

39 years
of Service

1979-2018



Children at Risk

NEWSLETTER

DECEMBER 2018

Issue #85

235 Donald Street, Suite 209

Ottawa, Ontario

K1K 1N1

Tel: (613) 741-8255

Fax: (613) 741-5530

Email: car@childrenatrisk.ca

Web: www.childrenatrisk.ca



Charitable Registration #

10691/3775/RR/0001



Annual Fall Raffle -
Draw January 11, 2019
See Pages 22 and 23

13th Annual "Rollin' For Risk"
Bowl-A-Thon
Sunday, January 27, 2019

Valentine Dance,
Saturday, February 23, 2019

Annual Spring Raffle – June 2019

Ottawa Autism Community
Annual Family Picnic
Sunday, June 9, 2019

President's message

Mark Lalonde, Board President

Ahh, the holidays ... A time to get together with friends and colleagues, share stories and a few drinks ...and rush around the malls in a frantic search for that perfect gift. Ahh, the joys of the holidays! I hope you are enjoying more of the get together and a little less of the shopping. We also hope that some of you have been able to participate in our **Saturday Fun Club** or **Family Fun Night** to provide a little free time as you gear up for the holidays.

Children at Risk achieved yet another new milestone in 2018, providing support and activities to more children and their families at our Camp than in previous years with **356 Weekly Camp Spots** and an increase in Fun Club numbers too! We are delighted that we can help you and your families with these Supports.

The Staff and Board Members at Children at Risk continue to develop more sustainable funding initiatives and support partners that will allow us to continue to provide the many programs that are so necessary for the children and their families. The need to find more sustainable funding is based on the reduction or elimination of some previous fundraising initiatives and sponsors and the increase in the cost of our programs due to higher wages in 2018.

Our signature program is **Camp Kaleidoscope**, which runs for 5 weeks each summer. The demand has increased every year since we began the Camp in 2011 with 4 weeks and only 89 spots (400%). The feedback we get from both parents and the children is extremely positive. Our Saturday Fun Club Respite Sessions reached new records of children attending this program. We ran 6 sessions in the Fall, with great participation. We are quite pleased to know that the Fun Club can be so important for both our children and parents. We plan to offer up to 10 sessions over the Winter and Spring. **NEW – we will be having ON-LINE Registration!** It is best to book your sessions early, so you don't miss out. We also have a Family Fun Night planned for May and other various times throughout the year, which includes siblings. It is also well attended.

We continued with our regular fundraisers this Fall, including the Celebrity Pumpkin Contest. We used a new format of only electronic bids this year. We had some good success, but found some dearly missed their Paper Bidding – so may tweak the Contest for maximum benefit next year. We will also be running our **"Rollin' for Risk" Bowl-A-Thon fundraiser** on Sunday, January 27th at Walkley Bowling Lanes. We are hoping for all 30 lanes to be filled this year!

I would like to say a special thanks to our **Executive Director Brenda Reisch, Administrator Bambina Lemme** and **Special Projects Coordinator Hazel Smith**, who have kept the charity running smoothly throughout the year. I also want to acknowledge the efforts from our volunteer board members **Walter Davidson, Graham Estey, Rob Gentles, Carrie Groulx, Alexandra Jeffrey, Linda Kwasnick, Marca McManus, Bill Pocock and Melissa Van Alstine**. Thanks to all of you.

Finally, I want to wish all the children, parents and volunteers a safe and happy holiday season!

EXECUTIVE DIRECTOR'S MESSAGE

Happy 40th Anniversary

2019 marks another Milestone for Children at Risk. It will represent 40 Years of serving Ottawa and the surrounding Region with Programs and Supports for ASD children and their Families. The ruby anniversary is a special one. Spending 40 years together is a great reason to celebrate! ☺ But it also is somewhat bittersweet that in 40 Years we have come a LONG way with the recognition, diagnosis and support for Autism – BUT still have MANY challenges for MANY of our Families... ☹

As Autism is a Medical, Neurological Condition – it should receive the same funding but as it cannot be diagnosed with a blood test – just a psychological assessment – it ends up being supported by the social services system – which is notoriously underfunded... ☹

Children at Risk will continue to try and offer Services, Programs, Supports for our ASD Families – all with Fundraising and Donations – not sure if another 40 years...but to the BEST of our Abilities – and Help from those who can...

Happy & Safe Holidays – and Happy New Year – all the BEST for 2019!

Brenda Reisch, Executive Director



CHILDREN AT RISK 2018 REPORT ON SERVICES**

Social Skill Therapy (Friendship) Groups
Ages 17-23 years 8 Spots (Hours=96)

Camp Kaleidoscope - Summer Full-Day Camp (Camp Week Spots - ages 4-25): 356 Spots (Hours=11,963)

Saturday Fun Club - Respite Sessions (16 Saturdays from January-December): 810 Spots (Hours=4,050)

March Break Camp: 52 Spots (Hours=1,813)

Family Fun Night: (2 Nights): 54 Spots (Hours=266)

18,188 HOURS = GRAND TOTAL OF NUMBER OF HOURS FOR CHILDREN RECEIVING DIRECT SERVICES FROM CHILDREN AT RISK IN 2018

In addition – we sent 3 children to Walt Disney World through Dreams Take Flight in 2018!

****TO BETTER REFLECT THE ACTUAL SERVICE - THE CALCULATION OF SERVICE HAS BEEN CHANGED TO NUMBER OF HOURS – AS EACH PROGRAM IS DIFFERENT IN SCOPE.**

2018/2019 Board of Directors

President – Mark Lalonde
Treasurer – Melissa Van Alstine
Secretary – Linda Kwasnick
Director – Walter Davidson
Director – Graham Estey
Director – Rob Gentles
Director – Alexandra Jeffrey
Director – Marca McManus
Director – Bill Pocock

EVENTS/ACTIVITIES SINCE SEPTEMBER 2018...

