



AUTISM CONNECTIONS FREDERICTON

## RESOURCE GUIDE

Autism Connections Fredericton is committed to scientifically-based treatment approaches for autism. ACF cannot be responsible for the quality or suitability of any of the products or programs listed here. We encourage you to consult with the professionals you work with before purchasing services or materials, or embarking on new programs.

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The resources listed in this guide are from local, national and international sources. Please keep in mind that some may contain references to legislations or programs that are not available in Canada.

## WHO WE ARE...

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Autism Connections Fredericton Inc. (ACF) is a registered charity dedicated to providing social support, public education, advocacy, material resources, programs, activities, and evidence - based information for persons with autism spectrum disorder, their families, and their communities. ACF serves the greater Fredericton region.

Your FREE membership allows you to access our:

- **Resource Library:**

Our lending library is stocked with various resources such as books, videos, toys, educational tools, ABA materials and much more!

- **Knowledge Nights & Education:**

ACF hosts workshops and educational evenings where members can learn about topics relevant to them (e.g. respite care services, disability tax credit, Adults with Autism etc.). We also deliver information booths and presentations around our community.

- **Teen Night:**

Teens with ASD can join a group at ACF to hang out, socialize, play video or board games and enjoy a potluck snack.

- **Skills Courses:**

We offer a variety of skill building courses, including bike riding, gymnastics, Tae Kwon Do, cooking and art classes.

- **Special Events:**

These events promise fun for the whole family. You might be interested in our annual Halloween party, winter sleigh ride, summer fun days, and more! Please check our monthly calendar for planned events!



*For more information or questions feel free to contact us:*

**Executive Director:** Rick Hutchins

**Address:** 1666 Lincoln Road, Fredericton, NB, E3B 8J6

**Phone:** (506) 450-6025

**Email:** [acf@nb.aibn.com](mailto:acf@nb.aibn.com)

**Website:** [autismconnectionsfredericton.com](http://autismconnectionsfredericton.com)

**Facebook:** autism connectionsfredericton

## General Information about Autism

### **Asperger Experts**

**Website:** [www.aspergerexperts.com](http://www.aspergerexperts.com)

Help, guidance, support and strategies that actually work for people with Asperger's, parents, therapists and teachers. Created by people with Asperger's.

### **Autism After 16**

**Website:** [www.autismafter16.com](http://www.autismafter16.com)

Autism After 16 is an American website that provides information and analysis of adult autism issues. They try to help adults with ASD and their families make sense of what's out there. Their big focus is transition issues. Some references to programs and legislation may not be relevant in Canada

### **Autism Canada**

*Bilingual information available.*

**Website:** [www.autismcanada.org](http://www.autismcanada.org)

Autism Canada works collaboratively with provincial and territorial organizations, associations and societies to champion Autism Spectrum Disorder priorities. They create the exchange of information between individuals with ASD, families, professionals, researchers, governments and the public.

### **Autism Discussion Page**

**Website:**

[www.facebook.com/autismdiscussionpage](https://www.facebook.com/autismdiscussionpage)

This page was developed by Bill Nason, MS, LLP to discuss tools that help children on the spectrum feel safe, accepted and competent. Although each child is different, with their unique strengths and challenges, there are some common strategies that can strengthen the social, emotional, and cognitive security for most children on the spectrum.

### **Autism Hangout**

**Website:** [www.autismhangout.com](http://www.autismhangout.com)

First-hand advice from one of the world's leading authorities on Asperger's Syndrome, Dr. Tony Attwood. Dr. Tony Attwood personally addresses your questions about successfully living with the challenges and gifts of Asperger's.

### **Autism Research Institute**

**Website:** [www.autism.com](http://www.autism.com)

Autism Research Institute offers research and education for professionals, individuals on the spectrum, and their families.

### **Autism Helper, Inc.**

**Twitter:** @theautismhelper

**Website:**

<https://theautismhelper.com/>

Autism Helper, Inc. supports teachers, parents, clinicians, and administrators by providing resources, tools, and the methods to measure success, such as daily blog posts, curriculum resources and more.

### **Autism in Education**

**Website:** <http://aie.apsea.ca>

AIE offers a website about best practices in the education of children with ASD in the 4 Atlantic Provinces. It offers information papers on general topics such as Transition to School, Evidenced- Based Practice, Sensory Differences in Autism Spectrum Disorders and Teaching Essential Skills to Prevent the Development of Challenging Behaviour; recorded webinars by local and international experts; and free online tutorials for professional development.

### **Autism Quality of Life Podcast**

**Website:** [www.autismqualityoflife.com](http://www.autismqualityoflife.com)

This is an interview-based podcast with the mission of sharing programs and resources to improve quality of life for teens and adults with ASD and their caregivers.

### **Autistic Self-Advocacy Network**

**ASAN Vancouver email:**

[asanvancouver@gmail.com](mailto:asanvancouver@gmail.com)

**ASAN Winnipeg email:**

[asanwinnipeg@gmail.com](mailto:asanwinnipeg@gmail.com)

**Website:** [www.autisticadvocacy.org](http://www.autisticadvocacy.org)

ASAN is a non-profit organization run by and for autistic people. ASAN was created to provide support and services to individuals on the autism spectrum while working to change public perception and combat misinformation. Canadian chapters are currently located in Vancouver and Winnipeg.

### **Autistics Worldwide**

**Website:**

<https://www.facebook.com/groups/autisticsworldwide>

A safe place for all people on the spectrum

### **Autism Speaks Canada**

*Bilingual information available.*

**Website:** <http://www.autismspeaks.ca>

Autism Speaks Canada supports individuals with autism and their families by working with community partners; enhancing resources and services, increasing understanding, acceptance and inclusion; and advancing research into causes and interventions.

### **Behavioral Science in the 21 Century**

**Website:** <http://www.bSci21.org>

This US based website posts scientific articles on the practical application of Applied Behavior Analysis in many areas, including autism. Examples include: Using Modern Technology in ABA Programs to Teach Children with Autism; When School Suspension Reinforces Maladaptive Behavior; Tips for Transitions at the Start of a New School Year; Parenting Tips for More Independent Children; A “Cheeky” Look at Toilet Training; and dozens of other articles.

### **Building Early Intervention Partnerships with Your Child’s Doctor: Tips from and for parents**

**Website:**

<http://arcwhatcom.org/wp/building-early-intervention-partnerships-with-your-childs-doctor/>

### **Calm Clinic**

**Website:** [www.calmclinic.com](http://www.calmclinic.com)

Offers information about anxiety and how to overcome it. The website also explains the symptoms of anxiety and what loved ones can do to help the anxious person.

### **Canadian Autism Spectrum Disorders Alliance (CASDA)**

*Bilingual information available.*

**Website:** [www.casda.ca](http://www.casda.ca)

CASDA is committed to ensuring the implementation of a comprehensive National ASD Strategy that addresses critical gaps in funding and policies, which are preventing individuals with ASD and their families from exercising their equal rights as Canadians. Autism Connections Fredericton is a member of CASDA.

### ***Child and Youth Toolkits***

**Website:** [www.shared-care.ca/toolkits](http://www.shared-care.ca/toolkits)

Toolkits include information, videos and games about various topics including autism, ADHD, anxiety, behaviour problems, mood disorders and more

### ***Inclusion Network***

**Website:** [www.inclusion.com](http://www.inclusion.com)

Inclusion Network offers workshops, training and consultation for people with disabilities. This website is not specific to autism.

### ***Geneva Center for Autism***

**Website:** [www.autism.net](http://www.autism.net)

Geneva Center for Autism is Canada's primary resource centre for autism. It offers comprehensive education and training services which enable parents and professionals to become effective interveners and advocates for people with ASD.

### ***Inclusive Education Canada***

**Website:** [www.inclusiveeducation.ca](http://www.inclusiveeducation.ca)

This website is a meeting place for family, teachers, education officials and community members who are committed to making inclusive education a reality.

### ***International Society for Autism Research***

**Website:** <http://www.autism-insar.org>

INSAR provides scientific collaboration, mentorship, and education to better the lives of the individuals and families living with Autism Spectrum Disorder (ASD). Membership is open to individuals engaged in academic or research activities, graduate students and post-doctoral researchers, and others vested in the study of autism spectrum disorders (ASDs).

### ***KidsHealth from Nemours***

**Website:** [www.kidshealth.org](http://www.kidshealth.org)

KidsHealth offers information about health, behavior, and development from before birth through the teen years. KidsHealth has sections for parents, kids, teens, and educators.

### **Miriam Foundation**

*Bilingual information available.*

**Website:** [www.miriamfoundation.ca](http://www.miriamfoundation.ca)

The Miriam Foundation is a Montreal-based organization that promotes awareness, offers workshops, shares materials/information and supports research.

### **Positive Partnerships**

**Website:**

[www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)

Positive Partnerships is an Australian project that offers information, free webinars and workshops about autism and advice for parents.

### **Sibling Support Project**

**Website:** [www.siblingsupport.org](http://www.siblingsupport.org)

Founded in 1990, the Washington-based Sibling Support Project addresses the concerns of brothers and sisters of people with special health, developmental, and mental health concerns (not specifically autism).

### **The Thinking Person's Guide to Autism (TPGA)**

**Website:**

[www.thinkingautismguide.com](http://www.thinkingautismguide.com)

TPGA is a one-stop source for carefully curated, evidence-based information from autism parents, autistics, and autism professionals.

### **Twainbow**

**Website:** <http://www.twainbow.org>

Those who are both LGBT and autistic live under two rainbows — the rainbow flag and the autism spectrum. Twainbow is an organization dedicated to advocacy for people who live under both rainbows through awareness and education.

### **Yellow Ladybugs - Connecting Girls with Autism**

**Website:**

<http://www.yellowladybugs.com.au>

Yellow Ladybugs is an Australian advocacy group shining a positive light on girls with autism.



## **Ressources in français:**

### ***Spectre Autistique troubles envahissants du développement***

**Site Web:** <http://www.satedi.net>

SAtedi est une association fondée en 2004 qui regroupe des francophones ayant un Trouble du Spectre Autistique. L'association s'attelle à développer un réseau d'entraide afin que divers acteurs ou organismes qui sont engagés auprès des personnes autistes nous aident à mieux répondre aux besoins recensés sur le territoire.

### ***La Neurodiversité - L'autisme et les autres formes d'intelligence***

**Site Web:** <http://www.neurodiversite.com>

Mouvement pour la reconnaissance positive de la diversité cognitive et pour les droits de ces personnes: l'autisme, le TDAH, la dyslexie, la dyspraxie, etc.

## ***Treatment Approaches & Techniques***

### ***Applied Behaviour Analysis (ABA)***

**Website:** [www.asatonline.org](http://www.asatonline.org)

Practitioners of applied behaviour analysis (ABA) aim to improve socially important behaviour by using interventions that are based on principles of learning theory and that have been evaluated in experiments using reliable and objective measurement.

Many studies show that ABA methods support persons with ASD in a variety of ways: to increase positive behaviours and teach new skills, to maintain skills over time, to generalize and transfer skills to different situations and to reduce interfering or problem behaviours. A number of studies also indicate that, when implemented intensively (more than 20 hours per week) and early in life (beginning prior to the age of 4 years), ABA may produce large gains in development and reductions in the need for special services.

The United States Surgeon General (1999) concluded, "Thirty years of research demonstrated the efficacy of applied behavioral methods in reducing inappropriate behavior and in increasing communication, learning and appropriate social behavior."

### ***Carol Gray Social Stories***

**Website:**

<https://carolgraysocialstories.com>

This website provides information and resources about Social Stories, a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages.

### ***TEACCH (Treatment and Education of Autistic and related Communication Handicapped Children)***

**Website:** <https://teacch.com/>

This website provides information about TEACCH, an evidence-based service, training, and research program for individuals of all ages and skill levels with autism spectrum disorders.

