

Autism Edmonton's Next Steps: Guide to Autism Resources

Preschool Children (Birth – 5yrs)

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DISCLAIMER:

Autism Edmonton does not endorse any service or organization listed in the Next Steps guide.

This guide is intended only to help families and individuals navigate their options for services, while guiding them to the most relevant autism resources.

Last Update:
November, 2019





Membership

Membership with Autism Edmonton is now FREE!

Want to join us as a member? Sign up now using this convenient online form!

By becoming a member of Autism Edmonton (previously known as Autism Society of Edmonton Area, or ASEA), you will be joining a community of like-minded people that, for decades, has given strength, support and hope to families and individuals affected by autism. Membership is available to all individuals, free of charge, with no expiration date.

Autism Edmonton membership benefits give you:

the opportunity to take advantage of Autism Edmonton's programs and workshops
the first look at [Autism Edmonton's publications](#) (Autism Now magazine, Autism Monthly newsletter)
the ability to check-out helpful educational materials (including digital media and Autism Edmonton's
in-office library) exclusive access to additional online resources

Click [here](#) to join today!



Early Intervention Program (0-3.5yrs)

As soon as you discover that your child may have developmental issues there are a number of resources you can draw from. There are regional phone numbers for early intervention and diagnosis of developmental disabilities. **Alberta Health Services** provides funding for developmental stimulation.

Available Services and Resources:

[Edmonton Early Intervention Program](#)

Phone: 780-342-1707

[Childrens Autism Services of Edmonton](#)

780-495-9235

Email: info@childrensautism.ca

[Center for Autism Services of Alberta](#)

780-488-6600

Email: info@centreforautism.ab.ca

[Robinhood Association](#)

Phone: 780-467-7140

Email: info@robinhoodassoc.com

[Transitions Rehabilitation Association of St.Albert and District](#)

Phone: 780-458-7371

Email: info@transitions-ab.org



Diagnosis Process

The [HANS \(Help Autism Now Society\) Physician Handbook](#) is a useful tool when speaking with your health care providers about a suspected autism diagnosis.

The first step in the diagnosis process is to get in touch with your Family Doctor, Pediatrician or [Community Health Nurse](#). Who will screen your child for characteristics of autism, book a hearing test and make arrangements for speech and language assessments.

If you are interested in having your child assessed at the Glenrose Rehabilitation Hospital, contact your child's physician who can complete the [Developmental Pediatric Referral form](#) and fax it to the Glenrose Rehabilitation Hospital.

Pediatric Central Intake at fax number 780-735-6293



Glenrose Rehabilitation Hospital Services for Children with Autism

[The Glenrose Pediatric Autism Clinic](#) is consultative in nature and serves children diagnosed with Autism Spectrum Disorder who have unresolved complex tertiary level medical, behavioral and/or developmental needs.

For further information, please contact the clinic at 780-735-6134.

For your child's regular health needs, please ensure your child has a [Family Doctor or Pediatrician](#).



FSCD & Establishing Service

The Family Support for Children with Disabilities (FSCD) Program provides supports and services to help strengthen families and promote the development of your child in every area. To begin the [intake process](#) for FSCD you will need to:

- Create an account with [Alberta Supports](#)
- Complete application form
- Copies of all assessments and documentation
- Copy of your **Glenrose** report

The second step will be a home visit where the FSCD worker will observe your child in their natural environment. It is important to keep things as they would be on a daily basis. The worker needs to see the reality of your child's situation in order to best provide services. This visit is not about a clean house and good behavior; it is about the reality of your life.

The worker will then negotiate a service contract with you. FSCD can provide various supports and resources that will support your family. Please review the following [chart](#) for a Summary of Supports and Services provided under the FSCD Act. Please refer to the [FSCD Policies and Procedures Manual](#) for more details on the services that FSCD provides.

If you disagree with an FSCD decision, you may appeal the decision. Click here to learn more about the [Concerns Resolution Process](#).



Service Providers

[Innovative Intervention Services Inc.](#)

Phone: (780) 634-0022

Email: innovativeintervention@telus.net

[Qi Creative](#)

Phone: (780) 554-8745

Email: info@qicreative.com

[Centre For Autism Services](#)

Phone: (780) 488-6600

Email: info@centreforautism.ab.ca

[Khan Communication Services](#) (ages 4+)

Phone: (780) 440-3251

[New Family Solutions](#)

Phone: (780) 987-4374

[Grow Happy\(Behaviour\)](#)

Amy Bishop, M.A

Phone: (519)494-0936

Email: abishop@grow-happy.ca

[Over the Rainbow](#)

Phone: (780) 758-6988

Email: info@otrainbow.ca

[Children's Autism Services of Edmonton](#)

Phone: (780)495-9235

Email: info@childrensautism.ca

[Growing Changes](#)

Phone: (780) 965-4310

[Kindred Kids Intervention & Consulting Services Inc.](#)

Phone: (780) 235-4929

Email: jessica.kindred@shaw.ca

[GRIT – Getting Ready for Inclusion Today](#)

Phone: (780) 454-9910

Email: gritprog@gritprogram.ca

[Ability4Good](#)

Phone: (780) 442-2740

Email: info@ability4good.com

[From Play to Words](#)

Phone: 780-571-0880

Email: info@fromplaytowords.com

[Seden Centre](#)

Phone: 780-570-0661

Email: sedencentre@shaw.ca

[Carepros](#)

Phone:(587) 800-3727

E-mail: info@carepros.ca

Families also have the option of selecting their own therapists and creating a Family Directed Support Services Team. Please contact [Autism Edmonton](#) to learn more about this option.