23rd ANNUAL CELEBRITY PUMPKIN CONTEST – OCTOBER 25-28, 2018

Despite some Challenges with our Event at the same time as the Municipal Election AND some adjustment with our *NEW* on-line only Auction – we again had a Fabulous Fundraiser to round out October's Autism Awareness Month! As one Mall Patron commented when we were packing up "The Party Is Over...!" - but the warm glow remains as Children at Risk has raised some valuable funding for our 2019 Summer Camp, Camp Kaleidoscope - THANKS TO YOU!!

Attached our List of Top 13 Pumpkin-Carvers for 2018. **TOP PUMPKIN CELEBRITY for 2018** once again saw Tanya and her Crew at **Tappa Hair Salon & Beauty Bar in Carlingwood Shopping Centre** raise **almost \$1,600** (up from \$1,200 in 2017) with their adorable "Incredibles" Pumpkin Display!

However, the competition was fierce as with Veteran Pumpkin Celebrity **Jennifer Chamberlain of RE/MAX Affiliates Realty** and newcomer **Desjardins Caisse Populaire Trillium** hot on their heels!

All is fair in Love and Pumpkins, especially when it is the children with Autism we serve at Children at Risk who are the true winners...!

We welcomed many NEW Pumpkin Celebrities this year - and a "return to the Pumpkin Patch" by someWe also saw many more community-minded, local businesses participating this year, as well as many more decorated, painted and blinged-out Pumpkins (check out new MPP Jeremy Roberts "rhapsody in blue" sparkler!)- making our Displays much more colourful and longer-lasting!!

SPECIAL MENTION TO:

- Merivale Mall for their hosting of this event for 23 years (with sponsorship of the pumpkins) as well as Billings Bridge Shopping Centre, Carlingwood Shopping Centre and Place d'Orleans for their on-going support!!

CELEBRITY PUMPKIN CONTEST (Cont'd)

- Please also join me in thanking **AVIS/Budget** for once again lending us the "Pumpkin Express" Cargo Van for our Deliveries - as well as donating a Weekend Rental Certificate that was part of the "Raptors Road Trip" Ballot Prize! Hats Off to local singer, songwriter **Danielle Allard** for again making our Reception extra melodic!

All-In-All - \$13,841 was raised, making it a truly incredible end to Autism Awareness Month! Also – join me in congratulating our Winners of the Ballot Prize Draws:

1. Genevieve Lemieux – Raptor's Road Trip – Value \$1,475
2. Michel Brindamour – RCA 50" Smart TV – Value \$575
3. Tamara MacDonald – 16GB Samsung Galaxy Tablet – Value \$330

Top Lucky Thirteen Celebrities (FINAL)

1. Tappa Hair Salon & Beauty Bar – Carlingwood
2. Jennifer Chamberlain RE/MAX Affiliates Realty
3. Desjardins Caisse Populaire Trillium
4. Sky High Snow Removal & Roofing
5. Doc & Woody – 106.1 CHEZ
6. Dean Brown - TSN 1200
7. Subway, Carlingwood Shopping Centre
8. Prince of Wales/Algonquin Animal Hospitals
9. Ottawa New Year's Eve Charity Ball
10. Ottawa Redblacks Football Team
11. Bruce Garrioch – Ottawa Citizen/Ottawa Sun Sports
12. Matt Demers – Hollywood In The Valley
13. Morning Hot Tub – The New HOT 89-9



SOME OF THE 23rd ANNUAL CELEBRITY PUMPKIN CONTEST ENTRIES



DONOR SPOTLIGHT



THE DIFFERENCE MAKERS - 2018

This Year marks the 2nd that **Michel Lalonde** and “**The Difference Makers – Les Faiseurs de Différence**” continued to support 2018 Fundraising for Children at Risk – last year they raised **\$15,165** and wanted to beat that total this year! With additional Dart and Bowling Tournaments – their Total for **2018 is \$20,000!!**

Stayed tuned for 2019 – as their Pledge to Support Children at Risk continues for a 3rd Year!! 😊



Pictures with the Star Wars Ottawa 501st Legion at December 2, 2018 Difference Maker’s Bowling in Orleans

UNITY FOR AUTISM SUPPORT



Since 2011, Children at Risk has received donations from the Unity for Autism Foundation – for many of our Supports like Camp Kaleidoscope, Saturday Fun Club, March Break Camp. To Date, this incredible Initiative has funded Children at Risk an outstanding total of **\$190,000** – and this includes a cheque we received last week for **\$20,000** for March Break Camp 2019!!

“Unity for Autism is a volunteer driven, extremely efficient charity, resulting in total annual administrative expenses of only 2%. Our Charity provides essential grants through fundraising achievements to the Autism Community across Canada. In the past seven years, Unity for Autism has raised over \$5 million dollars to over 150 community service providers and organizations. In Unity, your support will make a profound difference.”



DONOR’S CORNER

In Memory of Tony Bernard	\$50.00
United Way Greater Toronto	\$222.40
IBM Employees’ Charitable Fund	\$364.00
Elizabeth Park Protestant Congregation	\$860.00
CIBC Children’s Foundation	\$1,000.00
RBC Foundation	\$1,500.00

Capital Chordettes

On December 1, Children at Risk was again invited to the **Capital Chordettes Christmas Market and Concert** event to accept a donation. Nell Pocock, our Charity Ambassador, attended to thank this incredible group of ladies for their continued support of Children at Risk. For 2018 - a donation of **\$1,000** was given! Since 2004, the Chordettes adopted Children at Risk and since then have raised an incredible **\$29,247.38**

For all they have done – we award this Newsletter’s Hat’s Off Award to the Capital Chordettes Ladies Barbershop Chorus



thank
YOU

What is On Now/Coming:



13th Annual “Rollin’ for Risk” Bowl-A-Thon for Autism

Sunday, January 27, 2019
Time: 1 - 4 PM

***Early Bird Draw for:**

**10-Pack of Yuk Yuk’s Ottawa
Admission Tickets
(Valid to March 31, 2019)**

**\$50 Arrow & Loon Pub & Restaurant
Certificate (Valid to March 30, 2019)**

**\$250 Value for Teams Registered by
January 18, 2019**



Minimum Pledges of **\$175/team** for entry.

