

AUTISM RESOURCE CENTRE

Membership Package



Becoming a member of the Autism Resource Centre brings you to a community where you can receive support, make new friends, connect with others, and advocate for positive changes in our province. Our members play a direct role in helping us with our mission as an organization. Your annual membership fee goes directly towards supporting the programs and resources we offer throughout the year.

Membership Benefits

<p><i>Programs designed for autistic adults</i></p> <p>Access to ARC drop in, registered and sessional programs for Adults</p> <p>Access to free counselling services</p>	<p><i>Share your knowledge & insights</i></p> <p>Voting Privileges at our AGM</p>
<p><i>Contribute to meaningful and positive change</i></p> <p>Join Our Board of Directors</p>	<p><i>Connect, Explore, and have fun</i></p> <p>ARC offers plenty of opportunities to connect with peers, explore activities around Regina, and have fun while doing it</p>
<p><i>Receive timely updates on programs</i></p> <p>Receive weekly programming emails</p>	<p><i>Stay up to date on ARC news and events</i></p> <p>Receive Quarterly Newsletters</p>



Dear Future Member,

Thank you for your interest in becoming a participating member at the Autism Resource Centre (ARC)!

The following information is required prior to scheduling your membership meeting. Please complete this package and supporting documents and return them by email, mail, or in-person at our office. Once all the required information is received, we will reach out by email to schedule a membership meeting with you. Please be sure to include:

- Fully completed Membership Package
- Autism diagnosis from a medical professional or psychologist
 - Please let us know if you run into challenges with this step, we can work together to find a solution

During the membership meeting we will review the information from the welcome package and ask any follow-up questions needed. There will also be opportunities to ask us any questions you may have, and we will take you on a tour of our building and programming spaces.

All program participants must be ARC members, so following your meeting, payment of the \$40 annual membership fee will be required to become a member. We take payment by cash, debit, credit card, or e-transfer. At the end of this document is a copy of both our Media Consent Form and Code of Conduct & Information Sharing policy. Please review before our meeting, and feel free to sign and return with your welcome package.

If the Court of Queen's Bench has appointed a guardian or co-decision maker of the future member, please ensure a copy of the registrar's issued order is included with your welcome package so we can ensure proper procedures are followed when signing consent forms.

If you have any questions in the meantime, please feel free to contact us at 306-569-0858 or by email: stacey@autismsk.com.

Thank you, we look forward to meeting you!

Sincerely,
The Autism Resource Centre Staff

Medical Information

We strive to provide support using a person-centered approach. This means that we require personal information to help us offer meaningful support to our members. All personal information will remain private and confidential within the Autism Resource Centre and its staff.

Emergency Information

Health Card Number: _____

Emergency Contact: _____

Phone Number: _____

Relationship: _____

Medications

<u>Name</u>	<u>Dosage</u>	<u>Prescribed for</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do you take your medications regularly as prescribed: Yes No

Do you have seizures: Yes No

Medical Information:

At what age did you receive your autism diagnosis? _____

Where did you receive your diagnosis? _____

Please list any other diagnoses:

- | | | |
|--|--|--|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> OCD | <input type="checkbox"/> Schizophrenia |
| <input type="checkbox"/> Depression | <input type="checkbox"/> ODD | <input type="checkbox"/> Bipolar disorder |
| <input type="checkbox"/> ADHD | <input type="checkbox"/> Mood disorder | <input type="checkbox"/> Sleeping disorder |
| <input type="checkbox"/> Intellectual Disability | | |

Allergies _____

Please list any other diagnoses or medical information we should know about:

Medical Information

Family Physician:

Name: _____

Clinic: _____

Phone: _____

Psychiatrist:

Name: _____

Clinic: _____

Phone: _____

Child & Youth Clinician:

Name: _____

Clinic: _____

Phone: _____

Community Living Service Delivery Worker:

Name: _____

Clinic: _____

Phone: _____

Other:

Name: _____

Clinic: _____

Phone: _____

Type of Provider: _____

Other:

Name: _____

Clinic: _____

Phone: _____

Type of Provider: _____

Hospitalizations in the past 3 years: (optional)

Date: _____

Reason: _____

Length of Stay: _____

Date: _____

Reason: _____

Length of Stay: _____

Has the court of Queen's Bench legally approved an application for Guardianship or Co-Decision Maker for the above member? (please select the appropriate option below)

Yes – Guardianship*

Name of Guardian: _____

Yes – Co-decision maker*

Name of Co-Decision Maker: _____

No

*Documentation for Guardian or Co-Decision Maker must be provided.