**Picture Exchange Communication System (Pyramid Educational Consultants Inc.)**

**Phone:** (905) 637-7327

**Email:** [sparkes@pecs.com](mailto:sparkes@pecs.com)

**Website:** [www.pecs-canada.com](http://www.pecs-canada.com)

Pyramid Educational Consultants, Inc. is the home of the Picture Exchange Communication System (PECS) and the Pyramid Approach to Education. The approach is based on applied behavior analysis (ABA), with a focus on the development of functional communication skills.

**PECS User Support Facebook Group**

**Website:**

<https://www.facebook.com/groups/1582702885378197/>

Trained consultants from Pyramid Educational Consultants, Inc. answer questions about Picture Exchange Communication System

## Autism Courses

### **Autism Internet Modules**

**Website:**

<http://www.autisminternetmodules.org>

AIM provides high-quality information and professional development for anyone who supports, instructs, works with, or lives with someone with autism. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. AIM modules are available at no cost.

### **Geneva Center for Autism**

**Email:** [elearning@autism.net](mailto:elearning@autism.net)

**Website:**

<https://elearning.autism.net/>

The Online Functional Behavioural Assessment (FBA) Certificate Course builds on Applied Behaviour Analysis (ABA) theory and techniques explored in Principles of ABA for Teaching and Intervention, such as precisely defining behaviour and methods of data collection.

### **Online Applied Behaviour Analysis Modules for Families and Caregivers**

**Phone:** (506) 453-4646

**Toll-free:** 1-866-599-4646

**Website:**

<http://www.unb.ca/cel/intervention>

Work and learn at your own pace from UNB College of Extended Learning. Choose from 8 modules: behaviour 101, functional communication training, reducing challenging behavior, toilet training, teaching new skills, social skills, feeding difficulties, and sexuality.

### **The Respite Learning Portal**

**Facebook:**

<http://www.facebook.com/Respite-Learning-Portal-287257537995727>

**Website:**

<http://www.respitecourse.ca>

Offers a free web-based course introducing parents to respite care. Topic include: what to look for in a provider, what is respite, what should your respite worker know about your child, how to put together a respite binder, and more.)

## ***UNB College of Extended Learning***

**1) Autism Intervention Training Program Certificate** (40 hours online course + 12 days of practicum). Registered Behaviour Technician (RBT) Certification.

Run over the course of one academic year, in a flexible format, this program blends online and face-to-face learning. It is geared toward community living and human services counsellors; social workers; daycare and group home workers; teachers and educational assistants; occupational therapists; caregivers and family members; and, healthcare providers.

### **2) ABA Training Modules for Families and Caregivers**

If your family member or someone you look after has intellectual disabilities, autism spectrum disorder (ASD), or general behavioural challenges, this program can help you manage the day-to-day demands. It consists of online pre-recorded lectures that allow you to work at your own pace. At the end of each module, there is a conference call with the instructor to discuss experiences and ask questions. Cost: \$49 per module.

### **3) Behavioural Intervention Workshop**

This 2-day workshop is designed with support professionals in mind and will provide you with the knowledge and tools required to more effectively manage behavioural challenges. \$549.

### **4) Applied Behaviour Analysis Certificate Program(C-ABA)**

Offered through the UNB Department of Psychology, this program includes coursework in the applications of behaviour analysis, and hands-on learning to conduct behavioural assessments and to develop and implement behaviour change programs. Online or on- campus options. Provides all necessary course requirements to apply to write the Behaviour Analyst Certification Board® (BACB®) Assistant Level examination.

**Website:** <http://www.unb.ca/cel/career/behavioural-intervention/index.html>

## Associations

### **ASAT Online: Association for Science in Autism Treatment**

**Website:** [www.asatonline.org](http://www.asatonline.org)

ASAT promotes safe, effective, science-based treatments for people with autism by disseminating sound information, advocating for the use of scientific methods to guide treatment, and combating inaccurate and false information about autism and its treatment.

### **Association for Behavior Analysis International (ABAI)**

**Website:** [www.abainternational.org](http://www.abainternational.org)

Association for Behavior Analysis International (ABAI) is a primary membership organization for those interested in the philosophy, science, application, and teaching of behavior analysis. ABAI provides many services to its members including: events, jobs, journals, special interest group, and more.

### **Atlantic Provinces Association for Behavior Analysis (APABA)**

**Facebook:**

<https://www.facebook.com/ABAAtlantic/>

**Website:**

[www.atlanticprovincesaba.com](http://www.atlanticprovincesaba.com)

APABA actively seeks innovative ways to connect individuals in Atlantic Canada who are interested in behaviour analysis, to enable greater participation in intellectual exchange and dissemination of the science of behaviour.

## **Ressources in français:**

### **Association Francophone de Femmes Autistes (AFFA)**

**Site web:**

<http://www.femmesautistesfrancophones.com>

Ce site web souhaite de sensibiliser sur la condition des femmes autistes, diagnostiquées ou non, et favoriser la paire émulation, y compris pour la démarche diagnostique. L'association a également pour objectif la coopération avec les pouvoirs publics concernant toute question relative à l'autisme chez les femmes.

## **Fédération québécoise de l'autisme (FQA)**

### **Site Web:**

<http://www.autisme.qc.ca>

La Fédération québécoise de l'autisme (FQA) est un regroupement provincial d'organismes et de personnes qui ont en commun les intérêts de la personne autiste, ceux de sa famille et de ses proches. La mission de la FQA est de mobiliser tous les acteurs concernés afin de promouvoir le bien-être des personnes, sensibiliser et informer la population sur le trouble du spectre de l'autisme (TSA) ainsi que sur la situation des familles, et contribuer au développement des connaissances et à leur diffusion.

## **Diagnosis & Therapy: Psychologists**

### **Comprehensive Psychological Services**

**Treva Penny Ph.D, L. Psych; Christie Little M.A., L. Psych and Shannon Glenn, Ph.D., L. Psych**

**Address:** 56 Avonlea Court, Suite 200,  
Fredericton, NB, E3C 1N8

**Phone:** (506) 472-4461

**Fax:** (506) 453-0946

**Email:** [cps@bellaliant.com](mailto:cps@bellaliant.com)

### **Website:**

<http://www.comprehensivepsych.yolasite.com>

The group offers diagnostic assessments and individual therapy for children with autism spectrum disorders, attention disorders, learning disabilities, developmental disabilities, oppositional behaviour, etc.

### **D'Entremont Psychological Services, Inc.**

**Address:** 56 Lansdowne Street,  
Fredericton, NB, E3B 1T2

**Phone:** (506) 999-3123

**Email:** [Bdentrem@me.com](mailto:Bdentrem@me.com)

**Website:** <http://www.barbara-dentremont.ca>

Barbara D'Entremont, Ph.D., is a licensed psychologist who specializes in child and adolescent therapy, psychoeducational assessments, autism spectrum disorders, and parenting.

***Kathleen Graves-Colquhoun –  
Psychological Assessment and  
Counselling***

**Address:** 212 Queen Street, Fredericton,  
NB, E3B 1A8

**Phone:** (506) 461-0539

**Email:** [Kathleen.graves@nb.aibn.com](mailto:Kathleen.graves@nb.aibn.com)

Clinical and School Psychologist. Offers services to children, adolescents and adults with ADD, ASD, Learning and language disorders, or intellectual disability.

***Melissa Arseneau, Psychologist –  
Psychologue***

Bilingual services available.

**Address:** 390 King St, 2<sup>nd</sup> floor, Fredericton,  
NB, E3B 1A9

**Phone:** (506) 455-0400

**Email:** [Melissa.arseneau@rogers.com](mailto:Melissa.arseneau@rogers.com)

**Website:**

<http://www.melissaarseneau.weebly.com>

Specializes in cognitive-behavioral therapy, parenting consultation and psycho-educational/ diagnostic assessments of children and adolescents.

***Hilary Cartwright and Associates***

**Address:** 181 Westmorland Street, Suite  
101, Fredericton, NB, E3B 3L6

**Phone:** (506) 206-6200

**Email:** [hilarycartwright@gmail.com](mailto:hilarycartwright@gmail.com)

**Website:** <http://www.hilarycartwright.ca>

Hilary Cartwright, Ph.D, L. Psych., provides diagnostic assessment and intervention services for children and adolescents who present with a broad range of concerns, including autism spectrum disorders, developmental delays, fetal alcohol spectrum disorders, disruptive behaviours, and mood and anxiety disorders. Also provides consultation for positive parenting practices and attachment issues.

***Susan Wall, MA, Clinical Psychologist***

**Address:** 740 McEvoy Street,  
Fredericton, NB

**Phone:** (506) 206-6696

**Email:** [susanwallpsychologist@yahoo.com](mailto:susanwallpsychologist@yahoo.com)

**Website:** <http://www.susanwallpsychologist.ca/>

Serves adult clients seeking individual psychotherapy, which includes cognitive behavioural therapy for adults with Asperger's syndrome or high-functioning ASD.



### **UNB Psychological Wellness Centre**

**Address:** Psychological Wellness Centre,  
UNB, 40 McKay Drive, Tibbits Hall  
East, 2<sup>nd</sup> floor, room 247,  
Fredericton, NB, E3B 5A3

**Phone:** (506) 452-6301

**Fax:** (506) 452-6306

**Email:** [pwc@unb.ca](mailto:pwc@unb.ca)

**Website:** <http://www.unbpwc.ca>

The Psychological Wellness Centre is an externally funded clinic affiliated with the Department of Psychology at the University of New Brunswick. The PWC offers low-cost therapy and assessment services to the community.

## **Therapy: Speech – Language Pathologists**

### **Elaine Rockwell M.Sc., SLP ©**

**Address:** 212 Queen Street,  
Fredericton, NB, E3B 1A8

**Phone:** (506) 457-6045

Elaine Rockwell is a speech-language pathologist working with higher functioning children, teenagers, and adults who are on the autism spectrum.

### **Freddy Beach Speech – Tracy Horsley MSc.SLP ©**

**Address:** Broad Street, Fredericton, NB

**Phone:** (506) 261-0713

**Email:** [Tracyhorleyslp@gmail.com](mailto:Tracyhorleyslp@gmail.com)

**Website:**  
<http://www.freddybeachspeech.com>

Freddy Beach Speech is a private practice in speech-language pathology that serves children with speech and/or language delay and adults and students with speech, language, swallowing, or cognitive-communication difficulty due to stroke, concussion/brain injury, or neurological disease.

### **Merrilee Lawrence MSc. SLP©**

**Phone:** (506) 238-1799

**Email:** [Merrileelawrenceslp@gmail.com](mailto:Merrileelawrenceslp@gmail.com)

Merrilee Lawrence is a speech-language Pathologist offering family centered private services to pre-school and school age children, adolescents and adults who struggle with communication.

### **Tingley/Howey Speech & Language Services**

*Bilingual services available.*

**Email:** [th.speech@gmail.com](mailto:th.speech@gmail.com)

Tricia Tingley M.Sc., SLP and Susan Howie, M.Sc., SLP are certified speech-language pathologists who began Tingley/Howey Speech & Language Services in 2009. They provide bilingual services to both children and adults with communication disorders in the Fredericton area.

***New Brunswick Association of  
Speech-Language Pathologist  
and Audiologists***

Bilingual services available.

**Address:** 147 Ellerdale Avenue, Moncton,  
NB, E1A 3MB

**Phone:** (506) 858-1788

**Toll-free:** 1-877-751-511

**Fax:** (506) 854-0343

**Email:** [nbaslpa@nb.aibn.com](mailto:nbaslpa@nb.aibn.com)

**Website:** <http://www.nbaslpa.ca>

All practicing speech-language pathologists and audiologists in New Brunswick must be registered with this association. Any one requiring information or having concerns with regards to the practice of either of these two professions may contact the association.