Respite Providers

[Transitions – Building New Tomorrows](#)

Phone: (780) 458-7371

Email: info@transitions-ab.org

[Children’s Autism Services of Edmonton](#)

Phone: (780)495-9235

Email: info@childrensautism.ca

[Centre For Autism Services](#)

Phone: (780) 488-6600

Email: info@centreforautism.ab.ca

[Alberta Adaptabilities Association](#)

Phone: (780) 431-8446

Email: info@adaptabilities.ca

[Robin Hood Association](#)

Phone: (780) 467-7140

Email: info@robinhoodassoc.com

[Alberta Special Needs Care Providers](#) (Independent Contractors)

[YWCA Edmonton \(Disability Services\)](#)

Phone: (780) 423-9922

Email: info@ywcaedm.org

[Saint Elizabeth Home Care](#)

Phone - (905) 940-9655

Email: communicationsSEHC@sehc.com

[Post Natal Care Services](#)

Phone: (780) 433-9601

Email: info@postnatalcareservices.com

[Kids Kottage Foundation](#)

Phone: 780-944-2888

Email: info@kidskottage.org

[Maitland House](#)

Phone: 780-960-0593

Email: afsc@shaw.ca

[Blue Heron Support Services](#)

Phone: 780 674-4944

Email: contact@bhssa.ca

[Nurse Next Door](#) (child and adult respite as well)

Phone: 1-877-588-8609

[Wild Rose Caregivers](#)

Phone: (780) 756-2700

email: info@wildrosecaregivers.com

[Skills Society](#)

Phone: (780) 496-9686

Email: admin@skillsociety.ca

[Crossroads Family Services](#)

Phone (780) 430-7115

Email: main@crossroadsfs.ca

[Carepros](#)

Phone:(587) 800-3727

E-mail: info@carepros.ca



Behavioral Issues

When you are faced with behavioral issues that require additional support there are a number of resources available to help you through this situation:

[Your FSCD Worker](#)

[The Autism Clinic](#) – 780-735-6115

[Autism Edmonton](#) – 780-453-3971

[Triple P Positive Parenting](#) – Particularly Triple P Stepping Stones which is geared toward special needs children.

[Positive Behavior Supports for Children](#) is a collection of resources curated by Alberta Health Services

[Positive Behavior Supports](#) video series, created by Mount Royal University

[Facebook Supports/Groups](#)

[Behavior Support & Family Services](#) – 780-231-3208 E-mail- info@behaviorsupport.ca

It is important that parents, teachers and aides work together to help regulate your child's behavior and set up strategies to deal with future events. Suggest that both teachers and aides complete the free video course in [positive behavior support](#). It would be beneficial for the parents to complete it as well so your child's entire team is on the same page.

[Edmonton Police Services](#) has a [crisis response team](#) that is available to help in crisis situations. Ensure to let them know you are calling about someone on the spectrum so they will be prepared to handle the situation accordingly.

Phone – 780-342-7777

E-mail – eps@edmontonpolice.ca



Early Education

Program Unit Funding (PUF) is available to children diagnosed with **Autism Spectrum Disorder** (ASD) for a maximum of three years. Be careful not to access funding too soon so that it is available to your child through kindergarten. Check with early intervention if your child is younger than 3 years old. Parents should choose a program that suits their lifestyle.

Typically children complete 2 years of preschool, then transition to the community school for kindergarten. However, families do have the option to continue in a PUF funded pre-school for their 3rd year of PUF funding.

PUF funding can be accessed through [Alberta Education](#) in your area:

Phone: 780-427-7219

Toll-free: 310-0000

Alberta Education has prepared a fact sheet related to [Early Education Programing for Children with Special Education Needs](#).

It is recommended that parents familiarize themselves with legislation, policy and procedures related to special education needs and funding. Please visit the following links:

[Standards for the Provision of Early Childhood Special Education](#)

[Essential Components of Educational Programing for Students with Autism Spectrum Disorder](#)

[Funding Manuals for School Authorities](#)



PUF

There are a variety of options for PUF funded early education programs in Edmonton and surrounding areas. The five most common options for preschool are listed below:

1. Inclusive Community preschool options. With this option an agency provides support in a community preschool setting. Visit [Edmonton Preschool Association](#) for assistance in finding a local preschool. Agencies who provide support in community preschools include:

[Centre For Autism Services](#)

Phone: (780) 488-6600

Email: info@centreforautism.ab.ca

[GRIT – Getting Ready for Inclusion Today](#)

Phone: (780) 454-9910

Email: gritprog@gritprogram.ca

[Community Options](#) (2.5 to 6 years)

Phone: (780) 455-1818

Email: commopt@communityoptions.ab.ca

[Children’s Autism Services of Edmonton](#)

Phone: (780)495-9235

Email: info@childrensautism.ca

[Over the Rainbow](#)

Phone: (780) 758-6988

Email: info@otrainbow.ca

2. **[Edmonton Public Pre-Kindergarten](#)**

These programs feature, half-day classes scheduled four days per week, organized activities within a play-based learning environment, flexible instruction based on students’ needs and interests, supports like speech and language services, physical therapy, occupational therapy and school family liaison services and smaller classes (8 to 16 children) for more targeted supports.



PUF Continued...

