



# Ask A Behaviour Consultant Virtual Clinic Series



The Behaviour Consultants of SDRC are presenting these clinics for parents and caregivers of individuals with a developmental disability and/or autism spectrum disorder. All clinics will be 1 hour in length via Zoom, be limited to a maximum of 10 participants and will include an opportunity for questions and discussion. If you are eligible for SDRC services or enrolled with Ontario Autism Program (OAP), and would like to attend any of these clinics, please call Rehana Khanam at 519 741 1121 ext. 2201 to register.

## **Internet Safety by Chloe Riddell** **Oct 21, 5 pm, Dec 16, 12 pm**

This session is designed for parents and caregivers, offering practical tips and guidance to help you support your child's online activity and strengthen internet safety within your family. We will explore common online risks, how to recognize unsafe situations, and simple strategies to promote safe digital habits.

## **Perspective Taking by Jennifer Jacobs** **Sept 24, 6 pm, Nov 26, 12 pm**

This new clinic delves into perspective taking, what it is and how it is developed. It also explores a variety of tools and strategies for teaching and practicing perspective taking for all ages.

## **Supporting Healthy Sleep in Children by Jennifer Jacobs** **Oct 22, 12 pm, Dec 10, 6 pm**

This clinic will focus on common sleep issues and factors influencing sleep. Sleep is essential, influencing our biological, social and emotional needs. We will look at sleep as a skill, examining specifically how to support a healthy sleep environment and review evidence-based sleep strategies.

## **Picky Eating by Chloe Riddell** **Sept 23, 12 pm, Nov 18, 5 pm**

This clinic is designed to provide information and support for parents/guardians of children who are struggling with picky eating. Participants will learn common reasons for picky eating and supportive strategies to encourage successful mealtime.

## **Executive Functioning by Denise Burke** **Sept 29, 10 am, Oct 20, 6 pm, Nov 10, 10 am**

This new clinic will look at mental skills that includes working memory, flexible thinking and self control. We use these specific skills everyday to learn, work and manage daily life. We will learn to identify challenges with executive functioning and how to implement strategies that can be useful in day to day situations.

## **Dating 101 by Denise Burke** **Sept 29, 1 pm, Oct 20, 1 pm, Nov 10, 6 pm**

Appropriate for Neurodiverse Teens & Young Adults (14+) & Caregivers. Let's talk dating, boundaries, and healthy relationships in a way that makes sense. This fun, supportive clinic is made for neurodiverse teens and young adults (14+) who are curious about friendships, dating, or relationships, and for the parents or caregivers who want to support them.

In the **Dating 101 clinic** we'll cover things like:

- ♥ The difference between friendship and dating;
- 🧠 How to show interest or set boundaries;
- 👉 What consent looks and sounds like;
- 🚿 Personal hygiene and getting ready for a date;
- 💬 What makes a relationship healthy (and what doesn't);

This isn't awkward—we keep it real, respectful, and easy to understand.