

# AUTISM RESOURCE CENTRE

REGINA SASKATCHEWAN

JULY  
2017



*...finding colour in the spectrum*

## RECEIVE ARC BY EMAIL

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

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## GET ACTIVE FOR AUTISM

The Autism Resource Centre is very excited to be hosting the 8th Annual Solvera Get Active For Autism 5km/2.5 km Walk/Run on August 19th, 2017. GAFA is our annual fundraising event with proceeds going towards continuing the programming and support we give to our membership.

This event will take place at the A.E. Wilson Park at the Rick Hansen Playground. The Walk/Run begins at 10 am with registration for those who have not preregistered starting at 9 am. Every pre-registration will receive an event t-shirt and race bag filled with goodies.

This year we are having a food truck so be sure to bring money to buy lunch. 20% of the proceeds from

the food truck are going to support ARC. We will also have face painting, a balloon artist, and the Booster Juice truck.

Be sure to register for this awesome event by visiting our website [autismresourcecentre.com](http://autismresourcecentre.com), or stopping in to the ARC office and picking up a registration form. Get a group together and do some team fundraising or fundraise individually to be eligible for our incremental fundraising prizes...prizes for raising \$500, \$1000, \$1500, etc. We will also have door prizes that every registrant will have the opportunity to win including a HP Ink Jet printer donated by Powerland Computers. Cannot wait to see everyone there.

# PEERS — THE ART OF SOCIALIZING

***For many people, making and keeping friends does not come easy. The nuances of how to handle difficult situations, or how to keep a conversation going are not intuitive which can be stressful and frustrating. Add on the confusion of getting advice on how to handle these situations (especially bad advice!) and the whole process can seem very overwhelming.***

Miscommunication can make it hard for adults with autism to navigate the social world. Reciprocal conversation skills can be lost in translation with the many hidden social rules and subtle body language cues that they may not pick up on. For children with autism, there is a huge emphasis on early intervention programs to teach these necessary skills. However, as we grow and develop many of these skills change and become more diverse, making the information taught in these early intervention programs a bit out-dated for an adult trying to socialize with peers.

PEERS for Young Adults is an educational program that can help with these very issues.

It is a social skills training program for adults with autism spectrum disorder and other social challenges. In the summer of 2016, we offered our first PEERS program at ARC to help our members with some of these communication skills. PEERS is a social skills curriculum program, which uses evidence based techniques to teach concrete social skills to young adults on the spectrum. Throughout the program, young adults learn how to communicate appropriately to find, make and keep friends. The program then teaches the young adults how to use these skills to form romantic relationships as well.

In March of 2016 the Review Journal of Autism and Developmental Disorders published an article titled The Effectiveness of Social Skills Training Groups for Individuals with Autism Spectrum Disorder, explaining that “individuals with ASD experience high rates of anxiety, particularly social anxiety, with an estimated 50% of adults with ASD experiencing an anxiety disorder.” The article goes on to explain that because of this social anxiety, many adults with ASD tend to avoid social situations and have trouble making friends. The PEERS program aims to help with this social anxiety by teaching young adults concrete social skills, which in turn will decrease the amount of negative social interactions they experience. Once social interactions become a positive experience, social anxieties will begin to disappear.

As mentioned earlier, the PEERS program is an evidence-based curriculum, and has been the topic of interest for many studies. Research has proven that with the help of PEERS, young adults are not only able to increase their social skills but also maintain them once the program is over.

***In 2015 a study of 22 young adults who attended the PEERS program at UCLA found strong evidence linked to the effectiveness of the program in the improvement, generalization, and durability of social skills related to the development and maintenance of relationships for young adults on the autism spectrum.***

Although we are only in the second session of our PEERS program through ARC, we hope to have the same results.

If you want more information on PEERS please call ARC at (306) 569-0858.



Above: Mason showing off his soccer skills during Participation!

## PARTICIPACTION

For the last few weeks, ARC has been celebrating Canada's 150th birthday by getting active and enjoying the outdoors! Some of the awesome activities we've done include Geocaching, a scavenger hunt where you search the community using a GPS for well-hidden loot boxes, and learning Tae kwon do in the park. Some of those kicks are a lot harder than they look!

Getting active is an important part of both physical and mental health, and we're excited to find fun ways to get our hearts pumping and make some great friends!

Other fun activities we plan on doing this summer include capture the flag, run an obstacle course, play kickball, kite flying and going for a dog walk! Check your email for upcoming dates and information. If you're interested in joining, come drop in, we'd love to have you!

**Social Drop-In happens every Wednesday evening from 6-8 PM.**

Please email [Becky@autismresourcecentre.com](mailto:Becky@autismresourcecentre.com) for more information. We can't wait to see you there!

## MAGIC THE GATHERING

If you like Magic the Gathering, you'll be excited to hear that a group of players from ARC has started meeting every Friday night downtown at Boards N' Beans to test their decks and just have an all around good time. If you've ever been curious about the game, or just want to hang out with some awesome people, swing by around 7:00 at 1840 Rose St. Come join us in this exciting game of strategy and mana! Make sure you bring \$5.00 to get in the door though!

This event is unsupervised, and has no set end time, so plan accordingly.

# UPCOMING EVENTS

JULY  
**27<sup>TH</sup>**

AUGUST  
**10<sup>TH</sup>**

AUGUST  
**24<sup>TH</sup>**

## PARTICIPACTION

AUGUST  
**19<sup>TH</sup>**

## 8<sup>TH</sup> ANNUAL GET ACTIVE 4 AUTISM

At AE Wilson Park  
Event starts at 10:00 AM

**MON**

## PARENT NETWORK

First Monday of each Month  
6:30 - 8:00 PM

**TUES**

## AFTERNOON CAFE

Every Tuesday  
3:00 - 4:30 PM



## IMPROV FOR AUTISM

Our exciting program of Improv for Autism at Globe Theatre has just ended. We had such a great time learning new skills, playing games, meeting new people and getting to see all of our friends from the past Improv sessions.

In the next Improv session we will have two programs at Globe Theatre. One will be Teen Improv for Autism, ages 13-17 beginning September 20th and another will be Adult Improv for Autism, ages 18 and up beginning September 9th.

For more information, or to register please contact **Chanda** at **Chanda@autismresourcecentre.com** or **(306) 569-0858**.



## COOKING WORKSHOP

Although Cooking Program doesn't start up again until the fall, we ran a one-off cooking workshop in June, where a group learned how to make quick and easy English breakfast – a recipe where you're able to dump all of your ingredients in a pan and cook it all up together – we had great reviews!

Cooking is an excellent way to save money and become more independent. It's also a tasty way to spend your day!

We plan to hold another workshop this summer. The topics will be planning and prepping meals to help make cooking at home easier. Keep your eyes peeled!