3. [Edmonton Catholic Schools Early Education Options](#) The 100 voices program features a certified teacher, early learning facilitator, a multi-disciplinary team that includes supports like speech and language, physical therapy, occupational therapy and school family liaison services, inclusive learning spaces and faith based programming.

4. PUF supports in Daycare. Agencies who provide supports in daycare include:

[GRIT – Getting Ready for Inclusion Today](#)

Phone: (780) 454-9910

Email: gritprog@gritprogram.ca

[Community Options](#) (19 months-4years)

Phone: (780) 455-1818

Email: commopt@communityoptions.ab.ca

[Over the Rainbow](#)

Phone: (780) 758-6988

Email: info@otrainbow.ca

5. Autism specific center based options:

[Maier Centre Preschool](#)

For Early Education Programming (PUF) options in the areas surrounding Edmonton please contact:

Alberta Learning

780-427-7219 (for toll-free access within Alberta, first dial

Toll free: 310-0000

Also visit your [Local School Board](#) website for PUF options available thru your school board.

Edmonton is District Number 7.

<http://www.epsb.ca/>

<http://www.epsb.ca/programs/specialeducation/>



Individual Program Plans (IPP's) & Behavioral Support Plans (BSP's)

Alberta Education allows students with learning difficulties the access to appropriate adapted academic accommodations and related adaptive technologies according to their special needs.

The Individual Program Plan (IPP) is a written commitment of intent by education teams to ensure appropriate planning for individual students with special needs and a working documents that records a student progress. The IPP process is a collaborative team efforts involving students, parents, regular education teachers and resource personnel. To learn more about the IPP process, please click [here](#).

All children with behavior issues should have a **Behavior Support Plan (BSP)** as part of their **Individual Education Plan (IEP)**. To learn more about the BSP process, please click [here](#). Additional Resources:

[Growing Changes](#) – 780-965-4310

[Positive Behavior Supports for Children](#)

[Over the Rainbow](#)

Phone: (780) 758-6988

Email: info@otrainbow.ca

[Carepros](#)

Phone:(587) 800-3727

E-mail: info@carepros.ca

Child Care Services

Children who receive FSCD supports can receive additional supports in a daycare or licensed day home, from enhanced ratios to 1 to 1 support. Please contact Family and Community Resiliency Childcare Services at 780-427-0444 to learn more. Below are is a list of providers recommended by child care licensing.

[Child Development Day Homes of Alberta](#)

10639 – 131 Street
Phone: 780-444-2288

[It's a Childs World](#)

Suite 201, 10335 – 178Street
Phone: 780-489-2626

[Wee Care Family Day Home Agency](#)

9904 – 103 Street
Phone: 780-998-0888

[Leduc-Strathcona Services for Children](#)

203, 937 Fir Street
Phone: 780-464-5803

[North Alta Family Day Home](#)

8155 – 79ave
Phone: 780-448-1301

[Child Care Services Alberta](#)

[Child Care Lookup](#)

[Parkland family Day Home Agency](#)

221A-1st Ave
Phone: 780-962-5919

[Glengarry Child Care Society](#)

13315-89 Street
Phone: 780-478-4691 Ext 302

[North Edmonton Family Day Home](#)

12704-101 Street
Phone: 780-478-3376

[Strathcona County Family Day Homes](#)

Email: familyandcommunity@strathcona.ca
Phone:780-464-4044

[Southgate Medallion Family Day Homes](#)

209 11 Fairway Dr.
Phone:780-438-4012

Childcare Program

Childcare Program is provided to children between 19 months and 5 years of age who have been diagnosed with Autism Spectrum Disorder. This unique program aims to alleviate the stress many parents face in finding a suitable childcare program for their children on the spectrum. Our staff focus on encouraging children to develop communication skills, functional play skills, fine and gross motor skills and self-help skills, while providing a safe and engaging environment for all. The childcare room is equipped with a variety of regulation tools, sensory items and visual supports to accommodate for the different needs and preferences of the children attending the program.

The Childcare Program is currently offered at [The Maier Centre](#).
17451 103 Avenue
Edmonton, AB T5S 1J4



Financial Resources

There are a number of financial supports and benefits that families of children with disabilities may qualify for. The most common include:

1. **[The Disability Tax Credit](#)** (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. A medical practitioner has to complete and certify that your dependent has a severe and prolonged impairment and must describe its effects.
2. **[The Child Disability Benefit](#)** (CDB) is a tax-free benefit for families who care for a child under age 18 who is eligible for the disability tax credit. The amount payable for CDB payments depends on your families income and the number of disabled children in the family.
3. **[Registered Disability Savings Plan](#)** (RDSP) is a savings plan that is intended to help parents and others save for the long term financial security of a person who is eligible for the disability tax credit (DTC). The RDSP is a valuable financial tool for families. Government Grants match contributions to the RDSP account between 100-300%. Canadian Savings Disability Bonds automatically get deposited to the RDSP account if the family income is less than the CSDB threshold amount, up to the age of 49. This is to a maximum of \$1,000/year and a lifetime maximum of \$20,000. Click [here](#) to learn more about the RDSP plan. Many financial institutions and brokers are licensed to sell RDSP's (Autism Edmonton does not endorse any specific financial institution or broker).



