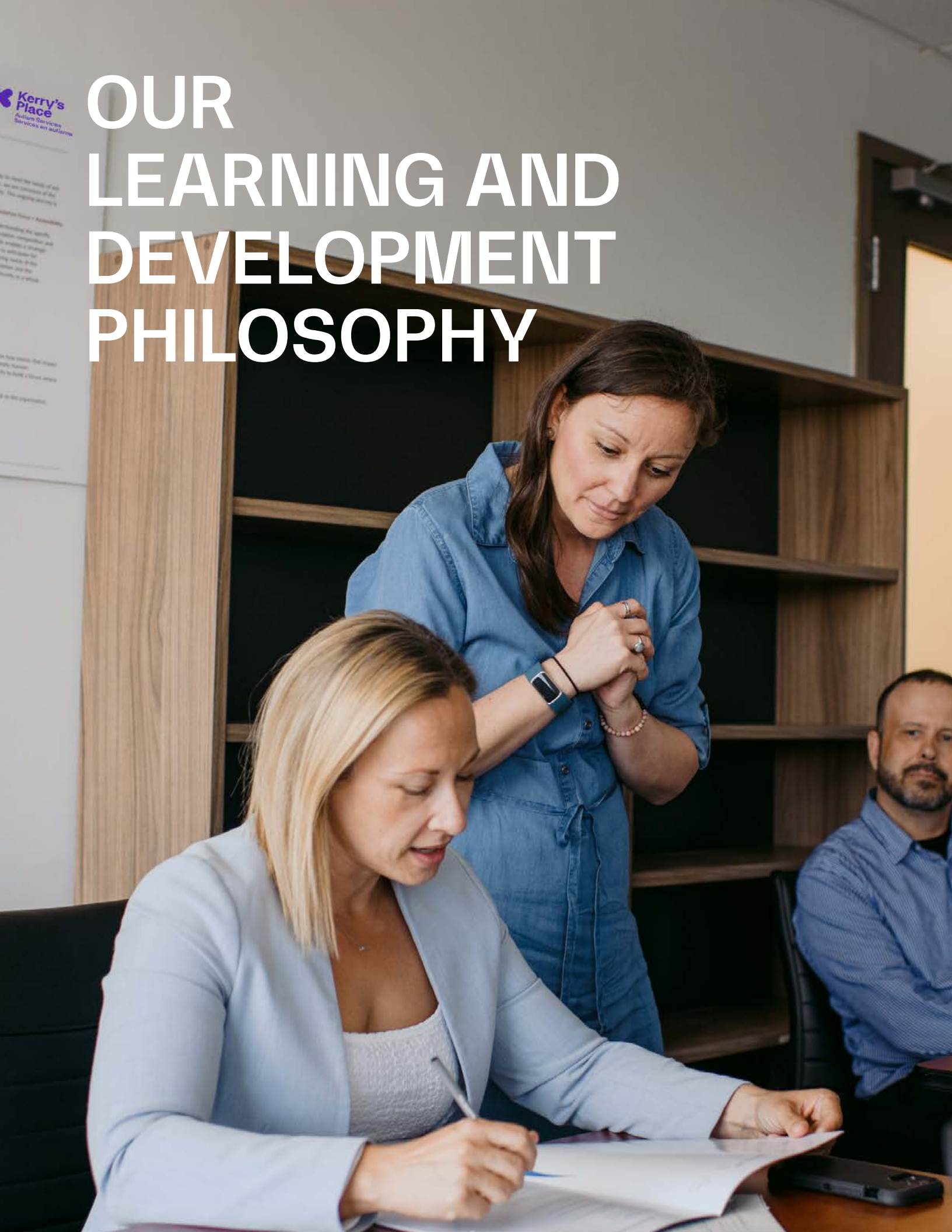
Every Autistic person is unique - and every Autism diagnosis is unique. That's why we offer a wide range of customized Autism services and supports to better help you and your family navigate Autism from childhood to adulthood and every transition in between.