All Pledges over \$20 will receive an
Income Tax Receipt.
Every Team receives a valuable Grab Bag.

Join us for Fun, Prizes and a Rockin’ & Rollin’
good group/family time!
See Attached Info and Pledge Sheet!!

8th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 25, 2018



Patricia Boal, CTV Ottawa News & John Fraser MPP Ottawa South and Interim Leader for Ontario Liberal Party

Returning to the prestigious **Sala San Marco Banquet & Conference Centre** this year, **The Ottawa Autism Circle of The Ottawa King’s Daughters and Sons** was delighted to host our largest Brunch for Autism to date! Many Positive Comments on the location and the quality of the menu were heard as a supportive roomful of patrons from the Autism Community and other Circles dined on delicious eats and were entertained by sibling students Regan (violin), Simon (cello) and fellow student Mandy (Viola) from the **Suzuki School of Music**. We also want to thank the **Ottawa Inner Wheel Circle** for returning with a Table of enthusiastic Members who helped to increase Funds raised at the Silent Auction!



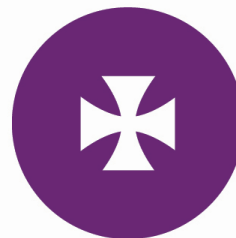
8th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 25, 2018 (Cont'd)

Once again, we were delighted to have celebrity MC **Patricia Boal of CTV Ottawa News** join us again this year with her lovely daughter Jessica– as well as having **MPP Ottawa South John Fraser** and his wife Linda attend – with Mrs. Fraser donating a hand- knitted Mermaid blanket for the Auction!



Children at Risk Special Projects Coordinator Hazel Smith donned her Camp Kaleidoscope Director hat and spoke about our achievements for the Summer of 2018.

Finally, our Event was serenaded by the beautiful voices of some of the **Capital Chordettes Chorus!** Over **\$4,000** was raised by the **Autism Circle of The King’s Daughters and Sons Ottawa City Union** to support Autism services in the Ottawa area. Special Thanks to KDS Members **Phoebe McLelland, Bruce McLelland, Nell Pocock and others** for their exhaustive efforts in procuring and delivering so many of the auction item donations!



KDS

DONATE A CAR CANADA



Donate A Car Canada accepts vehicle donations for Children at Risk Ottawa to donate a car, truck, RV, boat, motorcycle

or other vehicle to CAR simply fill out the DONATE NOW tab at www.donatecar.ca. Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at www.donatecar.ca and CAR will send you a tax receipt after your car donation is complete! Children at Risk has received \$ from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached over **\$17,402!** Note that you do not have to live in Ottawa to participate – it is across Canada – so encourage friends and relatives out-of-town to participate, as well!

CANADA HELPS

Children at Risk has signed up with **CanadaHelps.org**. When you visit our Website at www.childrenatrisk.ca just click the Donate Now button and you will be linked to the CanadaHelps.org donate page for Children at Risk. As with any service, there are some administration charges, but this allows anyone to donate on-line and even anonymously, if desired. It allows 24 hour ability to direct a donation to our charity and the electronic ease that many of us are looking for to support charitable causes! All you have to remember is our website – childrenatrisk.ca and the rest is easy!!

\$5,835 donated through Canada Helps
September to November 2018!



Volunteer Spotlight

For several years now, Children at Risk has been fortunate to know **Cletus Ferrigan**. This former Mayor of Campbell's Bay, Quebec – husband, father and grandfather – spends much of his time now as a Volunteer Driver TranspoAction - for persons needing transport to medical appointments. However, Cletus also has volunteered for Children at Risk on many occasions – including Raffle Ticket Sales at the Metcalfe Fair and most recently our Celebrity Pumpkin Fundraiser. Cletus was our “Secret Weapon” for Ballot Sales at Pumpkins! His love of Life and love of People enable him to start a conversation with just about anyone. And if that conversation involves supporting Charity – most are handing him money before they know it!! Despite his years of experience, Cletus has boundless energy and enthusiasm. For several days he volunteered for Pumpkins all day – and worked driving patients – as well as catching his grandson's hockey game. We even asked Cletus to go to Billings Bridge for the Pumpkin display to help increase Ballot sales there too!

Please join Children at Risk in thanking Cletus for all his efforts and for including our Charity as one of his Causes to support!



JOHN MCCRAE STUDENT RAISES MONEY WITH 5KM AUTISM AWARENESS WALK



When John McRae teacher Rebecca Chambers got tired of traditional teaching, she decided to find another way of keeping her students engaged.

In 2011 after being introduced to Sir Ken Robinson's TED Talk, she knew the way she taught had to change. Since then her vision has continued to grow into something that is changing the lives of her students one good deed at a time. This year she decided to do "passion-based projects", and had her students form groups and start a project which would help or improve the community.

Three of her students decided to go big and start an autism walk to raise money for Children at Risk, a local organization which helps youth who are on the autism spectrum.

The run took place at the school on November 10 and **\$1,885** was raised. It however would not have taken place without the hard work and dedication of the three 16-year-olds involved.

For grade 11 student Ashley Pitcher, this was a cause that was near and dear to her heart. Her 18-year-old brother, Jacob, has autism. She said Children at Risk is a service her family is familiar with - and has used in the past.

"My brother goes to Camp Kaleidoscope every summer which they organize" Pitcher said. "(For) kids with autism over the summer, if they are not in a schooling program, it's really hard to find somewhere for them to go."

Grade 11 student Sam Swinwood said it took a bit of persuading from his peers to get involved, but jumped on the opportunity to help out a great cause.

"At first I wasn't sure what I wanted to do for a project," Swinwood said noting that after seeing how driven his friends were, he wanted to put his foot in the game. "They weren't messing around with this one. There energy really translated into how hard I wanted to work into getting it going."

The three students worked for a about a month to get the autism awareness run up and running, and Chambers said students had a project development cycle to go through. After coming up with an idea, the students had to create a proposal, work on the project up until the completion date, and then reflect on what the project meant to them.

