

ANNUAL CONFERENCE

GUEST SPEAKER

DR. CINDY SCHNEIDER, MD.

MEDICAL DIRECTOR OF CARE, THE CENTER FOR AUTISM RESEARCH AND EDUCATION

AUTISM AND RELATED NEUROLOGICAL ISSUES

Neurology, as it relates to autism, is often more accurately referred to as neuroimmunology. The immune system and nervous system are intricately related and abnormalities in both are often found in individuals with autism.

Dr. Cindy Schneider will present an overview of basic neurology, outline many of the neurological findings associated with autism, and explain the relationship between neurological symptoms and immune dysfunction. Evidence of neurological inflammation and immune dysregulation in autism will be reviewed and treatment options will be discussed.

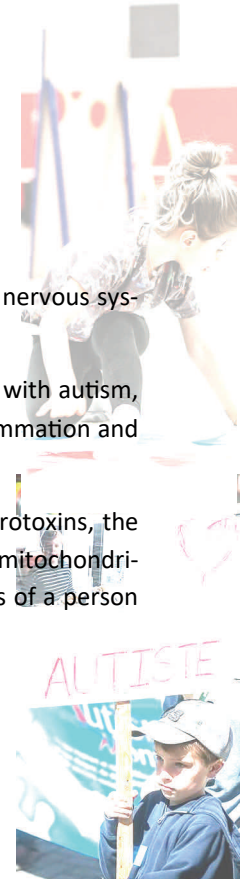
Some of the topics that will be presented include Cerebral Folate Deficiency (CFD), as well as seizures/epilepsy, neurotoxins, the endocannabinoid system and the use of cannabidiol (CBD) products, hormonal influences on the nervous system, and mitochondrial disease. Optimizing neurological function can only be achieved when the immune, metabolic, and nutritional needs of a person with autism are fully addressed and this will be the focus of this symposium.

Friday, October 18, 2019 at 9:00 am

Parents, autistic individuals, students—\$30

Professionals—\$70

For more information or to register <http://autisme-montreal.com/nos-services/conference-et-atelier/>



THE MAGIC OF CHRISTMAS

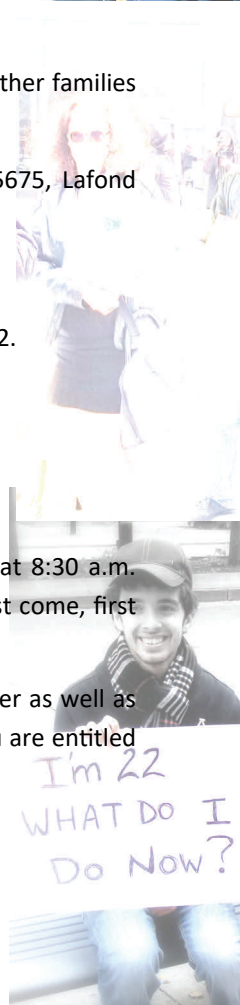
Autisme Montréal is happy to invite its members to the annual Christmas Party. Come have fun and exchange with other families in the festive mood of the Holiday season.

Saturday, December 7, 2019, from 1:00 p.m. to 4:00 p.m. at the Centre communautaire Petite-Côte, located at 5675, Lafond Street, in Montréal.

****We will be welcoming you from 1:00 p.m. to 2:00 p.m.****

You must register as soon as possible (no later than Wednesday, November 13) by calling us at 514-524-6114, ext. 3142.

For more information: <http://autisme-montreal.com/en/our-services/christmas-party/>.



LA MAISONNETTE - WINTER 2020

It is already time to think about registering your child to the 2020 winter weekends at La Maisonnette.

Registrations will be made by phone on November 1, 2019 by calling the Responsable of Direct Services, starting at 8:30 a.m. Please note that registrations will be made according to the order of the phone calls received, so the principle of first come, first served will be applied.

If you reach the voice mail, you can leave a message with your name, the name of your child, your telephone number as well as the desired dates, in order of preference. To consult the calendar, please click on the link below. Please note that you are entitled to one weekend per season.

<https://autisme-montreal.com/en/our-services/weekend-respite/>.

HOLIDAY RESPITES

The Holiday Season will soon be here and it is important to plan it well! A total of 21 participants will attend the camp, with a shadow/participant ratio of 1 to 1. Please note that for each camp, the cost includes lodging, food, activities and supervision.

