

Upper Valley Autism Resource Centre

Resource Guide

Version: 2019

UVARV CLIENTS

2019



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Who we are

Upper Valley Autism Resource Centre is a non-profit community based organization.

We provide support, resources, services, and information to individuals, families, caregivers and professionals dealing with autism spectrum disorders.

Our Contact info

We are located at 500 East Riverside Drive unit 2

Perth-Andover, NB, E7H 1Z1

You can call us at 1(506)273-6721,

Visit our Website at <http://uvarc.ca/>or

Email us at uvarcinc@gmail.com

General Information about Autism

Autism is a developmental disorder that appears in early childhood.

It's a disorder with a variety of conditions that challenge the individual's social skills, verbal and written communication, and repetitive behaviors.

The signs and symptoms of autism become most evident between the ages of two and three years. In some cases, patients have been diagnosed as early as eighteen months old. It is known that autism is more common in boys than in girls. Symptoms often vary from patient to patient depending on the severity of their autism spectrum disorder but there are a few common signs and symptoms of autistic patients. They may have difficulties with relationships and social interactions, including having trouble making eye contact, with their body language, lack of empathy, and lack of interest in the same hobbies as their peers. They may also experience a lot of struggles with verbal and nonverbal communication. It has been reported that up to forty percent of patients with autism never speak throughout the duration of their lives. Other signs and symptoms include an increased focus on certain pieces instead of the whole, preoccupation with specific topics, routines, and stereotyped behaviors.

<http://www.aspergerexperts.com/>

<http://www.autismcanada.org/>

Treatment & Approaches & Techniques

Applied behaviour analysis (ABA)

Practitioners of ABA aim to improve socially important behaviour by using interventions that are based on principals of learning theory and that have been evaluated in experiments using reliable and objective measurement.

<https://asatonline.org/>

Carol Gray social stories

<https://carolgraysocialstories.com/>

What is a Social Story?

Social Stories are a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages. The people who develop Social Stories are referred to as Authors, and they work on behalf of a child, adolescent, or adult with autism, the Audience.

Lera's Horse Path

Address: 1162 rt. 17 St-Leonard NB. E7E 2N7

E-mail: lerashorse@gmail.com

Phone: Louise Violette-Beaulieu (506) 481-0381 or
Raymonde Violette (506) 473-4640

Our mission is to offer the chance for people of all ages and backgrounds to discover self-healing. Either by experiencing our well guided holistic life coaching sessions offered by Louise Violette-Beaulieu. These sessions can be offered by phone or one on one at our secluded facility encouraging a sacred space of possibilities. Another interesting service offered here at LERAS Horse Path is our emotionally concentrated sessions facilitated first by the horses and supported by us as certified EFL (Equine Facilitated Learning) facilitators. These sessions are offered in the comfort of nature's peace. You also have the choice of our medium sessions offered by our born medium, Louise.

Free Autism online courses

<https://autismineducation.ca/take-flight-series/>

<https://afirm.fpg.unc.edu/afirm-modules>

<https://autisminternetmodules.org/>

<https://elearning.autism.net/>

<https://www.unb.ca/cel/career/behavioural-intervention/index.html>

<https://www.facebook.com/Respite-Learning-Portal-287257537995727>

Diagnosis and Therapy

Family Doctor

Pediatrician:

Dr. R. Krishnaswamy

- Address: 1015 Regent St, Fredericton, NB, E3B 6H5
- Phone: 506-458-0306
- Facebook: <https://www.facebook.com/pages/Dr-R-Krishnaswamy/611761922307592>

DR. Mark Messenger

- Address: 1015 Regent St, Fredericton, NB, E3B 6H5
- Phone: (506) 458-0287

Waterville hospital

Grand Falls hospital

Psychologists

Once you have a diagnosis; Autism intervention services (ABA therapy)

Offices

Woodstock

- 606 Main Street, Suites 3&4
Woodstock, NB
E7M 2C4
506-328-0017

Fredericton

- 1666 Lincoln Rd.
Fredericton, NB
E3B 8J6
506-455-7048

Regional Director for Woodstock and Fredericton

- Nicole Jenkins

Edmundston

- 64-B Rue Rice
Edmundston, NB
E3V 1C7
506-739-5453

Regional Director

- Ashley Kingston

Speech Language Pathologists

Talk with Me- Early Language Services

Offers free parent/child programs on speech and language development of children ages 0-5.