The run was completely organized by the students, with little help coming from the teachers.

"Everybody was looking for an adult (to credit) when in reality the students 100 per cent put this all together", Chambers said. "If we back off and give these kids the opportunity to do things, they are going to do amazing things and we don't need to hold their hand."

While the run was initially meant to be a one time event, the students are already talking about doing it again next year.

"I would for sure be interested in holding another event like this because it's for such a great cause and you see how much of an impact it actually made," Gia Damianakos said, another Grade 11 student who organized the run.

Chambers looks forward to continuing this unique stance on education, and plans to do more project based teaching. For anyone who is interested about Chambers teaching methods, visit www.unlearnwithus.com.

The Independent Community, Friday, November 25, 2019.



Melting Snowmen Cookie Balls



Prep Time 30min. Total Time 2hr. Servings Makes 21 servings, 2 cookie balls (52 g) each.

These Melting Snowmen Cookie Balls are a holiday favourite. Kids of all ages will enjoy these cute cookie balls that are almost too cute to eat!

Ingredients:

- 1 pkg. (250 g) Philadelphia Brick Cream Cheese, softened
- 21 Pirate Oatmeal Peanut Butter Cookies, finely crushed (or just oatmeal cookies if nut allergy)
- 2 pkg. (170 g each) Baker's White Chocolate
- 42 Mini Oreo Cookies (3/4 of 225-g pkg.)
- decorating icings

Instructions:

- 1) Mix cream cheese and cookie crumbs until well blended. Shape into 42 (1-inch) balls. Refrigerate 30 min.
- 2) Melt chocolate as directed on package. Dip balls in chocolate; place on parchment or waxed paper-covered baking sheet, allowing excess chocolate to pool at bottom of each ball. Decorate with remaining ingredients as shown in photo.
- 3) Refrigerate 1 hour or until firm.

Tips:

How to Easily Dip Cookie Balls - To easily coat cookie balls with melted chocolate, add cookie balls, in batches, to bowl of melted chocolate. Then, use 2 forks to roll cookie balls in chocolate until evenly coated. Remove cookie balls with forks before placing cookie balls on prepared baking sheet.

Special Extra - Sprinkle cookie balls with coloured sugar or sprinkles instead of decorating with the Mini Oreo Cookies and decorating icings.

How to Store - Store in tightly covered container in refrigerator.

How to Soften Cream Cheese - Place completely unwrapped package of cream cheese in microwavable bowl. Microwave on HIGH 15 seconds or just until softened. Add 15 seconds for each additional package of cream cheese.

Note - You will need 1-1/3 pkg. (300 g each) Pirate Oatmeal Peanut Butter Cookies to get the 21 cookies needed to prepare this recipe.

From www.kraftcanada.com



Announcing the 2019 Ottawa Conference

This exciting conference in Ottawa features guest speakers Carol Burmeister with Strengthen Executive Function Skills to Decrease Negative Behaviors and Build Positive Behaviors and Kerry Mataya with Talk with Me: Teaching and Developing Conversation Skills - A Step-by-Step Framework.

<https://autismawarenesscentre.com/shop/conferences->

Winter Greetings!

We are excited to finally announce 2 of Children at Risk's 2019 Winter/Spring Programs – Saturday Fun Club and Family Fun Night.

Our Special Projects Coordinator Hazel Smith, with some assistance from her daughter Jasmine Smith – has been working hard to get our Charity “into the 90’s” with On-Line Registrations! Payments still must be done manually for now - but may soon also be available On-Line.

As this is NEW to Children at Risk – and although we had several Parents “Test-Drive” the Registration – we welcome any Feedback and will tweak this Process as needed.

We assure Families that their Information is secure with their Entries going to a PassWord Protected Google Drive. This method of Registration will hopefully be easier for many and will help to streamline administration in our Offices, as well. IF your technology or experience with On-Line Registrations presents a problem for you – please call our Offices at 613-741-8255 and we will work with you to complete the Registration.

As long as we do not fill up fast - Registrations will be taken up to January 7th to guarantee a spot for the 1st Fun Club date of January 19, 2019.

Please use this Link to Register : <https://goo.gl/forms/j0DK1gP7Yblbgld92>



- What:** Saturday Fun Club for ASD Children - ages 4 to 18+ years of age.
Where: Children At Risk, suite 209, 235 Donald Street, Ottawa.
When: January 19, February 9 and 23, March 23, April 6 and 27, May 11 and 25, June 12 and 15, 2019
Duration: 10 a.m. to 3 p.m. – Lunch & Snacks required from home
Cost: \$90 each session – payable in advance to guarantee sessions.

Registration Deadline: January 7, 2019

Since November 2012 - Children at Risk has been offering Saturday Fun Club Activity/Respite Sessions on Saturdays. We are opening up Registration for Fun Club to all families. If your child has attended Camp Kaleidoscope in 2017, an intake will not be necessary. However, if your child is new to Children at Risk and/or attended Camp in 2011, 2012, 2013, 2014, 2015, 2016 & 2017 - we would require an intake.

Utilizing management and counsellors from Children At Risk's Camp Kaleidoscope, we used many of the activities that proved so successful at Camp. Each Fun Club session runs for 5 hours, 10 AM to 3 PM, for children and youth aged 4 to 18+ years of age. SFC will not be exactly like summer camp, but with adequate and qualified support staff, your child/youth will have five hours of fun and creativity with peers. Organized activities will include but not limited to: Mad Science, Crafts, Computer Games, Gym Circuits, can turn Saturdays into the best day of the week! As at Camp, as well, activities will align with ability - allowing older participants to influence the content to have the best experience.

Ten Saturdays have been arranged for the Winter/Spring Session from 10 a.m. to 3 p.m. Sessions cost \$150+ to offer per child, but with donations & fundraising, we can offer each session at \$90 in advance to secure the dates offered to you. No additional subsidizes are available. A current Children at Risk Membership (\$40 per annum with Pro-Rating to next January 1st date) will also be required for Insurance Liability purposes.

