

37 years
of Service

1979-2016



NEWSLETTER

JUNE 2016

Issue #75

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

Annual Spring Raffle –
June 2016

Ottawa Autism Community Annual
Family Picnic -
Sunday, June 12, 2016

Children at Risk AGM
Wednesday, June 15, 2016

THE ANNUAL GENERAL MEETING OF CHILDREN AT RISK, OTTAWA

Wednesday, June 15, 2016

235 Donald Street, Room 209 – 7 p.m.

You are invited to attend the Annual General Meeting of Children at Risk. This evening will also be an opportunity for all friends and families of Children at Risk to meet informally and to discuss issues around supporting children and families within the Autism Spectrum Disorders. Wine and cheese will be served!

****Special Guest Speaker** Carl Toole, M ed. MSW. DSW**

We are excited to have Carl, a Professor in the Developmental Services Worker Algonquin College, attend and present on **Autism and Crisis Intervention!** Recent incidents in Ottawa schools have demonstrated why the lack of de-escalation and proactive strategies actually escalates the level of students' stress and anxiety. Ill-informed advocates have maligned restraint training under the guise of a 'hand off approach' to students. This leaves teachers, educational assistants, and staff alone and unsupported. They have had to improvise their own physical intervention methods to manage behavioural challenges. Learn more about why **Crisis Intervention training** can make your children safer and more secure in school and at home.

The following business will be conducted: 1. Minutes of 2015 AGM
2. President's Report 3. Treasurer's Report & Appointment of Auditors
4. Fundraising Report 5. Election of new Board

Standing for re-election to the Board are:

Walter Davidson * Mark Lalonde * Carrie Groulx

The following positions are vacant: Up to 3 Directors – if you are interested in getting involved with Children at Risk by becoming a Board Member or a Volunteer Executive, please contact our offices at 613-741-8255 or email car@childrenatrisk.ca before the Board Meeting to register your interest and present a small bio. The Children at Risk Board follows the Carver Policy Governance Model, now meeting bi-monthly to review charity policies and happenings. We are especially looking for Board Members who either have experience or background in Human Resources and can attend Board Meetings, but also those who have the ability and desire to help with Fundraising Events and Activities – specifically charity representation at such Events. Throughout the year Children at Risk either stages Fundraisers or is invited as a recipient charity and it is important for a Charity Representative to attend, be social and impart the cause of Autism and how Children at Risk provides supports for ASD children and their families! *Members who cannot attend may give a proxy to any other person, who need not be a member. Proxies must be in writing, signed by the member who will be absent, and mailed to or brought to the meeting by another member. Members who have given a proxy may still change their minds and attend, in which case the proxy is cancelled. Only those members who have paid their annual membership dues to Children at Risk, Ottawa, have the privilege of voting at the AGM. However, **ALL are Welcome to the AGM, even if you are not a Member!** By Order of the Board, Mark Lalonde, President, May 15, 2016*

2015/2016 BOARD OF DIRECTORS

President – Mark Lalonde
Treasurer – Lesia Gilbert
Secretary – Neil Dzuba
Director – Michelle Thompson
Director – Martha Perry
Director – Carrie Groulx
Director – Walter Davidson

PRESIDENT’S MESSAGE

Mark Lalonde, Board President

The dog days of summer will soon be upon us, but there is no rest for our busy crew. We are excited to be running **Camp Kaleidoscope** for our 6th summer! It appears that we may break our previous record for Camp K attendance again this year. We are so grateful to all the support we receive to make this camp a success. The feedback we receive from Campers and their Parents confirms that the Camp is providing a much needed service to our community. We are also finding a good turnout for the **Family Fun Night, Saturday Fun Club and Typical Teens**. We are pleased to be able to provide the children and their families with these respite and social activities. The costs of these programs continue to rise and although we are thankful for the current fundraising and donations we receive, we are looking for new and sustainable sources of revenue. I will be discussing some initiatives we would like to pursue for more sustainable funding at the **Annual General Meeting (AGM)** on June 15th. We will be reaching out to our members for ideas and support on these initiatives. I hope we will see many of you at the AGM. Keep Cool!