***Ruth Woodworth, M. Sc. SLP ©***

**Address:** 44 Evans Street, Fredericton,  
NB, E3A 5N4

**Phone:** (506) 470-6352

**Email:** [ruth@ruthwoodworthslp.com](mailto:ruth@ruthwoodworthslp.com)

**Website:**

<http://www.ruthwoodworthslp.com>

Ruth Woodworth is a Hanen<sup>®</sup> Certified speech-language pathologist for *"It Takes Two to Talk"* (parent program), *"More Than Words"* (for parents of children on the autism spectrum), and *Early Childhood Educators* (for preschool teachers).

## Therapy: Occupational Therapists

### **New Brunswick Association of Occupational Therapists (NBAOT)**

Bilingual services available.

**Address:** PO BOX 3122, Sackville,  
NB, E4L 4P2

**Phone:** (506) 458-1001

**Email:** [info@nbaot.org](mailto:info@nbaot.org)

**Website:** <http://www.nbaot.org>

The New Brunswick Association of Occupational Therapists is a professional and regulatory organization that advances quality occupational therapy in the interest of public protection and represents occupational therapists province-wide by advancing standards of education and practice and shaping health policy.

### **Spotlight on Abilities**

**Address:** 640 Prospect St., Suite 106,  
Fredericton, NB, E3B 9M7

**Contact:** (506)472-7768 (phone or fax)

**Email:** [info@spot.lightonabilities.ca](mailto:info@spot.lightonabilities.ca)

**Website:** <http://www.spotlightonabilities.ca>

Spotlight on Abilities is a private occupational therapy service provided by Dinah Stocker who has 40+ years of experience. Dinah provides services to children and adolescents (ages 2 to 18+) and their families. Services include assessment, treatment and consultation for daily living skills such as fine and gross motor skills, sensory motor skills, social skills and adaptation to school.

### **Total Ability**

Bilingual services available.

**Address:**

#### **Fredericton Clinic:**

502A Beaverbrook Crt., Fredericton,  
NB, E3B 1X6

#### **Saint John Clinic:**

206 – 555 Somerset St, Saint John,  
NB E2K 4X2

**Phone:** 506-847-0677

**Toll Free:** 1-877-784-5353

**Email:** [contact@totalability.ca](mailto:contact@totalability.ca)

**Website:** <http://www.totalability.ca>  
Or [www.lifemark.ca](http://www.lifemark.ca)

Total Ability has bilingual, mobile and clinic based occupational and physical therapists to help children, adults and seniors at home, school and work in Fredericton and Saint John. They provide mobile occupational therapy services only in Moncton and have Speech Language services in addition to PT and OT in Saint John.

They can help with self-care skills such as sleeping, dressing, toileting, feeding and hygiene, as well as fine and gross motor skills, sensory processing, play/leisure skills, social skills, and communication.

## Health: Pediatricians

A referral from a family doctor is required to access a pediatrician.

### **Dr. Amal Bensaleh, MD**

**Address:** 1015 Regent Street,  
Fredericton, NB, E3B 6H5

**Phone:** (506) 455-2

### **Dr. Mark Messenger, MD**

**Address:** 1015 Regent Street,  
Fredericton, NB, E3b 6H5

**Phone:** (506) 458-02

### **Dr. R. Krishnaswamy, MD**

**Address:** 1015 Regent Street,  
Fredericton, NB, E3B 6H5

**Phone:** (506) 458-0306

**Facebook:**

<https://www.facebook.com/pages/Dr-R-Krishnaswamy/611761922307592>

### **Dr. Rachel Ouellette, MD**

**Address:** 1015 Regent Street,  
Fredericton, NB, E3B 6H5

**Phone:** (506) 206-5999

**Facebook:**

<https://www.facebook.com/Dr-Rachel-Ouellette-Paediatrician-412981639046930/>

### **Dr. Tara Kennedy, MD, Developmental Paediatrician**

**Address:** Stan Cassidy Centre for  
Rehabilitation, Fredericton, NB

**Phone:** (506) 452-5681

*A referral from a paediatrician is required to access Dr. Kennedy.*

## Health: Psychiatrists

A referral from a family doctor is required to access a psychiatrist.

### **Dr Malgorzata Relja**

**Address:** Community Mental Health Clinic,  
65 Brunswick St, Fredericton  
E3B 1G5

**Phone:** 453-2132

### **Dr Obioma Ozumba**

**Address:** Dr. Everett Chalmers Hospital

**Phone:** 452-5400

### **Dr. Chris Ndubisi**

**Address:** Dr. Everett Chalmers Hospital

**Phone:** 452-5400

## Intervention Services

### **Services for Preschool Children with Autism Spectrum Disorders**

*Bilingual services available.*

*To learn more about this program:*

**Toll-free:** 1-844-377-3819

**Email:** [Autism.Autisme@gnb.ca](mailto:Autism.Autisme@gnb.ca)

**Website:**

[https://www2.gnb.ca/content/gnb/en/services/services\\_renderer.13836.Services\\_for\\_Preschool\\_Children\\_with\\_Autism\\_Spectrum\\_Disorders.html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.13836.Services_for_Preschool_Children_with_Autism_Spectrum_Disorders.html)

**To contact Autism Intervention Services:**

**Address:** 1666 Lincoln Rd, Fredericton, NB

**Phone:** (506) 455

**Website:** [www.aisfredericton.ca](http://www.aisfredericton.ca)

The New Brunswick Preschool Autism Program allows preschool children diagnosed with ASD to access up to 20 hours per week of evidence-based early intervention. This program is free of charge, and is delivered through an approved autism agency, Autism Intervention Services, which has branches throughout the province. AIS is committed to providing the highest quality treatment available regardless of primary language or where you live in New Brunswick.

### **Hebert Intervention and Learning Services**

*Bilingual services available.*

**Phone:** (506) 386-2262

**Email:** [reception@hebertcenter.ca](mailto:reception@hebertcenter.ca)

**Website:** <http://www.hils.ca/services/>

Based in Moncton, this centre offers individuals and their support systems the skills required to improve their quality of life with services such as skills training, speech and language services, behavioural intervention, social communication groups, supervision and practicum program, and workshops and continued education.

## ***Educating a Child with Special Needs***

### ***Guidelines and Standards: Educational Planning for Students with Diverse Learning Needs***

*Bilingual information available.*

**Website:**

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Resource/GuidelinesStandardsEducationalPlanningStudentsWithExceptionalities.pdf>

This document outlines New Brunswick's Inclusive Education Policy, and describes the assessment process and development of an individualized instruction plan.

### ***Government of Ontario – Autism Parent Resource Kit***

**Website:**

<http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/aprk/index.aspx>

This document contains a section on Educational Transitions that children go through in the school years.

### ***Impact: Feature Issue on Postsecondary Education and Students with Intellectual, Developmental and Other Disabilities***

**Website:**

<https://ici.umn.edu/products/impact/233/default.html>

An article from the University of Minnesota on postsecondary education for learners with disabilities.

### ***Resource for the Transition of Students with Exceptionalities from School to Work or Post-Secondary Education and Adult Life***

**Website:**

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/Inclusion/ResourceTransitionStudentsWithExceptionalitiesFromSchoolToWork.pdf>

This document from the NB Department of Education discusses the process of preparing a student for life after secondary school, taking into consideration community participation, skills for independent living, social awareness, and employment so the student with exceptional needs can develop his or her full potential as a participating member of society.

### ***A User's Guide for The Appeal Process***

**Website:**

<http://www2.qnb.ca/content/dam/qnb/Departments/ed/pdf/K12/UsersGuideForTheAppealProcess.pdf>

The purpose of this guide is to help parents, students and educators understand and prepare for an appeal hearing under the Education Act. An appeal may involve a student's suspension from school, suspension from transportation to school, placement or access to a student's records.

### ***School to Life Transition Handbook Five Steps to Successful Planning***

**Website:**

<http://www.rytmus.org/shared/clanky/767/Rita%20McLeod%20manu%C3%A1l.pdf>

## ***Mental Health Resources***

### ***Canadian Mental Health Association (CMHA)***

*Bilingual services available.*

**Address:** 403 Regent Street, Suite 202,  
Fredericton, NB, E3B 3X6

**Phone:** (506) 455-5231

**Email:** [info@cmhanb.ca](mailto:info@cmhanb.ca)

**Website:** <https://cmhanb.ca/>

CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness. CMHA offers workshops, conferences and information sessions on topics such as Suicide Prevention and Awareness, Stress Management, Parenting, Self-Esteem, and Anger Management.

### ***Chimo Helpline***

*Bilingual services available.*

**Address:** PO Box 1033, Fredericton,  
NB, E3B 5C2

**Helpline:** (506) 450-4357

**Toll-free:** 1-800-667-5005

**Email:** [chimo1@nb.aibn.com](mailto:chimo1@nb.aibn.com)

**Website:** [www.chimohelpline.ca](http://www.chimohelpline.ca)

Chimo Helpline is a provincial crisis phone line, accessible 24/7 to all residents of NB. They provide crisis intervention, referrals and vital information in a caring, confidential manner

**Dots**

*Bilingual services available.*

**Address:** Dots NB, c/o Partners for Youth Inc., 535 Beaverbrook Ct., Suite B-10, Fredericton, NB, E3B 1X6

**Phone:** (506) 462-0323

**Website:** [www.partnersforyouth.ca/dotsnb](http://www.partnersforyouth.ca/dotsnb)

An initiative of Partners for Youth Inc., Dots NB supports awareness and education around students' mental health in New Brunswick through youth-led activities.

**Fredericton Addiction and Mental Health Services (Horizon Health Network)**

**Address:** 65 Brunswick St.,  
Fredericton, NB, E3B 1G5

**Phone:** (506) 453-2132

**Website**

<http://en.horizonnb.ca/home/facilities-and-services/facilities/fredericton-addiction-and-mental-health-services.aspx>

This agency provides a range of services for individuals, youth, and family members affected by substance abuse, problem gambling and mental health issues. Initial appointments are offered without referral, within 3 business days.

**Ten Steps to Being an Effective Self-Advocate****Website:**

<http://mentalhealthrecovery.com/info-center/ten-steps-to-being-an-effective-self-advocate/>



## Counselling

### ***Don't dis-my-ability***

**Address:** The Ville Fredericton,  
241 Canada St, Fredericton,  
NB, E3A 3Z8

**Phone:** (506) 238-0271

**Email:** shawn@ddmas.ca

**Website:**

<http://www.ddmacs.ca/counselling-services>

Shawn Smith, M.Ed., CCC, offers counselling for individuals and families affected by: Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Fetal Alcohol Spectrum Disorder (FASD) and Learning Disabilities (Dysgraphia, Dyslexia).

### ***Family Enrichment and Counselling Service***

**Address:** 356 Queen Street, Fredericton,  
NB, E3B 1B2

**Phone:** (506) 453-8211

**Toll-free:** 1-888-829-6777

**Email:** [info@familyenrichment.ca](mailto:info@familyenrichment.ca)

**Website:** <https://www.familyenrichment.ca/>

FEC provides professional and confidential counselling services, educational programs, and mediation to children, individuals, families, and couples. Their therapists and facilitators can help with challenges involving abuse, anger, anxiety, bullying, depression, divorce, conflict resolution, fears, grief, parenting, relationships, self-esteem, stress, suicide, and more.

### ***Northside Counselling Services***

*Bilingual services available.*

**Address:** 411 Saint Mary's Street, Unit 106,  
Fredericton, NB, E3A 8H4

**Phone:** (506) 455-4976

**Fax:** (506) 455-8716

**Email:** northsidecounselling@outlook.com

**Website:**

<https://www.northsidecounsellingfredericton.ca/>

Northside Counselling Services offers confidential services to couples, families, individuals, and professional groups. Their counsellors serve those affected by a range of issues, including stress, anger, grief, anxiety, relationship problems and parenting issues.

## Health Services

### **Extra-Mural Program (EMP)**

*Bilingual services available.*

EMP responds to the needs of clients and their family to develop an individualized care plan regarding health challenges. EMP provides physiotherapy/occupational therapy (for children only), speech-language pathology (for adults only), dietetics and social work.