We do this by delivering individualized, evidence-based Autism supports and services, and proudly offer an array of workshops, seminars, and professional development courses geared toward understanding Autism.

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# OUR LEARNING AND DEVELOPMENT PHILOSOPHY





# Kerry's Place is a leader in the development and delivery of Autism-specific courses and workshops.

Kerry's Place provides a variety of workshops, seminars, and courses focused on building understanding and awareness of Autism in our communities.

With continuous learning at the core of our values, we offer a comprehensive range of learning opportunities with the goal of building participants' self-confidence and skills in supporting Autistic people and their families. Our skilled facilitators deliver content through engaging, interactive sessions with a combination of discussions and activities. These standards result in our workshops feeling more like a conversation than a lecture.

We aim to provide an innovative and engaging experience for those who wish to learn more.

Our workshops are delivered both in person and online with half-day, full-day, and evening options available. Past participants include family members, educators, social workers, medical staff, emergency personnel, and more.

To learn more about **Learning and Development** at Kerry's Place, visit our website at [www.kerrysplace.org](http://www.kerrysplace.org) or contact [ASDTrainingRequests@kerrysplace.org](mailto:ASDTrainingRequests@kerrysplace.org).



## Resource Guides and Videos

Kerry's Place **Resource Portal** includes short videos and downloadable/printable information on key topics related to understanding and supporting Autistic people. The resources available continue to expand.

# Autism Professional Development Training

With the growing prevalence of Autism, more people can draw a connection to someone with a diagnosis. This is why it's so valuable to understand Autism and the available supports.

Kerry's Place Professional Development Training packages aim to help businesses and organizations better understand and address the diverse needs of Autistic people, thereby fostering environments that promote acceptance and support.

Our training packages can help with:

- building knowledge and understanding of Autism for you, your staff, partners, and connections
- learning to serve a unique and growing population
- understanding the benefits of hiring, working with, and supporting Autistic people.

We are committed to enhancing the inclusivity and accessibility of workplaces, services and programs for Autistic individuals across any corporate, public, private, or community-based setting.

*"Really enjoyed my experience with the facilitator and Kerry's Place Autism training. This session really supported various learning styles of the participants and allowed for deep reflection and collaboration. The Autism Consultant was an amazing, supportive facilitator that really brought the workbooks to life giving concrete examples and practical resources. Thank you so much."*

## Learn more

To learn more about [Autism Professional Development Training](#), reach out to our team through our [Inquiry Form](#).



# Autism Certificate Course

Our Autism Certificate Course is presented across 30-hours of instruction and is designed to empower you with the knowledge and tools to support Autistic people across various settings.

Dive into eight comprehensive topics, including:

- Autism Diagnosis
- Neurology of Autism
- Learning Styles and Teaching Strategies
- Sensory Profiles
- Stress, Anxiety and Self-Regulation
- Receptive and Expressive Communication
- Social Skill Development and Relationships
- Supporting Behavioural Change

Led by skilled facilitators, our course includes engaging group activities, case studies, and six practical assignments to ensure a well-rounded, hands-on understanding of Autism support.



Upon successful completion of all course assignments, participants receive a 'Certificate of Completion' to recognize their achievement, and will be able to:

- employ the use of professional, respectful and inclusive terminology related to Autism
- identify possible strengths, needs, learning styles, and profiles of Autistic people
- recognize the diagnostic features of Autism
- describe neurological processes such as executive functioning and theory of mind, and the impact of these challenges for Autistic individuals
- identify sensory differences some Autistic people experience, and challenges related to those differences
- identify social interaction characteristics related to Autism
- describe common difficulties with emotional regulation
- describe the factors which may lead to increased levels of stress and anxiety
- describe the variability in verbal language skills across the Autism spectrum and challenges related to communication

## Register

To take advantage of this training opportunity, please [register here](#) via our website.