DONOR’S CORNER

Ottawa Jewish Community Foundation
Anne Blair & Hyman Mayberger
Memorial Fund\$153.00

United Way/Centraide Ottawa\$460.47

EXECUTIVE DIRECTOR’S MESSAGE

Brenda Reisch, Executive Director

Spring 2016 seems to be arriving in fits and starts...one day we have temperatures of 30 degrees – the next it is much cooler...This weather has been particularly challenging with our New Fundraising Walk – despite planning the Event almost 3 weeks after last year on May 15 – for the 1st time that I can remember - we had to acknowledge that a temperature of 8 degrees necessitated postponing “Walkin’ & Rockin’ for Risk” to Sunday, June 5. With the work involved in planning an Event – TWICE – the phrase “there has got to be a better, easier way of making a living” comes to mind...thus, I echo our Board of Director’s message about needing to find sustainable sources of revenue! Fundraising – especially ones that can be subject to weather – should only be supplementing a form of core financing. And yet that is how Children at Risk has had to subsist since 2002. We continue to work at bringing in funds, but our short-term reaction to reduced finances is to either raise fees, cut programs – or both. Tell your MP, MPP, Ottawa City Councillor, Local Businesses, Employer – tell everyone how much the Services and Supports that Children at Risk offers means to you, your family, your ASD child. Help us so we can continue to help you!

NEW OFFICE VOICES

Some of you recently calling (or receiving calls) may have noticed some new Voices from Children at Risk.

Let us formally introduce you:

AMANDA MCALLISTER

Amanda joined our Offices just after Mother’s Day as a Co-Op student from Sir Sanford Fleming College in Peterborough. She is completing her Diploma in Social Service Worker with a workplace placement of 525 hours.

AMANDA MCALLISTER (Cont'd)



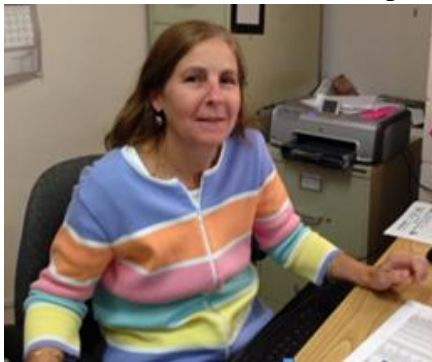
Fleming College co-op programs give students the opportunity to enhance their learning experience by applying what they learned in class to the workplace. Students are able to develop their skills, network, and often earn an income while gaining real-world experience.

For employers, co-ops are an opportunity to give back to their field through mentorship, while benefitting from the contributions of dedicated, enthusiastic students. Co-ops are also a chance to evaluate a prospective employee to see if they are a good fit for the organization.

Amanda brings energy and enthusiasm to work every day and, once Camp Kaleidoscope starts, she will join the Team there to help run the daily admin duties. Welcome Amanda!

URSULA FERRARO

Hello – My name is Ursula Ferraro- originally from Niagara Falls, I graduated St Lawrence College, Kingston campus with Business Administration specializing in Finance diploma. Have worked in the Hospitality industry for over 30 years. I have 3 teenage boys - 2 of them are diagnosed with ASD and Tourette Syndrome, so I have been quite involved in their development through their educational years. We have used the programs offered by CAR and my family has been active in volunteering over the years especially with the Pumpkin Auction. I understand who CAR's clients are and I hope I can bring my business experience and financial background as well as my personal experiences to assist the CAR team in finding efficiencies and improving processes to make life easier for Brenda and Bambina. 😊



EVENTS/ACTIVITIES SINCE MARCH 2016...

TOMMY GUN'S FUNDRAISER

Tommy Gun's

original barbershop

Many Thanks to **Antoine Goulet** and the great people at **Tommy Gun's Original Barbershop** at Lansdowne as they celebrated their grand opening April 30th at Lansdowne Park. To mark the festivities, they hosted a Fundraiser, with **\$10 from every haircut going to support Children at Risk!** For the Ottawa Fury Home Opener that day, they also did Logo hair painting for \$5 with proceeds also going to Children at Risk!

Steve Warne of **TSN 1200 Radio** joined in the fun with a remote broadcast from 10 am to 2 pm. Children at Risk was thrilled to receive a cheque for **\$600** from this Community-Minded Business! Please join me in awarding Tommy Gun's the June 2016 Newsletter Hat's Off!!