Note: This is a legal process that takes place once someone turns 16 years and cannot make decisions for themselves. It does not mean legal custody as parents or guardians for children under 16 years.

Program Interests

We offer a wide range of program options in the areas of employment, life skills, mental health and recreation. Programs are offered in a variety of different formats including group drop-in sessions, 1:1 appointments, and registered programs.

Please review our programs check off all your current program interest below. We will discuss these interests during our membership meeting and provide more details on the time, location, and registration process for each program. You are not obligated to register for any programs by checking them off now:

Drop In Programs -Offered Year-Round-

Chill & Connect - Tuesday 1:30-3:00 pm

Join us to play board games, Nintendo switch, meet new people, and enjoy some quality socializing in our friendly atmosphere. Each week we also offer a new snack to enjoy.

Active With ARC - Thursday 2:30-4:00 pm

In the summer we walk as a group using the path around Wascana Lake. In the winter we move inside to the City of Regina Fieldhouse to use the gym equipment, play badminton, and walk the indoor track. The program focuses on developing healthy habits in a safe and supportive environment while having the opportunity to socialize with others.

Grow With ARC – Thursday 10:30am-12:00pm

Learn about gardening, connect with nature, and socialize with other members. During the outdoor growing season, we meet weekly to plant and care for vegetables, flowers, and herbs in both an inground garden and raised beds.

Women’s Group – Date & Time Varies

Women’s Group provides a great opportunity to connect with others and try new activities in a welcoming environment. All ARC members who identify with womanhood, in any way, are welcome to attend. This group meets once a month and activities vary.

Social Drop-in - Wednesday 6:00-8:00pm

Participants meet at various locations every Wednesday evening to share interests, participate in social activities, and spend time with peers. We offer a variety of different activities that encourage engagement with our local community and each other.

Parent Support Network – Currently on hold while we perform a program evaluation

For parents, guardians and caregivers with a valid ARC membership, this group offers support, networking and educational opportunities focused on topics of importance to caregivers of autistic adults. This group meets at our center on the third Wednesday of each month.

Program Interests

Core Programs

- Offered Year-Round-

Independent Living Program (ILP) – 1hr/Week

ILP is a person-centered, goal-based program developed to help individuals obtain greater independence at home or in the community. Skill areas that can be addressed include, but are not limited to social skills, budgeting, time management, personal hygiene, relationships and intimacy, meal planning, cooking, and healthy lifestyles. Members meet one-on-one with the life skills team for up to 8 weeks.

Individual Mental health Support – Date & Time Varies

1:1 mental health support is available to members with a participating membership. Some examples of areas covered include life transitions, communication skills, anxiety, depression, anger management, abuse, bullying and sexuality. Support provided is person centered, strength based, and trauma informed.

Career Kickstart Sessions – Date & Time Varies

Start your employment journey at ARC with a 2-hour Career Kickstart session with an Inclusive Employment Consultant. In this one-on-one session, you'll share your employment goals and experiences while reviewing or building your resume. Throughout the session we'll work together to determine the best next steps to help you reach your goals.

Job Searching Group – Weekly

After finishing our Career Kickstart Session and/or Employment Readiness Sessions, members can join our job searching group for continued support to help keep them moving forward. Participants are expected to have an up-to-date resume and sample cover letter, be able to apply for positions on job sites with minimal support and have insight into which jobs align with their skills and preferences. Access to one-to-one interview preparation and time-limited job coaching is also available.

Registered Programs

-Offered Seasonally-

Cooking Program – 1 Class/Week, 10 Weeks

Cooking Program focuses on increasing independence and life skills by teaching participants a variety of different skills such as food planning, food preparation, cooking, following recipes, and time-management skills. There are two program streams offered based on prior cooking skills and experience.

Improv – 1 Class/Week, 10 Weeks

Offered in partnership with the Globe Theater 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 acting and improvisation activities.

Program Interests

Healthy Futures – 1 Evening/Week, 10 Weeks

Healthy Futures is a group program offered for those wanting to learn more about relationships and sexual wellness. It covers a variety of topics including relationships, gender identity, personal hygiene, and safer sex practices. The goal is to provide accurate education in these areas and a safe space for members to ask questions or express concerns.

Group Counselling – 1 Evening/Week, Length Varies

Group counselling sessions are designed to encourage wellness by bringing together ARC members and providing a platform to participate, connect and support each other through sharing lived experiences in an inclusive setting. Members are encouraged to be themselves and share in a way that works for them..