Advocacy

[Gateway Association](#)

Phone: (780) 454-0701

Email: info@gatewayassociation.ca

[Inclusion Alberta](#)

Phone: 780-451-3055

E-mail: mail@inclusionalberta.org

[Facebook Page](#)

[Alberta Human Rights Commission](#)

Duty to Accommodate: Interpretive Bulletin

[Canadian Human Rights Commission](#)

Accommodation in the 21st Century

[Guardian Law Group](#) - (403) 457-7778

Janet Hutchison - Chamberlain Hutchison Barristers & Solicitors (for legal issues)

Phone: **780-423-3661 (ext.227)**

E-mail: jhutchison@nucleus.com

Meikle Osgood - [Meikle Osgood Baristers and Solicitors](#) (for legal issues)

Phone: (780) 454-7111

E-mail: info@meiklelaw.ca



Wandering Risk

Children on the Autism Spectrum will wander for various reasons; being overwhelmed with their surroundings, wanting to be in their favorite place or simply just to explore. Statistics show that 50% of parents with children on the spectrum confirm that their children wander and that the behavior normally peaks around the age of 4. Please click [here](#) to learn more about autism related wandering. There are a variety of resources to protect a child that is at risk of wandering. First of all children that wander should have [MedicAlert](#) ID tags so first responders can get in touch with the family and safely return the child.

Additional Resources:

[iLoc Technologies](#)

[Eyez-On](#)

[Awaare](#)

[No Child Without](#)

[Big Red Safety Box](#)

[SABRE Wireless Home Security](#)

[AngelSense](#)

[12 WAYS TO PREVENT, AND RESPOND TO, ASD WANDERING](#)



Moving

Moving can be stressful for a child who is on the Autism Spectrum, [Social stories](#) can help prepare your child for the move. Using social stories can help your child understand the situation and concept by using relevant cues, responses or perspectives. Explain that things from the old house will come to the new house. Use pictures of the moving van, the new house, the new neighborhood, and their new bedroom to prepare them visually for the move. Involve your child in packing their things. If they will be changing schools, allow them to visit their school and classroom before they start classes to help the transition and to allow them to adjust to their new atmosphere when less people are present.

[Moving within Alberta to Edmonton](#)

[Moving within Canada to Edmonton](#)

[Moving from another Country to Edmonton](#)

This article has some helpful information on how to help your child cope with moving:

<https://www.homeadvisor.com/r/moving-with-autistic-child/>



Moving within Alberta to Edmonton

Ask to have FSCD file transferred to the [Edmonton FSCD office](#).

Obtain a [Family Doctor or Pediatrician](#) for your child.

The Glenrose Pediatric [Autism Clinic](#) is consultative in nature and serves children with Autism Spectrum Disorder who have unresolved complex tertiary level medical, behavioral and/or developmental needs. If your child's physician feels that a referral is warranted, please have the physician fax a referral to the clinic at 780-735-6230. Documentation supporting the diagnosis of Autism is required.

Determine what school board the child will be registered with. Contact the [Local School Board](#) and ask for school locations. Edmonton is District Number 7.

<http://www.epsb.ca/>

<http://www.epsb.ca/programs/specialeducation/>



Moving within Canada to Edmonton

Make sure to get hard copies of all records and testing before leaving the local area.

Apply for [Alberta Health Care](#) as soon as residency is established. (There is a 3-month overlap with other provincial healthcare plans).

Obtain a [Family Doctor or Pediatrician](#) for your child.

The Glenrose Pediatric [Autism Clinic](#) is consultative in nature and serves children with Autism Spectrum Disorder who have unresolved complex tertiary level medical, behavioral and/or developmental needs. If your child's physician feels that a referral is warranted, please have the physician fax a referral to the clinic at 780-735-6230. Documentation supporting the diagnosis of Autism is required.

Contact [FSCD](#) (780) 644-1636 or [Alberta Supports](#) (780) 644-9992 to begin application process.

As soon as possible after arriving in the province determine area of residence and check the schools. Contact the [Local School Board](#) and determine if local schools are suitable. Edmonton is District Number 7.

<http://www.epsb.ca/>

<http://www.epsb.ca/programs/specialeducation/>

Register as early as possible for any special programming so that classes are not full.



Moving from another Country to Edmonton

Make sure to get hard copies of all records and testing before leaving the local area.

Determine child's eligibility for programming in Alberta before moving. (Child and parents must be Canadian citizens or permanent residents).

Families and children that are not citizens or permanent residents of Canada will need to determine medical admissibility for their child. A child with a previous diagnosis of autism may be deemed medically inadmissible. Parents will need to document their ability to pay for all services their child may need.

Edmonton is District Number 7.

<http://www.epsb.ca/>

<http://www.epsb.ca/programs/specialeducation/>

Use a [Regulated Canadian Immigration Representative](#) to assist in this process.



Health

[Finding a General Practitioner
or Pediatrician](#)

[Dentists and Resources](#)

[Fitness and Nutrition](#)

[Private Speech/Language Pathology](#)

[Private Occupational Therapy](#)

[Private
Psychologists/Psychiatrists](#)

[Alternative Medicine/Physicians](#)

[Sexual Health](#)

[Eye Exams](#)

[Autism Assistance Dogs](#)

[CASA:](#)

Child Adolescent and Family Mental
Health

Phone: 780-400-2271

Finding a Family Doctor or Pediatrician

Options to find a Family Doctor

1. Call [Health Link](#) at 811 province wide. In addition to helping you find a family doctor, Health Link provides 24/7 telephone nurse advice and general health information for Albertans and information on diseases, treatments, staying well, and healthcare services
2. Use the [On-line tool](#) provided by the College of Physicians and Surgeons to find a doctor in your area.
3. Most family doctors are part of a [Primary Care Network](#) (groups of health professionals working together to coordinate your health care). PCNs have tools to help you find a family doctor