COMMUNITY FOUNDATION DONATION



Community
Foundation
of Ottawa

Once again, the Community Foundation of Ottawa has acknowledged the value of Children at Risk's Programs

and Services by awarding a **\$10,000 Grant** for Behavioural Support in our Respite Sessions for 2016/2017. This Grant was requested to assist our Camp, Fun Club and Fun Night Counsellors during our sessions by having a dedicated, trained Behavioural Team to help with challenges that can arise during these supports. Modelling Long-Term Care Behavioural Outreach Team Supports, this Team figuratively helps to "put out fires" by stepping in to guide a Participant through a behavioural episode. This allows the Group activities to continue with the other children – and gives a measure of safety and security for the Counsellors and other Participants. Children at Risk's Respite Programs accept that behaviours will occur with our Participants – we make Crisis Intervention training for our Counsellors mandatory for Best Practices. However, the addition of a Behavioural Support Team extends our commitment to providing Services for ASD children, despite their behavioural challenges. Many thanks to the **Community Foundation of Ottawa** for their continued support!

DONOR SPOTLIGHT

Children at Risk was delighted to receive a donation of **\$500** from the **Gloucester North Lions Club** in Orleans! Lions meet the needs of local communities and the world. Our 1.35 million members - who perform community service in 209 countries and geographic areas - are different in many ways, but share a core belief: community is what we make it. When you join Lions, you join a global service network. So, at the same time you're doing local community service, you can also contribute to Lions volunteer efforts around the world. When it comes to meeting challenges, our response is simple: We serve. Our volunteer projects unite Lions around the world. And our work is unconditional. We aren't limited by continents or restricted to certain causes. Lions help wherever, whenever and however we can. Lions Clubs International is the world's largest service club organization with more than 1.4 million members in approximately 46,000 clubs in more than 200 countries and geographical areas around the world.



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!! **\$3,007.21** donated through Canada Helps March to June!

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! Since March, Children at Risk received **\$125** from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$15, 358.43!** 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!

THE METAL MONSTER | HOW WE VALUE YOUR RECYCLE DONATION



“How much will I get for my car?” That’s the first thing we want to know when we’re considering letting go of our four-wheeled-wonder, right? If you’ve had opportunity to speak with us, you know that we’ll ask a lot of questions to be sure that we’re carefully assessing the best process for

your particular donation because, like you, we want the highest donation dollars possible.

There are a few key factors in determining your tax receipt amount. The vehicle’s year, make/model, and mileage are all important. The re-sale market condition in your area impacts our hopes of seeing successful auction re-sale. The condition of the interior/exterior make a difference, too.

And there is one more determining factor — the one thing that we have no control over, but that is having the biggest impact on just how many zeros you’ll see on your tax receipt: **the value of metal in Canada. This correlates directly with fluctuating oil and gas prices.**

You may have been checking around at your local scrap yards to see what they’ll offer for your ’98 BMW, or that still-drivable Jimmy? Perhaps you’re finding that they’re not offering more than a few dollars, that they’ve turned you away at the gate, or that (in some parts of the country) **they’ve even asked you to pay them** to take your car?

Here’s why:

How the Recycle and Metal Industry Impact the Value of Your Car

The instability of a country such as Greece causes uncertainty in global markets. Global markets trade, among other things, metal, and investors are reluctant to spend when a country is unstable. This causes demand to drop and supply to increase (due to low sales); **this drop in demand causes the drop in price for metals.**

How this affects you, our donor:

If you donate a car that can be sold at auction, and kept on the road as it serves a happy new owner, we’ll facilitate that through as-is sale to the highest bidder.

If your car is recycle-ready, our supporting recycle or scrap yard will buy your vehicle for the metal they can re-sell to metal processors in North America (to our neighbors down South), or offshore (China and India are major buyers). They also attempt to re-sell serviceable parts here at home so, even if metal values are low, our cooperating agents may be able to make up for some losses by selling individual pieces.

