



PROJECT AUTISM

Free community driven programs for
individuals with special needs.



**WELCOME
HOME**

Project Autism Canada is a non-profit grassroots organization that provides FREE community programs to individuals living with disabilities, and their families. Our mission is to increase public awareness, build positive acceptance and provide vital community, educational, arts, sports and skills-based programs and support for those living with, and affected by, the vast Autism Spectrum Disorder (ASD) and other associated disabilities.

Since our inception in 2013, our focus is, and always has been, inclusivity for the children and young adults we serve, no matter the label. We are made up of families, friends and supporters dedicated to increasing public awareness through education, advocacy and support. Project Autism is 100 percent volunteer run and we strive to constantly create new partnerships with local businesses, organizations and individuals to build a better and more understanding autism community. It's through our dedicated and caring volunteers that our FREE programs are possible in our communities.



**WHO WE
ARE**

PROJECT AUTISM BOARD



Judith Elaine

Founder/Global Community
Coordinator/Board Member



Patrick Lee

Founder/Board Member



Jane Hamilton

Board Member



Mike Leitch

Board Member



Jenna Hung

Director of Communications



Pritpal Padam

Board Member/Instructor



Anne Mason

York Region Community
Coordinator



Christine Joseph-Davies

Hamilton Community
Coordinator



20,000+
hours

It's through our dedicated
volunteers that our FREE programs
are possible in our communities.

WHAT WE DO

At Project Autism Canada, we ensure any donations received are channeled directly into the community for the programs, therapies, resources and workshops that are so desperately needed. We achieve this by working together and encouraging growth, acceptance and opportunities for all children, young adults and adults with disabilities. Project Autism works from the base of the community, encourages members to work together and strive to achieve. We encourage our families to step above the limitations and build stronger social awareness, we encourage growth, acceptance and create opportunities for all children, young adults and adults with disabilities.

Project Autism has taken giant leaps forward in terms of mending our fractured disability community, creating a supportive network for families, youth and adults on the spectrum. We are proud to offer both online and real life events, workshops, opportunities and experiences where people can talk, share information and resources, discuss challenges, brainstorm, laugh, problem solve and raise concerns that directly affect and impact their families and daily lives.

Activities include:

- community support
- education programs
- sportprograms
- workshops
- parent education, socials and support
- Halton Youth Disability Advisory Council (HYDAC)
- clubs
- social groups
- awareness and advocacy initiatives



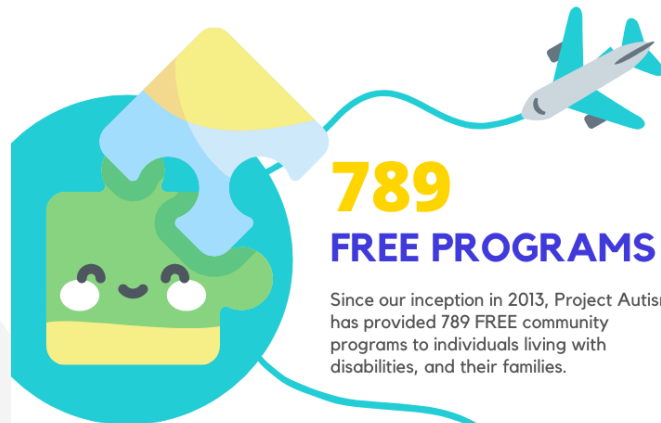
As a grassroots group, we offer much needed community support, education, sport and art programs, workshops, parent education, drumming therapy and awareness and advocacy initiatives. Past and current activities include: soccer; swimming; karate; "I Can" programs to increase social interaction, learning and development; education workshops to help navigate the school system and barriers to education; The Stand Proud project to support anti-bullying initiatives; and community speakers and outings to open doors and enrich the lives of those with ASD and other disabilities.

We have created a program called 'Next Step, a 'work-ready' training project that is designed specifically for teens/adults with disabilities. The focus of this 'NEXT STEP' program is to expose the kids to various work situations, educate them with hands-on applications, motivate them to succeed and start preparing them for the workforce through controlled, safe and positive experiences.



PROJECT AUTISM

PRE-COVID REACH



9,400 PROJECT AUTISM LEARNERS & PARTICIPANTS

We offer much needed community support, education, sport and art programs, workshops, parent education, drumming therapy and awareness and advocacy initiatives



COVID-19

A new reality

When COVID-19 hit, the lockdown and social distancing rules greatly impacted this already vulnerable population. Without school (for those able to attend), community programs, respite programs and basic therapy programs, supports and resources for individuals and their families vanished. Although we have had success with some virtual programming, the majority of our offerings were group based and face-to-face activities. We quickly adapted and switched over to all virtual programming.

Learning never stops!

Our number one priority is keeping our community safe while never stopping our learning. With no budget or extra resources, we set up a Zoom account and rallied our volunteers and supporters to provide at-home live classes. Thanks to our partners at the Red Cross Canada, we have been able to enhance and expand our programming by providing much needed equipment to our instructors and adding additional resources for our learners.

Since March 30, 2020, we have provided 25 weeks of daily programs and activities and have offered more than 415 virtual classes.

This includes:

- iCan Discover Classes
- Fitness and Movement
- Qigong – balance and relaxation
- Math Refresher
- Junior Chat and Play
- Creative Challenge Trivia
- Crafting Coffee and Chat
- Youth Chat and Connection
- Family Game Night
- Crafting Fun for All Ages
- Photography
- Ecology
- Baking
- Science
- Creative Writing



MAKE A DIFFERENCE

Like you, we feel overwhelmed with the need to make this world a more inclusive place. With so many programs not accessible to individuals living with disabilities, many people are left feeling lost, isolated and withdrawn. We are always looking for enthusiastic volunteers that share the same passion for making the world a more inclusive and accessible place for everyone.

How you can help:

- **Instruct a virtual community class**
 - Share your unique set of skills with the PA community! From baking and yoga, to gardening and coding - We need you!
- **Host a virtual social event**
 - Meet new people and make new friends while helping others build social confidence.
- **Be a virtual Guest Speaker**
 - Enjoy your role as a member of a community of confident and engaged learners.

At Project Autism, all our virtual classes and events are hosted by fellow community members. Don't have any experience teaching? No problem! Our amazing community coordinators will help you get set up and feel confident in your abilities.

