

Where can I go for parenting and family support?

- Seek out and participate in a support group for parents, siblings, and or spouses of individuals on the autism spectrum.
- Explore the internet for comfortable forums or group chats for families and autistic people. There are some groups for autistic parents of autistic and non-autistic children and some for non-autistic parents of autistic children. There are also support groups online run by autistic adults that welcome questions from non-autistic people who wish to learn strategies and gain perspective on the autistic experience from autistic people themselves.
- Organize respite services or caregivers so that you can do something outside the home with friends or other family members.
- For information and resources on respite, see the Tip Sheet, “Respite and Support Aides.”

RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

ONLINE SUPPORT FORUMS

Ask me I’m Autistic (24hr rule!)

A Facebook-based group specifically for asking questions to Autistic people. For the first 24 hours after any new posting, only Autistic people are invited to answer. After 24 hours, anyone may respond. The group states “we accommodate all who are willing to learn from Autistic people, all who respect our group’s culture.” They offer compiled learning units and regularly support non-autistic parents in understanding their children’s neurology from the perspectives of people who share it. This group capitalizes the ‘A’ in Autistic intentionally to signify membership to Autistic culture.

Website: facebook.com/groups/askautistics/

Autism Inclusivity

A Facebook-based group that states “This is an autistic led group for parents and carers of autistic children/teens/adults. We wish to support you and we accept that parents with loved one’s who have challenging behaviours, who bold and have little to no communication feel ostracized by the autistic community. This group seeks to help support and educate and above all, accept.”

Website: facebook.com/groups/autisminclusivity

Calgary Moms Autism Support Network

A Facebook-based support group. Newcomers can send a friend request to the group name above, and will get an email back from moderators asking to share some information about their child and why they want to be in the group.

Website: facebook.com/groups/Calgaryautismsupport/

Calgary Moms Autism Support for Raising Teens and Adults

A Facebook-based support group. This Facebook group is a place where families with teens and young adults who are transitioning into adulthood can get support, learn about community programs and resources and share parenting strategies and successes. Newcomers can send a friend request to the group name above, and will get an email back from moderators asking to share some information about their teen and adult and why they want to be in the group.

Website: facebook.com/groups/1661948614044100/

SERVICES

Autism Calgary

Autism Calgary hosts a number of support groups that run once or twice monthly: Parents and Carers of Teens and Adults Tea and Coffee Group, Fathers Autism Network (FAN), Keeping It Together (KIT) Mother's Group (a self-care group for mothers), and FSCD Afternoon Drop-in. They also have a dedicated Family Support Coordinator and Family Support Worker who can provide emotional support, resource navigation, and external referrals.

Phone: 403.250.5033

Address: 3639 – 26th Street NE, Calgary, AB T1Y 5E1

Email: info@autismcalgary.com

Website: autismcalgary.com/upcoming-support-recreation-groups/

Calgary SCOPE Society

A community organization that supports children and adults with disabilities, their families and friends, and other community members. Services for children (0 to 18 years) include in-home supports, social skills classes, referrals to community resources, and Triple P parenting classes. Services for PDD-funded adults include community outreach, counselling, and social skills classes.

Phone: 403.509.0200

Address: 219 – 18th Street SE, Calgary, AB T2E 6J5

Website: calgaryscope.org

The Children's Link Society

Resource and information services, family support, multicultural family support and parenting program, transition support for disabled youth, educational workshops/webinars/seminars, coffee socials for parents and grandparents raising children with disabilities, online articles, and resource fairs. All programs are at no cost to families and those who serve families.

Phone: 403.230.9158

Address: 211, 8855 Macleod Trail SW, Calgary, AB T2H 0M2

Website: childrenslink.ca

Connections Counselling

This service provides parents with cognitive disabilities assistance around parenting skills, education, and family support.

Phone: 403.209.1100
Address: 510, 1716 - 16th Avenue NW, Calgary, AB T2M 0L7
Email: info@connections counselling.ab.ca
Website: connections counselling.ab.ca/services

FSCD

Provides a wide range of services under the following programs: Family Support Services and Child Focused Services. To be eligible, the child with a disability must be under the age of 18 and a Canadian citizen or permanent resident. FSCD defines a disability as “a chronic, developmental, physical, sensory, mental or neurological condition or impairment...” Documentation from a professional (e.g. physician or allied health professional) must be provided confirming that the child has a disability or is awaiting a diagnosis.

Intake Line: 403.297.6022
Office Phone: 403.297.7971
Address: Suite 300, 8500 Macleod Trail SE, Calgary, AB T2H 2N1
Intake Email: HS.FSCDIntakeCalgary@gov.ab.ca
Website: humanservices.alberta.ca/disability-services/14855.html

Inclusion Alberta

The Supportive Communities project connects families with children and youth with developmental disabilities to potential staff through their on-line database. In addition, Inclusion Alberta provides advocacy support, workshops, information sessions, events, and services to enhance inclusive education and employment.

Phone: 403.717.0361
Address: 212, 4014 Macleod Trail SE, Calgary, AB T2G 2R7
Email: mail.calgary@inclusionalberta.org
Website: inclusionalberta.org

McMan Calgary

Offers a variety of family support services including services for families of children with developmental disabilities, complex behavioural needs, and respite services. They offer parenting skills groups and sibling support (SibShops) for kids ages 8 to 12 to learn about their sibling's disability and connect with other kids who can relate to them in a fun environment.

Phone: 403.280.6293
Address: Zurich Court, 1538 25 Ave NE
Email: Calgary@mcman.ca
Website: mcmancalgary.ca

Positive Behaviour Supports for Children

This website is a joint effort by Alberta Education, Family Support for Children with Disabilities (FSCD), and Mount Royal University. It provides ideas and strategies in a downloadable PDF guide that may help you support your child with a disability.

Website: pbsc.info/family/

Triple P – Positive Parenting Program

Triple P is delivered across the province and helps parents manage behavioural issues. The Stepping Stones Triple P program can help parents of children with disabilities and/or more severe behaviours. It can help children with disabilities be more successful with specific therapeutic interventions.

Website: triplep-parenting.ca/alb-en/about-triple-p/positive-parenting-program/

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