

# AUTISM RESOURCE CENTRE

REGINA SASKATCHEWAN

JULY  
2018



Art by an ARC member to Celebrate World Autism Awareness Day April 2nd, 2018

*...finding colour in the spectrum*

## RECEIVE ARC BY EMAIL

To join – email us at  
[info@autismresourcecentre.com](mailto:info@autismresourcecentre.com)

## FOLLOW US

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[@AutismARC](https://twitter.com/AutismARC)

## A BUSY START TO THE YEAR

The first half of 2018 was very eventful! We were thrilled to have the Regina Symphony Orchestra Chamber Players provide a free “Music for the Heart” concert on February 14th. The Symphony’s Education and Outreach Program allowed our members to experience classical music in a relaxed and familiar setting – we are very grateful to the musicians for taking the time to share their amazing talent with us.

Our members are staying active and engaged with their community and with each other. Our **We Belong Mental Wellness Program** offered several group events including Pet Therapy with The PACK Project, Expressive Art Therapy with Paper

Crane, Yoga with Prairie Solitude Yoga and with Mark our yoga guru, as well as Music Therapy with Boom Town Drums.

**Social Drop In** continues to offer a wide range of activities to help our young people connect to their community including: movies, playing pool, attending a baseball game, water slides, visiting Vega Boo Cat Café, and the ever-favourite board game nights. Our members love the variety of activities and we have over 20 people on some Wednesday evenings! **Afternoon Café has a new collection of board games** so you will want to come check them out on Tuesday afternoons at 3:00!

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April 2<sup>nd</sup> marked World Autism Awareness Day and **we launched a new video featuring "one family's journey with autism"**. You can check it out on our website:

[www.autismresourcecentre.com](http://www.autismresourcecentre.com)  
> Media > Videos.

To wrap up the start to our year, we held our Annual General Meeting on June 14th. Thank you to everyone who joined us – your attendance was greatly appreciated! Some updates to our bylaws were passed, including the ability to now have absentee voting at future AGMs. This will allow participation for those who are not able to attend in person. Additional details will be provided prior to our next meeting.

## FUNDRAISING FROM THE COMMUNITY

## SUMMER PROGRAM UPDATE

We want to thank all the families who registered for our 2018 Summer Camp program. The online registration went smoothly and the feedback we received on the new process was that it was, overall, a success! Our Program Directors have been working hard to prepare for a fun and therapeutic camp over the past two months. The 7-12 and 13+ camps will experience fun activities this year including laser tag, a city bus ride and a tour of Starz Air Ambulance.

We are also pleased this year to introduce **Camp Connect**, a PEERS® based social skills camp designed for teens who don't require 1:1 support. Campers will also participate in a week of Improv at the Artesian with our camp partner the Globe Theatre.

- A huge thank you to Michelle Schwabe and the **Regina Fraternal Order of Eagles Ladies Auxiliary** for their extensive fundraising efforts again this year. For the 2nd year, this group of ladies worked bake sales, raffles, bingos and other efforts to raise over \$6600 for our programs! Thank you so much!
- We are greatly appreciative of **The Antique Riders Club** that held their 2nd A.R.C. for ARC steak night and ride to benefit the Autism Resource Centre. They raised \$2500 and club member Wayne made a special presentation of \$500 for us. What a fantastic day!



- ARC received an unexpected and generous donation from **Brewsters Craft Brewery & Restaurant** (both locations) for their "Light it Up Blue Campaign". Through the month of April each location were lit up in blue and their staff sold puzzle pieces that were entered into prize draws. Overall they raised \$2,498 for ARC. Thank you so much Brewsters!
- On June 11th we participated in our 1st **Boston Booster** fundraising event that took place at Boston Pizza South. Folks loved the flexibility of being able to cash in their meal ticket any time on June 11th. Over \$1,000 was raised for ARC. Thank you to everyone who bought a ticket and to Boston Pizza South for their continued support!

## PEERS® NEWS

In February 2018, more staff members went to UCLA for PEERS® (Program for the Education and Enrichment of Relational Skills) training. This is an important 16-week program to help our young adults reach their friendship and relationship goals. Our newly trained staff are looking forward to offering our next session of PEERS® and helping our young people learn concrete

skills on how to make and keep friends. PEERS® curriculum will also be a part of preparing for employment and reaching employment goals.

**IF YOU ARE INTERESTED IN THE 16-WEEK COURSE,** please contact Stacey at ARC for information on the next session.

## COMMUNITY FUNDING PARTNERS

Thank you to the following organizations for their support of the Autism Resource Centre's programs and services:

### COMMUNITY INITIATIVES FUND (CIF)

For providing \$50,000 to help us deliver our successful We Belong Mental Wellness Program in partnership with Ehrlo Counselling and our Independent Living Programs.