How many Saturdays each participant can be guaranteed will depend on the demand within the three age ranges – 4 to 8, 9 to 12 and 13 to 18 years of age. These ranges aren't fixed as participants will be grouped according to their best fit. As per the Registration Form, you can ask for some or all of the dates and we will confirm what we can offer once all the Registrations have been received and we can balance out each date with a mix of younger, older and level of needs corresponding to staff available. Spots are limited with only being able to accommodate 50 children.

Please complete the Fun Club Registration by the Google Link ASAP.

(Note that due to the Location, Environment and availability of appropriate staff, we may not be able to accommodate some of our more challenged ASD youth that have had success at our Summer Camp.)






FAMILY FUN NIGHT

Children at Risk is delighted to continue this Support for the Autism Community!



Courtesy of initial Funding from  OTTAWA COMMUNITY FOUNDATION, we rolled out a Program called “Family Fun Night” – this is the name your children will know it by – BUT for you – our Parents – we are calling it “Date Night” for Mom and Dad or “Me Night” for Single-Parent Families!

Responding to our Parents (and supported by Research), Respite seems to be at the top of the list for critically-needed supports. But not just a break from your ASD child – but from ALL your children!! Go to Dinner, see a Movie, Visit friends, Shop or Attend a Party – or even just complete a Project – undistracted and uninterrupted!! No need to clean your house for a Baby-sitter – just drop off your children at our Offices – and enjoy up to 4 ½ hours of purely Adult time!

Activities include playing games in the gym, Nerf games, Wii, Kinect, making snacks, a movie for those that can sit through one. There will be Dedicated Staff for both Siblings and those with ASD. 6 p.m. to 10.30 p.m.

WHEN: Saturday, May 4, 2019

WHERE: Children at Risk, 235 Donald Street, Suite 209

WHY: Opportunity to offer Respite for your ASD child (ages 4-18+) and Siblings (ages 3-14+). We would have Gym games, scavenger hunt style games, glow in the dark activities for the first two hours and then settled down to a movie or gaming. For those that can't watch a movie there would be more Gym activities or crafts. We will offer snacks, but do request that your children have dinner before arriving!

HOW: Cost is \$55 for each ASD child and \$30 for each Sibling. If your ASD child has not attended our Summer Camp or Saturday Fun Club, we will need to arrange an Intake Meeting to properly document their needs. Please complete the attached Registration and Email back or Fax. If Siblings are attending, please also complete the Sibling Form so we have info on them too! **We must have at least 20 children booked to offer this support.** Booking and Payment will be required in advance – though we may be able to accommodate last minute Registrations depending on demand.

A current Children at Risk Membership (\$40 per annum after January 31, 2018) will also be required for Insurance Liability purposes.



Social Skills Groups for Teens with Asperger's Syndrome (and related diagnoses)

We are looking to hold a Typical Teens Group for January 2019 – a east-end Based Group that will be Grades 9 & 10, generally ages 14-16 (some flexibility).

Teens who have previously attended are welcome!

We are not sure of the day but It will be a week night – Monday to Thursday evening, 7-9 PM, running for 8 weeks – starting mid-January.

The cost is \$375 + \$40+ Membership (Prorated currently to the next January 1 date)

The Typical Teens social groups have been running since 2003, and focus on experiential learning of social skills in a fun and sociable teen environment. The groups provide community-based social skills training for teens with Asperger's and related diagnoses (HFA, PDD, NVLD). The strength of the TT model is the inclusion of trained peer mentors, supported by the arms-length facilitation of the adult group leaders, creating an authentic "real world" teen social situation that includes full support for the learning of new skills and the generalization and consolidation of previously acquired social knowledge.

This Session will be run by Speech Language Pathologist Shonna Tuck, mentored by SLP's Kim Lee, Sheila Bell and Educational Assistant Amanda Dzuba. Each group will run for 8 weekly sessions.

Please express your interest by emailing car@childrenatrisk.ca and include your child's name, age and grade in school.

You can also call (613-741-8255) the Children at Risk office.

For application forms for teens who are interested in volunteering as peer mentors, please also send an email to car@childrenatrisk.ca



Currently we are looking for Teens 15-17 for our East-Central Group that will be starting in January

VOLUNTEERS WANTED

TO BE PEER MENTORS/BUDDIES FOR TEENS WITH “ASPERGER SYNDROME & HI-FUNCTIONING AUTISM” WITHIN A SOCIAL SKILLS PROGRAM (called Typical Teens) DESIGNED TO TEACH TEENS WITH ASPERGER SYNDROME HOW TO “FIT IN” WITH THEIR PEERS.

Each session is 8 weeks in duration.

THIS PROGRAM IS PROVIDED BY:

CHILDREN AT RISK
235 DONALD ST. SUITE 209, OTTAWA, K1K 1N1

The responsibility of the teen volunteers will be to interact with teens who have been diagnosed with Asperger Syndrome, a social and communication disorder. Orientation & training will be provided and there will be direct adult supervision at all times. Each group involves meetings at the Donald St. location and/or West End location- as well as off-site meetings at various venues e.g. bowling alley, movie theatre, restaurant.

A minimum of 16 –18 hours commitment is required (ie – volunteers must be available for an entire 8 week session). Volunteers could then go on to be individual mentors at their home school. This can be applied to the volunteer requirement for the Grade 12 graduation diploma.\

Siblings of ASD Youth are often involved BUT we do not recommend at the same time as your brother or sister.

Peer Mentor Volunteers will need to obtain a Police Check (letter provided by charity so no charge).

Send your interest and/or Resume to Children at Risk at car@childrenatrisk.ca.

