

# AUTISME MONTRÉAL NEWSLETTER



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## Information session Public and private school systems of Montreal

Do you know how to register your child for school? Do you know the different schooling options available for children with an autism spectrum disorder (ASD) offered by Montreal's public school system? Do you have questions regarding private schools specialized in autism? Have you experienced difficult situations and would like to obtain more information regarding the different services that can be offered to your child? If you have asked yourself any of these questions, do not miss the information session on the public and private school systems of Montreal.

- Date:** Tuesday, January 12<sup>th</sup> 2016  
**Time:** 7:00 p.m. to 9:00 p.m.  
**Cost:** Free  
**Presentation:** **IN FRENCH**  
**Place:** Centre des services communautaires du Monastère,  
4449, Berri Street, room 211 (corner of Mont-Royal),  
entrance through the parking lot.

### **REGISTRATION IS MANDATORY**

To attend this session, please contact us at 514-524-6114, ext. 3055.  
For more information: <http://autisme-montreal.com/en/our-services/conference-et-atelier/>

## FAMilies and Company on Vacation

The Fondation de l'autisme wishes to offer families with one or more than one child with autism spectrum disorder (ASD) and individuals with ASD without intellectual delay vacations and respite opportunities.

The Foundation will pay for accommodation fees during vacation stays in different regions of Quebec chosen by the participants. Please note that only a certain number of people will benefit from this opportunity according to the available budget (approximately 4 vacation stays for the Montreal region, with up to \$1,000 for each of them).

Autisme Montréal has decided to do a random draw amongst all the requests received. Those who are interested must therefore register to take part in the draw, no later than January 29, 2016.

For more information on procedures and eligibility criteria visit:

<http://autisme-montreal.com/en/families-and-company-on-vacation/>

## 2016 Spring Break Camp

It is already time to plan the 2016 spring break and once again this year, Autisme Montréal will be offering a day camp during this period for children and teenagers with an autism spectrum disorder who live in Montreal.

- PLACES:** 16  
**AGE:** 4 to 21 years old  
**PLACE:** Étincelle School (6080, de l'Esplanade street, in Montreal)  
**DATE:** February 29 to March 4, 2016  
**SCHEDULE:** 9:00 a.m. to 4:00 p.m.  
**COST:** \$315

### **How to register**

To register, you must call the Responsible of Direct Services at **514-524-6114, ext. 3052**. Then, we will draw names from all the registrations received. During the week of December 14, 2015, we will let you know if you have a place or not.

REGISTRATION DATES: **November 23 to December 11, 2015 (at noon)**. No registration will be accepted afterwards.

**If you reach the voice mail, you can leave a message with the name of your child as well as your contact information.**

<http://autisme-montreal.com/en/our-services/spring-break-camp/>

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

## SWEET POTATO PANCAKES

### INGREDIENTS:

- ½ cup of sweet potatoes, steamed until soft and mashed
- 2 eggs
- 1 tbsp. of coconut flour
- ½ tsp. of cinnamon
- ¼ tsp. of baking soda
- Coconut oil, for pan

### PREPARATION:

1. Mix together all pancake ingredients except the coconut oil and beat just until a batter forms.
2. Heat coconut oil in a skillet or frying pan over medium heat.
3. Pour ¼ cup of batter in the skillet and cook until bubbles start to form. Flip the pancake and cook for about another minute or 2 or until the pancake is fully cooked.
4. Repeat with the rest of the batter.
5. Serve with your favorite pancake toppings.

Sweet toppings: maple syrup, small fruits, honey, toasted coconut shreds, grated maple sugar, etc.

Other toppings: rocket and diced avocado with lemon juice and olive oil, mango and cherry tomato salsa, etc. Use your imagination, according to your taste!

Recipe proposed by Nicole Dessureault  
Source: [www.foodmatters.tv](http://www.foodmatters.tv)

## Let's Advocate for Autism

We will continue our action campaign so that **autism may become a national priority.**

We invite you to continue sending **photo testimonials** that we will send to elected provincial representatives as well as journalists. We wish to continue raising awareness with regards to the lack of services and expertise, waiting lists and the constant increase in the number of autism cases. You may send your pictures to [mcarbier@autisme-montreal.com](mailto:mcarbier@autisme-montreal.com).

We wish to remind you that your **telephone calls and meetings with your elected provincial representatives** may also help to further the autism cause. Just let them know how isolated you are and that the future of your child depends on the services he should receive. Your concerns help to further our debates. All these actions are important and part of militancy.

To obtain more information, please do not hesitate to call us or visit our Website: <http://autisme-montreal.com/en/individualcollective-human-rights-advocacy/fall-2015-it-is-time-to-act/>.

### Other Actions

This fall, the community movement mobilized and will continue to do so to protest against the austerity measures imposed by the government, which are detrimental for the underprivileged. To obtain more information regarding upcoming events, please visit our Facebook page. <https://www.facebook.com/Autisme-Montr%C3%A9al-123222087724918/>

**Our offices will be closed from  
December 18th noon to January 3rd inclusively**

**Best wishes for the holiday  
from Autisme Montréal team!**



### CONTACT INFORMATION

**Telephone: 514-524-6114**

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**Montreal, QC, H2J2W9**

**For the complete contact information of our team, please visit:**

**<http://autisme-montreal.com/en/about-us/staff/>**