What the scrap yard salvages:

Vehicle itself – Aluminum/Steel/Iron

Catalytic Converter – Platinum

Engine Block – Aluminum

Transmission – Aluminum

Radiator – Aluminum

Turbo – Aluminum

Alloy wheels – Aluminum

Battery – Refurbish and re-sell

Serviceable Parts – Refurbish and re-sell



You can see why we ask the pesky question, “Are there any parts missing?” Our guys in the field are working hard to pay for fuel in the tow truck tank and bread on the table through every salvageable part! This is great for the environment as nothing’s wasted, and it ensures that our supporting tow companies and auction houses can continue to serve us by providing free tows and donation returns.

Metal values are low today, but our contacts in the industry assure that it just takes a little time for these things to sort themselves out; we can expect to see an increase in due time.

If you have curiosity or concerns about this aspect of your vehicle donation process we welcome your call or email query. We look forward to hearing from you!

Sandra, <http://donatecar.ca>

ADVERTISING

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FOR YOU**

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613-837-4043
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Emilie Gompf
Independent Business Owner
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C: 613-715-4316
CAR member since 2013



Your Ad
Here

Disclaimer: This Newsletter is for informational purposes only. Children at Risk does not support, endorse or recommend any method, treatment, product, remedial center, program or person for people with autism or autism related conditions.



PEACH BREAD

Ingredients

- 1 lb. of freshly peeled and sliced peaches
- 1/2 cup organic unsweetened apple juice*
- 1 3/4 cups sprouted wheat, spelt, or brown rice flour
- 1 cup sucanat or date sugar
- 1 teaspoon each aluminum-free baking powder AND baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 1 large egg, lightly beaten, preferably pastured
- 4 tbsp melted butter, preferably raw or organic
- 1 teaspoon vanilla extract
- 3/4 cup crispy (soaked and dried) almonds, chopped (optional)

Instructions

1. Preheat oven to 350 degrees.
2. Cook peaches and apple juice* in a saucepan over medium-high heat, stirring often for 15 minutes or until peaches are tender.
3. Process peach mixture in a blender until smooth.
4. Combine flour and next 7 ingredients in a large bowl.
5. Stir in peach puree, egg, melted butter, and vanilla; blend well. Stir in almonds.
6. Pour into a greased and floured glass loaf pan.
7. Bake at 350 degrees for 30 minutes.
8. Cover with a parchment tent after 30 minutes if excessive browning occurs. Bake additional 15 minutes until a tooth pick inserted in middle comes out clean.
9. Cool on a wire rack 10-15 minutes.
10. Remove from pan and cool completely on wire rack.
11. Very special served with homemade vanilla ice cream topped with a dash of freshly ground nutmeg.

Recipe Notes: * You may replace apple juice with dry white wine or dark rum, depending on your tastes and preferences.

<https://healthyflour.com/recipe/peach-bread/>

What is On Now/Coming:

21ST ANNUAL SPRING RAFFLE

Tickets are NOW available for our 21st Annual Fundraising Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. (See Sample Ticket Page 12) The prizes are fabulous! As we are getting started somewhat late...we will need LOTS of help to sell out of our 6,500 tickets before the draw on June 12th! I hope everyone can join me in trying to make this year a sell-out!! Unsold tickets represent lost Fundraising \$'s for Children at Risk. Funds raised will support our Community-Based Special Projects. These include Sibling, Friendship and Family Support Groups, Summer Camp, Educational Training Workshops and Information Seminars as well as updating resource materials. These valuable activities receive no government funding and are supported solely through Fundraising efforts and Donations.

*Note: Tickets can only be sold to persons 18 years and older!

The Raffle will be drawn at 2 PM our Autism Community Annual Family Picnic – Sunday, June 12, 2016.

Our Raffle offers:

- Tickets \$2 each, 3 for \$5 or a book of 12 for \$20!
- Prizes worth a total of \$9,998!
- 27 draws, with an average Prize Value of over \$370 (Over half of prizes over \$300 each!)
- Maximum 6,500 tickets sold - That's just over a 1 in 232 chance of winning!
- Minimum Prize Value of \$25!

Buy Your
Raffle Tickets
Here

LOOK AT OUR 1ST SIX PRIZES:

1st Prize – ALL ABOARD TO TORONTO!

