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April 2018

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# Girls on the Spectrum

Orleans United Church, 1111 Orleans Blvd.

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Hello and welcome to the Girls on the Spectrum Newsletter!  
The goal of the Newsletter is to share with parents and friends upcoming events and news related to the Drop-in and to the Parent's Support Group.

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## Join us on Wednesday, April 18<sup>th</sup> at 12:00 p.m. for the 6<sup>th</sup> Annual Autism on the Hill event

Miriam and I will be joining other parents and supporters on Parliament Hill on Wednesday, April 18<sup>th</sup>. We will have the Girls on the Spectrum banner with us. We hope you can join us!

The Faces of Autism banners will be displayed and autism awareness pins will be handed out at noon.

Speakers will include Carter Grusys, a self-advocate attending Algonquin college and Nathan, a 10 year old self-advocate as well as other dignitaries.

Autism on the Hill is an opportunity to raise national awareness about autism and to show your support for people on the autism spectrum and their families.

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



## Upcoming Events

### Thursday, April 12<sup>th</sup>

7-9 p.m. Parent Support Group –  
ABC Pediatric Therapies, 1939  
St. Joseph Blvd. Orleans

### Sunday, April 15<sup>th</sup>

Drop-in - Free psychotherapy  
consults available with Melanie  
Robarts

Manicures with Sarah Benfield  
from Jamberry Nails

### Wednesday, April 18<sup>th</sup>

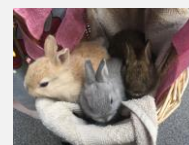
Autism on the Hill – 12:00 p.m.  
Parliament Hill

### Sunday, April 22<sup>nd</sup>

Inside Out for Autism Day at the  
Drop-in – wear your shirt inside  
out!

### Sunday, April 29<sup>th</sup>

Drop-in - Pet therapy visits with  
Experience Unik





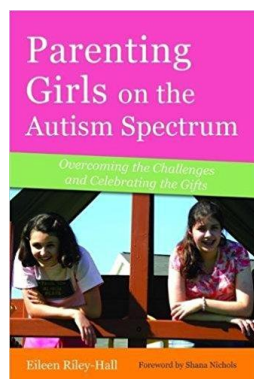
### Girls on the Spectrum Parent Support Group

The Girls on the Spectrum Parent Support Group meets on the **second Thursday** of the month. The next meeting will take place on Thursday, April 12th, from 7 – 9 p.m. at ABC Pediatric Therapies located at 1939 St. Joseph Blvd. in Orleans. Coffee, tea and treats will be served. Hope to see you there!

### Book of the Month

Parenting Girls on the Autism Spectrum by Eileen Riley-Hall

This book is a great help to parents with respect to parenting girls on the Autism Spectrum. It is written by a mother of a girl on the spectrum and provides positive encouragement and guidance relating to school, friendships, meltdowns and therapy and interventions. Please see Suzanne at the Drop-in or Parent Support Group if you would like to borrow it.



### Autism Sensory Friendly Event at Toys “r” Us

**Sunday, April 8<sup>th</sup> - First hour of business\***

Toys “r” us sensory friendly shopping hour that includes:

- In-store activities
- No in-store music or announcements
- Dimmed lighting
- Designated quiet areas

### Autism Ontario Events

Visit Autism Ontario's Eventbrite page to learn more about great activities for kids on the spectrum in our area.

<https://www.eventbrite.ca/o/autism-ontarioautisme-ontario-east-amp-south-east-regions-and-kawartha-haliburton-northumberland-amp-peterborough-counties-3254265508>

### Inside out for Autism

Wear your shirt **inside out** to support Autism Awareness and Acceptance!

Visit the website for more information on how you can plan an event at your school or work anytime between April 2<sup>nd</sup> and October 31<sup>st</sup>, 2018.

<http://insideoutforautism.ca/>

Girls on the Spectrum will have their **Inside Out day** on April 22<sup>nd</sup>.