### **Children's Rehabilitation Team (Region 3)**

*Bilingual information available.*

**Address:** The Woodbridge Centre,  
180 Woodbridge Street,  
Fredericton, NB E3B 4R3

**Phone:** (506) 452-5611

**Address:** Upper River Valley Hospital,  
11300 Route 130, Waterville,  
NB E7P 1H1

**Phone:** (506) 375-2569

Services offered by the Children's Rehabilitation Team are available to preschool-age children in Fredericton and in Waterville. Clients include children diagnosed with conditions such as: Cerebral Palsy (CP); Autism Spectrum Disorder (ASD); Down's Syndrome; Spina Bifida; Muscular Dystrophy; developmental delays; and provides follow-up for infants born prematurely.

### **Stan Cassidy Centre for Rehabilitation**

*Bilingual services available.*

**Address:** 800 Priestman Street,  
Fredericton, NB, E3B 0C7

**Telephone:** 506-452-5225

**Fax:** 506-443-2600

**Email:** [rivervalleyhealth@rvh.nb.ca](mailto:rivervalleyhealth@rvh.nb.ca)

**Website:**

<http://www.stancassidy.ca/home/facilities-and-services/provincial-programs/stan-cassidy-centre-for-rehabilitation/services/pediatric-services/autism-rehabilitation-services.aspx>

The Stan Cassidy Centre for Rehabilitation's Autism Team provides services for school age children with autism spectrum disorder until their 16<sup>th</sup> birthday.

The team serves the province of New Brunswick and includes professionals in the fields of occupational therapy, speech-language pathology, developmental paediatrics, behaviour analysis, dietetics, social work and education. Team members act as consultants, providing assistance to caregivers, therapists and teachers who work with the children referred, in their home communities. The team accepts referrals from therapists, schools, and families, with a signature from the child's physician.

## Support Agencies & Information

### **Autism NB**

**Website:**

<http://www.facebook.com/autismnb>

Autism New Brunswick encourages collaboration on autism related issues and projects across New Brunswick. The focus is adults with autism.

### **Bullying Canada**

**Head Office:** 471 Smythe Street,  
PO Box 27009, Fredericton,  
NB E3B 9M1

**Toll-Free:** 1-877-352-4497

**Email:** [support@bullyingcanada.ca](mailto:support@bullyingcanada.ca)

**Website:** <https://www.bullyingcanada.ca>

Bullying Canada offers information and support to everyone involved in bullying – the victim, perpetrator, bystander, parents, school staff and the community at large. It provides scholarships, school programs, book reviews and more. A toll-free line operates 24/7.

### **Child & Youth Advocate**

*Bilingual information available.*

**Phone Toll-Free:** 1-888-465-1100

**Website:**

*English:*

<http://www.cyanb.ca/en/>

*French:*

<http://www.cyanb.ca/fr/>

*What they do:*

- Listen to the needs and concerns of New Brunswick children and youth.
- Ensure that your rights and interests are protected.
- Make sure your views are heard in the appropriate forums.
- Investigate complaints about how situations were handled by government agencies.
- Assure you have proper access to the appropriate services.
- Continually monitor laws and policies
- Report on the availability, effectiveness, responsiveness, and relevance of child and youth services in your community.
- Act as the advocate for the rights and interests of children and youth in general.

*What they do **not** do...*

- Act as an advocate for the rights and interests of parents or adults.
- Act as legal counsel in any fashion.

## **Bully Free World**

**Website:**

<http://bullyfreeworld-bully.nationbuilder.com/>

A project to stop the bullying of children with special needs in schools. Excellent resources for children, parents and educators.

## **Family Supports for Children with Disabilities**

*Bilingual services available.*

**Fredericton office:** 460 Two Nations Crossing

**Telephone:** (866) 444-8838

**Email:** [sd-ds@gnb.ca](mailto:sd-ds@gnb.ca)

**Website:**

[https://www2.gnb.ca/content/gnb/en/services/services\\_renderer.10195.Family\\_Supports\\_for\\_Children\\_with\\_Disabilities\\_.html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.10195.Family_Supports_for_Children_with_Disabilities_.html)

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FSCD is a program of the NB Department of Social Development. It can help a family with unmet needs by providing social work and financial resources to assist with the care of a child with disability.

## **CBI Home Health Fredericton (formerly WeCare)**

*Bilingual services available.*

**Address:** 152 Main St., Suite 102, Fredericton, NB, E3A 1C8

**Phone:** (506) 454-2273

**Toll-free:** 1-800-463-2225 [General Information]

**Website:**

<https://www.cbi.ca/web/home-health-fredericton-main/>

Behaviour intervention services and personal support/attendant care for persons with autism, in the community and at home.

## **Maritime SPOR Support Unit (MSSU)**

*Bilingual information available.*

**Email:** [info@mssu.ca](mailto:info@mssu.ca)

**Website:**

<http://www.spor-maritime-srap.ca>

One of several Support for Patient Oriented Research (SPOR) units dedicated to bringing health research findings to life by helping integrate them into patient care. They engage with patients from across Nova Scotia, New Brunswick and PEI, and collaborate with the research community on governance, priority setting, and the planning and conducting of research.

## **NaviCare/SoinsNavi**

*Bilingual information available*

For more information, you can contact NaviCare/SoinsNavi's Patient Navigators.

**Phone:** 1-888-641-1977

**Email:** [PATIENTNAVIGATOR@unb.ca](mailto:PATIENTNAVIGATOR@unb.ca)

**Website:** [www.navicarenb.ca](http://www.navicarenb.ca)

The New Brunswick Navigation Centre for Children with Complex Health Conditions is a free service for families and professionals seeking advocacy or guidance about the care of a child or youth under age 25 who has a complex condition, including autism. Their mission is to:

- Help improve access to health, social, and education services
- Help facilitate the integration of services across levels of care and sectors
- Promote self-management through teaching families how to navigate services and programs
- Increase community capacity in the care of children with complex health conditions
- Identify gaps and barriers to services and programs in NB and across Canada
- Advocate for system change to promote collaborative patient-centered care
- Develop and share evidence based best practices in the care of children with complex health conditions

## **New Brunswick Association for Community Living (NBACL)**

*Bilingual services available.*

**Address:** 800 Hanwell Rd, Fredericton, NB, E3B 2R7

**Phone:** (506) 453-4400

**Toll-free:** 1-866-NBACL-4U or  
1-866-622-2548  
[Choose option #2]

**Email:** [nbacl@nbnet.nb.ca](mailto:nbacl@nbnet.nb.ca)

**Website:** <http://www.nbacl.nb.ca>

NBACL offers resources on topics such as: accessing supports, community participation, early learning & child care, employment, family, relationships, future & estate planning, human rights, self-advocacy, and transition from high-school.

### **New Brunswick Home Support Association**

*Bilingual services available.*

**Address:** NBHSA, PO Box 30055,  
Fredericton, NB, E3B

**Toll-free:** 0H8 1-888-562-8333

**Email:** [info@nbhsa.ca](mailto:info@nbhsa.ca)

**Website:** <http://www.nbhsa.ca>

NBHSA is a communication network for home support service agencies in the province. Our membership includes approximately 45 service providers in the province

### **OPAL Family Services**

**Address:** 400 Beaverbrook Court,  
Fredericton, NB, E3B 5X4

**Phone:** (506) 457-9520

**Email:** [opal@opalfamilyservices.ca](mailto:opal@opalfamilyservices.ca)

**Website:**

<http://www.nbinfo.ca/record/HDC2120>

Provides respite and support along with 9 core programs to over 160 families in the Fredericton area who have dependents with intellectual disabilities.

### **Open Sky Co-operative Ltd.**

**Address:** 12 Folkins Drive, Sackville,  
NB, E4L 1H9

**Phone:** (506) 536-4565

**Email:** [info@openskyco-op.ca](mailto:info@openskyco-op.ca)

**Website:** <http://www.openskyco-op.ca>

Open Sky Co-operative provides home-skills programs, vocational assistance and community connections for adults who require supports to improve their quality of life. They especially welcome adults who face barriers due to social disabilities such as autism spectrum disorder.

### **Regional Family Resource Centre**

**Address:** 60 Veteran's Drive,  
Fredericton, NB, E3A 4C3

**Phone:** (506) 474-0252

**Email:** [Fredericton@frc-crf.com](mailto:Fredericton@frc-crf.com)

**Website:** <https://www.frederictonfrc.ca/>

FRC provides a safe environment for parents, guardians or caregivers and their children to interact with each other and to improve their physical, emotional, social, and intellectual well-being through their involvement with the various programs. They offer programs such as: preschool fun, playgroups, clubs for art, science, cooking, reading, and more.

### **Support Match NB**

*Bilingual services available.*

**Phone:** (506) 453-4400

**Email:** [info@supportmatchnb.ca](mailto:info@supportmatchnb.ca)

**Website:**

<http://www.supportmatchsoutienjumelenb.ca>

Support Match NB is a website designed to connect individuals and families with support persons in their community.

## **Wrong Planet**

**Website:** <http://www.wrongplanet.net>

Wrong Planet is a web community designed for individuals with ASD and their parents/professionals. They provide a discussion forum, where members can communicate. There is a section with exclusive articles and how-to guides, a blogging feature, and more.

## **Ressources en français :**

### **Aspie Québec**

**Site Web:**

<http://www.facebook.com/groups/40035595385>

La communauté québécoise des personnes vivant avec le syndrome d'Asperger (et autres formes d'autisme de haut niveau) ainsi que leurs proches. Entraide et information.

### **Autisme Canada Franc'Autisme**

**Site Web:**

<http://www.facebook.com/groups/1684989964865078>

Forum pour les adultes francophone autistes du Canada. Ce groupe a le mandat d'être un espace sûr, respectueux et accueillant pour des adultes sur le spectre de l'autisme, ses buts étant de partager, poser des questions et obtenir des conseils.

### **Projet l'Autisterie**

**Site Web:**

<http://www.facebook.com/groups/ProjetAutisterie>

Ce groupe vise à rassembler des adultes autistes (TSA, Asperger, haut niveau, atypique), mais aussi tout sympathisant à la cause, dans le but de générer un "remue-méninge" de toutes nos idées de projets, d'entreprises, d'organismes, de formations, de services et de produits visant à améliorer la qualité de vie des autistes et de leur entourage, au Québec!

## Daycares

### ***A Parent's Guide to Quality Child Care in New Brunswick***

*Bilingual services available.*

**Website:**

<http://www2.gnb.ca/content/gnb/en/departments/education/elcc/content/guide.html>

The New Brunswick government answers frequently asked questions surrounding child care and everything that comes along with it.

### ***Finding Quality Child Care***

*Bilingual services available.*

**Website:**

<http://www.findingqualitychildcare.ca/new-brunswick>

The Parent Quality Information project is intended to provide resources for Canadian parents in understanding and accessing high-quality child care to meet their, and their children's needs.

### ***Fredericton Regional Family Resource Centre***

*Bilingual services available.*

**Address:** 60 Veterans Dr, Fredericton,  
NB E3A 4C3

**Phone:** (506) 474-0252 ext. 205

**Email:** [Amanda.judd@frc-crf.com](mailto:Amanda.judd@frc-crf.com)

**Website:**

<https://www.frederictonfrc.ca/child-care>

FRC is a community-based organization that provides a comprehensive range of prevention and early intervention services to children, youth, parents, grandparents and other family members. Programs are generally free of charge. Programs offered:

- Parent and Tot playgroups
- Ready4School program
- Parent education (workshops, classes and programs)
- Physical Wellness for children (Tiny Tumblers)
- Outreach in rural communities (Rusagonish, New Maryland, Keswick, Harvey, Fredericton Junction, Fredericton South)
- Car seat installation and checks

### ***List of Approved Day Care Centres***

*Bilingual services available.*

**Website:**

*English:*

<http://www1.gnb.ca/0000/daycarec/g/index-e.asp>

*French:*

<http://www1.gnb.ca/0000/Daycarec/g/index-f.asp>

Offers a list of approved child care facilities in New Brunswick.