VIA RAIL  - \$500 VOUCHER, 2 NIGHTS-
TOWNEPLACE SUITES HOTEL, ROYAL
ONTARIO MUSEUM, CNE, SWISS CHALET,
ENTERTAINMENT BOOK, COOLER & CUPS -
VALUE \$1,457

2nd - GORDON HENSCHEL WATERCOLOUR,
EUROPEAN GLASS/PAINT & NATIONAL
GALLERY Value \$1,023

3rd & 4th - EXECUTIVE GOLF, STONEBRIDGE,
RED BOOK, KEVIN'S AUTO, HEART &
CROWN, GOODLIFE BOOK/PASSES, HIS
N'HERS AVON WATCHES - Value \$924 ea.

5th HANDCRAFTED QUILT - Value \$500

6th LORD ELGIN HOTEL, NATIONAL ARTS
CENTRE, HEART & CROWN, MUGS - Value \$493



Prize 2



Prize 5



Prize 11



Volunteer Spotlight



Most of you know that Children at Risk Volunteers rock 50/50 sales – where ever we can! What you may not know is that we have a core of regular, dedicated Team that suits up almost weekly (or more) at times to raise funds by pounding the pavement! **Mathieu Labelle** has become one of our 50/50 Team the last couple of years.

Despite some physical disability challenges, Mat has been at almost every game we work – Ottawa Senators, Ottawa 67's, Ottawa Fury – and more. Sometimes sporting a trendy mohawk haircut, Mat enthusiastically belts out “50/50” at the games and always has a big smile for his customers!

As many of our Parents are not able to offer their time on a regular basis for this type of Fundraising, it has been rewarding to have someone like Mat available. On behalf of all our Families – THANKS!

VOLUNTEERING FOR HOPE



The 34th annual **HOPE Volleyball SummerFest** takes place Saturday **July 16th, 2016** at Mooney's Bay

Beach, Ottawa. The HOPE Volleyball SummerFest is the largest outdoor one-day beach volleyball tournament in North America. HOPE (Helping Other People Everywhere) was started 34 years ago by Fred Logan and his friends as part of a group of events, inspired by Terry Fox, whose sole purpose was to give back to the Ottawa Community. What was a small group of teams has grown into the World's Largest One Day Volleyball Tournament, that has continued to support Ottawa's local charities. HOPE's flagship Volleyball SummerFest event combines recreational volleyball with live rock entertainment. Each year, more than 25,000 players and spectators flock to Mooney's Bay Beach in Ottawa for the greatest summer party in the region. These participants have helped HOPE donate over \$3.5 million in support of more than 110 local charities. Children at Risk has been fortunate to be chosen as a Recipient Charity for 3 of those 34 years! While our application this year was not successful – it is only a few months until we can apply for the 2017 SummerFest – and showing an on-going commitment to this Event can help. Jeff and I just registered again as Volunteers – you can too at:

