

Workshops at The Ability Hub — 2017

Mental Health Problems in Adults with ASD

Thursday, January 19, 2017, 6:30-8:30 pm

Autism spectrum disorder (ASD) is a lifelong condition. Although not all adults with ASD require psychiatric input, some adults have concurrent mental illnesses requiring additional support. Comorbid mental health problems occur in up to 70% of those with ASD and can have a significant effect on their functioning. The workshop will focus on mental health problems in adults with ASD. Presentation of common mental health problems in adults with ASD will be discussed in detail.

Presenter: Dr. Yogesh Thakker
Consulting Psychiatrist Alberta Health Services
University of Alberta

Launch into Life! Transition to Adulthood Workshop Series

*Wednesday, Feb 22, March 8 & March 15, 2017
6:30-8:30 pm - Cost: \$75.00*

Transitioning into adulthood and the community beyond high school can be challenging for individuals with Autism Spectrum Disorder and their families. The Launch Program at The Ability Hub was developed to help families prepare for and respond to key life transitions, and to guide the journey from adolescence to adulthood.

Presenter(s): Dr. Katelyn Lowe, PhD., R. Psych. & Teunisje Gruber, BScOT, MC
The Sinneave Family Foundation

Talking to your Child about their ASD Diagnosis

Thursday, February 23, 2017, 6:30-8:30 pm

Do you want to learn more about diagnosis disclosure, and about parental experiences surrounding whether or not to disclose a child's diagnosis to that child? This workshop will share parental experiences surrounding what to do prior to sharing a diagnosis, how and when to share a diagnosis, the reasons for choosing to disclose, and outcomes post diagnosis disclosure.

Presenter: Amanda Smith-Demers, MSc
University of Calgary

Expanding Social Networks and Recreational Opportunities

Thursday, March 9, 2017, 6:30-8:30 pm

Discovering new social opportunities and new ways to get connected with your community.

Presenter:
Mike Barrett, MC, R. Psych.
The Sinneave Family Foundation

FAIR - Recreational and Social Opportunities in Calgary

Thursday, April 27, 2017, 4:30-8:30 pm

The Ability Hub invites you to come out and see what groups and programs are available here in Calgary. Come and get some new ideas and meet up with some of the wonderful people who run them.

Understanding & Responding to Anxiety in the ASD Population: Getting Closer to the Life We All Want

Thursday, May 25, 2017, 6:30-8:30 pm

In this workshop, you will learn how and why anxiety arises in the mind and how our usual ways of reacting to anxiety are not useful. A simple mindfulness process for responding to anxiety in helpful ways will be described. Learn practical strategies for immediate use in responding, rather than reacting to anxiety. The role of medications in ASD and related diagnoses will be discussed.

Presenter: Dr. Allan Donsky, M.D., FRCPC Psychiatry, FRCPC Paediatrics, University of Calgary, Mount Royal University

Overlapping Spectrums: Gender Creativity and Autism

Thursday, June 15, 2017, 6:30-8:30 pm

Presenter:
Ashleigh Yule, MA, R.Psych., University of Calgary