## Employment Services

### **Jobs Unlimited**

**Address:** 1079 York Street, Fredericton,  
NB, E3B 3S4

**Phone:** (506) 458-9380

**Website:** <http://www.jobsunlimitednb.ca>

Jobs Unlimited is a non-profit employment agency for men and women with an employment barrier. They facilitate work placement for individuals who face significant barriers to employment within the community.

### **Make a Change**

*Bilingual services available.*

**Address:** PO Box 278, Nelson,  
BC, V1L 5P9

**Toll-free:** 1-888-9-ASPIRE [1-888-927-7473]

**Website:**

<http://www.makeachangecanada.com>

Make A Change Canada provides persons with disabilities and those facing other challenges to employment, the skills they need to thrive in today's competitive job market. Make A Change Canada is empowering clients to realize their full potential by delivering business start-up and web development training. Their programs feature flexible learning environments, which are available online across Canada and accessible from the convenience of home.

### **NB Employer Support Services**

*Bilingual services available.*

**Website:**

<http://www.employersupport.nb.ca>

Supporting NB employers with the hiring of persons with disabilities.

### **Neil Squire Society**

**Address:** 440 Wilsey Road, Suite 104,  
Fredericton, NB, E3B 7G5

**Phone:** (506) 450-7999

**Toll-free:** 1-866-446-7999

**Fax:** (506) 453-9681

**Email:** [nb.info@neilsquire.ca](mailto:nb.info@neilsquire.ca)

**Website:** <http://www.neilsquire.ca>

The Neil Squire Society empowers Canadians with disabilities through the use of computer-based assistive technologies, research and development, and employment programs. They help clients remove barriers so that they can live independent lives and become active members of the workplace and community.

**New Brunswick Association for Support Services and Employment Inc. (NBASSE)**

*Bilingual services available.*

**Address:** 239 Charlotte St., Saint John, NB, E2L 2K1

**Phone:** (506) 634-7317

**Website:** <http://www.nbasse.ca>

NBASSE advocates for people with intellectual/developmental disabilities by providing a collective voice and venue for ADAPT member agencies to strategize, develop and implement the highest standards of service for people they support.

**Oromocto Training and Employment Centre**

*Bilingual services available.*

**Address:** 286 Restigouche Rd, Unit D, Oromocto, NB

**Phone:** (506) 357-3397

**Fax:** (506) 357-6450

**Website:** <http://www.oromocto-tec.org>

O TEC supports individuals with Intellectual disabilities and mental health issues to become independent members of their community. They provide individualized training, coordinate work placements, partner with allied agencies and advocate for their clients.

**Ready Willing & Able**

*Bilingual services available.*

**Name:** Jon Lister

**Phone:** (506) 453-4475

**Email:** [jlister@nbacl.nb.ca](mailto:jlister@nbacl.nb.ca)

**Website:** <http://www.readywillingable.ca>

Ready, Willing and Able (RWA) is a national partnership of the Canadian Association for Community Living (CACL), the Canadian Autism Spectrum Disorders Alliance (CASDA) and their member organizations. RWA is designed to increase the labour force participation of people with an intellectual disability or Autism Spectrum Disorder (ASD).

**Training and Employment Support Services (TESS)**

*Bilingual services available.*

**Address:** 300 Saint Mary's Street, Fredericton, NB, E3A 2S4

**Phone:** (506) 453-2377

**Fax:** (506) 444-5189

**Email:** [dpetlinfo@gnb.ca](mailto:dpetlinfo@gnb.ca)

**Website:**

[http://www2.gnb.ca/content/gnb/en/services/services\\_renderer.17056.Training\\_and\\_Employment\\_Support\\_Services\\_\(TESS\)\\_Employment\\_Services\\_.html](http://www2.gnb.ca/content/gnb/en/services/services_renderer.17056.Training_and_Employment_Support_Services_(TESS)_Employment_Services_.html)

The Training and Employment Support Services (TESS) component of the NB Employment Services Program provides case managers for persons who have a permanent physical, intellectual, psychiatric, cognitive, or sensory disability to enable participation in training and/or employment opportunities.

### **Specialisterne Canada**

*Bilingual information available.*

**Email:** [info@specialisterne.ca](mailto:info@specialisterne.ca)

**Website:** <http://ca.specialisterne.com/>

Specialisterne Canada specializes in helping people on the autism spectrum secure meaningful employment.

### **Transition NB**

*Bilingual information available.*

**Website:**

<http://www.facebook.com/TransitionNB>

This is a youth hub for disability, employment and education information.

### **Work Service Support Program – YMCA of Fredericton**

**Address:** 390 King Street, Suite 210,  
Fredericton, NB, E3B 1N1

**Phone:** (506) 462-3343

**Email:** [wip@nb.aibn.com](mailto:wip@nb.aibn.com)

**Website:**

<http://www.fredericton.ymca.ca/Programs/Global-Community/Work-Services-Support-Program?location=cd14b06b-bd2d-4f60-8984-c456527d7958>

The YMCA Work Services Support Program offers individualized service to eligible adults in the Fredericton Region, who have social barriers and who are able to commit to an employment action plan and are case managed and referred by one of the following departments: Department of Social Development, Department of Post-Secondary Education, Training & Labour (PETL), Department of Public Safety, or Corrections Services of Canada. Participants can access individualized and group support services in: Career Decision-making, Skills enhancement, Job Search, and Employment Maintenance.

## Financial Programs & Services

### **Directory of Financial Assistance Available To Persons With Disabilities in New Brunswick – Latest Edition November 2015**

**Website:**

<http://www2.gnb.ca/content/dam/gnb/Departments/pcsdpcpmcph/pdf/directories/FinancialAssistanceIncomeE.pdf>

This document provides a quick overview of financial services with links to each benefit.

### **Financial Assistance from the Government of Canada**

#### **Disability Tax Credit (DTC)**

*Bilingual information available.*

The federal Disability Tax Credit or DTC is important for *all* families since eligibility for the DTC is required for access to several other federal benefits (see Table 1). The DTC is a non-refundable tax credit which means that it helps persons with long-term disabilities or their supporting persons reduce the amount of income tax they may have to pay. The criteria state that the person applying must have a severe and prolonged impairment in physical or mental functions. Residents of New Brunswick may also be eligible for a provincial top-up to this tax credit. Individuals may claim the disability amount once they have been approved for the DTC.

The first step is to download the T2201 application from the CRA website. Complete the personal information in section A of the form. Next request your physician or psychologist to complete the remaining sections. The professional may charge a fee for their time in completing the form. However, you may be able to claim these fees as medical expenses on line 330 or line 331 of your income tax and benefit return. Mail the completed form to the appropriate Tax Centre.

**Website:**

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

**TABLE 1      DISABILITY SUPPORTS REQUIRING DTC ELIGIBILITY IN 2017**

	Family with a child with a severe & prolonged disability under 18 years of age	Adult with a severe & prolonged disability
<b>DTC eligibility required for access</b>	Disability Tax Credit (federal and provincial) <sup>1</sup> DTC Child Supplement (federal and provincial) <sup>1</sup> Child Disability Benefit Home Accessibility Credit Home Buyers' Plan Registered Disability Savings Plan Qualified Disability Trust	Disability Tax Credit (federal and provincial) <sup>1</sup> Home Accessibility Credit Disability-related Employment Benefits Registered Disability Savings Plan Home Buyers' Plan Qualified Disability Trust
<b>DTC eligibility provides additional benefits</b>	Medical Expenses Tax Credit Child Care Expenses Deduction Tuition, Education and Textbook Amount Home Buyers' Amount Registered Education Savings Plan	Medical Expenses Tax Credit Working Income Tax Benefit Tuition, Education and Textbook Amount Home Buyers' Amount Registered Education Savings Plan

<sup>1</sup> For all provinces except Quebec

## **Child Disability Benefit**

*Bilingual information available*

### **Website**

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>

The Child Disability Benefit (CDB) is a tax-free benefit for families who care for a child under age 18. The CDB varies but can be up to \$2,730 per year (\$227.50 per month) for families who care for a child with a severe and prolonged impairment in physical or mental functions. If a family is eligible, the CDB is paid monthly and also as a supplement to the Children's Special Allowances (CSA).

A child is eligible for this benefit if they first qualify for the **Disability Tax Credit** (described above) and if they also qualify for the **Canada Child Benefit (CCB)** (described below).

## **Canada Child Benefit**

*Bilingual Information available*

### **Website:**

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

The **Canada Child Benefit (CCB)** is a **tax-free**, monthly payment made to eligible families to help them with the cost of raising children under 18 years of age. The Canada Revenue Agency (CRA) uses information from your income tax and benefit return to calculate how much your CCB payments will be. To get the CCB, you and your spouse (if applicable) have to file your return **every year, even if you did not have income in the year.**

Benefits are paid over a 12-month period from July to June. Benefit payments will be recalculated every July based on information from your income tax and benefit return from the previous year.

## **Canada Pension Plan (CPP) Disability Benefit**

*Bilingual Information available*

### **Website:**

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>

### **Children's benefit**

This is a monthly benefit for dependent children (under age 18 or between 18 and 25 and attending school full time) of someone receiving a CPP disability benefit. The monthly children's benefit is a flat rate that is adjusted annually. In 2017, the rate is \$241.02/month.

**Address:** Service Canada, PO Box 250  
Station A, Fredericton,  
NB, E3B 4Z6

## **Registered Disability Saving Plan (RDSP)**

*Bilingual information available*

### **Website:**

<https://www.canada.ca/en/employment-social-development/programs/disability/savings.html>

Canada Pension Plan (CPP) provides disability benefits to people who have made enough contributions to the CPP and who are disabled and cannot work at any job on a regular basis. To qualify for a disability benefit under the Canada Pension Plan (CPP), you must first qualify for the federal Disability Tax Credit. Details of the DTC are described above.

The CPP Disability Benefit may provide:

- A taxable monthly payment that is available to people who have contributed to the CPP and who are not able to work regularly because of a disability. In addition, you may qualify for a Children's Benefit.
- If you are eligible under the terms of the Canada Pension Plan (CPP) legislation, your disability benefits will start the fourth month after the month you are determined to be disabled. You may receive up to a maximum of 12 months of retroactive payments from the date your application was received.

The Registered Disability Savings Plan (RDSP) is a Canada-wide registered matched savings plan specifically for people with disabilities. It is designed as a long-term savings plan to help the holder be better financially prepared for their future. For many people, this may be a way to create a plan similar to a pension. If you have an RDSP, you may also be eligible for grants and bonds to help with your long-term savings. To be eligible, you must first qualify for the Disability Tax Credit. This benefit is described in detail above.

## **Disability Supports Deduction**

*Bilingual information available.*

**Website:**

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-215-disability-supports-deduction.html>

Individuals who are employed or in school and have an impairment in physical or mental functions and have paid for certain medical expenses can, under certain conditions, claim the disability supports deduction. You may be able to deduct the expenses that you paid in the same year and only the person with the disability can claim expenses for this deduction.

## **Financial Assistance from the Province of New Brunswick**

*Bilingual Information available*

### **Family Supports for Children with Disabilities**

**Address Fredericton office:**

460 Two Nations Crossing

**Phone:** (866) 444-8838

**Email:** [sd-ds@gnb.ca](mailto:sd-ds@gnb.ca)

**Website:**

[http://www2.gnb.ca/content/gnb/en/services/services\\_renderer.10195.Family\\_Supports\\_for\\_Children\\_with\\_Disabilities.html](http://www2.gnb.ca/content/gnb/en/services/services_renderer.10195.Family_Supports_for_Children_with_Disabilities.html)

Family Supports for Children with Disabilities is a program of the Department of Social Development in New Brunswick. They can help a family with unmet needs by providing social work support and financial resources to assist with the care required to meet the special developmental needs of their child with a disability.