Finding a Pediatrician

Speak with your family physician to obtain a referral to an Edmonton and Area Pediatrician if necessary

Dentists

[University Hospital Dental Clinic,](#)

Edmonton
780-407-6854

[Cool Smiles Children's Dentistry](#)

3203 50 Ave, Red Deer, AB T4N 3Y1
403-342-5565

[Windermere Pediatric Dentistry](#)

Unit #206, 316 Windermere Road NW
780-484-5667

[Children's Dental Centre](#)

210-11808 St Albert Trail, Edmonton
780-428-5437

[Sinai Dental](#)

112-15508 87 Avenue, Edmonton
780-428-7767

[Gateway Pediatric Dentistry](#)

#215, 2920 Calgary Trail NW, Edmonton, AB T6J 2G8
780-705-5437

[Dental Service Group](#)

10835-124 Street, Edmonton
780-413-0824

[Axis Dental](#) – General Dentistry
366 Saddleback Road, Edmonton
780-437-4816

[Nottingham Dental Clinic](#)

Phone: 780-467-2401
330-664 Wye Road, Sherwood Park

[Pediatric Dentistry on 160](#)

15961 97 St NW, Edmonton
780-406-8870

[Mirror Dentistry](#)

#219, 6650-177 St NW, Edmonton, AB, T5T 4J5
(780) 489-9809

[Dr. Ken Powell – Yellowbird Dental](#)

821 Saddleback Road
Edmonton, Alberta
Appointments: 780-435-5576

Dental Resources

[Healthy Smiles for Autism: Oral Hygiene Tips for Children with Autism Spectrum Disorder \(ASD\)](#)

A guide to help start an oral health routine at home with your child, eventually your child will learn how to independently complete each step in the routine.

[A Special Needs Guide to Dental Hygiene](#)

A resource page for parents on how to help their child deal with all aspects of oral health including anxiety surrounding dental visits.

[Dental Resources for Parents of Special Needs Children](#)

A resource page for parents on how to help their child deal with all aspects of oral health including anxiety surrounding dental visits.

[Dentably- A guide for Autism and Dental Care](#)

A fantastic resource guide about ASD and dental services. There is information about what to ask the dentist, how to prepare for an appointment, and special accommodations.

[How to Help Your Child with ASD Overcome Her Fear of the Dentist and Establish Lifelong Healthy Oral Hygiene Habits](#)

General Health – Fitness & Nutrition

[1. Canada's Food Guide](#)

A resource for knowing how much to eat, and what to eat.

[2. Pediatric Centre for Weight and Health](#)

For kids aged 2 – 17 with a BMI \geq the 85th percentile. The PCWH provides a family-centred, multi-disciplinary approach to providing pediatric weight management care. This is part of Alberta Health Services' Provincial Pediatric Weight Management Model. There are three levels of services available in the model. Services include individual and group based programs, delivered by a multi-disciplinary team. There are locations in Calgary and Edmonton, but also flexible services for out-of-town families. A referral from a physician or nurse practitioner is required.

[3. Pediatric Weight Management Services – Outpatient Dietitian Counselling](#)

Registered Dietitians throughout the province, with specialized training in Pediatric Weight Management, provide behavioural counseling, support and structure in making positive lifestyle changes for children and their families. Service targeted to children ages 2-17 years **with a BMI at or above the 85th percentile.**

[4. AHS Weight Wise Adult Community Program](#)

This program provides weight management education and support to adult patients and health care professionals in the Edmonton Area

[5. Dieticians of Canada – Find A Dietician](#)

You can check out this link below to find a registered dietician in the Edmonton area.

[6. Palates Culinary Kitchen and Learning Centre](#)

Palates provides kids a diverse cooking program that will help them to be independent in the kitchen and learn important life skills

[7. Eat This Much](#)

This Much automatically creates meal plans with your personalized, nutrition targets, food preferences, and budget, and then sends them to you every week with a grocery list.

[8 Heart & Stroke Foundation Meal Planning Made Easy:](#)

Offers mealtime suggestions, planning templates, countless recipes, 'Heart Smart Home Cooking' videos and more. They also have their own magazine and various research studies into healthy living.

General Health – Fitness & Nutrition

1. The [Leisure Access Program](#) allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities.

- Unlimited, free admission to [participating facilities](#)
- Discounts for registered programs

2. Online Resources

[Workout Trainer](#)

- thousands of free workouts and custom training programs

[JEFIT Workout](#)

- Free personal trainer, workout plans, exercise and fitness tracker and gym log.

[Fitocracy](#)

- *Fitocracy* is an online game and social network that aims to use “gamification” to help users improve their fitness. Users log their daily fitness and “level up” and can compete with their friends.

[Breathe2Relax](#)

- *Provides information on the effects of stress on the body and gives instructions and various exercises to help combat stress. This app is a great buddy when you are sad and upset, and also helps to stabilize your mood and control anger.*

[Bodybuilding.com - Exercise Guides](#)

- *Excellent resource for anyone, regardless of fitness level, great pictures and videos to teach you how to target each muscle group effectively.*

Click on whichever muscle group you would like to target on the picture, and it will show you all the available exercises and how to do them properly.