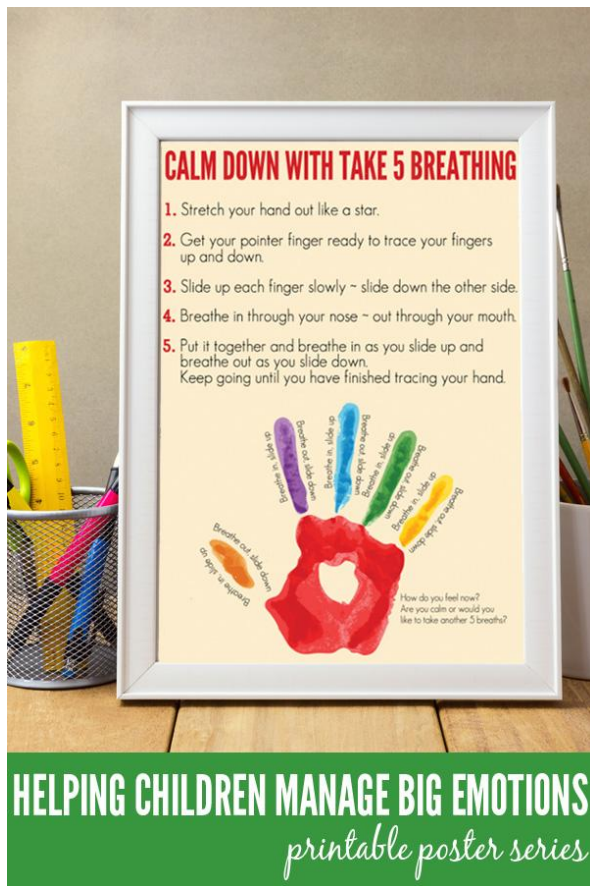
<http://www.hopehelps.com/volunteers/>

THANK YOU

Dear Children at Risk, “I loved the Social Skills group with Liz, Yassemin and Amanda. I learned so much about calming down using strategies, such as the **Take 5 Breathing**. I also learned about recognizing and expressing feelings. We did exercises to identify things that bug us and things that we would do if we had a million dollars. We played games like Uno and Bananagrams that taught us turn taking, patience and respect for our friends. We also learned all about conversation chains. The best part was watching Big Hero 6 during the last session. Also I loved the times when we had popcorn, chips and s'mores for snack. I hope we can have Social Skills again in the fall! “ *Sincerely, Anuk*

Managing BIG Emotions: Take 5 Breathing Exercise

Leonie MacDonald shares a simple breathing technique (and tips for introducing the breathing exercise) that can help children (and adults) learn to manage their big emotions and calm down.



HELPING CHILDREN MANAGE BIG EMOTIONS
printable poster series

When we are stressed or upset nature's 'fight or flight' response takes over, increasing our heart rate, making our breathing fast and shallow, and sending blood from our brain out to our limbs ready to escape or challenge the perceived threat or danger. While stress hormones are flooding our bodies and we are gripped by this programmed response it is very hard to slow down, become calm, express our feelings or think rationally about what is happening to us and how we are responding. Our thought processes and self-control are actually hindered by our biological stress response.

When stressed, children may experience an additional layer of fear or distress as they feel out of control and overwhelmed, not understanding what is happening to them or why. As adults, we are more aware of our feelings and of the physiological changes that come with these, but even we may have a hard time managing our own behaviour.

Take 5 Breathing is a wonderful way to switch off the stress response. It brings the body back into

balance, slowing and deepening the breath and slowing down the heart rate, while harnessing the need to move with an action that requires focus and provides sensory feedback to our brains. Best of all, Take 5 Breathing is simple, enjoyable, free, and you can use it anywhere, anytime.

What is Take 5 Breathing?

During take 5 breathing, children concentrate on taking five slow breaths in through their nose and out through their mouths. Children may need to practice this first as they may be mouth breathing. If you notice that your child finds breathing through their nose a challenge, invite them to imagine they are smelling a beautiful flower or their favourite food as they breathe in, and then to breathe out with a big sigh. (Breathing in and smelling a beautiful smell and breathing out with a sigh because it smelt so good.) At the same time as breathing, children will focus on the action of tracing up and down the fingers of one hand and the gentle sensations this creates.

Here is how it works:

Five Steps to Feeling Calm (use this as a guide to teaching your children)

1. Spread your hand and stretch your fingers out like a star. You can choose your left hand or your right hand. Pretend the pointer finger of your other hand is a pencil and imagine you are going to trace around the outline of your hand and fingers.

2. Start at the bottom of your thumb and slide your finger up your thumb, pause at the top, and then slide your finger down the other side. Now slide your pointer up your second finger, pause, and slide down the other side. Continue tracing your fingers up, pause, and down. Slide your finger slowly, watch your finger move and notice how it feels. Keep going until you have finished tracing your fifth finger (pinky).
3. Now you are ready to add some breathing. Breathe in through your nose and breathe out through your mouth. Remember to keep it slow and steady.
4. Place your pointer finger at the bottom of your thumb, and breathe in as you slide up. Breathe out as you slide down. Breathe in as you slide up your second finger, and breathe out as you slide down. Keep going until you have finished tracing your fingers and you have taken five slow breaths.
5. How does your body feel now? Do you feel calm or would you like to take another five?

Most children find the sensory aspect of this breathing method very soothing and settling. If your child dislikes the sensation of sliding their finger up and down their hand try one of these adaptations;

- Trace an outline of their hand on a piece of card and they can trace their finger along the outline. You can create a textured outline or cut out the shape if this works better.
- An alternative that involves no touching is to stretch their fingers out like candles on a cake and slowly blow each candle out and tuck the finger into the palm.