### **Social Development Social Assistance Program**

*Bilingual Information available*

**Address:** Sartain MacDonald Building,  
551 King Street, PO Box 6000,  
Fredericton, NB, E3B 5H1

**Phone:** (506) 453-2001

**Toll-free:** 1-866-444-8838

**After hours:** (800) 442-9799 [emergencies only]

**Fax:** (506) 453-7478

**Email:** [sd-ds@gnb.ca](mailto:sd-ds@gnb.ca)

**Website:**

[http://www2.gnb.ca/content/gnb/en/departments/social\\_development.html](http://www2.gnb.ca/content/gnb/en/departments/social_development.html)

Financial assistance is given to people who have no other income to meet their basic needs of food, clothing and shelter. By law, social assistance is the payer of last resort. This means that all other income must be considered when determining how many dollars will be provided. The Extended Benefits Program is for those who are certified by the Medical Advisory Board as blind, deaf or disabled. It also includes some clients who have been on assistance for many years and who have a Special Designation.

**Directory of Financial Assistance  
available to persons with Disabilities in  
NB**

**Website:**

<http://www2.gnb.ca/content/dam/gnb/Departments/pcsdpcpmcph/pdf/directories/FinancialAssistanceIncomeE.pdf>

## **Legal Education & Information**

**New Brunswick Human Rights  
Commission**

*Bilingual information available.*

**Address:** Fredericton office: Barry House,  
P. O. Box 6000, Fredericton,  
NB, E3B 5H1

**Phone:** (506)453-2301

**Website:**

<http://www2.gnb.ca/content/gnb/en/departments/nbhrc.html>

The Human Rights Commission is a provincial government agency. It promotes equality and investigates and tries to settle complaints of discrimination and harassment. The Commission also works to prevent discrimination by promoting human rights and offering educational opportunities to employers, service providers and the general public.

**Public Legal Education and  
Information Services of New  
Brunswick (PLEIS-NB)**

*Bilingual services available.*

**Address:** PO Box 6000, Fredericton,  
NB, E3B 5H1

**Phone:** (506) 453-5369

**Email:** [plainsnb@web.ca](mailto:plainsnb@web.ca)

**Website:** [www.legal-info-legale.nb.ca](http://www.legal-info-legale.nb.ca)

PLEIS-NB develops bilingual educational products and services about the law for the general public in order to promote access to the legal system. They assist the public in identifying and understanding their legal rights and responsibilities, and attaining self-help skills to improve their ability to deal with legal issues. They offer information about bullying, family law, internet safety, and more in a variety of ways including activity books and posters.



## Military Family Support

### **Canadian Forces Morale and Welfare Services (CFMWS)**

*Bilingual services available.*

**Phone:** (506) 422-3352

**Email:** [mfrcnb@gmail.com](mailto:mfrcnb@gmail.com)

**Website:** [www.cfmws.com](http://www.cfmws.com)

The Gagetown FMWS develops and promotes services and resources that support the military family. They offer casual child care, fitness classes, a pool and child, youth and adult programs. The GFMWS also has a list of things in and around Oromocto for newcomers.

### **Canadian Forces Member Assistance Program (CFMAP)**

*Bilingual services available.*

**Phone:** 1-800-268-7708

**Website:**

<https://www.canada.ca/en/department-national-defence/services/guide/programs-canadian-forces/cfmap.html>

The CFMAP offers confidential, voluntary, short-term counselling to assist with resolving stresses at home and in the work place. The phone line is staffed 24/7 by bilingual, trained counselors, who refer the client to a counsellor in private practice for face-to-face consultation or provide counselling over the phone.

## Recreation and Leisure

### **Able Sail**

Call them directly for the service

**Phone:** 533-9750

**Email:** [shediac@ablesail.ca](mailto:shediac@ablesail.ca)

**Website:** [www.ablesail.ca](http://www.ablesail.ca)

Able Sail/Handi-Voile is a not for profit organization dedicated to providing sailing opportunities in Shediac Bay to the disabled in the Southeastern New Brunswick region.

### **Ability New Brunswick**

**Address:** Suit 102, 440 Wilsey Rd.  
Fredericton, NB E3B 7G5

**Phone:** (506) 462-9555

**Email:** [info@abilitynb.ca](mailto:info@abilitynb.ca)

**Website:** [www.ability.ca](http://www.ability.ca)

Working one on one with youth living with a mobility disability to reach career and educational goals.

### **Access 2**

**Address:** 40 Holly St, Suite 401,  
Toronto, ON, M4S 3C3

**Office:** 416-932-8382

**Toll free:** 1-877-376-6362

**Email:** [access2card@easterseals.ca](mailto:access2card@easterseals.ca)

**Website:** <http://www.access2card.ca>

The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at hundreds of participating entertainment, cultural and recreational venues across Canada. When the card is presented, the support worker can get in the venue without (or with reduced) charge.

## ***Arts are for Everyone***

The Fredericton Playhouse believes that the arts are an integral part of our lives, and that everyone has the right to access and experience the magical world of the performing arts. Free tickets to selected shows are provided to Autism Connections Fredericton and are available to persons with autism and their caregivers. Tickets can be picked up at ACF on a first come, first served basis.

### ***Best Buddies Canada***

**Address:** 907 – 1243 Islington Avenue,  
Toronto, ON M8X 1Y9

**Phone:** (416) 531 - 0003

**Toll Free:** 1(888) 779 - 0061

**Email:** [info@bestbuddies.ca](mailto:info@bestbuddies.ca)

**Website:** [www.bestbuddies.ca](http://www.bestbuddies.ca)

Best Buddies Canada is a non-profit organization that works in schools across Canada to help create one-to-one friendships between children & adults with intellectual disabilities and student volunteers.

### ***Big Brothers Big Sisters***

**Address:** 473 King Street, Fredericton,  
NB, E3B 1E5

**Phone:** (506) 458-8941

**Email:**

[Rhonda.rogers@bigbrothersbigsisters.ca](mailto:Rhonda.rogers@bigbrothersbigsisters.ca)

**Website:**

[www.bigbrothersbigsistersfredericton.ca](http://www.bigbrothersbigsistersfredericton.ca)

Provides mentoring to kids in the Fredericton and Oromocto region. Serving as role models, the mentors teach the importance of giving and giving back, staying in school, and having respect for family, peers and community

### ***Camp Kennebec***

*Bilingual information available.*

**Camp Address:** 9 Doyle Road,  
Sunnyside Beach, NB

**Mailing Address:** 65 Brunswick Street,  
Fredericton, NB,  
E3B 1G5

**Toll-free:** 1-888-280-8155

**Phone:** (506) 458-8739

**Email:** [info@easterseals.nb.ca](mailto:info@easterseals.nb.ca)

**Website:** [www.camprotary.ca](http://www.camprotary.ca)

Camp Rotary on Grand Lake is offered to children and adults with physical disabilities as well as those with developmental disabilities and speech or learning difficulties.

### **Easter Seals – New Brunswick**

*Bilingual services available.*

**Address:** 65 Brunswick Street,  
Fredericton, NB, E3B 1G5

**Phone:** (506) 458-8739

**Toll-free:** 1-888-280-8155

**Email:** [info@easterseals.nb.ca](mailto:info@easterseals.nb.ca)

**Website:** [www.easterseals.nb.ca](http://www.easterseals.nb.ca)

### **Abilities Program**

The Easter Seals Abilities program is a Youth Recreation Program, created to introduce youth with disabilities to a variety of recreational activities. The program will concentrate on developing independence while promoting good physical and mental health.

### **Adapted Toy Library**

The Easter Seals Adapted Toy Library loans toys to children across New Brunswick. Simply choose a toy from their Website, contact them, and they will ship it to anywhere in New Brunswick.

### **Personal Services Program (PSP)**

Easter Seals NB Personal Services Program offers its clients long-term loans of equipment.

### **Fredericton Aquanauts Swim Team (FAST)**

**Address:** PO Box 82, Station "A",  
Fredericton, NB, E3B 4Y2

**Phone:** (506) 206-2718

**Email:** [swimming@rogers.com](mailto:swimming@rogers.com)

**Website:** <http://www.swimmingfast.com>

FAST is one of the leading swim clubs in Atlantic Canada, providing an environment where all swimmers can learn and practice the values and qualities that will help them succeed as young athletes and as responsible citizens.

### **Science East**

*Bilingual services available.*

**Address:** 668 Brunswick Street,  
Fredericton, NB, E3B 1H6

**Phone:** (506) 457-2340

**Email:** [science@scienceeast.nb.ca](mailto:science@scienceeast.nb.ca)

**Website:** [www.scienceeast.nb.ca/](http://www.scienceeast.nb.ca/)

Science East teaches the basics of science in a fun and entertaining way, exploring everything from robotics and computer programming, to physics, chemistry, biology and more!

**Fredericton Therapeutic Riding Association**

**Address:** 2575 Woodstock Rd.,  
Fredericton, NB, E3C 1R1

**Phone:** (506) 476-4803 (Frank) /  
(506) 476-9621 (Kim)

**Website:** <http://www.ftra.ca/>

FTRA provides therapeutic horseback riding to individuals with a physical and/or cognitive disability. Our program provides opportunities for individuals to learn to ride while at the same time working on physical, cognitive and psychosocial goals.

**Snoezelen Room – Canadian Deafblind Association**

**Address:** 495 B Prospect Street, Unit H,  
Fredericton, NB, E3B 9M4

**Phone:** (506) 452-1544

**Website:** [www.cdba-nb.ca](http://www.cdba-nb.ca)

The Snoezelen Room facilitates relaxation, sensory awareness and activity tolerance.

**Special Olympics New Brunswick**

*Bilingual services available.*

**Address:** 411 St. Mary's Street, Unit 103,  
Fredericton, NB, E3A 8H4

**Phone:** (506) 455-0404

**Email:** [infosonb@specialolympics.ca](mailto:infosonb@specialolympics.ca)

**Website:** [www.specialolympicsnb.ca](http://www.specialolympicsnb.ca)

Special Olympics New Brunswick offers year-round sport and recreation opportunities to people with an intellectual and physical disability of all ages and a wide range of abilities.

**YMCA of Fredericton**

**Website:** [www.fredericton.ymca.ca](http://www.fredericton.ymca.ca)

**Southside Address:**

570 York Street, Fredericton,  
NB, E3B 3R3

**Phone:** (506) 462-3000 ext.0

The Fredericton YMCA offers programs for all ages in swimming, racquet sports, gymnastics and much more. Day care and afterschool programs are also available.

**Northside Address:**

605 Cliffe Street,  
Fredericton, NB

**Phone:** (506) 462-3001

## ***Intervention Materials***

***Autism Connections Fredericton is committed to scientifically-based treatment approaches for autism. It is recommended that you consult your therapists or psychologist before introducing new programs or therapy materials.***

### ***ABA Educational Resources***

**Website:** [www.abaresources.com](http://www.abaresources.com)

This is a leading-edge website providing practical resource materials for families and professionals using educational strategies for children with autism. They facilitate the delivery of Applied Behavior Analysis (ABA) resource materials at a free and/or affordable cost.

### ***Autism Community Store***

**Website:**  
<http://www.autismcommunitystore.com>

A US-based autism and special needs resource site which sells products for children, including sensory toys, autism books, and ABA materials. They carry sensory items like weighted blankets and lap pads, compression vests, wiggle seats and chewy tubes as well as classroom solutions like visual aids and visual timers, to products that solve common problems at home – sleep, safety, hygiene and more.

### ***Child and Youth Toolkits***

**Website:**  
<http://www.shared-care.ca/toolkits>

Toolkits include information, videos, and games about various topics including Autism, ADHD, Anxiety, Behavior problems, mood disorders, and more.

### ***Different Roads to Learning***

**Website:**  
<http://www.difflearn.com>

Different Roads to Learning has over 600 products that support the social, academic and communicative development of children on the autism spectrum through Applied Behavior Analysis (ABA) and Verbal Behavior interventions.