Phone: 1-866-423-8800

Website: en.horizonnb.ca/home/facilities-and-services/facilities/woodbridge-centre/speech-language-pathology.aspx

E-mail: loriann.blakney@gnb.ca

Occupational Therapists

Upper River Valley Hospital: 1-506-375-5900

Getting support

Upper Valley Autism Resource Centre

- Director: Cathy Adams
- 500 East Riverside Drive, Unit 2, Perth-Andover, NB
- Facebook: https://www.facebook.com/uvarcinc/?epa=SEARCH_BOX

Buddy system:

- You will receive a name and phone number of another parent to call and talk to.

Lending Library:

- The centre has many resources of written material on Autism. They have a vast variety of educational toys which can be signed out.

Canada Revenue Agency:

- <https://www.canada.ca/en/revenue-agency.html>

Disability credit tax:

- Forms can be found at a Canada Revenue Agency and printed or picked up at UVARC.

Registered Disability Savings Plan (RDSP)

Vacation planning:

- You can get a doctor's note and be better accommodated for your child's needs.

Getting services

New Brunswick Preschool Autism Program:

- Early Intensive Behavioural Intervention

Autism Intervention Services:

- Fredericton Agency 1-506-455-7048
- Woodstock Agency 1-506-328-0017
- Edmundston Agency 1-506-739-5453

Family support for children with Disabilities:

- To apply for services contact: 1-866-444-8838

School Aged Children:

- Resource & Methods Teacher

ISD Team:

- Fredericton: 1-506-453-2132
- Woodstock: 1-506-325-4419
- Perth-Andover: 1-506-273-4701
- Edmundston: 1-506-737-4630
- Grand Falls: 1-506-473-7458

PAEDS team:

The Upper River Valley Hospital in Waterville, NB & Grand Falls Hospital, NB.

- They have speech pathologist, occupational therapist, physio therapist and registered dietician. Your doctor can make the referral.

New Brunswick Association for Community Living

- www.nbacl.nb.ca

NBACL Early Learning Inclusive Facilitators

BASACC-Privately owned

- The BASACC program provides individuals with general supervision 15 hours per week. Their objective is to provide centre based behaviour analysis programs that will increase the individual's independence across any and all environments with the goal for each program to enable the individual to move toward less supported programming.

Wendy Weller- 506-440-8557-e-mail: wendy@basacc.ca Website: <http://basacc.ca/>

Capital Family Services Fredericton

- Offers Services Related to Autism

Jennifer Jewett – 506-454-0078 –e-mail: jenniferjewett@capitalfamilyservices.ca

Educating a child with special needs

Guidelines and Standards-

Educational Planning for Students With Diverse Learning Needs

- <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Resource/GuidelinesStandardsEducationalPlanningStudentsWithExceptionalities.pdf>

Preschool Autism program- New Brunswick

- <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/autisme/PreschoolAutismProgramParentHandbook.pdf>
- Phone: 1-844-377-3819 (toll-free)