The Program for Education and Enrichment of Relational Skills - 1 Class/Week, 11 Weeks

PEERS® is an 11-week evidence-based social skills intervention program developed at the UCLA Semel Institute for Neuroscience and Human Development. It targets specific skills to assist people in learning how to start conversations, make and keep friends, and how to navigate difficult situations. PEERS® also includes a social coach component, which teaches the same skills to a mentor in the individual's life who can offer social support after the program ends.

Employment Readiness Program – 2 Days/Week, 6 weeks

Designed for members who are new to career exploration or job searching, this program helps participants set and achieve career goals with the support of an Inclusive Employment Consultant. Over six, one-hour sessions, you'll explore topics related to your goals that may include: career discovery, skills assessments, virtual reality experiences, searching for educational opportunities & more. At the end of the sessions, if you have additional goals to pursue, you can be added back to the waitlist for future program access.

Employment Workshops – Date & Time Varies

Interactive, skill-building workshops designed to guide you from career exploration to employment success while accommodating different learning styles. Each workshop is shaped by member feedback and real-world workplace trends, ensuring the content is practical, relevant, and tailored to support members at various stages of their employment journey.

Volunteer Group – Date & Time Varies

Each month, our Vocational Volunteers contribute, learn, and connect through hands-on volunteer work. Members build real-world job skills, form new connections, and gain valuable experience, while supporting local events, businesses, and community organizations.

We may also offer workshops, special events, and new programs or throughout the year. For our most current programming options and special events calendar please check out our website: www.autismresourcecentre.com.

Member Information

The following questions are designed to help us get to know you better, understand what you hope to gain from our programs, and learn how we can best support you during your time with us. Please do your best to provide detailed responses but know that this is not meant to be overwhelming or take too much time. We'll review your answers together during your membership meeting and can discuss anything further at that time

Highest Level of Education Received: _____

Highschool attended: _____

Highschool Stream: _____

Reading level:

What is your current living situation?

Living with family Group home: _____

Living on own Living with roommates

Other, please describe _____

Do you have any plans to change your living arrangements within the 12 months? Yes No

If yes, please describe your plans:

Are there any life skills you would be interested in learning? (check all that apply)

Budgeting Cooking Hygiene routines

Time management Cleaning Laundry

Other, please list all

What type of instructions do you prefer when learning something new? (check all that apply)

Written Auditory Visual Hands on practice Demonstrations

Other, please describe:

Are you currently looking for employment? (check all that apply)

Yes - looking for full time hours Yes - looking for part time hours

Not currently Other, please describe:

If yes, what field of work or type of job are you seeking?

Member Information

Check any that apply to you currently, you may select more than one if appropriate:

- | | |
|---|---|
| <input type="checkbox"/> Highschool student | <input type="checkbox"/> University student |
| <input type="checkbox"/> Sask Poly Tech student | <input type="checkbox"/> Trade School student |
| <input type="checkbox"/> Employed – Full Time | <input type="checkbox"/> Employed – Part Time |
| <input type="checkbox"/> Looking for employment on my own | <input type="checkbox"/> Receiving support to find employment |
| <input type="checkbox"/> Other, please describe: | |

We aim to create a sensory environment that is inviting for everyone both in our building and in the community where possible. Please describe any sensory experiences or environments that you find challenging or that affect you in either a positive or negative way. For example (sounds, lights, smells, touch, crowds etc.)

Positive sensory experiences / environments:

Challenging sensory experiences / environments:

In order to provide proper support for each of our members, we try to prepare for a variety of different situations. To help us create a welcoming environment please answer the following to the best of your ability. We have provided some examples if needed, however please feel free to enter anything that applies.

Are there any topics, situations, or environments that feel upsetting or emotionally difficult for you, and that you'd like us to be mindful of? (Please describe)

Member Information

Are there any signs that our staff may be able to see that would tell us you are feeling stressed, anxious or overwhelmed?

(Examples: closed off body language, less participation, pacing, more talking etc.)

Please list any self-regulation strategies you use when dealing with stress, anxiety or feeling overwhelmed:

(Examples: breathing, time and space away, talking about it with others, walking, listening to music etc.)

Answering yes to the following question will **not** exclude you from participating in our programming, it can help us to ensure we have the proper support and environment in place for you and others.

Are there any safety concerns that you would like us to be aware of to support your participation? (Examples: anger, past conflict, legal restrictions etc.)

