



2026-2027 Workshop Catalogue:

Adult Day and Residential Programs

Workshop Length: 2 Hour Each

Exploring Autism: A Deep Dive

“Exploring Autism: A Deep Dive” is designed to provide participants with up-to-date information on the neurodevelopmental characteristics of autism. This workshop is appropriate for those who are new to autism, as well as for those with decades of experience. Topics are broken down into the following categories: diagnostic criteria, coexisting medical conditions, social communication, sensory processing, and cognition. Participants will leave this workshop with a deeper understanding of the unique influence of neurodevelopment on each autistic individual.

“Exploring Autism: A Deep Dive” celebrates autistic people while discussing the unique characteristics that require a supportive and empathetic environment.

Recommended for ALL participants.

Sensing Our World: How The 8 Sensory Systems Impact Regulation

Most autistic people experience the world in an atypical way. Some may be hypersensitive to input. Others are hyposensitive. Most are a combination of these two sensory responses. Participants will discuss the 8 sensory systems, the impact of atypical modulation on the experience of sensory input, and strategies to assist with regulation.

Recommended Prerequisite: Exploring Autism





Visual Supports in Practice

“Visual Supports in Practice” provides an understanding on how to create and use visuals to better support individuals’ executive functioning challenges and accommodate their unique learning styles. Participants will discuss how to properly use a variety of different types of schedules to support transitions, to manage daily activities, and to cope with unexpected change. In addition, participants will learn to support various life skills using visuals. These skills include waiting, asking for a break, managing time, and asking for help. To support these and other skills, participants will also learn about social narratives, and discuss strategies to tailor them to the individual’s needs. Finally, participants will discuss helpful tips for differentiating visuals, and methods for developing impactful material to be used across all settings.

Recommended Prerequisite: Exploring Autism

Proactive Behavior Supports

Learning, community engagement, and relationship dynamics are often impacted by dysregulation. This dysregulation is often labeled as “challenging behavior.” The goal of this training is to provide basic information about a variety of proactive behavior strategies that can be applied to support autistic people and teach key skills. This training provides participants with information and tools to assist professionals in reframing their interpretation of “challenging behavior” and addressing it in a supportive way. With an expanded toolkit of strategies and tools, participants will be equipped to help build healthier interactions, and to foster and nurture an inclusive environment where all people can thrive.

Recommended Prerequisite: Exploring Autism





Cultural Considerations for Supporting Autistic Individuals and Families:

Participants will gain an understanding of diverse cultural considerations related to autism. This training explores how culture can influence perceptions of autism across families, child welfare systems, and practitioners, and provides practical strategies and supports to better serve autistic children and their families.

Focus: Supporting Professionals and Families





Frequently Asked Questions

Q. Are these workshops offered virtually or in-person?

Both! These workshops are available to be delivered over Zoom or in-person.

Q. Can we combine these workshops into a series?

Yes, you can! These workshops can be combined into a training series, or into a professional development day.

Q. Can I change the length of these workshops?

Yes! We can do each workshop in as little as 90 minutes. We can also break the workshop into segments if you need shorter sessions. We also provide longer sessions upon request.

Q. Can I create a custom workshop?

Yes! Reach out to Training Coordinator Raji Rengarajan to discuss creating a custom workshop or series.

Q. Can I schedule a call? I have more questions.

Of course! Reach out to Raji Rengarajan to set up a zoom or phone call. Please provide your availability.

Q. What is the cost of the workshop?

Workshop cost is dependent upon audience size, as well as whether the training is in-person, or virtual. Please provide that information to Raji and she can discuss cost. A written training proposal will be provided upon request.



Contact Information

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