**Do2Learn****Website:**

<http://www.do2learn.com>

Provides thousands of free pages with social skills and behavioral regulation activities, songs and games, communication cards, academic material, and transition guides for employment and life skills. In addition, we sell products including View2do, JobTIPS, FACELAND, books, and apps.

**Hippo Hug****Website:**

<http://www.hippohug.ca>

Hippo Hug weighted blankets uses a unique and proprietary weighting system that involves specially designed disks so that they blanket has a low profile and doesn't look any different than a regular quilt. Hippo Hug also sells crash mats and other sensory products.

**InnovAID****Website:**

<http://www.innovaid.ca>

InnovAID creates products for people with special needs who have sensory issues. Many of their products can be customized or custom-made. They sell books, and accessories for chewing, heat and cold, fidgeting, pressure, sleep, vibration, weight, water toys, and more.

**Insights to Behavior****Website:**

<http://www.insightstobehavior.com>

This website provides a wide variety of ABA resources for teachers, from online course modules to assessment tools to activities designed to help achieve IEP goals.

**James Stanfield – Specialists in Special Education****Website:**

[www.stanfield.com](http://www.stanfield.com)

Produces award-winning programs to promote Social Competence and Transition Readiness in students with cognitive, learning and/or behavioral disabilities.

**Mayer-Johnson****Website:**

<https://goboardmaker.com/>

The distributor for Boardmaker Software programs, which are used to create symbol-based visual supports such as, communication boards, behavior supports, sequences and visual schedules.

### ***Silver Linings Multimedia Inc.***

**Website:**

<https://www.silverliningmm.com/default.html>

Provides software and DVD's for making flash cards, choice boards, visual schedules, etc. as well as other resources and materials to facilitate the use of visual supports.

### ***Social Thinking***

**Website:**

[www.socialthinking.com](http://www.socialthinking.com)

This website offers information, resources and materials to promote the development of social thinking and social skills in persons with autism across the lifespan.

### ***Special Needs Toys***

**Website:**

<http://www.specialneedstoys.com/can>

This company sells over 1,500 sensory-based toys including Swings, Spins, Rockers and Bouncers, Mirrors, Switches, Balls, Puzzles, Dolls, Wonder Walls, Bubble Columns, bright Projectors, Fiber Optics and Resonance.

### ***Tuck***

**Website**

<https://www.tuck.com/>

**Phone**

(206) 486-6465

Evidence-based sleep health information, news, and unbiased product reviews

### ***Ressources en français:***

#### ***Agir pour l'autisme***

**Site web:**

<http://www.agirpourlautisme.com/bibliotheque>

AGIR pour l'Autisme est une association reconnue d'intérêt général, qui a pour but d'accompagner et de soutenir les familles touchées par l'autisme et de défendre leurs droits. Sur ce site vous pouvez trouver une bibliothèque contenant des livres achetables.

#### ***Babelio***

**Site web:**

<http://www.babelio.com/liste/2448/Lautisme>

Une sélection de livres sur les combats personnels et familiaux des autistes et de leur entourage. Combat pour le diagnostic, pour une scolarisation, pour le droit d'exister malgré la différence, et pour être accepté dans la société.

## Safety

### **AngelSense GPS Tracker**

**Website:**

<http://www.angelsense.com>

The AngelSense Tracker allows parents to locate their child and get regular updates on the child's location via cell phone. This sophisticated, tamper-proof device lets the parent talk to the child to provide reassurance, and hear what is going on in the child's environment. In addition to the purchase price, there is a monthly fee. May not work in all parts of Canada.

### **Autism Risk & Safety Management**

**Website:**

[www.autismriskmanagement.com](http://www.autismriskmanagement.com)

Autism training & resources for law enforcement, emergency first responders, parents, educators, care providers & the autism community.

### **Canadian Medicalert Foundation**

*Bilingual services available.*

**Address:** 800-2005 Sheppard Avenue East,  
Toronto, ON, M2J 5B4

**Phone:** (416) 696-0267

**Fax:** (416) 696-0156

**Toll-free:**

*English*

1-800-668-1507 ext. 1117

*French*

1-800-668-6381 ext. 1236

**Email:** [medinfo@medicalert.ca](mailto:medinfo@medicalert.ca)

**Website:** <http://www.medicalalert.ca>

Medicalert Foundation supplies medical ID bracelets and supports Canadians with 24/7 notification of loved one. It also has a special hotline for emergency responders.

### **Findster**

**Website:**

<https://kids.getfindster.com>

The first GPS Tracker without monthly fees. It connects a small module worn by your child to your Smartphone, so you can track the child's location within a 1 mile radius.



### **Link Program**

*Bilingual information available*

**Website:**

<http://programmelemaillon.com>

A program of CHIMO helpline, the Link is available in middle schools throughout New Brunswick. A student who is experiencing any kind of distress can easily identify a trusted person, or Link Companion, by the yellow card displayed on their binder or desk.

### **Lions Club Foundation of Canada – Service Dogs**

*Bilingual services available.*

**Address:** 152 Wilson Street, Oakville,  
On, L6K 0G6

**Phone:** 905-842-2891

**Toll-free:** 1-800-768-3030

**Fax:** 905-842-3373

**Website:** <http://www.dogguides.com>

Lions Foundation assists Canadians with a medical or physical disability by providing them Dog Guides at no cost. To do this, the Foundation operates Dog Guides Canada, a preeminent national training school and charity that assists individuals with disabilities through specialized Dog Guide programs.

### **Mira Atlantic Foundation**

*Bilingual services available.*

**Address:** 185 Waverley Avenue, Moncton,  
NB, E1C 7V3

**Phone:** (506) 852-9539

**Toll-free:** 1-877-502-6472

**Fax:** (506) 860-7660

**Email:** [atlantique@mira.ca](mailto:atlantique@mira.ca)

**Website:** <http://www.miraatlantique.ca>

Provides, at no cost, guide dogs to blind individuals, service dogs to persons in wheelchairs and to autistic children. It offers a mobility course to participants with follow-up every six months, Mira is the only school in the world to provide working dogs to people younger than 15 years.

### **Safety Tat**

**Website:**

<http://www.new.safetytat.com>

SafetyTat child ID tattoos are temporary safety tattoos including some that can be personalized (blank write-on ones). Examples: "Alert! Allergies", "Alert! I have Autism", and "If lost please contact...". Great for a day out of town.

### **SDWR**

**Address:** PO Box 647, Madison, Virginia,  
USA. 22727

**Phone:** (540) 543-2307

**Email:** [info@sdwr.org](mailto:info@sdwr.org)

**Website:** <http://www.sdwr.org>

Their Autism Service Dogs are trained to provide support for families who are coping with the challenges of having an Autistic child.

## **Trax Play**

**Website:**

<https://www.amazon.ca/Trax-Play-upgraded-tracker-children/dp/B01F77ENJO>

GPS Tracking device.

- Full featured smartphone app (iOS & Android)
- Tracks your child's location anywhere you get mobile cellular service; purchase of data plan required
- Notifies you whenever it leaves the designated safe zone

## **Fredericton Police Force's Vulnerable Persons Registry**

*Bilingual services available.*

**Website:**

<http://www.fredericton.ca/en/fredericton-police/vulnerable-persons-registry>

Persons with autism can be registered with this service which gives police quick access to critical information about them in an emergency situation. Annual registration is required to keep your form active.

## **York Sunbury Ground Search & Rescue; Introducing Project Lifesaver**

**Phone:** (506) 461-5832

**Website:** [www.YSSR.ca](http://www.YSSR.ca)

Bringing loved ones home when they wander.

Dependable radio frequency as of August 2018 – 3,465 rescues in N.A. most in less than 30 minutes

## **Apps**

### **Apps for Autism**

**Website:**

<http://www.autismapps.org.au>

This website helps parents, teachers and others learn how to use technology effectively to support a person with autism. This website covers topics including:

- How to use an iPad effectively.
- How to support people with autism using technology.
- Tips for selecting a useful app.
- Therapist reviews of apps to assist you in choosing the best app for your goal.

### **AssistiveWare**

**Website:**

<http://www.assistiveware.com>

AssistiveWare offers several assistive technology software products for Apple's Mac OS X and iPhone, iPad and iPod touch. They offer apps in categories such as communication, reading and writing, and learning.

### **Avaz**

**Website:**

<http://www.avazapp.com>

Avaz is a symbol-based communication app to promote functional communication and the development of language skills. Available for purchase.

### **Children's Countdown Timer**

**Website:**

<https://itunes.apple.com/us/app/childrens-countdowntimer/id541364004?mt=8>

Helps children complete daily tasks faster and more willingly, and better understand how much time is left in an activity by gradually revealing a fun picture as the time winds down. It can also help them understand how much time remains in preferred and non-preferred activities. The picture can be customized based on the activity or the child's preferences. Free download.

### **Choiceworks**

**Website:**

<https://itunes.apple.com/ca/app/choiceworks/id486210964?mt=8>

This app allows users to create visual schedules, checklists, and other visual supports to promote waiting and emotional regulation skills. Available for purchase.

### ***Dr. Brown's Apps***

**Website:**

<http://www.drbrownsapps.com>

DrBrownsApps.com is hosted by The Children's Treatment Center for Autism and other Childhood Developmental Disorders, located in Tennessee. They use Applied Behavior Analysis, an essential therapy for children with autism or other developmental disorders. The apps include: colors, shapes, letters, numbers, words, animal, people, time, bullying, and more.

### ***Magnus Cards***

**Website:**

<http://www.magnusmode.com>

MagnusCards are digital how-to guides for everyday living. Download free card decks and follow Magnus on the journey to independence.

### ***Niki Talk***

**Website:**

<http://www.nikitalk.com>

Niki Talk is an easy-to-use app that lets people with disabilities and mutism communicate. They offer other apps such as Niki: Diary, Word, Play, Agenda, Time, Talk + Tweets, Story, and Music.

### ***Proloquo2Go***

**Website:**

<http://www.assistiveware.com/product/proloquo2go>

A symbol-supported communication app to promote language development and grow communication skills, from beginning to advanced communicators. Available for purchase.

### ***Tally Counter***

**Website:**

<https://itunes.apple.com/ca/app/tallycounter/id288732372?mt=8>

A simple tally counter for easy tracking of targeted behaviours. Free download.

### ***Time Timer® iPhone App***

**Website:**

<https://www.timetimer.com/products/time-timer-ios-app>

A visual timer app that allows users to customize, save and re-use timers with names, colors, alert options, timer scale options and more. Available for purchase.

## ***Touch Autism***

### **Website:**

<http://www.touchautism.com>

This site provides a comprehensive list of apps used with and by people diagnosed with autism, and other special needs. It includes links to any available information for each app. They are separated into 30+ categories, making apps easy to find and download.

## ***Ressources en français:***

### ***App enfant – autisme***

#### **Site Web:**

<http://www.app-enfant.fr/applications/categorie/autisme>

Toutes les applications pour enfant autiste, enfant atteint d'autisme. iPhone, iPad, Android, Amazon.

### ***Applications-autisme***

#### **Site Web:**

<http://www.applications-autisme.com>

Applications-autisme.com est une plateforme collaborative, lieu d'échanges et de partage, qui permet aux accompagnants et parents de personnes avec autisme de trouver les applications adaptées et ainsi favoriser leurs apprentissages.

## Residences

### **Oromocto Community Residence Inc.**

**Address:** 932 Waasis Rd, Oromocto,  
NB, E3V 2P2

**Phone:** (506) 357-5997

**Fax:** (506) 357-7019

**Email:** [ocri@nb.aibn.com](mailto:ocri@nb.aibn.com)

Operates two non-profit community residences in the Oromocto area for adults with intellectual disabilities and physical challenges.

### **Shannex**

*Bilingual services available.*

**Address:** 375-379 Rainsford Lane,  
Fredericton, E3B 0X7

**Phone:** (506) 455-7004

**Website:**

<http://www.shannex.com/locations/fredericton-area/>

Shannex offers several residential options, each consisting of spacious, well-appointed suites, outdoor views, a dining area, and living and activity rooms. Residents with autism require assessment to determine appropriate level of care, and are welcome at any age.