Practising Take 5

The best time to practise Take 5 Breathing, or any calm down method, is when everyone is happy and no one feels stressed. Children find it hard to learn or use these techniques when they are already overwhelmed by big feelings (so do adults!) and it is important that we don't force, push or demand that children use a calm down method. The last thing our children need is pressure to succeed at relaxing! Letting a poster or picture act as a reminder rather than verbally telling our children what to do when they are feeling overcome with emotion and stress can be more effective. You can see me demonstrating the technique here:

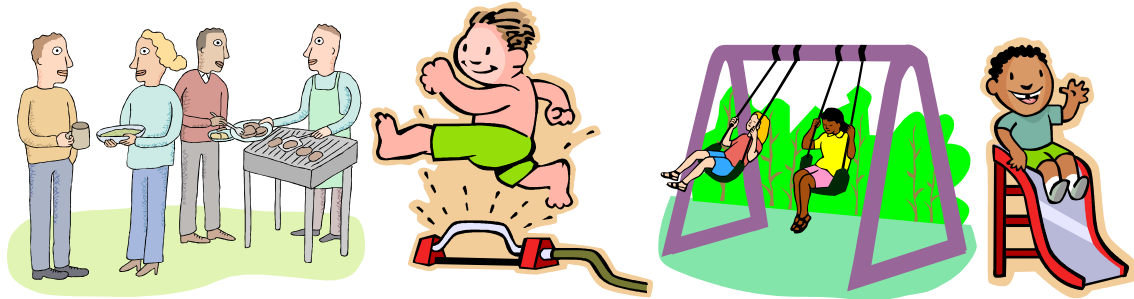
Helping Your Children Process Their Emotions Once They Are Calm

While Take 5 Breathing addresses the stress response, our children need to know that their big feelings are important and we do want to hear what is going on for them. There is a difference clamping up and shutting our feelings away and calming down so that we can talk about our feelings and express them in a safe way. If children feel angry, hurt or worried, their feelings will probably still be there once they have calmed down. That makes it the perfect time to connect, reassure and listen to your children.

About Leonie: Leonie MacDonald is a qualified primary teacher and mother of two boys aged 9 and 6. She lives with her family in Canberra. Leonie loves cooking, growing her own food with occasional success, knitting, craft, making gifts, reading and meditation. While mothering a sensitive, easily over stimulated and overwhelmed toddler, Leonie realised that the same relaxation and meditation techniques she had learnt in pregnancy could help children to cope with stress and unwind. So she began to create her own simple bedtime meditations and massage to help her children fall asleep. Massage and meditation helped Leonie to gently wean both her children and continues to help them to relax and unwind. <http://childhood101.com/2015/04/take-5-breathing-exercise/>



OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC



**Sunday, June 12, 2016
12 Noon-3 PM at Brewer Park**

Brewer Park (Seneca St. off Sunnyside) is a sprinkler water park, so bring your suits and get wet! The Annual Family Picnic is a great time to celebrate the start of summer, see old friends, meet new friends and frolic in the park. Below is a list of planned activities. Some items and activities, like the food, are at a low cost or you can bring your own picnic lunch! Hope to see you there!!

Activities & Features:

B.B.Q. HAMBURGERS, HOT DOGS, DRINKS, CHIPS, COOKIE DECORATING, FISH POND, BALLOONS, COTTON CANDY & SNOW CONES (low cost)

FREE

WATERMELON, BUBBLE PLAY, FREEZIES, FACE PAINTING
BIG SLIDE & MOON BOUNCE INFLATABLES
CANADA PEDAL GO KARTS DEMOS www.pedalgokarts.com

2:00 PM - 21ST ANNUAL RAFFLE DRAW

2:30 PM - WATER BALLOON TOSS (**PRIZES**)