Private Speech/Language Pathology

Alberta Speech & Language Association of Private Practitioners:

Phone: (780) 988-2217

E-mail: info@asapp.ca

From Play to Words

Phone: 780-571-0880

Email: fromplaytowords@gmail.com

Speech Language Collaboration of Edmonton

Email: slpedmonton@gmail.com

Robin Illchuk (Registered Speech-Language Pathologist)

Phone: 780-935-9500

Email: robin.speechpath@gmail.com

Specializes in Down Syndrome and Autism

Over the Rainbow

Phone: (780) 758-6988

Email: info@otrainbow.ca



Private Occupational Therapy

[Society of Alberta Occupational Therapists:](#)

Phone: (780) 803-0350

E-mail: info@saot.ca

[Alberta College of Occupational Therapists:](#)

Phone: (780) 436-8381

E-mail: info@acot.ca

[Growing Changes](#)

Phone: (780) 965-4310

Email: growingchanges@gmail.com

[From Play to Words](#)

Phone: 780-571-0880

Email: fromplaytowords@gmail.com

[Canadian Association of Occupational Therapists](#)

[Family Support Solutions](#)

Phone: Intake-780-974-0612

[Over the Rainbow](#)

Phone: (780) 758-6988

Email: info@otrainbow.ca

[Shelly Craig](#) (website under construction)

Phone: (780) 709-4289

E-mail: a.linktherapyservices@gmail.com

Activities of Daily Living, including play with peers, self-care (feeding, dressing, toileting, personal hygiene), leisure activities inclusion with family community events, participating at school, in a fun and holistic way.

Private Psychologists

[ABC Psychological Services](#), Colleen Stratton

Phone: 780-756-9280

Email: colleen@abcpsychservices.com

Information: Colleen performs the required preliminary assessments and if the evaluation indicates concerns for an Autism Spectrum Disorder she will recommend a referral to a neurodevelopmental assessment clinic

No ADOS

Not a counseling psychologist

[Naznin A. Virani – Sunrise Psychology](#)

Phone (780) 416-4060

Corrine Eckert

Phone: (780) 454-4634

Email: ceckert@telus.net

[Pool Psychological Services](#), Randy Pool M.Ed

St. Albert

Phone: (780) 901-7848

Email: poolpsychologicalservices@gmail.com

[Jan-Marie Chrzanowski](#), Registered Psychologist

Phone: 1-855-544-3035

Information: Special interest & experience with autism. Intervention, play therapy, parent support. Gender Identity

Christin Tyerman, Registered Provisional Psychologist

(780) 263-3462

Christin.tyerman@gmail.com

Wanda Watson

Phone: (780)887-1353

E-mail: wandawatson@shaw.ca

Dr. Diane Hinves

Educational psychologist, Family and Marital Therapist

Phone: (780) 452-2559

Email: hinvesdl@telus.net

[Over the Rainbow](#)

Phone: (780) 758-6988

Email: info@otrainbow.ca

Private Psychologists Continued...

[Nexus Psychology](#)

11 Athabasca Avenue, Suite #144B

All therapists are autism aware. Accepts all ages and families.

Phone: 780 221 5721

Email: INFO@NEXUSPSYCHOLOGY.CA

Carie Anne Laturnus - Psychologist

10443-85 Ave (Works with all ages)

Phone: (780) 995-9361

Email: Carriel@telus.net

[Dr. D-V Massey and Associates](#)

Phone: 780-471-1860

Information: Neuropsychology, Clinical and Consulting Psychologists

Maggie Davidson

Private Practice

Phone: (780) 916-3552

Spruce Grove

Email: maggiedavidson42@gmail.com

Information: Specializing in working with individuals with developmental disabilities including Autism

[Insight Psychological Services](#)

Edmonton South: (780) 461-1717

Edmonton North: (780) 478-2580

Spruce Grove: (780) 962-3310

Red Deer: (403) 346-1716

Information Counselling and Assessment Services Play Therapy & Children's Services Marriage and Family Services Grief

Alternative Medicine

Hoffman Centre For Integrative Medicine:

Dr. Bruce Hoffman (Registered Defeat Autism Now Practitioner)

Calgary, AB

Phone: (403) 206-2333

E-mail: assistant@hoffmancentre.com

Dr. Steven K.H. Aung, MD, (traditional Chinese medical practitioner)

Phone: (780) 426-2760

E-mail: draung@aung.com

Alberta Homeopathic Medical Clinic:

Dr. Danny Thomas B.SC., D.M.S., H.D. - St. Albert

Phone: (780) 455-1623

Email: info@askdrthomas.com

Vital Health Clinic

Dr. Garry Schafer

#136 - 2755 Broadmoor Blvd. Sherwood Park

Phone: 780-449-4047

Email: info@vitalhealthclinic.ca

Le Soleil Health & Wellness Ltd.

Dr. Robert Pearman MSc, ND, Naturopath

Phone: (780) 414-1466

E-mail: lesoleilhealthandwholeness@gmail.com

Green Apple Health Care:

Dr. Nowazuk, ND

Phone: (780) 485-9468

Dr. Stephen Genuis

Preventative Medicine

Phone: 780-450-3504

Dr. Tris Trethart, MD.