THANK YOU



“Thank you for the tickets to the Brian Wilson concert. The show was wonderful, the volume level was just right - not too loud - and the band performing the Beach Boys music was top notch. It made for a wonderful night. Thanks also goes to Kids Up Front for providing the show tickets.” Linda and Mark



“Les bâtons by Tara Luz Danse was a new experience for our family. Thanks to Kids Up Front and Children at Risk, the three children, and us adults, were exposed to an art show none of us had the pleasure of witnessing in the past. Thank you for the experience. I would have love to send pictures, but unfortunately, no photography was permitted during the entire show.” Paula

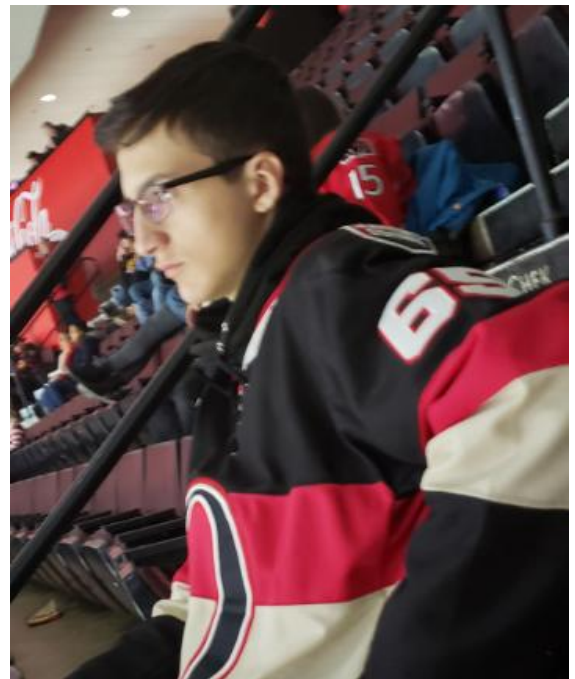


“Kevin had a great time at the Ottawa 67’s hockey game as the home team won again!” Marty

“Thank you for a great time our Family had at the Ottawa Senators Season Ticket Holder’s Annual Skate! It is pretty clear the staff are used to giving good service. We felt more welcome than usual. Thank you for the tickets, and thank you for such a nice time.” Michelle



“Thank you so much for making it happen!” Kim



THANK YOU



“Thank you to Kids Up Front! For the tickets to see Justin Timberlake. It was amazing. We had a blast. Thanks also to Children at Risk. These tickets and events are so important to our family.” Cindy

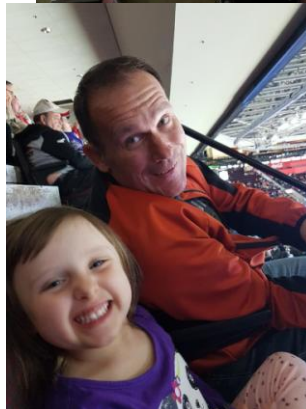


“Our Family had an amazing time at the Justin Timberlake Concert – they gave us all VIP bracelets and we were in a cordoned off area right in front of the Stage! My kids had a blast – Thank YOU to Kids Up Front and Children at Risk!” David

“Thank you so very much for the Justin Timberlake tickets. We had a wonderful time! Amazing concert. It was great to have a dance!” Davina



What an amazing night ... Denis loves to stand at concerts and the donated tickets were standing on the floor. We had a memorable time dancing the night away. Thank you, thank you, thank you for the tickets.



“Thank you Children at Risk and Kids Up Front for the tickets to the game... everyone had a great time and enjoyed. Especially the little girl Melodie who attended her first hockey game and was so amazed by everything she must have asked over a thousand questions 😊!” Cindy

THANK YOU



“Thanks Kids Up Front!”



“Thanks for the tickets to the Sens kings game on Saturday.
“ Tim

“Here is a picture of Melanie enjoying popcorn at the game. Thanks SO much Kids Up Front!” Graham



“Our family would like to send our heartfelt thanks for the recent gift of tickets to the Senators vs hockey game. We are a family of six, with four children, one of whom has ASD diagnosis. It is outings like this for our children that give us a welcome respite from the day to day challenges. Thank you again! Here is a picture of my 10 year old son and his dad enjoying some quality time at the game. “ The Donovan’s



“Kids Up Front - I am sending you our letter of appreciation with a few pictures from that night. Our kids had a great time, and I was so proud that they made it to the end of the game. Thank you so much for giving us the tickets! :-) You gave us a wonderful memories! :-)” Olivia

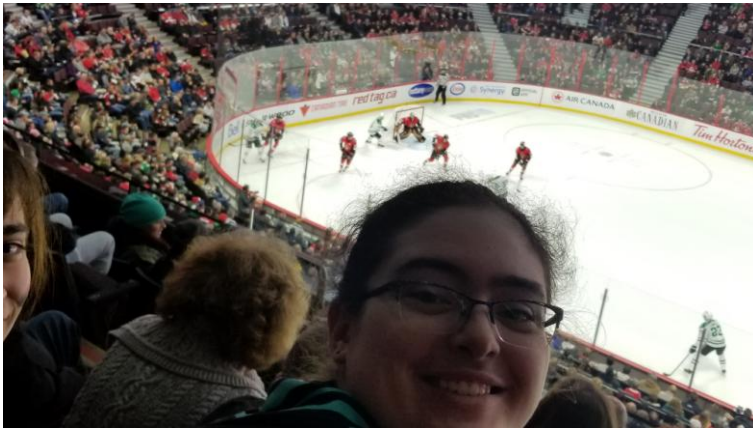
THANK YOU



“Thanks for the Sens tickets. We enjoyed ourselves very much.” Natasha



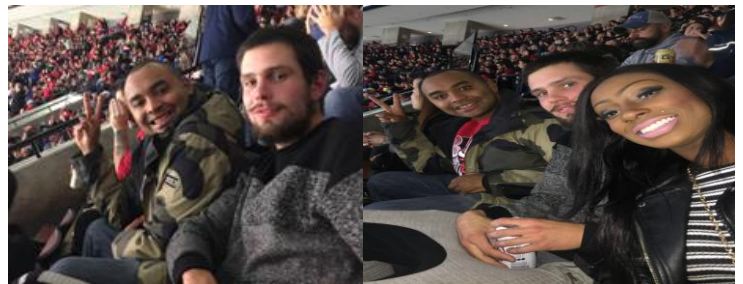
“We had such a wonderful evening at the Sens game. Lots of action and lots of good laughs. Thank you for providing this opportunity to our family. Much appreciated!” The Ross family



