



Sports and Recreation Autism Training Workshops

WHY TAKE AUTISM TRAINING?

With 1 in 68 children diagnosed with an autism spectrum disorder (ASD), it is almost certain that if you work with youth, you have worked with an individual with autism.

Our goal is to ensure that you will be equipped with skills, knowledge and strategies to better support and communicate with the youth that you serve.

WHO WOULD BENEFIT FROM THIS TRAINING?

If you are a coach, instructor, volunteer, teacher, recreation worker or child care provider, this training is for you.

Participants in Ausome's training workshops learn to recognize and better understand autism. They will leave the training workshop with practical strategies to use immediately in any sports and recreation setting.

WHAT WILL I LEARN?

Our workshops provide an overview of ASD and give examples of what ASD looks like in sports and recreation settings. We will provide a variety of strategies for supporting individuals with autism including:

- Communication tips
- Coaching strategies
- Behaviour support and group management techniques

WHERE? WHEN? WHAT ARE THE COSTS?

We can provide training at your location or at ours in the new House of Sport at the RA Centre (Riverside Drive). Workshops vary in length from 90 minutes to half day, and can be customized to meet individual or group interests. Workshop costs vary depend on location, size of group and duration of the event. Costs may be subsidized for non-profit organizations.

For more information, please email LiisaVexler@AusomeOttawa.com.

WHO IS AUSOME OTTAWA?

Ausome is the only organization in Ottawa dedicated to enriching the lives of families living with autism through sport. Our vision of 'Ausome' is an opportunity for every individual with autism to participate in sports and recreation in a program that meets their needs. Ausome provides sports and recreation programs like soccer, basketball, yoga, gymnastics, water polo and dance, to name a few.



1 IN 68
CHILDREN
DIAGNOSED



4.5x
MORE COMMON AMONG
BOYS



>100%
INCREASE IN
PREVALENCE
IN PAST 10 YRS



1
IF YOU'VE MET ONE
PERSON WITH AUTISM,
YOU'VE MET ONE
PERSON WITH AUTISM

AUTISM

INTERESTING FACTS