# Autism Workshops

Whether you are a parent or caregiver, family member or professional, you can trust our skilled facilitators to provide engaging and interactive sessions that will increase your understanding and awareness of Autism and supporting Autistic people of all ages.

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## Autism: Beyond the Diagnosis

This workshop teaches strategies and tools to help Autistic children and youth understand their diagnosis, using a strengths-based approach.

Explaining and answering questions related to a diagnosis may be a lifelong discussion and can be difficult to navigate. Autism: Beyond the Diagnosis incorporates the research of Dr. Peter Vermeulen, related to helping Autistic people understand themselves and their respective diagnosis. Dr. Peter Vermeulen is an author, lecturer and consultant in the field of Autism.

As a result of participating in this workshop, participants will be able to:

- list key components of discussing an Autism diagnosis
- apply a positive strength-based approach to discussions with Autistic individuals regarding their diagnosis
- describe why a positive strength-based approach is important



*“I feel this helped me become a better educator”*

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## Autism, Gender and Sexuality: Understanding the Connection

This workshop introduces participants to how a diagnosis of Autism may influence or impact a child or youth’s journey with gender and sexual identity. Participants will leave with increased knowledge on the barriers children or youth may face when exploring intersecting identities, along with supportive strategies that help to empower and validate Autistic 2SLGBTQ+ youth.

As a result of participating in this workshop, participants will be able to:

- describe how a diagnosis of Autism may influence or impact one’s journey with gender and sexual identity
- identify support strategies for Autistic 2SLGBTQ+ youth

### Did you know?

*“Autistic children and adolescents are four times more likely than non-autistic people to be gender diverse.”*

(Hisle-Gorman, et al., 2019).

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## Beyond Friendship: Supporting Individuals in Understanding the Social World

More than making friends, this workshop provides participants with strategies and tools to help individuals with Autism understand the expected social skills to form meaningful relationships.

As a result of participating in this workshop, participants will be able to:

- identify the social characteristics related to Autism and the factors that impact success in social situations



# Autism Workshops

- define the hidden curriculum, and provide examples of unwritten social rules that impact everyday interactions
- explain the importance of understanding and teaching context in social skills programs

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## Don't Tell Me to Calm Down: Strategies for Supporting Autistic People through Stress and Anxiety

This workshop provides participants supporting Autistic people with an understanding of possible strategies and tools to navigate stress, anxiety and emotional dysregulation.

As a result of participating in this workshop, participants will be able to:

- describe the difference between stress and anxiety, and define emotional regulation
- explain the prevalence of co-morbidity of various mental health diagnoses and Autism
- describe the purpose and components of the Emotional Toolbox, conceptualized by Tony Attwood

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## Empowering Neurodiversity: Understanding Autism

This interactive workshop will allow participants to embark on their journey of understanding Autism. Understanding and identifying the variety of strengths and needs of Autistic persons will empower participants to adapt their approach and ensure inclusivity.

By the end of this workshop, participants will be able to:

- describe Autism
- identify strengths of Autistic people
- describe how strengths can be used as an opportunity for learning

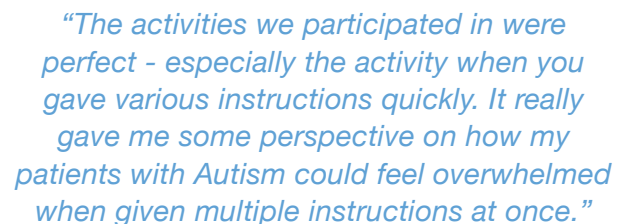
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## Everyone Learns Differently: Strategies to Bridge the Gap Between Learning and Teaching

This workshop will introduce parents, caregivers, and professionals supporting Autistic individuals of any age to different teaching approaches for skill building. Participants will learn various strategies for teaching skills, such as using visual supports, prompting, and motivation.

