

# 2026-2027 Workshop Catalogue:

## Parents and Caregivers

Workshop Length: 1-2 Hours Each

### Exploring Autism for Parents and Caregivers

In Exploring Autism, parents and caregivers build a foundational understanding of the two core diagnostic categories associated with autism and explore how these differences influence communication, regulation, and overall lived experience. Families will leave this training with a greater insight into their child's unique way of experiencing the world, and a deeper sense of connection and understanding.

### Visual Supports in Practice

In Visual Supports in Practice, parents and caregivers learn how to create and implement visual supports to increase independence, strengthen communication, and reduce frustration at home. Participants explore practical ways to teach concepts such as "wait," "help," and requesting a "break" using visual tools that support regulation and clarity. Families are also introduced to Social Narratives and other supportive strategies that help explain upcoming situations and guide children through them with confidence. The session concludes with practical instruction on using visual countdown timers to support smoother, more predictable transitions.

## **Supporting Communication**

In Supporting Communication, parents and caregivers deepen their understanding of communication differences in autism and how these differences shape connection, expression, and daily interactions. Together, we explore the many forms communication can take—both verbal and nonverbal—and discuss practical, regulation-informed strategies to support children as their communication develops and evolves.

## **Sensing Our World**

In Sensing Our World, parents and caregivers explore how sensory processing shapes their child's daily experiences. Many autistic individuals experience sensory input in heightened, reduced, or fluctuating ways. Participants are introduced to the eight sensory systems and gain practical, regulation-informed strategies to better understand and support their child's unique sensory profile at home and in the community.

## **Positive Advocacy**

In Positive Advocacy, parents and caregivers learn how to confidently navigate the complex systems that often accompany an autism diagnosis. Families explore how to build collaborative, strengths-based teams of professionals who support their child's growth and wellbeing.

Participants are introduced to key components of special education law, including IDEA, IEPs, and 504 plans, and gain clarity on how these protections and supports can benefit their child.

## Toilet Training

In Toilet Training, parents and caregivers learn practical, regulation-informed strategies to support children of all ages in developing toileting skills. This workshop explores how sensory processing, communication differences, interoception, and predictability can influence the toileting process. Participants are introduced to visual supports, structured routines, and sensory-based strategies that promote independence while reducing stress for both children and families. The training emphasizes patience, readiness, and honoring each child's unique developmental timeline.

## A Common Goal: Fostering Empathetic Relationships Within a Child's Team

To deliver impactful care, a person's team must work as a cohesive, trusting, and therapeutic network. Distrust, bias, frustration, miscommunication, cultural norms, opposing expectations, and trauma can all influence one's approach to members of the team. These influences often lead to breakdowns in communication and can negatively impact the individual with ASD as a result. This presentation addresses, from both the family and professional perspective, causes of these communication breakdowns, and strategies for repairing and preventing them. Through an empathetic understanding of each person's experience, a therapeutic and effective team will emerge.

**Focus: Supporting 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.

### 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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