Recommended online resources

www.gnb.ca/education (need reference)

www.autismspeaks.ca

www.autismcanada.org

www.asatonline.org

Mental Health Resources/counselling

Canadian Mental Health Association

- Grand-Falls NB 1-506-455-5231 or 1-506-325-3943
- Woodstock NB 1-506-458-9155

Community Mental Health Centre

- Grand-Falls NB 1-506-475-2440

Michelle N Brennan Counselling Services

- Florenceville-Bristol 1-506-392-1052

Hotel- Dieu of St Joseph

- Perth Andover 1-506-273-4701

Addictions and Mental Health Services

- Woodstock 1-506-325-4419
- Perth-Andover 1-506-273-4701

Gambling Helpline

- 1-800-4621-1234

River Valley wellness centre

- Woodstock 1-506-328-6852
- Florenceville 1-506-392-1052

Health Services

New Brunswick Extra Mural Program

- Waterville 1-506-375-2539
- Perth-Andover 1-506-273-7222

Kindred Home Care

- 1-877-999-6602

Bayshore Home Health

- 1-506-325-0341

Breast Feeding Support

- Upper River Valley Hospital 1-506-375-5900
- Hotel Dieu Perth Andover 1-506-273-7100
- Public health 1-888-829-6444 or 1-506-325-4630

Public Health Services

- Woodstock: 1-506-325-4630
- Perth-Andover: 1-506-273-4724
- Nackawick: 1-506-575-6600

Canadian Red cross

- Woodstock 1-506- 328-8881

Metapra & Associates

- 1-506-328-8472

Children's Rehabilitation team

- Upper River Valley Hospital Waterville, NB 1-506-375 2569

Stan Cassidy Centre for Rehabilitation

- 800 Priest man Street
Fredericton, New Brunswick
E3B 0C7
Tel.: 1-506-452-5225
Fax: 1-506-452-5190

Support groups

Harvest House

- Woodstock 1-506-594-5000
- Plaster Rock 1-506-359-0282

Autism NB

- Autism New Brunswick encourages collaboration on autism related issues and projects across
- New Brunswick. The focus is adults with autism.
Website: <http://www.facebook.com/autismnb>

Bullying Canada

- Bullying Canada offers information and support to everyone involved in bullying – the victim, Perpetrator, bystander, parents, school staff and the community at large. It provides Scholarships, school programs, book reviews and more.
- Toll-Free: 1-877-352-4497
- Head Office: 471 Smyth Street, PO Box 27009, Fredericton, NB E3B 9M1
- Email: support@bullyingcanada.ca
- Website: <https://www.bullyingcanada.ca>

Child & Youth Advocate

- Bilingual information available.

What they do:

- Listen to the needs and concerns of New Brunswick children and youth.
- Ensure that your rights and interests are protected.
- Make sure your views are heard in the appropriate forums.
- Investigate complaints about how situations were handled by government agencies.
- Assure you have proper access to the appropriate services.
- continually monitor laws and policies
- Report on the availability, effectiveness, responsiveness, and relevance of child and youth services in your community.
- Act as the advocate for the rights and interests of children and youth in general.

What they do not do...

- Act as an advocate for the rights and interests of parents or adults.

Upper Valley Autism Resource Centre

- Act as legal counsel in any fashion.
- Phone Toll-Free: 1-888-465-1100
- Website: <http://www.cyanb.ca/en/>
- and <http://www.cyanb.ca/fr/>

Family Supports for Children with Disabilities

- Bilingual services available.
- FSCD is a program of the NB Department of Social Development. It can help a family with unmet needs by providing social work and financial resources to assist with the care of a child with disability.
- Fredericton office: 460 Two Nations Crossing
- Telephone: (866) 444-8838
- Email: sd-ds@gnb.ca
- Website:
http://www2.gnb.ca/content/gnb/en/services/services_renderer.10195.Family_Supports_for_Children_with_Disabilities_.html

NaviCare

- Bilingual information available.
- The New Brunswick Navigation Centre for Children with Complex Health Conditions is a free service for families and professionals seeking advocacy or guidance about the care of a child under age 19 who has a complex condition, including autism.