“Dear Kids Up Front, Thank you so much for your generosity and your caring for kids! My daughter, her friend, her friend's dad, and myself were tickled pink to receive 4 tickets to the Dallas game last Monday. The girls were very excited, and it was my daughter's first time actually going to see a live game. We very much appreciate the chance to ho and we thank you again, very much. I have included the best picture of the girls at the game; somehow her friend always managed to get most of her face cut off from the picture! May you continue to be blessed in all that you do!” Mark

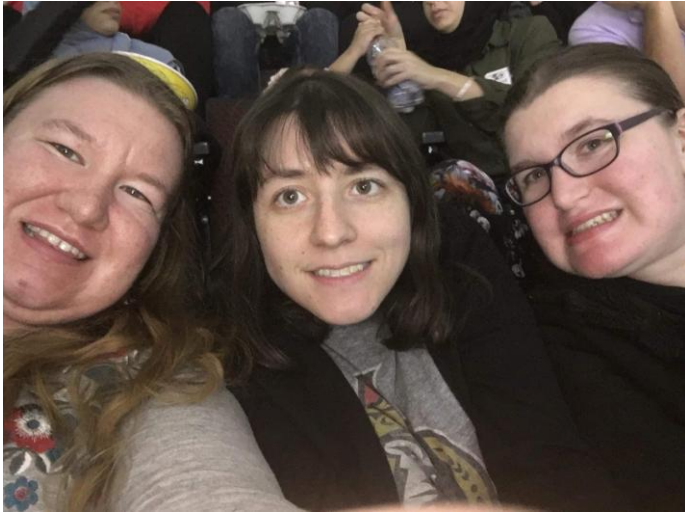


“We had a wonderful time at the Sens Habs game. For my 10 year old son Adam, it was the first time in his life attending a live sports event. Adam says "10 out of 10, so fun". “ David, Adam, Onur, Landen



“Keyshawn with his auntie Ashley. Also my sisters and I - we had an awesome night” Sopheap

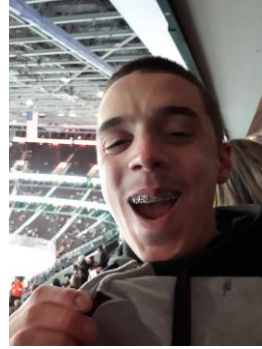
THANK YOU



“Thank you very much for the hockey tickets to the exciting game Sat. Oct. 20th between the Sens & Habs. We had a great time & most importantly the Sens won in overtime. We all enjoyed the evening. It was nice to be able to see the game in person.” Stephanie, Ashley & Lindsay



“A special thank you to CAR and Kids Up Front for the tickets to the Sens -Canadiens game Oct. 20th. In addition to our family we were able to bring an extended family of cousins as well. It was a great evening, and fun all around. And the game was exciting as well since it went into overtime and the Sens won! Thanks very much. “ Derek

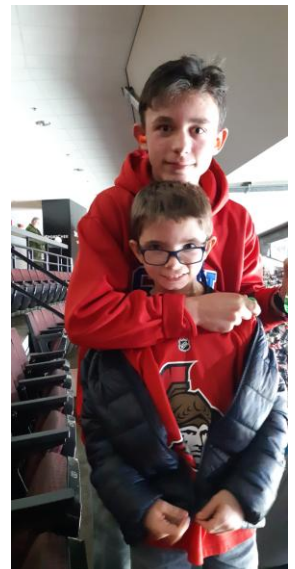


“Thank you once again for the 4 free tickets to our family for the Sens game on Tuesday, October 23rd! We had a great time, watching a great game. It’s always wonderful to see the community come together and have a lovely evening... Thanks again!” Janie



“Thanks to Kids Up Front and Children at Risk for the free tickets to the Ottawa Senators game on 20 October. We had a great time, with Zach not budging from his seat during any of the three periods. And the fact that Ottawa came back to win the game made it even more enjoyable. Thanks again!” Scott, Meski and Zach

“ To Kids Up Front, We can't thank you enough for the tickets we received for Tuesday night's game. We were sooo excited to be there. Best of all, our Sens kicked New Jersey's butts! Such a great game to watch. We loved it. We really appreciate your generosity. Thanks again! Pam, Ken, Noah & Elliott



THANK YOU



“Hi to Kids Up Front & Children at Risk – Noah had one of the BEST nights of his life last night at the Sens game! He came home so happy – they picked him from the crowd to ride the Zamboni – thank-you so very much for making such a special night for our special son and his Dad!” Jocelyn



“Thank you very much for the chance to take my son to the game. We appreciate the opportunity to provide this outing for him.” Jodi

“Thank you so much for the tickets to yesterday’s Senators game! Our three children had never been to an NHL game before and this overtime win by the Senators was an exciting introduction for them. We all really enjoyed the game. Thanks for providing us with this special opportunity!” Brenda

“To Kids Up Front and Children at Risk, We would like to thank you a million times for your kind donation of tickets to see the Ottawa Senators game last night. It’s been a good few years since we attended a game. It was such a treat and an amazing evening we all enjoyed (especially that the Sens won).” Corina and family

“Thanks for the opportunity to go to a Sens game with my daughter. Having a child with special needs means some ordinary experiences that other families take for granted are only a dream when your child has autism. Being able to share a special evening with my neurotypical child means not only a moment of respite, but a chance to give her all my uninterrupted attention and love. Knowing that there are others in the community that support our families is greatly appreciated.” Jacquie

Hi Brenda, Could you please forward our thanks to Kids Up Front for the Sens tickets? The guys enjoyed the game after work and were happy to have great seats to see the Sens win a game.” Ruth



“Noah and his dad has a great night last night at the Sens game! They even ended up on the big screen - I guess it was the Flex cam and they were showing their muscles! Noah came home so pumped up that he made it on the screen. Thanks so much to Kids Up Front and Children at Risk for this super generous donation!” Jocelyn



CHILDREN AT RISK

2018 Fall Raffle

- Tickets \$3 each, 2 for \$5 or a book of 10 for \$20!
- Children at Risk supports children with Autism & their families
- Funds raised will go towards our summer day camp, Camp Kaleidoscope, in 2019! This valuable support receives no government funding and is financed solely through Fundraising efforts and Donations.
- In 2018 – we offered 356 Weekly Camp Spots
- Raffle will be drawn Friday, January 11, 2019.
- First Prize:
\$3,000 WestJet Vouchers
TOTAL 1st PRIZE VALUE: \$4,196!



