

Registration is now open for our upcoming winter session! If you're an adult member and interested in any of our programs or workshops, please email becky@autismsk.com before **December 1st** to request your registration form.

Program spots will be allocated through a randomized queue, with new participants being given priority over returning ones. Please note, payments will only be processed once your registration is confirmed.

Important: You must have a valid membership with the Autism Resource Centre to enroll in our programs.

We can't wait to welcome you this winter — don't miss out!

Group Counselling Programs

Understanding Anxiety

This group counselling program is designed for ARC members who wish to deepen their understanding of anxiety. Members will explore the intersectional relationship between autism and anxiety, focusing on how autism affects both the experience and management of anxiety. The program aims to create a supportive environment where participants can share their personal experiences, learn coping strategies, and receive group support.

When: Tuesdays 6:30-7:30pm

February 4-February 18

Where: Multi-Access Offering, choose between joining from the ARC Office, virtually

Cost: Free!

Workshop: Interpersonal Relationships

This group counseling program is designed for ARC members who want to share and explore their experiences navigating relationships. Members will engage in discussions about the unique challenges and insights related to relationships, including disclosing their diagnosis, unmasking in relationships, and setting healthy boundaries. The program aims to create a supportive environment where individuals can connect with other members, share their stories, and learn from one another.

When: Monday March 31st, 6-7:30pm

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

Cost: Free!

Employment Programs

Employment Essentials Workshops Series

Preparing for Employment: Pre-Employment Essentials

Jumpstart your career journey with this engaging pre-employment workshop designed to equip you with the essentials for entering the workforce confidently. Explore your strengths and interests through discovery activities, assessments, and job quizzes to identify career paths that align with your interests. Assess your skills, uncover areas for growth, and learn about targeted skill-building exercises to enhance your employability. Learn about our interactive experiences like VR simulations to get a real taste of different professions. Finally, learn how to gain relevant experience through volunteering, online courses, and certifications that will set you apart as a job candidate. This workshop will help you join the workforce with confidence.

When: Tuesday January 28th, 5:30-7:30pm

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

Cost: Free!

Finding Employment: Application & Interview Essentials

Navigate the job application process and learn the tricks to finding employment with this workshop focused on applications and interviews. Learn how to craft a standout resume, write compelling cover letters, and optimize your application for Applicant Tracking Systems (ATS). Gain skills in interpreting job descriptions and identifying transferable skills to highlight your strengths effectively. Feel empowered to learn interview preparation techniques that will help ease anxiety and make a good impression on potential employers.

When: Tuesday February 25th, 5:30-7:30pm

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

Cost: Free!

Maintaining Employment: Workplace Essentials

Develop the key skills for long-term success in maintaining employment with this workshop dedicated to navigating and thriving in the workplace. Discover strategies for achieving a healthy work-life balance, and gain insight into disclosure and self-advocacy to feel empowered in your role. Learn about workplace accommodations and how to request support that meets your needs, while strengthening your communication skills to foster positive interactions with colleagues and supervisors. This workshop equips you with the essential tools to create a fulfilling and sustainable career.

When: Tuesday March 25th, 5:30-7:30pm

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

Cost: Free!

Life Skills Programs

Independent Living Program (ILP) Group Learning

Regulation Workshop

Join us for an engaging workshop focused on understanding regulation and dysregulation, exploring strategies for self-regulation, and discovering the benefits of coregulation and sensory safety plans. Through discussion-based learning, self-exploration, and hands-on practice, you'll gain practical tools for recognizing and responding to both states. Be ready for guided personal reflection to help you identify personal signs and causes of dysregulation, as well as ways you've found support from others. This workshop offers a space to deepen your awareness and build strategies for better regulation with yourself and with others.

When: Thursday February 20th, 6:00-7:30pm

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

Cost: Free!

Challenging Procrastination Learning Series

This learning series will look at common reasons for procrastination and ways to overcome it in daily life, including executive functioning strategies.

When: Wednesdays 1:30- 2:30pm

January 15- January 29

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

Cost: Free!

Monthly Meet Up

ARC is excited to offer a new program, funded by the City of Regina, called 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.

- January 3 | 1-3 pm | Apex Adventure Plex
- February 7 | 6:15-8:15 | Escape Room
- March 14 | DND Night @ ARC | 5-9 PM |

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.

When: Mondays 6:00-8:00pm

January 13th- March 24th (no class Feb. 17th)

Where: Grace Mennonite Church (2935 Pasqua St)

Cost: Free!

PEERS®

PEERS® is an evidence-based social skills program designed for autistic young adults to learn more about non-autistic social expectations, which may be helpful in navigating various interactions in daily life. ARC's certified instructors have condensed and modified the program to begin to include a neuro-affirming perspective on lessons. Topics covered include conversational skills, handling peer pressure, use of humour, electronic communication, conversation entry and exiting skills, handling disagreements, dating skills and get-togethers with friends.

Each young adult is required to have a Social Coach to support the learning that occurs. This means you will need to have a 30-minute weekly meeting with an assigned ARC staff to further practice and discuss the information covered in the program; this component can be done over the phone, in-person, or virtually.

When: Tuesdays 6:00-7:30pm

January 7-March 25

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

Cost: Free

Cooking Program (\$)

ARC's cooking program focuses on increasing independence and life skills. 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 social interaction.

Monday Cooking Program (1:2)

Each week cooks build on their skills by meal planning, preparing a meal, and eating together as a group. Cooks choose their own recipes after being given main ingredients and a small budget. We have one staff for every two cooks to support them throughout the program. To participate, cooks should have basic cutting skills and experience following a recipe.

When: Mondays 5:00 – 7:30pm

January 6- March 17 (no class Feb 17)

Where: Autism Resource Centre – 199 N Leonard Street

Cost: \$110

Thursday Cooking Program (1:1)

Members in our Cooking Program build on their cooking skills by preparing a meal each week and eating together as a group. Each cook will be paired 1:1 with a staff to support them to choose and cook their own recipes after being given main ingredients and a small budget.

When: Thursdays 5:00 – 7:30pm

January 9- March 20 (no class Feb 20)

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

Cost: \$110