



Mission: To be an association that is the recognized leader in promoting collaboration and building capacity within organizations that provide distress and crisis response.

Vision: To foster an environment of collaboration and networking while providing universal access to support for individuals in distress and crisis.

Distress and Crisis Ontario

Spirit of Volunteerism Committee Supporting Parents Webinar

Held VIA Zoom
October 27th, 2021

Hosted by: Neta Gear, Executive Director of DCO, and Justin Brass, BAH, Psychology

Instead of providing notes for our latest webinar, we are happy to share a recording of Justin Brass' presentation. Below the link to the video, we have also included Justin's responses to the questions asked post-presentation.

You can access the video recording here: <https://youtu.be/dNwIpOWbmrQ>

Question 1: Is there a specific approach we can use when looking to support parents with ASD?

Answer: Absolutely. One of the most effective ways to approach support for parents with ASD is to validate, validate, validate. Even in general society parents are a group that are already sometimes stigmatized against and their needs are often unmet. For parents with ASD, these experiences may become amplified, as a parent with ASD may feel hyper aware of their behaviour and "mask" their challenges as a parent as a way to cope or avoid social pressure. Hence, developing an inclusive lens and understanding that not all parents are the same but all parental concerns are valid is crucial for effectively supporting parents.

Question 2: Are there specific resources for parents with ASD?

Answer: Yes, there should be, depending on what is most local to the caller's area. However, support for parents with disabilities is still currently lacking.

Here are some provincial resources that are applicable to parents as well as some that are applicable to parents with disabilities:

EarlyON Child and Family Centres: <https://www.ontario.ca/page/find-earlyon-child-and-family-centre>

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Phone: 416-486-2242 / email: info@dcontario.org / www.dcontario.org

The Community Action Program for Children Project Directory – a search engine that shows specific programs by keyword and common struggles: <https://capc-pace.phac-aspc.gc.ca/en/provincial-search?province=4>

The Family Care Centre: <https://www.family.cmho.org/about/>

Pleo: <https://www.pleo.on.ca/who-we-are/>

The Association of Parent Support Groups in Ontario: <https://apsgo.ca/>

HOPE – Helping Other Parents Everywhere: <https://www.hope4parents.ca/about>

Nurturing Assistance for parents with disabilities:
<https://www.dfontario.ca/resources/nurturing-assistance.html>

Centre for Independent Living in Toronto – Peer Support:
<https://www.cilt.ca/http://www.cilt.ca/topics/services/peer-support/>

The Ontario Association of Children’s Aid Societies has compiled a list of many different resources specific to families that can be accessed here:
<http://www.oacas.org/what-we-do/communications-and-public-engagement/resources-and-supports-for-ontario-families/>