Phone: (780) 433-7401

Dr. Mason Wood – Natural Terrain Naturopathic Clinic

Phone: (587) 521-3595

Physicians, Massage & Chiropractor

[The Chiro Clinic](#)

Corey Graham

Phone: (780) 460-2290

Laurie – Registered Massage Therapist
also takes clients living with autism

[Dr. Kim Crickmay](#)

Restoration Chiropractic

Phone: 780-458-9828

Fax: 780-458-9839

Email: crickdc@gmail.com

[Dr. Bryan Redpath](#)

Chiropractor

Phone: (780) 469-4881

[Dr. William Farrell](#) BSc., M.Chiro, DACNB

Neurorehabilitation & Chiropractic
Consultation Services

Phone: 780-988-2615

[New Dimension Therapies:](#)

(Cranial Sacral Therapy)

Murray Gadica, BA, R.M.T

Phone: (780) 288-0641

[RESET Wellness](#)

Massage, Acupuncture and Float Therapy

10324 Whyte Ave NW, Suite B02

Phone: 780 756 5265

Email: contact@resetwellness.ca



Sexual Health

[Alberta Health Services – Sexual Health Services](#)

No individual education sessions exist for a child or youth on the spectrum. However, if there is a group of individual interested in education who are able to get together, a facilitator from Sexual and Reproductive Health Program will come out to meet with them and do a session.

[Compass Centre for Sexual Wellness](#)

A charitable organization that provides sexual health education and counselling services in Edmonton and surrounding communities.

Phone 780-423-3737, E-mail info@compasscentre.ca

[King County Flash lesson plans for Special Education](#)

Comprehensive sexual health education curriculum

[Insight Psychological – Sexual Issues and Sexuality](#)

Visit Website for Psychologists and Locations



Eye Exams for Autistic Children

Children that can answer questions can see optometrists, however request a parent or aide be present to facilitate the exam, including interpretation. Check specializations on the website for the College of Physicians and Surgeons of Alberta

Dr. Stuart/Dr. Bischoff - (780) 448-1141

For non Verbal children, eye care is more difficult Ophthalmologists recommended by the Glenrose require a physician's referral

[U of A Department of Ophthalmology](#) - (780) 735-4111

Dr. Kevin Hennig - (780) 488-5600

Dr. David Cote and Group - (780) 450-3200

Additional Resources:

[Clearly Contacts](#)

[Zenni Optical](#)



Autism Assistance Dogs

Dogs With Wings:

Phone: (780) 944-8011

E-mail: info@dogswithwings.ca

Lions Foundation of Canada:

For ages 3-18

Phone: (905) 842-2891

National Dog Services

New applications for children between 2-10 yrs

Phone: **(519) 623-4188**

E-mail: info@nsd.on.ca

Aspen Service Dogs

Phone: (780) 488-2797

Service Dogs in Alberta

Phone: [780-427-9136](tel:780-427-9136) (Edmonton)

Toll free in Alberta: dial [310-0000](tel:310-0000), then the phone number

Email: servicedogs@gov.ab.ca



Recreation

[Inclusive Recreation Guide for People with Disabilities – Fall 2019-Summer 2020](#)

Some programs are designated specifically for individuals with disabilities, however many programs are open to everyone!

[Edmonton attractions pass](#)

The Edmonton Attractions Pass gives you access to the city's hottest attractions, including the Valley Zoo, Devonian Botanic Gardens, Art Gallery of Alberta, and more!

[City of Edmonton facility memberships](#)

[Leisure access pass](#)

Pass for lower income individuals

[Access 2 Easter Seals Canada Program](#)

The program seeks to offer more opportunities for people with disabilities to participate in recreational activities, primarily attractions and theatres, with an attendant.

Additional Resources:

[Sports Programs](#)

[Music Art and Drama Programs](#)

[Nature Assisted Therapy and Therapeutic Horseback Riding](#)



Sports Programs

[Red Cross Adapted Aquatics](#)

Leveled swimming to support children to become independent swimmers

and increase their safety, independence, and enjoyment in and around water

[SwimAbilities](#)

community-based, leveled swimming program is geared for children ages 3 to 16, with special needs, who need additional support to achieve their beginning swimmer goals and to increase their safety, independence, and enjoyment in and around the water.

[Adapted Swim Lessons at Grant MacEwan](#)

lessons that are tailored to individuals with a wide range of disabilities. Lessons are 1-on-1 with a aquatic instructor

[Extreme Edge Ice Skating \(Under Group Skating Programs\)](#)

Ages 4 and up Phone: (780) 456-6851

Email: extreme.edge@shaw.ca

[Capital City Gymnastics](#)

Family drop-in

All ages and all abilities

[Centre for Autism Services Alberta](#)

Phone: (780) 488-6600 Ext: 216

Email: info@centreforautism.ab.ca

Offers a wide range of sports programs for children teens and adults

[You Can Ride Two](#)

Bike Riding lessons for ages 8 and up

[Soccability](#)

Adapted Soccer

Phone: (780) 474-2200

[Tae Kwon Do](#) – Young Masters Club

Contact Jon Rivero (Qi Creative) @ (780) 554-8745

18 and under

[J'Adore Dance](#)

Phone: (780) 701-4942

Email: Through website

[Dynamyx – I Can Gymnastics](#)

designed to offer families, children and adults a structured program for

individuals with a variety of needs and abilities.



Music Therapy & Music Groups

[Solful Music Therapy:](#)

Phone: (780) 983-8950

E-mail: christine@solfulmusic.com

[Sounds Affects Music Therapy:](#)

Phone: (780) 902-7268

E-mail: info@soundaffects.ca

[Centre for Autism Services Alberta](#)

Phone: (780) 488-6600 Ext: 216

Email: info@centreforautism.ab.ca

Offers a wide range of art and drama programs for children, teens and adults.