- No
- Yes – Please describe below

On the following pages are our Member Code of Conduct & Internal Information Sharing and Media Consent Form. Please review these before our meeting. If you would like to include a signed copy of them with your membership package, feel free to do so.

Member Code of Conduct & Internal Information Sharing

The Autism Resource Centre (ARC) seeks to continually provide a welcoming and comfortable environment that ensures trust and respect for all members, visitors and volunteers. To achieve this, ARC uses a collaborative staff approach, which means those employed by ARC may share information amongst each other for the purpose of best supporting members. Your confidential information will not be shared with anyone outside of ARC staff persons without written consent, unless a situation invokes a duty to report, which may include the following:

1. Concern of; or actual harm to yourself or others
2. Concern of; or actual harm to a child (Child Protection)
3. Court order; Provincial or Federal Court

Staff will continually assess the above risks and will inform appropriate professionals as required. By signing this form, I provide consent for staff to share information regarding my involvement at ARC internally.

The Autism Resource Centre also expects members to conduct themselves in a way that demonstrates respect to others while at ARC or when involved in off-site activities. ARC strictly forbids discrimination or harassment of any kind, whether based on race, colour, national original, religion, creed, sex, gender, physical, mental or developmental disability, marital status, sexual orientation, political ideology or any other reason.

The following is a list of behaviours that will not be tolerated:

- Physical violence;
- Verbal abuse;
- Profanity
- Any form of harassment;
- Intimation tactics and/or making threats;
- Malicious or harmful statements about others;
- Display or circulation of inappropriate or derogatory written materials or pictures through electronic communication;
- Public disclosures of another's private information;
- Possession of dangerous or unauthorized material; and
- Solicitation, purchase or selling of illegal substances.

Members and/or visitors who appear to be under the influence of alcohol, illegal drugs, or other intoxicating substances may be asked to leave the premises.

By signing, I confirm I have read and understood the participation guidelines regarding internal sharing of information and the member code of conduct to attend programming offered by the Autism Resource Centre. I recognize the safety and security of ARC's employees, members, visitors, and volunteers is of paramount importance and, therefore, these expectations are strictly enforced. If I am non-compliant, corrective measures will be undertaken.

Member Name (please print clearly)

Member Signature

Date

MEDIA CONSENT

I, hereby, grant and authorize the AUTISM RESOURCE CENTRE (ARC) and those acting as representatives, employees or officers with ARC to use, present, access, and release any photographs or video of myself documenting their work and social skills in all forms of media and in all manner without good and valuable consideration and without payment to me or any other individual at anytime now or in the future.

I, hereby, grant and authorize ARC, with full and sufficient authority to disclose, and present the above noted media for communications, marketing, education, and publicity purposes without limitation to educate and inform the public, to advocate, to assist potential employers; and for any other reasonable purpose that ARC established now or anytime in the future.

Please check **one** of the following boxes:

I **DO** give consent for my photograph or video clips to be used by ARC for the media and training purposes listed above.

I **DO NOT** give consent for my photograph or video clips to be used by ARC for any of the purposes listed above.

I acknowledge that I may change my consent at any time by providing formal written notice to ARC.

I confirm that I have read and understood this formal media consent and agree with all confirmations as stated above.

Name: _____

Signature: _____

Date: _____

What's Next

Thank you for taking the time to fill out our membership welcome package! Please double check that you have:

- Answered all the questions
- Indicated your current program interests
- Signed the Member Code of Conduct & Internal Information Sharing form
- Signed the Media Consent Form
- Attach a copy of your autism diagnosis with the form
- Attach proof of co-decision maker, or guardianship if applicable

The next step is to scan and return this package along with any necessary supporting documents to stacey@autismsk.com. You can also mail the package to us or drop it off at 199 Leonard Street during regular office hours which can be found on our website:

<https://autismresourcecentre.com/contact-us/>.

Once we have received your package we will reach out by email to schedule a meeting with you. At this meeting we will

- Answer any questions you may have
- Review the membership package together
- Ask follow up questions
- Tour our programming spaces

We often receive a high number of requests for membership, so there may be a short delay before we are able to schedule this meeting with you. We appreciate your patience with this process.

All program participants must be ARC members, so following your meeting, payment of the \$40 annual membership fee will be required to become a member. We take payment by cash, debit, credit card, or e-transfer.

If you have any questions, please feel free to reach out to stacey@autismsk.com or call Stacey at 306-569-0858 x 1005.