Christmas Camp - 1

Location : La Maissonnette
Dates : du 21 au 23 décembre 2019
Number of places : 7
Cost: 390\$

Camp de Noël - 2

Location : La Maissonnette
Dates : du 27 au 29 décembre 2019
Number of places : 7
Cost: 390\$

Camp de Noël - 3

Location : La Maissonnette
Dates : du 3 au 5 janvier 2020
Number of places : 7
cost : 390\$

To take part in one of the camps, you must register by phone (leave a message) on **OCTOBER 16, STARTING AT 7:30 A.M.**, and mention clearly the stay that you want, the name of your child and your telephone number, at 514-524-6114, ext. 3182. Please note that the principle of "first come, first served" will be applied.

SPRING BREAK CAMP

It is already time to plan the 2020 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.

NUMBER OF PLACES: 16

AGE: 4 to 21 years old (school age)
PLACE: École de l'Étincelle (6080, de l'Esplanade, in Montreal)
DATE: March 2 to March 6, 2020
SCHEDULE: 9:00 a.m. to 4:00 p.m.
COST: \$390

HOW TO REGISTER

To register, you must call the Responsible of Direct Services at **514-524-6114, ext. 3182**. Then, we will draw names from all the registrations received. During the week of December 9, 2019 we will let you know if you have a place or not.

REGISTRATION DATES

November 18 to December 6, 2019 (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.

For more information, please contact us at 514 524-6114, ext. 3181.



The Recipe of the Week

Proposed by Nicole D.

Blueberry Scones

**Gluten-
Free and
Casein-
Free**

INGREDIENTS

- 1 egg
- ½ cup (125 ml) of coconut milk (not light), well-stirred
- 2 tbsp. (30 ml) of lemon juice
- 1 tsp. (5 ml) of vanilla
- 1 ½ cup (375 ml) of gluten-free flour
- 1 cup (250 ml) of almond powder or flour
- 1 tbsp. (15 ml) of baking powder
- ¼ tsp. (1,25 ml) of salt
- 1/3 cup (80 ml) of sugar
- 8 tbsp. / ½ cup (125 ml) of coconut oil (or 1 stick of Melt vegan butter very cold in small cubes)
- 1 ½ cup (375 ml) of fresh blueberries
- Raw sugar for sprinkling

PREPARATION

1. A few minutes before preparing the recipe, put a pastry cutter (or two knives) in the freezer so that it is very cold. Put some parchment paper on a cookie sheet.
2. In a small bowl, whisk the egg with the coconut milk, the lemon juice and the vanilla. Reserve in the refrigerator.
3. In a large bowl, mix the flour, the almond powder, the baking powder, the salt and the sugar.
4. With a very cold pastry cutter, cut the mix of flour and cold vegan butter so that the pieces of butter are the size of small peas. Be careful though, because there should still be pieces of butter in the mix!
5. Add the blueberries in the preparation and gently mix.
6. Pour the liquid mixture and stir gently with a fork to obtain a homogeneous mixture.
7. Place the dough on a lightly floured surface. With your hands, form an 8 inch disk of about 1 inch thick. With a large floured knife, cut 8 pieces.

Source: kpourkatrine.com



SHADOWING-BABYSITTING SERVICE

Autisme Montréal provides a shadowing-babysitting service. To take advantage of this service, you must meet certain requirements:

- Be a member of Autisme Montréal, live on the Island of Montreal and be the parent of a child with a diagnosis of ASD (or about to be obtained);
- Offer the shadow a minimum hourly rate of \$12.50 (the recommended hourly rate is between \$12.50 and \$15.00);
- Submit a request which cannot be for less than 3 consecutive hours of work. Even if you need the shadow for less than that period of time, you will still have to pay for 3 hours;
- The family must also pay for the outing and transportation expenses for both the shadow and the child;

Please note that you have to make a request for this service at least 2 weeks in advance so that we may be able to better meet your needs. Furthermore, the parents must contact us should they wish to cancel their request. We suggest that the family contact us once the first service has been completed to give us their comments.

<http://autisme-montreal.com/en/our-services/shadowing-and-babysitting/>.

ACTIVITY FOR ADULTS WITH ASD WITHOUT INTELLECTUAL DELAY

COLLABORATIVE JOURNAL

New activity: collaborative journal for adults with ASD without ID.

Possibility to write about various subjects regarding ASD: your passions, your job, your challenges, your creations...

Frequency: all year long

Developed by: Monalisa

If you want more information regarding this activity, you may contact:

Monalisa Didier

Community Worker

514-524-6114, ext. 3141

mdidier@autisme-montreal.com

<http://autisme-montreal.com/en/our-services/asd-without-intellectual-delay-activities/>

CONTACT INFORMATION

Telephone: 514-524-6114

Fax: 514-524-6420

accueil@autisme-montreal.com

4450, Saint-Hubert Street, Room 320

Montreal, QC, H2J2W9

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

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