Nature Assisted Therapy & Therapeutic Horseback Riding

Little Bits - Edmonton, AB

Phone: (780) 476-1233

Email: info@littlebits.ca

Dreamcatcher Nature-Assisted Therapy Association

Phone: (780) 809-1047

Email: info@dreamcatcherassociation.com

Various funding options including FSCD and Blue Cross

Mission Ridge Stables

Phone: (780) 886 - 0304

Email: MissionRidgeStables@gmail.com



Moms Groups

[Autism Edmonton 7 and under Group](#)

This is a group for families who have a child with autism who is age 7 or under. The goal is to... communicate about meeting up monthly for a non-therapeutic get together. Parents need to stay at the group with their children and siblings are invited.

[Edmonton Autism Mom's Group](#)

This group will be organizing coffees..., play meetings and other social supports within Edmonton

[St. Albert Autism Moms Coffee Group](#)

This group will be organizing coffees..., play meetings and other social supports within St. Alberta

[Sherwood Park Autism Moms Group](#)

This group will be organizing coffees..., play meetings and other social supports

[Spruce Grove/Stony Plain Autism Moms Social Group](#)

We are a group of moms in the Spruce Grove and Stony Plain area that have kids with autism. We get together for a sense of community, to share strategies and successes and to celebrate our unique and special kids.

[Autism Moms – Leduc, Beaumont and South Edmonton](#)

This is a group for mommas of children with autism who live in and around the Leduc, Beaumont and the South Edmonton areas. We can hopefully be a support network for one another and get together for coffee/drinks to chit chat.

[Fort Saskatchewan Autism Moms Group](#)

This is where we can ask questions, get advice, vent, make arrangements for outings and just feel supported



Groups

[Infinite Resources Inc.](#)

Small Talk Group (ages 5-7)
Facilitate Play Group/Date (2-6 children)
Phone: (780) 886-9303
Email: Sheila@infiniteresources.ca

[Khan Communication Services](#)

Play Group (Ages 4-6)
Phone: (780) 440-3251
Email: info@khancommunicationservices.com

[Center For Autism Services](#)

Play Group (Ages 5 & Under)
Phone: (780) 488-6600 ext. 216
Email: gstanford@centreforautism.ab.ca

[Moms Groups](#)

Online Groups

[Local Facebook Pages](#)

[International Facebook pages, groups and blogs](#)

[Autism Edmonton 7 and under group](#)

This is a group for families who have a child with autism who is age 7 or under. The goal is to... communicate about meeting up monthly for a non-therapeutic get together. Parents need to stay at the group with their children and siblings are invited.

[Cerebral Palsy Association in Alberta](#) (CPAA)

All of CPAA's programs are inclusive, which means they are open to everyone regardless of age category or ability.

[LD Edmonton](#) (Learning Disabilities Association of Alberta)

Social Skills groups

Phone: (780) 466-1011

Email: info@LDEdmonton.ca

[Facebook Page](#)



Local Facebook Pages & Blogs

[Autism Edmonton Community Group](#)

[Centre for Autism Services Alberta](#)

[Connecting Autism Parents, Edmonton](#)

[Qi Creative Inc.](#)

[Edmonton and Area Children with Apraxia Support Group](#)

[Infinite Resources](#)

[Parents of Special Needs Children](#)

[The Uncomplicated Family](#)

[Edmonton Regional Coalition for Inclusive Education \(ERC\)](#)

[Tools for Kids](#)

[Plugged in Community Page](#)

[Alberta Autism](#)

[Autism Awareness Centre](#)

[Canadian Biomed Parents](#)

[Children's Autism Services of Edmonton](#)



International Facebook pages, Groups & Blogs

[Diary of a Mom](#)

[Mysterious](#)

[Autism Discussion Page](#)

[Sensational Futures](#)

[Asperkids](#)

[The Thinking Mom's Revolution](#)

[Autism with a Side of Fries](#)

[Autism Daddy](#)

[Single Parents of Children with Autism](#)

[MOM – Not Otherwise Specified](#)

[Stuart Duncan: Autism from a Father's Point of View](#)

[Autism: A Mother's Support Group](#)

[Karla's ASD Page](#)

[Snagglebox](#)

[Always Unique, Totally Intelligent, Sometimes](#)

[A Sensory Life](#)



Local Sensory Product Suppliers

Tools for Kids:

Phone: (780) 455-1004

E-mail: Through website

Therapyware

Innovaid:

Phone: (780)-467-7627

Email: info@innovaid.ca

Connecting Autism Parents, Edmonton Garage Sale

Facebook Community Garage Sale

Special Needs Toys

Phone: 1-877-509-7524

Discovery toys

Phone: 780 - 438 - 6773

E-mail: toywarrior@hotmail.ca

Autism Focused Articles

- [Autistic Home Decorating: Make Your Home Autism Friendly](#)
- [10 Tips for Getting Your Autistic Child Through a Haircut](#)
- [The Top 3 Challenges to Finding a Babysitter for Your Special Needs Child — and How to Overcome Them](#)
- [The Best Strategies for Calming Autistic Tantrums and Meltdowns](#)
- [Do Sensory Processing Issues Get Better Over Time?](#)



Autism Websites – Canada & USA

[Autism Speaks Canada](#)

[Autism Awareness Centre](#)

[Autism Canada](#)

[Special Kidz](#)

[Autism Research Institute](#)

[National Autism Association](#)