As a result of participating in this workshop, participants will be able to:

- identify the importance of prompting, motivation, and reinforcement when teaching
- define processing time and state its importance
- describe ways to support and minimize stress during transitions



*“The activities we participated in were perfect - especially the activity when you gave various instructions quickly. It really gave me some perspective on how my patients with Autism could feel overwhelmed when given multiple instructions at once.”*

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## Exploring the Pathways Beyond the Teen Years

This workshop focuses on transition planning to adulthood for Autistic teens. It includes discussions about building independent-living skills, exploring future pathways like education and employment, and navigating adult Autism services in Ontario. As a result of participating in this workshop, participants will be able to:

- describe major transitions that take place from adolescence into young adulthood
- define goal planning and using a SMART goal (Specific, Measurable, Attainable, Relevant, Time-Bound) approach
- list the steps in making a transition plan

# Autism Workshops

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## First Steps: A New Diagnosis of Autism

Has your child recently received a new diagnosis of Autism? This workshop is designed as a 'first step' for parents and caregivers who are eager to learn about what current services are available and begin exploring options to best support their families' unique needs.

As a result of participating in this workshop, participants will be able to:

- assess the needs of their child and/or youth with Autism
  - describe available services
  - identify next steps
- 

## Flush It Out: Teaching Toileting Routines to Persons with Autism

This workshop provides strategies and tools participants may use to establish a toileting routine using the principles of Applied Behaviour Analysis (ABA). This workshop provides information to tailor toileting plans to a child's unique needs and discusses tips and tricks, as well as ways to troubleshoot challenges.

As a result of participating in this workshop, participants will be able to:

- state the importance of toilet training
  - describe how to establish a toileting routine
  - identify challenges to toilet training in Autism
  - troubleshoot toileting routine challenges
- 

## Fundamentals of Autism

This workshop introduces participants to Autism Spectrum Disorder. Common characteristics of Autism, possible strengths, needs, learning styles, and profiles of Autistic persons will be introduced.

As a result of participating in this workshop, participants will be able to:


- describe characteristics of Autism
  - list three strengths associated with Autism
  - state the current prevalence rate of Autism
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## Getting the Message Across: Understanding Receptive and Expressive Communication

This workshop provides participants with information about communication differences in Autistic people and explores ways communication is received and expressed through spoken language, augmentative communication systems, gestures, and visual supports.

As a result of participating in this workshop, participants will be able to:

- define receptive and expressive communication
- describe the difference between receptive and expressive communication
- identify strategies for improving functional communication
- describe the importance of collaborating with a Speech Language Pathologist



*"The facilitator was excellent and engaging. Provided me with a lot of information that I wasn't aware of. Fantastic learning opportunity!"*

# Autism Workshops

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## Healthy Relationships and Sexuality: Strategies to Support Autistic Persons

This workshop supports with understanding relationships, boundaries, consent, sexuality and puberty in the context of supporting individuals with a diagnosis of Autism at any age or stage. Participants will leave with increased knowledge about these topics and tools to educate the individuals they support.

By the end of this workshop, participants will be able to:

- identify myths about sexuality, relationships and intimacy
- describe physical, social and emotional changes that come along with puberty
- describe levels of relationships and consent
- identify potential strategies for skill development

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## It Happens for a Reason: The Meaning Behind Behaviour

In this learning series, participants will leave with a foundational understanding about the science of Applied Behaviour Analysis (ABA) or ‘why we do what we do’. Participants will build skills around describing behaviour, understanding why it happens, and promoting behaviour change.

As a result of participating in this workshop series, participants will be able to:

- describe the elements of an operational definition of behaviour and provide an example
- describe the ABCs of behaviour including setting events
- list the four functions of behaviour with examples
- identify antecedent strategies
- describe the application of function-based consequence strategies
- identify functionally equivalent replacement behaviours

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## Keeping Safe in a Digital World

This workshop was developed in collaboration with Halton Regional Police Services to provide participants with information and strategies to help safely navigate a child or youth’s online presence and enhance cyber safety.