Their mission is to:

- Help improve access to health, social, and education services
- Help facilitate the integration of services across levels of care and sectors
- Promote self-management through teaching families how to navigate services and programs
- Increase community capacity in the care of children with complex health conditions
- Identify gaps and barriers to services and programs in NB and across Canada
- Advocate for system change to promote collaborative patient-centred care
- Develop and share evidence based best practices in the care of children with complex health conditions Phone: 1-888-641-1977
- Phone: 1-888-641-1977
- Email: patientnavigator@navicare-soinsnavi.ca
- Website: <https://www.navicarenb.ca/>

NBACL

- The New Brunswick Association For Community Living is a provincial, non-profit organization that works on behalf of children and adults with an intellectual or developmental disability and their families. We work to ensure that people with an intellectual or developmental disability, with the support of their families, have the option to choose the supports they need to live meaningful lives and participate in their communities as valued and contributing members.

NBACL Main Office

- 800 Hanwell Road,
Fredericton, N.B. E3B 2R7

Toll Free:

- 1-866-NBACL-4U or 1-866-622-2548 (Choose Option #2)
- Website: nbacl@nbnet.nb.ca

NBACL Edmundston

- 55 Emmerson Street, Suite 103,
Edmundston, NB, E3V 1R9

NBACL Northwest NB

- Phone: 1-506-273-4759
- Fax: 1-506-273-4774
- Toll Free: 1-866-622-2548 ext. 2804

OPAL Family Services

- Provides respite and support along with 9 core programs to over 160 families in the Fredericton area who have dependents with intellectual disabilities.
- Address: 400 Beaverbrook Court, Fredericton, NB, E3B 5X4
- Phone: (506) 457-9520
- Email: opal@opalfamilyservices.ca
- Website: <http://www.nbinfo.ca/record/HDC2120>

Online support group

- Facebook: <https://www.facebook.com/events/314188122506377/>

Childcare Centres / Daycares

Plaster rock

- Twila's Tots- 356-0997 or 477-0999

Perth Andover

- Future Footprints Family Centre – 1-506-273-4250
- UVARC's Autism Summer Day Camp – 1-506-273-6721

Florenceville- Bristol/ Centerville/ Bath

- Centerville Child Care – 1-506-276-4437
- Centerville Preschool – 1-506-276 4437
- Children's Learning Centre- 1-506-392-8310
- Crafty Corner Child Care Centre- 1-506-392-6161
- Step Ahead- Bath Learning Centre- 1-506-278-3959

Hartland

- J.O.Y Preschool- 1-506-375-4302
- Totally kids Daycare- 1-506-375-8000

Woodstock

- Alicia's Centre for Education, Inc. – 1-506-323-3900
- Angies Little Peeps- 1-506-324-9074
- Backyard Bears Daycare- 1-506-328-2051
- Curious kids Childcare- 1-506-325-3974
- Eastwood Play and Learn – 1-506-324-1033
- Fun place 2 B- 1-506-328-3017
- Liddle Skittles Club-1-506-328-3136
- Little wonders childcare 1-506-324-3526
- Skiddle Club- 1-506-325-4733
- Little Tater Tots Early Learning and Childcare- 1-506-324-4074

Nackawick

- Amy's Childcare- 1-506-608-1736
- Little Ladybugs Childcare- 1-506-260-1400
- Nackawick Child Care Inc.- 1-506-575-2950

Employment services

Community Industries (C.I.E.V.A)

- Woodstock 1-506-325- 4909

Career Resource Centre

- Woodstock 1-506-325- 3927

Carleton-Victoria Community Vocational Board Inc.

- Woodstock 1-506-328-4911
- Perth- Andover 1-506-273-6867

Seniors housing and care

Carleton manor Inc. - Woodstock

Phone: 1-506325-4373

Central Carleton Nursing Home Inc. – Hartland

Phone: 1-506-375- 3033

- Central Carleton apartment- independent living for seniors
- Carleton place – assisted living

Riverview Manor Inc. – Bath

Phone: 1-506-278- 6030

Tobique Valley Manor Inc. – Plaster rock

Phone: 1-506-356- 6040

Victoria Glen Manor- Perth Andover

Phone: 1-506-273-4885

Financial programs & services

Canada Child Benefit

The Canada child benefit is a tax free monthly payment made to eligible parents to help with the cost of raising children under the age of 18.