** IN ADDITION, WE WILL BE ENTERTAINED BY TUNIS SHRINE KLOWNS!

BBQ courtesy of The Gathering Church



For more info, call 613-741-8255 or email car@childrenatrisk.ca

SAMPLE RAFFLE TICKET

<p>CHILDREN AT RISK: 2016 SPRING RAFFLE <i>To Provide Community Supports for Families and Children with Autism Spectrum Disorders.</i></p> <p>NAME:</p> <p>ADDRESS:</p> <p>PHONE #</p> <p>City of Ottawa License #</p> <p style="text-align: center;">M776620</p> <p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p>Sample Ticket of 6,500</p>	<p>CHILDREN AT RISK – www.childrenatrisk.ca 235 DONALD ST., OTTAWA</p> <p style="text-align: center;">1st Prize – ALL ABOARD TO TORONTO! VIA RAIL CERTIFICATE, TOWNEPLACE SUITES HOTEL, ROYAL ONTARIO MUSEUM, CNE, SWISS CHALET, ENTERTAINMENT BOOK, COOLER & CUPS - VALUE \$1,457</p> <p style="text-align: center;">2nd GORDON HENSCHEL WATERCOLOUR, EUROPEAN GLASS/PAINT & NATIONAL GALLERY Value \$1,023</p> <p style="text-align: center;">3rd & 4th EXECUTIVE GOLF, STONEBRIDGE, RED BOOK, KEVIN'S AUTO, HEART & CROWN, GOODLIFE BOOK/PASSES, HIS N'HERS AVON WATCHES Value \$924 ea.</p> <p style="text-align: center;">5th HANDCRAFTED QUILT Value \$500</p> <p style="text-align: center;">6th LORD ELGIN HOTEL, NATIONAL ARTS CENTRE, HEART & CROWN, MUGS Value \$493</p> <p style="text-align: center;">7th AVON BY PAM BASKET, PFLUG OPTICAL, ANIKA ARTS & FLOWERS Value \$479</p> <p style="text-align: center;">8th & 9th DOVERCOURT, HISTORY OR WAR MUSEUM, SWISS CHALET & SYLVAN Value \$435 ea.</p> <p style="text-align: center;">10th GREAT CANADIAN THEATRE COMPANY, DELTA OTTAWA, ROYAL OAK Value \$408</p> <p style="text-align: center;">11th & 12th 2 SENS 3RD LEVEL, 2 HATS, 2 SHIRTS, MEMORABILIA & POCO PAZZO Value \$395 ea.</p> <p style="text-align: center;">13th URBAN ELEMENT & OPTIMAL HEALTH HOLISTIC NUTRITIONAL CONSULT Value \$341</p> <p style="text-align: center;">14th DUMOUCHEL MEAT AND DELI, BBQ UTENSIL SET, KNIVES, COOKING UTENSILS Value \$337</p> <p style="text-align: center;">15th CROWNE PLAZA GATINEAU-OTTAWA HOTEL & KEG STEAKHOUSE/BAR Value \$294</p> <p style="text-align: center;">16th PLASMART PLASMA CAR, KIDDIE KOBBLER & SCHLEICH TOYS Value \$252</p> <p style="text-align: center;">17th AGRICULTURE, AVIATION & NATURE MUSEUMS, PARC OMEGA, MONT CASCADES Value \$228</p> <p style="text-align: center;">18th WINE STATION CERTIFICATE, CHEESE KNIVES & CRYSTAL WINE GLASSES Value \$121</p> <p style="text-align: center;">19th & 20th VERSAILLES ACADEMY, AVON HAIR PRODUCTS & RUSSELL STOVER Value \$116 ea.</p> <p style="text-align: center;">21st & 22nd STAPLES & DOMINO'S PIZZA Value \$50 ea.</p> <p style="text-align: center;">23rd, 24th, 25th & 26th WHISPER'S FAJTAS & PELOSO CLEANERS Value \$50 ea.</p> <p style="text-align: center;">27th UPS STORE HUNT CLUB Value \$25</p> <p><i>RAFFLE: To Provide Community Supports for Families Raising Children with Autism Spectrum Disorders</i></p> <p style="text-align: center;">*MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT*</p> <p>Draw: June 12, 2016, 2 PM, Brewer Park (100 Brewer Way), Ottawa City of Ottawa License # M776620</p> <p style="text-align: center;">Sample Ticket of 6,500 (613-741-8255) PRICE: \$2 or 3 for \$5</p>
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Good Luck!