As a result of participating in this workshop, participants will be able to:

- describe the importance of online safety
- identify online risks for people with Autism
- define key terms related to online safety
- implement teaching strategies to support online safety

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## Let’s Go Back to School

This workshop provides participants with strategies to support children or youth with the transition back to school. We will discuss the types of transitions involved, the use of visual supports, and create an understanding of how to assist with reintegration into the social environment at school.

As a result of participating in this workshop, participants will be able to:

- identify why the transition back to a school environment may be challenging for children and youth
- describe strategies to support children and youth during school-related transitions
- provide examples of ways to implement discussed support strategies



# Autism Workshops

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## Letting In: Supporting 2SLGBTQ+ Autistic Youth

In this workshop, participants will learn about the concept of 'letting in' and how to respond when a child shares their gender identity and/or sexuality with them. Participants will learn strategies for supporting a child or youth in their letting in journey, including approaches for navigating discussions with other adults in the child's life.

As a result of participating in this workshop, participants will be able to:

- recognize the impact of parental reaction to 2SLGBTQ+ youth sharing their identity
- list the approaches for how to respond when a child discloses their identity
- apply the strategies learned to navigate difficult conversations with other adults

The support of family members and caregivers is crucial for the 2SLGBTQ+ community and their mental health. Rejection from families and caregivers can lead to negative outcomes for 2SLGBTQ+ youth in the form of elevated rates of suicide, poor mental health, and decreased overall health. Our aim is to help families better understand the journey their child is going through to help lessen the rejection.

### Did you know?

*“Transgender and genderqueer adults are 3-6 times more likely to be diagnosed as Autistic than cis-gender adults”*

(Warrier et al., 2021).

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## Making Sense of Financial Options for Parents and Caregivers

This workshop provides participants with an understanding of the financial supports available for their child or youth in Ontario. Topics include government funding, tax credits and benefits, and related financial resources.

As a result of participating in this workshop, participants will be able to:

- list funding options available to your family
- describe where and how to initiate applications
- identify alternative supports to government funding

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## Making Sense of the Sensory World: Understanding Sensory Processing

This workshop will introduce participants to the distinct ways in which Autistic individuals may experience sensory stimuli. Participants will review the senses and sensory systems that impact everyone in different ways and learn strategies that may assist a person with Autism in coping with sensory stimuli.

As a result of participating in this workshop, participants will be able to:

- identify sensory differences
- describe strategies that may assist a person in managing sensory stimuli
- describe the importance of collaborating with an Occupational Therapist

## Subscribe

**Get regular service updates!**

Subscribe to our eNewsletter and follow us on our social channels to stay connected.

