



# Empowering Steps Spring Break 2021

**For Children and Youth Living with Autism  
and other Neurodevelopmental Disabilities**



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## Empowering Steps (ES)

### COVID-19 Safety Plan Principles

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each participant

## ES Spring Break Intensives 2021

Our mission is to provide a nurturing and inclusive environment, which allows children to achieve their fullest potential and improve fundamental and complex motor skills, physical fitness, endurance and self-concept. Your child will foster social skills, learn to overcome fears, and learn to take safe and calculated risks throughout the ES Spring Break Intensives. Our Intensives will be formed around the typical ES program, which was developed utilizing the Developmental Social Pragmatic (DSP) Approach that is based on the principles of typical child development and how typical children learn to interact.

**EMPOWER your child at our two-hour intensives specialized for children and youth living with Autism & other Neurodevelopmental disabilities!**

Empowering Steps Spring Break 2021 Intensives will include:

- Behavioural Intervention
- Movement Therapy
- Social activities including reading together, puzzles, games
- Fine motor activities
- Arts and crafts

We are also very excited to continue working with the following professionals during our Intensives:

- Our Physiotherapist (PT), Wesley, will help direct intensives on Tuesdays (March 23, 30)
- Our Speech and Language Pathologist (SLP), Suzy, will help direct intensives on Tuesday, March 30<sup>th</sup>
- Our Music Therapist, Joney, will help direct intensives on Wednesdays (March 24<sup>th</sup>, 31<sup>st</sup>)

We will be working alongside and collaborating extensively as a team with the above professionals to provide your child with a multi-dimensional Spring Break Intensive program every day of the week.

Service	Rate
BI/MT intensives (2 hours)	\$240 per day
BI/MT initial assessment (new clients)	\$240/assessment

Please see the registration package online to select your dates!

*\*\*\*Please note: at this time, all sessions will be held at Club Aviva. We are unable to resume therapy at Poirier Pool at this time.*