- 12 Draws with Prizes worth a total of \$9,799!
- Maximum 7,000 tickets sold

235 Donald Street, Suite 209 • Ottawa, Ontario K1K 1N1
Tel. (613) 741-8255 • Fax (613) 741-5530
www.childrenatrisk.ca • car@childrenatrisk.ca
A Registered Charity • No. 10691/3775/RR/0001

CHILDREN AT RISK:
2018 FALL RAFFLE
*Providing Community
 Supports for Families and
 Children with Autism
 Spectrum Disorders*

NAME:

ADDRESS:

PHONE #

City of Ottawa License #

XXXXX

**MUST BE 18 YEARS OR
 OLDER TO PARTICIPATE
 IN THE LOTTERY EVENT**

SAMPLE TICKET

of 7,000

CHILDREN AT RISK – www.childrenatrisk.ca
235 Donald Street, Suite 209, Ottawa, Ontario, K1K 1N1, 613-741-8255
Providing Community Supports for Families and Children with Autism Spectrum Disorders

2018 FALL RAFFLE

Draw: January 11, 2019, 12 NOON, CAR Offices, 235 Donald Street, Ottawa

1ST Prize – DESTINATION: YOUR CHOICE!

This Exciting Trip Prize includes:

- WestJet Airlines Vouchers for Any Destination! (Value \$3,000)
- Ciao 3-Piece Spinner Luggage Set (\$930)
- Beauty Travel Pack, Tote Bag, HisN’ Hers Swimwear (\$266)

TOTAL 1ST PRIZE VALUE: \$4,196!

2ND Prize–

2-2019 Club EG Golf Memberships, 2-18 Holes Falcon Ridge, Golf Gear & Penelopi’s (Value \$1,084)

3RD Prize– Greco Kanata North 10 Week Lean & Fit with Fitness Consult (Value \$700)

4TH Prize – “Staycation” –

2 Night’s Hilton Garden Inn Ottawa Airport, KS On The Keys, Cineplex & Cora (Value \$656)

5TH Prize– 2 Ottawa Senators Tickets, PoccoPazzo & Sens Memorabilia (Value \$457)

6TH & 7TH Prizes– 2 AVON By Pam “Beauty & Bling” Gift Baskets-Skin Care & Jewelry (Value \$452 ea.)

8TH – Planet Fitness Merivale Mall Membership & Starter Pack (Value \$402)

9TH – European Glass & Paint, Virginia Dupuis Original Painting (Value \$400)

10TH – Executive Fitness Leaders Personal Training & Spa Gift Card (Value \$350)

11TH & 12TH – Family Fun Pack – Museums, FunHaven, Merivale Bowling, Pizza Hut (Value \$325 ea.)

City of Ottawa License #XXXXXX

***MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT**

SAMPLE TICKET

of 7,000

PRICE: \$3 or 2 for \$5, Book of 10 for \$20



Valentine Celebration Dance!

DJ CHARLES

Great music
and lights!



SNACKS
50¢

For Teenagers, Young Adults, and the Young at Heart
with Special Needs and Different Abilities. Dancers who
need any form of assistance must be accompanied by a
Guardian or Caregiver.

Saturday, February 23, 2019

7 - 9:30 pm

Cost: \$10.00 at the door

Guardians and Caregivers enter Free. Donations Welcome

**Proceeds from this event are in support of
Children At Risk (childrenatrisk.ca)**

**Salle d'Accueil
Richelieu-Vanier Community Centre**

300 Des Pères-Blancs Avenue, Ottawa

***Wheelchair Accessible *This is a peanut and nut free event**

celebrationdances@gmail.com



McGill

Behaviour, Autism, and NeuroDevelopment (BAND) research group
Groupe de recherche comportementale sur l'autisme et le neurodéveloppement



BAND

*Behavior, Autism and NeuroDevelopment (BAND)
Research Group, McGill University*



Is recruiting children ages 3-5 years old and their parents for a study to evaluate the effects of a home-based, parent-supported, custom-designed, tablet application on early reading comprehension and oral language skills.

Preschool children with Autism Spectrum Disorder (ASD) and without ASD (typically developing), who have an interest in letters, words, and/or an ability to read words, but have not received formal reading instruction, and who speak English at home daily with at least one adult since birth, are invited to participate. The study requires the use of a tablet (iPad) and parent participation for a period of 6 weeks, with additional participation required at 6-weeks before and 6-weeks after the intervention. If you do not own an iPad, or do not live in the greater Montreal area, but wish to participate, please contact us.

Parents will receive a \$25 Amazon gift card for their participation in the study. Children will receive a small gift each week for 6 weeks of participation, and for each evaluation session (total value \$25). For more information, or to register for the study, please contact us at

514-398-7194 or research.band@mcgill.ca

Co-Principal Investigator: Eve-Marie Quintin, Psy.D., PhD

Co-Principal Investigator: Dianne Macdonald, M.Sc., S-LP, Doctoral student

McGill Research and Ethics Board (REB) has reviewed this study for compliance with ethical standards and norms.

McGill University Behaviour, Autism, and NeuroDevelopment (BAND) research group
Groupe de recherche comportementale sur l'autisme et le neurodéveloppement (BAND) de l'Université McGill
research.band@mcgill.ca; 514-398-7194; <https://www.mcgill.ca/researchband/>

Camp Kaleidoscope

Please join me in acknowledging our 2018 Camp Funders:



KDS



CANADA SUMMER JOBS 2018