**[Join our email list](#)**



# Autism Workshops

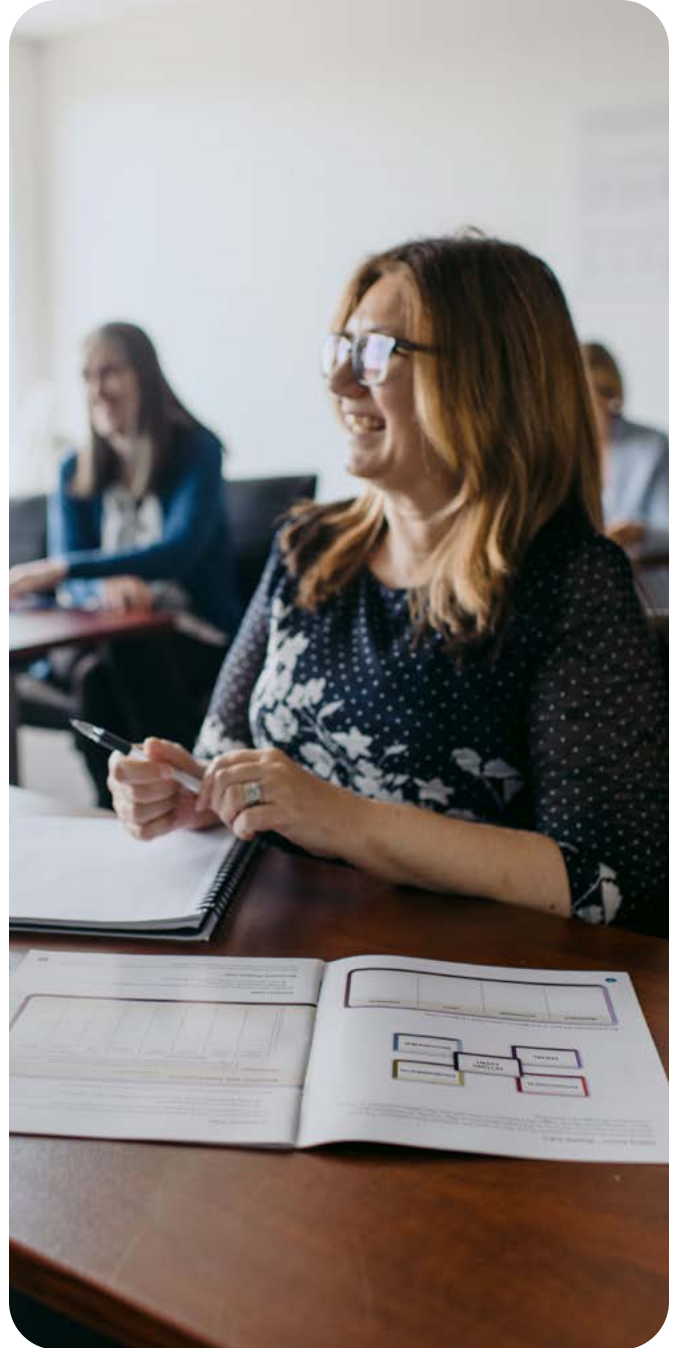
## From Respite to Recreation: Supporting Persons in Community Settings

This workshop provides professionals working in community settings with information about Autism, as well as strategies for creating inclusive settings for persons with Autism, to allow them to participate fully in their community. This workshop is beneficial to support anyone working with Autistic people in respite and recreational programs, services, and supports.

As a result of participating in this workshop, participants will be able to:

- list features of Autism
- describe strategies to support Autistic individuals
- identify possible strengths of Autistic people to support participation in one's community

*"I recommend anyone who has a child or is working with persons with disability to take this class to just understand Autism a bit more."*



## Register

**Register here** for any of our Autism Workshops to continually build your knowledge and understanding of Autism.



# EnAbling Inclusive Futures Training

Creating a sense of belonging starts from a place of understanding and acceptance. The EnAbling Inclusive Futures training package is designed to support businesses and organizations in creating accessible and inclusive spaces and programming for Autistic people, across public, private, and community-based settings. It helps address the unique needs of Autistic individuals, thereby fostering environments that promote acceptance and support.

The EnAbling Inclusive Futures training package includes a half-day workshop, one-hour consultation, and resource guide, all designed to help organizations develop an understanding of Autism, accessibility and inclusion for neurodiverse individuals, as well as best practices for designing programming. Topics include:

- understanding Autism
- variability of support needs
- accessibility, inclusion, and why it matters
- your responsibilities for ensuring accessibility and inclusion
- barriers experienced by Autistic people
- what accessibility and inclusion looks like in practice
- tools and strategies to promote accessibility and inclusion



*“It was incredibly well curated with flexibility to address things relatable to our work. The facilitator was highly skilled and flexible.”*

## Learn more

To learn more about this opportunity, **connect with our team through the [Inquiry Form](#).**



# Questions?

Have questions? Contact us at:

Email: [ASDTrainingRequests@kerrysplace.org](mailto:ASDTrainingRequests@kerrysplace.org)

Toll Free: 1-833-77-KERRY (1-833-775-3779)

[kerrysplace.org](http://kerrysplace.org)



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