

AUTISME MONTRÉAL

NEWSLETTER

Volume 4, Number 8
APRIL 2019

MEMBERSHIP RENEWAL FOR 2019-2020

April being the beginning of our fiscal year, it is now time for you to renew your membership to AUTISME MONTRÉAL.

The Board of Directors has recently revised the membership process for its members. Therefore, we are asking you to complete the new form and confirm your membership in all the appropriate sections.

The form is available online at the following address: <http://autisme-montreal.com/en/online-registration/>.

To complete your request, you must pay your membership fees.

Should you have any questions, please contact us at 514-524-6114, ext. 0.

Please do not forget to reserve June 8 in your diary to attend the Annual Meeting of members.

Hoping to see you there,

Julie Champagne

Director General

POEM FOR THE AUTISM AWARENESS MONTH

Dare to have a different look...

I admit it, I saw you and I judged you...
Then, I looked at you, with a different look...

I tried to better understand you
And you made me discover a different world!

Dare to have a different look, for a different world!

Jean-Simon Labrosse



Autisme Montréal NEWSLETTER – September to May, every
First Monday of the month.





2019 AUTISM MONTH CALENDAR

This year, Autisme Montréal has decided to implement an awareness campaign with the theme: A Different Look. The goal of this campaign is to better inform the public at large, overcome prejudices and therefore have a different look on autism.

APRIL 1ST

Presentation of a poem in our social media to launch the autism month: **A Different Look.** (Refer to page 1)

AVRIL 2- WORLD AUTISM AWARENESS DAY

WEAR BLUE

- Wear blue clothes.

LIGHT IT UP BLUE

- Light up your building or offices with blue light bulbs.

POST BLUE

- On the door of your office, building, business, home or in your windows, put some blue with a word for autism awareness.

If you publish pictures on social networks regarding World Autism Awareness Day (April 2), please do not forget to use the hashtag #2avrilbleu and do not hesitate to share them at the following address ffr-min@autisme-montreal.com so that we may also share them on our networks.



AVRIL 2- WORLD AUTISM AWARENESS DAY

PROTEST

Join us in front of the Montreal office of the Prime Minister, Mr. François Legault, for a festive gathering.

Given the exponential increase in the number of individuals with autism and the problems noted in the health and social services network, it is URGENT TO TAKE ACTION!

Together, let's raise our voices for autism!

Therefore, we will be expecting you in large numbers at 12:00 p.m. at 2001, McGill College (McGill metro station, exit De Maisonneuve) to make ourselves heard!



AVRIL 3

AWARENESS QUIZ

You would like your close ones and colleagues to know a little bit more about autism? Visit our social media and share the awareness quiz of Autisme Montréal. It will be available on April 3 and that, during all the month of April.

<https://www.facebook.com/AutismeMontreal/>

AVRIL 7**PREMIUM KIDS**

Airport Process Familiarization Day at the Montreal airport. Each participant will experience a simulated trip, starting with their arrival at the airport and up until they board an aircraft (there will be no flight).

APRIL 27-28**SCOTIABANK CHARITY CHALLENGE**

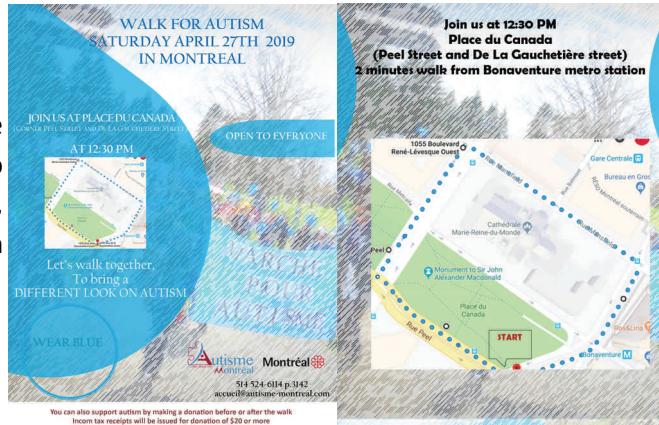
You enjoy running and you would like to take part in this run to raise funds for Autisme Montréal? Please register at the following address: http://canadarunningseries.com/bsm_caritatif/autisme-montreal/. You may also encourage the participants at the starting line next April 27-28!

APRIL 27**AWARENESS WALK**

Join us at Place du Canada (Peel and De La Gauchetière streets, Bonaventure metro station), at 12:30 p.m. to take part in the Awareness Walk for Autism. Children, parents, friends and professionals are invited to join this walk.

Noise-canceling headphones recommended for individuals that are sensitive to sound/noise.

Come in large numbers and wear blue.



<https://www.facebook.com/events/390672791491649/>

**TELL US ABOUT YOUR ACHIEVEMENT**

Autism spectrum disorder is very large. Throughout the month of April we will share different achievements of people with autism spectrum disorder (ASD) of all ages in our social media. Read about their achievements and most of all, share them.
<https://www.facebook.com/AutismeMontreal/>

12-19-26 AVRIL**VOX POP ABOUT AUTISM**

Funny vox pop about autism will be broadcast in our social media. Have a look at them and share them.

<https://www.facebook.com/AutismeMontreal/>

Visit our website to have all the information on the activities: <http://autisme-montreal.com/en/upcoming-events/walk-for-autism/>



INFORMATION SESSION WITH DR. SYLVAIN PALARDY, PSYCHIATRIST

AUTISM, COMORBIDITIES AND MEDICATION

(Presentation in French only)

May 9, 2019

7:00 p.m.

4450, Saint-Hubert, room 434

Free for members

\$20 for non-members

Children and teenagers with an autism spectrum disorder (ASD) often have comorbidities that may sometimes be the cause of great suffering and have an impact on daily functioning. Medication can be used to help them and allow them to benefit from strategies implemented for them. During this presentation, we will talk about these comorbidities and the medication groups that may be used. We will also focus on some side effects that are sometimes more pronounced for our children and teenagers with ASD, while maintaining the principle: "most of all do not harm".

Biography

Dr. Sylvain Palardy is a psychiatrist and he is currently working at the Centre d'Évaluation Neuropsychologique et d'Aide à l'Apprentissage (CÉNAA).

Throughout his practice of more than 30 years, among other things, Dr. Palardy has managed a specialized clinic for young children at the Centre hospitalier universitaire Sainte-Justine and he has worked for a clinic dedicated to children and teenagers with an autism spectrum disorder and other problems, such as attention disorder and anxiety disorders. Clinical assistant professor at the Faculty of Medicine of the University of Montreal, he has supervised several future psychiatry specialists and was the Director of the psychiatry department of his University from 1998 to 2005. He has also presented numerous conferences in the health and school networks. His clinical interests include early childhood, autism spectrum disorder and its comorbidities, ADHD, maltreatment and post-traumatic stress disorder.

MADANTORY REGISTRATION

To register, please contact us at 514-524-6114, ext. 3142.

For more information, please visit the following link: <http://autisme-montreal.com/en/our-services/conference-et-atelier/>.

CONTACT INFORMATION

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For the complete contact information of our team, please visit:
[**http://autisme-montreal.com/en/about-us/staff/**](http://autisme-montreal.com/en/about-us/staff/)

