

ARC is excited to open registration for programming in our upcoming fall session for adult members that have gone through our formal Adult Membership process. If you are interested in any of the programs, workshops or information sessions, please complete the [registration form](#) on or before **November 30, 2025**. Spots in the program will be determined by a randomized queue, with new participants given priority over returning participants. If applicable, payments will not be taken until your registration is confirmed. Please note that you must have a valid membership to the Autism Resource Centre to enroll in our programs. At this time, registration is open for:

- [Group Counselling](#)
- [Employment](#)
- [Life Skills](#)

Group Counselling

Workshop: Understanding Rejection Sensitivity

Join us for a thoughtful workshop exploring the emotional and nervous system responses behind rejection sensitivity. Learn gentle, practical strategies to navigate these feelings with greater self-compassion, awareness, and calm. This session offers a supportive space to understand yourself better and build resilience in everyday interactions.

When: Monday, January 26
7:30-8:30pm

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!
Cost: Free with valid membership!

Employment

From Safety to Success: Confidently Applying for Opportunities

Learn how to identify genuine job opportunities, protect your personal information, and recognize common red flags such as scams and fraudulent postings. This workshop will also cover practical strategies for tracking your applications, responding to employers, and navigating the hiring process safely and effectively.

When: Monday, January 19
7:30-8:30pm

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!
Cost: Free with valid membership!

Career Fair and Tour at Sask Polytechnic

Join us for an exciting opportunity to explore career pathways and connect with employers at the Saskatchewan Polytechnic Career Fair! With the support of ARC's Inclusive Employment Consultants, members will have the chance to network, discover potential job and training opportunities, and gain valuable insights into today's workforce. Following the fair, take part in a guided campus tour to learn more about the programs offered, explore learning spaces, and ask questions about student life and supports available at Saskatchewan Polytechnic.

When: Thursday, February 5

- Career Fair- 11am-12pm
- Campus Tour- 12-1:15pm

Where: Sask Polytechnic (additional details shared upon registration confirmation)

Cost: Free with valid membership!

Soft Skills for Workplace Success

Join us for an interactive workshop that explores the essential soft skills that drive professional growth and team performance. Together, we'll explore how to strengthen everyday communication, teamwork, and problem-solving. Whether you're preparing for your first job or returning to work, you'll learn simple, effective strategies to build confidence, connect with coworkers, and contribute positively to any workplace.

When: Monday, March 9

5:30-6:30pm

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!

Cost: Free with valid membership!

Life Skills

Healthy Futures

Healthy Futures covers a range of topics relating to relationships and sexual wellness. The goal is to provide accurate education in these areas as well as a safe space for members to ask questions and express concerns. Much of the content covered is derived from the program Tell it Like it Is—a sexuality education program for diverse learners developed by Creative Options Regina, Saskatoon Sexual Health and Inclusion Saskatchewan.

The topics covered include:

- Communication Skills, Identifying and Talking about Feelings
- Romantic or Sexual Feelings, Diverse Identities, Stages of a Relationship
- Body Image, Body Parts, Public and Private Places, and Personal Hygiene
- Personal Space and Touch, Decision Making
- Understanding Relationships, Touch boundaries, Abuse and our Rights, and Exploring Trust
- Online Dating, Dating, and Romantic Relationships

- Online Safety, Pornography, Sexting
- Body Parts, Masturbation, Intimacy, Sex, Pleasure, and Consent
- Birth Control and Safer Sex Practices, Sexually Transmitted Infections

When: Mondays, 6:00-7:30pm
January 5- March 2
(no program on February 16)

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!

Cost: Free with valid membership!

Monthly Meet Up

Each month, a different event will be offered that allows members an opportunity to engage in fun activities within our community or at our office. Spots will be limited for each event, but we will do our best to ensure as many members as possible can participate during the time the program will be offered.

- Saturday, January 24 | 12-2pm | Hot Dog Roast and Snowshoe
- Saturday, February 7 | Time TBA | Round Dance
- Wednesday, March 11 | 1-3pm | Curling * *Timing is subject to change based on ice availability*

Common Connections:

Join our 4-week crochet group for a relaxing and creative space to learn, practice, and craft alongside others. Members can choose from suggested beginner-friendly projects or, if you are more experienced, bring along your own crochet projects to work on while enjoying the company and support of the group.

Crochet involves counting and fine motor skills, which some members may find challenging at first. Staff will provide guidance and assistance to help you develop your technique, but each participant will work on their own creation at their own pace.

When: Mondays, 6-7:30pm
March 9- March 30

Where: Autism Resource Centre – 199 N Leonard Street, Regina

Cost: Free

Improv

Offered in partnership with the Globe Theatre and funded by the City of Regina, Improv offers a fun and supportive environment with great instructors to foster spontaneity and a safe place to try out acting and improvisation activities. If you routinely rely on the public bus system, please let us know if transportation is barrier to your participation so we can work together to determine a suitable solution.

When: Sundays, 6-8pm
January 18-March 29
(no program on Feb 15)

Where: Location to be announced

Cost: Free with valid membership!

Cooking Program

In this program, members develop cooking skills by preparing a meal each week and eating as a group. With support from staff, each cook chooses and prepares their own recipes after being given main ingredients and a small budget.

One evening is for members that are already developing independence when cooking (1 staff: 2 members) and would like to focus more on meal planning and budgeting. The other evening (1 member: 1 staff) is focused on scaffolding cooking skills and opportunities to socialize.

1:2 Cooking Program

When: Tuesdays, 5 – 7:30pm

January 6-March 17

(no program on February 17)

Where: Autism Resource Centre – 199 N Leonard Street, Regina

Cost: \$110

1:1 Cooking Program

When: Thursdays, 5 – 7:30pm

January 8-March 19

(no program on February 19)

Where: Autism Resource Centre – 199 N Leonard Street

Cost: \$110

Independent Living Workshops

Enough Already with Sexual Assault Services of Saskatchewan (SASS)

Join us for a workshop on sexual harassment led by Sexual Assault Services of Saskatchewan (SASS). Whether you have witnessed it or experienced it yourself, sexual harassment can have a dramatic impact on your mental, emotional and physical health. Learn what to watch out for, how to identify it and what you should do when it happens.

When: Wednesday, January 28

1-2:30pm

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!

Cost: Free with valid membership!

Online Safety with the Regina Police Service: Protecting Yourself in the Digital World

Officers from the Regina Police Service will deliver a workshop on staying safe online. Together, we'll explore practical tips for spotting scams, protecting personal information, and using social media and other online platforms safely. Participants will also have the chance to ask questions and chat with officers. Join us to build confidence with online safety and connect with local law enforcement.

When: Wednesday, February 11

2-3pm

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!

Cost: Free with valid membership!

Building Credit & Buying a Home

In this workshop, we'll talk about how to build or improve your credit and what's involved in buying a home. You'll get tips on saving, borrowing, and budgeting to help you figure out if homeownership makes sense for you.

When: Tuesday, February 17
6-7:30pm

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!

Cost: Free with valid membership!

Problem Solving

Learn how to strengthen your problem solving and decision-making skills in this interactive workshop. We'll talk about what these skills mean, why they're important, and practice applying them to real-life situations.

When: Thursday, February 19
6-7:30pm

Where: Multi-Access Offering—choose between joining from the ARC Office, or another location online!

Cost: Free with valid membership!