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

Disability Tax Credit

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Child Disability Benefit

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>

Canada Pension Plan

New Brunswick Social Assistance Program

https://www2.gnb.ca/content/gnb/en/services/services_renderer.10295.Social_Assistance_Program.html

Social Development Programs

https://www2.gnb.ca/content/gnb/en/services/services_renderer.10195.html

https://www2.gnb.ca/content/gnb/en/services/services_renderer.5028.html

https://www2.gnb.ca/content/gnb/en/services/services_renderer.200974.html

https://www2.gnb.ca/content/gnb/en/services/services_renderer.7995.html

https://www2.gnb.ca/content/gnb/en/services/services_renderer.8035.html

Low Income Housing

NB housing

Toll free: 1-866-444-8838

Legal services

NB legal Aid Service

- Phone: 1-506-328-8127

For the sake of Children (family law-NB)

- Phone: 1-888-236-2444

Small Claims Court

- Phone: 1-506-325-4414

Victim Services

- Phone: 1-506-325-4422

Ombudsman- NB child and youth advocate

- Phone: 1-506-453-2789

Important numbers

Emergency

911

Mental health Mobile Crisis Unit

1-888-667-0444

Kids Help Phone

1-800-668-6868

Telecare

811

RCMP

1-888-596-7267

Woodstock Town Police

1-506-325-4601

Safety

Angel Sense GPS Tracker

- The Angel Sense Tracker allows parents to locate their child and get regular updates on the child's location via cell phone. This sophisticated, tamper-proof device lets the parent talk to the child to provide reassurance, and hear what is going on in the child's environment. In addition to the purchase price, there is a monthly fee. (Tracker may not work in all parts of Canada)

Website: <http://www.angelsense.com>

Autism Risk & Safety Management

- Autism training & resources for law enforcement, emergency first responders, parents,

educators, care providers & the autism community.

Website: www.autismriskmanagement.com

Canadian Medicalert Foundation

- Bilingual services available.
- Medic Alert Foundation supplies medical ID bracelets and supports Canadians with 24/7
- Notification of loved one. It also has a special hotline for emergency responders.

Address: 800-2005 Sheppard Avenue East, Toronto, ON, M2J 5B4

Phone: (416) 696-0267

Fax: (416) 696-0156

Toll-free: 1-800-668-1507 ext. 1117 (English) / 1-800-668-6381 ext. 1236 (French)

Email: medinfo@medicalert.ca

Website: <http://www.medicalalert.ca>

Findster

- The first GPS Tracker without monthly fees. It connects a small module worn by your child to your Smartphone, so you can track the child's location within a 1 mile radius.

Website: <https://kids.getfindster.com>

Mira Atlantic Foundation

- Bilingual services available.
- Provides free of charge guide dogs to blind individuals, and service dogs to persons in wheelchairs and to autistic children. It offers a mobility course to participants with follow-up every six months; Mira is the only school in the world to provide working dogs to people younger than 15 years.

Address: 185 Waverley Avenue, Moncton, NB, E1C 7V3

Phone: (506) 852-9539 Toll-free: 1-877-502-6472

Fax: (506) 860-7660

Email: atlantique@mira.ca

Website: <http://www.miraatlantique.ca>

Safety Tat

- Safety Tat child ID tattoos are temporary safety tattoos including some that can be personalized (blank write-on ones).
- Examples: “Alert! Allergies”, “Alert! I have Autism”, and “If lost please contact...” would be great for a day out of town.

Website: <http://www.new.safetytat.com>

Trax Play

GPS Tracking device.

- Full featured smartphone app (iOS & Android)
- Tracks your child’s location anywhere you get mobile cellular service; purchase of data plan required
- Notifies you whenever it leaves the designated safe zone Website:

<https://www.amazon.ca/Trax-Play-upgraded-tracker-children/dp/B01F77ENJO>