### SASKATCHEWAN LOTTERIES

For over \$14,000 in grants enabling us to provide our Camp Connect Social Skills Camp and Improv for Autism in partnership with the Globe Theater.



### THE CO-OPERATORS

For \$20,000 to support the Building Block Outreach Program that is working to engage with our local First Nations organizations and communities.

### WOMEN'S EMPOWERMENT FOUNDATION

Provided Diva Cups to help our female members with personal hygiene.

### PATTISON SIGNS

For complementary upgraded billboards.

### SASKATCHEWAN HEALTH AUTHORITY

Allowing for us to carry on our very successful We Belong program for another year.

### AFFINITY CREDIT UNION

For providing \$10,000 to enhance our We Belong program.



### SHERWOOD CO-OP

The use of the ARC Co-op number raised over \$2700 this year. Thank you to the Sherwood Co-Op and for all who used #149400 at their stores.

### AUTISM CANADA

For their generous donation of Thomas the Tank toys to be used at our Summer Program camps this year.

## UPCOMING EVENTS

AUGUST  
**18<sup>TH</sup>**

### GET ACTIVE 4 AUTISM WALK/RUN

@ AE Wilson Park

SEPTEMBER  
**8<sup>TH</sup>**

### INDIA SUPPER NIGHT IN SUPPORT OF ARC

@ The Conexus Arts Centre

SEPTEMBER  
**26<sup>TH</sup>**

### PARENT SUPPORT GROUP WELCOMES BACK DAVE WIEBE FROM EHRLO COUNSELLING

## REMINDERS

#### AFTERNOON CAFÉ -

Meets every Tuesday afternoon 3:00 PM – 4:30 PM at ARC.

#### PARENT SUPPORT GROUP -

Meets the first Wednesday of every month at 6:30 PM at ARC. Next meeting is September 26th.

#### SOCIAL DROP IN -

Meets every Wednesday evening – check out our events calendar on our website for details!

# UPCOMING SPECIAL EVENTS

**BE SURE TO MARK YOUR CALENDARS AND STAY TUNED TO OUR WEBSITE FOR MORE DETAILS!**

## INDIA SUPPER NIGHT

The Autism Resource Centre is thrilled to be selected as the charity of choice for the 36th India Supper Night! Hosted by the India Canada Association of Saskatchewan, this is a lively celebration of Indian cuisine and entertainment. What began as a small gathering has grown into one of the most prestigious fundraisers in the province. The India Supper Night will be held on **Saturday, September 8th on stage at the Conexus Arts Centre**. You can purchase tickets, buy a table or become a sponsor by contacting:

- Curt Robb  
@ 306-591-6667
- Dr. Renatta Varma  
@ 306-450-4441

**WE WOULD LOVE TO SEE YOU THERE!**

## • 2018 GET ACTIVE 4 AUTISM

The **9th Annual Solvera Get Active for Autism Walk/Run** in support of the Autism Resource Centre is **Saturday, August 18th at A.E. Wilson Park** (Rick Hanson picnic area). Registration and pledge information can be found on our website at [www.autismresourcecentre.com](http://www.autismresourcecentre.com)

All registrants for the walk, including children, will receive a free t-shirt and gift bag. We will also be having individual and team prizes for the most pledges collected. Although the walk will start at 10AM, you will want to come out early to enjoy the pre-walk festivities, including face painting and our walk warm-up!

If walking isn't your thing or you would rather help set up and cheer on the participants, then we have an opportunity for you! Volunteers are always needed and appreciated. To sign up to help out the day of the walk, please get in touch with Deb at the office, 306-569-0858 or [info@autismresourcecentre.com](mailto:info@autismresourcecentre.com).

## THANK YOU!

We also want to take this opportunity to thank our sponsors that have confirmed so far to support the event:

- Solvera - our returning Title Sponsor
- Parkland Carpet One
- Sherwood Co-Op
- iQMetrix
- AdSpark
- Bassendowski Agencies
- Powerland
- Globe Theatre School
- Regina Symphony Orchestra

***It would not be possible without their ongoing support!***



**GET ACTIVE  
4 AUTISM**  
Walk/Run on Saturday August 18th  
AE Wilson Park at 10:00 AM  
find out more at [AutismResourceCentre.com](http://AutismResourceCentre.com)

*we're here to help!*

**AUTISM  
RESOURCE  
CENTRE**