### **The New Brunswick Community Residences Inc.**

**Address:** 530 Needham St., Fredericton,  
NB, E3B 1P6

**Phone:** (506) 454-1206

**Fax:** (506) 455-9410

NBCR Inc. is a non-profit agency that provides housing and support to adults living with a mental illness. We have a level two setting (located on Needham Street), a level four setting (located on Priestman Street), and five supported apartments that can house up to ten people.

## ***Recommended by Parents***

### **Dentists:**

#### **Fredericton**

***Dr. Allison Chisholm:***

565 Priestman St, Suite 205;  
458-9186

***Dr. Amber Andrews:***

535 Beaverbrook Ct., Suite 125;  
(506) 451-2265

***Dr. Andrea Regnier:***

Gibson Street Dental Clinic,  
377 Gibson Street;  
450-4266

***Dr. Lance Rowe:***

360 St. Mary's Street;  
458-9361

#### **Oromocto**

***Dr. Peter Currie:***

202 Restigouche Rd;  
446-3300

***Dr. Schaefer:***

Gateway Dental Center, Gateway Drive;  
357-2440

### **Hairdressers:**

#### **Fredericton**

***Brent at Headmasters Hairstyling***

516 Smythe Street;  
455-1937

#### **Oromocto**

***Platinum Salon and Spa,***

Oromocto Mall, 1198 Onondaga Street,  
357-2182

## Stories and Blogs

### ***Actually Autistic Blogs***

**Website:**

<http://www.anautismobserver.wordpress.com>

A list of blogs by autistic people.

### ***All the Weight of Our Dreams: On Living Racialized Autism***

**Website:**

<https://autismandrace.com/>

Delve into poetry, essays, short fiction, photography, paintings, and drawings in the first anthology entirely by autistic people of color, featuring 61 writers and artists from seven countries. The work represents the lives, politics, and artistic expression of people from many autistic communities.

### ***Amythest Schaber***

**Website:**

<http://www.neurowonderful.tumblr.com>

**Youtube:**

<http://www.youtube.com/user/neurowonderful>

Amythest Schaber is a Métis, Autistic, and multiply disabled writer, public speaker, artist, advocate and activist. You can find her video series “Ask an Autistic” on YouTube.

### ***Autism Daddy***

**Facebook:**

<http://www.facebook.com/AutismDaddy>

**Website:**

[www.theautismdaddy.com](http://www.theautismdaddy.com)

A blog by a neurotypical dad with a 14-year-old son with severe, non-verbal autism & epilepsy.

### ***Autism – Day by Day***

**Website:**

<http://www.autismdaybyday.blogspot.ca>

A single mom raising a teenager and a child with autism.

### ***Autism Mom***

**Twitter:** @EWBAutismMom

**Website:** <http://www.autism-mom.com>

Elizabeth writes about her son on the autism spectrum nicknamed “the Navigator”.



### ***Autism Mommy Therapist***

**Website:**

<http://www.autismmommytherapist.wordpress.com>

Written by Kimberlee Rutan McCafferty, a former educator and presently a stay-at-home mom/therapist of two boys with ASD.

### ***Autism on The Mighty***

**Website:**

<http://www.themighty.com/autism-spectrum-disorder>

The Mighty is a site where people share their personal experiences with disability, disease and mental illness.

### ***Autistics Aloud***

**Website:**

<http://www.autismnovascotia.ca/program/14>

Written and edited by Patricia George-Zwicker, an autistic living in Nova Scotia, Autistics Aloud is a unique publication which showcases the many gifts and talents amongst the autistic community. Autistics Aloud is a quarterly publication that gives its space to Autistics to share their lived experience.

### ***Autistic Parenting***

**Website:**

<http://www.facebook.com/autisticparenting>

Advice and education page about the autism experience through the eyes of an autistic parent of an autistic child.

### ***Carly Fleischmann***

**Website:**

<http://www.carlyvoice.com>

Carly was diagnosed with autism, oral-motor apraxia and cognitive delay as a child. Through years of persistent therapy and hard work, Carly learned to spell and her voice eventually found its way out. Today she types with one finger, and shares the truths and mysteries (as she calls it) of autism.

### ***Finding Ninee***

**Website:**

<http://www.findingninee.com>

Kristi Campbell writes about her special needs son and her family. She serves everything with humor in hopes to make her readers smile.

### ***Four Plus an Angel***

**Twitter:** @JessBWatson

**Website:**

<http://www.fourplusanangel.com>

Jessica writes about her family, including a daughter on the autism spectrum.

### ***Geek Club Books – Autism Storytelling***

**Website:**

<http://www.geekclubbooks.com>

Geek Club Books ignite hearts and open minds through autism storytelling. They offer books, resources, apps, e-books, and educational tools. They even have comic books about superheroes with autism!

### ***Just a Lil Blog***

**Website:**

<http://www.justalilblog.com/p/history.html>

**Facebook:**

<http://www.facebook.com/JustALilBlog>

Jim Walter is a single dad raising two daughters, one of whom has autism.

### ***Look me in the Eye***

**Twitter:** @johnrobison

**Website:**

<http://www.jerobison.blogspot.ca>

John Elder Robison is an author living with Asperger's. He has written several books on the topic. This blog is not only a personal journal but also an educational and literary one.

### ***Maxfield Sparrow***

**Website:**

<http://www.sparrowrose.com>

Maxfield Sparrow is a transmasculine Autistic author who hopes that sharing his experiences and perceptions (while reminding readers that every autistic person is different!) will help further the struggle for disability rights and autism acceptance.

### ***Michelle Sutton***

**Website:**

<http://www.michellesuttonwrites.com>

Michelle is an autistic mother of six in a neurodiverse household. Michelle writes on a variety of topics, including neurodiversity, identity, autism, bipolar, depression, self-care, human rights, injustice, inclusion, acceptance, homeschooling, parenting, advocacy, and occasionally chickens and gardening.

### ***Rhema's Hope***

**Website:**

<http://www.rhemashope.wordpress.com>

Mother to two adorable little girls, Rhema and Hope. Rhema has autism and a seizure disorder.

### ***Spectrum Warriors***

**Website:**

<http://www.spectrumwarriors.com>

Local moms blog about their experience raising children with ASD. They also have a Facebook page dedicated to discussions between parents called "Autism Parents Group – New Brunswick, Canada".

### ***Stimeyland***

**Twitter:** @Stimey

**Website:**

<http://www.stimeyland.com>

Stimey is mom to three kids including a transgender daughter. Among her family they have autism, ADHD, anxiety, and depression. She is an autistic mom raising an autistic son.

### ***The Autism Blog - Seattle Children's Hospital***

**Website:**

<http://theautismblog.seattlechildrens.org/>

The world of autism spectrum disorders is constantly changing and we at Seattle Children's Autism Center are eager to share with parents and caregivers what we continue to learn. This blog is designed to be a resource on autism as well as to give you an opportunity to comment on our posts and engage with our experts. Our intent is to provide information that may be helpful to raising a child with autism.

### ***The Autism Dad***

**Website:**

<http://www.theautismdad.com>

**Facebook:**

<http://www.facebook.com/theautismdad>

Dad to 3 amazing boys all on the Autism Spectrum, with other serious health issues.

### ***Bloques en français :***

#### ***Aspi-Info***

**Site web:**

<http://www.aspie-info.blogspot.ca>

Une femme diagnostiquée dans la quarantaine s'intéresse à l'écriture, aux arts et à de nombreux autres sujets.

### ***Au royaume d'une Asperger***

**Site web:**

<http://www.royaumeasperger.com>

Blogue sur le quotidien d'une maman autiste Asperger qui navigue dans un monde de neurotypiques sympathiques.

### ***Blog de Thomas***

**Site web:**

<http://www.blogthomas.over-blog.com>

Virginie la maman de Thomas, autiste et épileptique, partage avec vous son travail éducatif et les difficultés de son fils.

### ***En bordure du bout du monde***

**Site web:**

<http://www.enbordureduboutdumonde.tumblr.com/-me>

Blog dessiné avec pour fil conducteur le syndrome d'asperger vu de l'intérieur, et avec humour.

### ***Être autiste aujourd'hui***

**Site web:**

<http://www.etreautisteaujourd'hui.over-blog.com>

Ce blog regroupe des témoignages sur de nombreux sujets.

### ***Le petit prince a dit***

**Site web:**

[www.lepetitprinceadit.com](http://www.lepetitprinceadit.com)

Une maman d'un ado autiste qui parle de l'autisme avec amour et humour. Des interviews, des fiches pratiques, test de dépistage précoce, des outils et astuces!

### ***Moi, c'est Zyha***

**Site web:**

<http://www.facebook.com/zyha.asperger/?fref=mentions>

La page Facebook d'une adolescente autiste de 14 ans.

### ***What a mad girl! Péripiéties d'une Aspie***

**Site web:**

<http://whatamadgirl.over-blog.com/presentation.html>

Jeune femme de 22 ans très récemment diagnostiquée, Floriane relate son parcours, tout en évoquant l'autisme, la psychiatrie et parfois même les maladies rares (elle-même est atteinte du Morning Glory Syndrome).

## Reading Resources

### **Autism Connections Fredericton Resource Library List**

**Website:**

[http://www.autismconnections  
fredericton.com/our-resource-library.html](http://www.autismconnections.fredericton.com/our-resource-library.html)

For members of our organization, we have available a resource library with books and resources from a variety of categories that have been donated by the community and organizations. From *Asperger's Syndrome, Mental Health and Eating Habits*, and a range from Adults to Children, we have available over 700 books all available for lending and borrowing.

If you'd like to take advantage of our library, please drop by the centre and sign up for a free membership and browse our inventory.

### **A Work in Progress Companion Series Book and DVDs**

**Website:**

[https://www.autismpartnership.com  
/post/companion-series-dvds](https://www.autismpartnership.com/post/companion-series-dvds)

A Work in Progress Companion Series combines written booklets on various scientifically-based teaching strategies and actual demonstrations of work with students on DVD. These books use a natural, child-friendly approach to teaching new approaches to solving challenging behavior problems as well as teaching communication, social and recreational skills.

### **Fredericton Public Library**

*Bilingual services available.*

**Address:** 12 Carleton St Fredericton,  
NB, E3B 5PN

**Phone:** 1 (506)460 2806

**Email:** [fpl-child@gnb.ca](mailto:fpl-child@gnb.ca)

**Instagram:** BiblioFredLibrary

**Facebook:**

<https://www.facebook.com/FredLibrary/>

The Fredericton Public Library is a warm, welcoming place that not only houses books but is also a safe haven and community space for everyone. The well-appointed children's department has toys, puzzles, Internet-free tablets, games and more.

### **Jessica Kingsley Publishers**

**Website:**

<http://www.jkp.com/can>

An independent company offering books for children and adults with autism and Asperger's Syndrome, covering difficult topics including emotion regulation, developing relationships, explaining puberty and sexuality, self-injurious behaviour, fecal smearing etc.

### **Odin Books Online**

**Website:**

<https://www.odinbooks.com/index.php?page=browseitems&itemTypeld=5>

Mental health and educational resources.

### **Parentbooks**

**Website:**

<http://www.parentbooks.ca>

Parentbooks is a Toronto-based company that offers the most comprehensive selection of autism books available in Canada.

### **Okanagan Regional Library**

**Email:** [info@orl.bc.ca](mailto:info@orl.bc.ca)

**Twitter:** #ORLreads

**Facebook:**

<https://www.facebook.com/OKRegLib/>

**Website:**

<http://www.orl.bc.ca/using-the-library/our-services/accessibility-services>

Parents, educators, professionals, children and teens will benefit from these booklists which cover a wide variety of Diversabilities. Each list contains useful information books as well as stories with the main character having a diversability and being the hero in the story!

