

**Y's Owl Maclure**  
co-operative centre



# **How to Help Individuals Dealing with Anxiety**

## **Autism Spectrum Disorder Training**



**Presented by: Anna Ellsworth**

**April 9, 2010**

**After completing this workshop participants will be able to;**

- Understand how symptoms of anxiety affect behavior**
- Understand the importance of self regulation**
- Examine, select and use tools to promote self regulation**

**This workshop is intended for residential staff, day support workers, families/parents, mental health counselors, special needs worker and anyone who is currently working with individuals on the Autism Spectrum.**

**Fee: \$25.00 for ORWC Members OR \$30.00 for Non-Members**

**Please complete attached registration form.**

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\$25.00 for ORWC Members OR \$30.00 for Non-Members**

**Registration Begins –  
830am**

**Workshop –  
900am-12pm**

**Location –  
Christ Church Bells Corners  
3861 Richmond Rd**

***Brown Bag OR Local Restaurants for Lunch***

## **REGISTRATION FORM**

<b>Name –</b>
<b>Agency/Organization –</b>
<b>Address –</b>
<b>City –</b>
<b>Postal Code –</b>
<b>Phone Number –</b>
<b>Fax Number –</b>
<b>Email Address –</b>

**Cheque Payable to:  
Y's Owl Maclure Co-operative Centre  
1140 Morrison Drive, Ottawa, Ontario K2H 8S9  
*Attention: Suzanne Ford*  
Telephone – 613-721-1500/ext 19  
Fax – 613-721-6223**