



SERVICE GUIDE

2025 - 2026



kinarkautismservices.ca
1-800-283-3377
autisminfo@kinark.on.ca

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IMPORTANT INFORMATION AND CONTACTS

This page offers a centralized place to store key contact information, important dates, and follow-up questions, making it easy to reference and stay organized.

OAP INFORMATION

OAP Number: _____

OAP Case Coordinator: _____

SERVICE AND CONTACT INFORMATION

Current Service(s) and Location(s): _____

Clinical Contact Information: _____

Other Therapist Info (If applicable): _____

Other Agencies Involved (Role and Contact): _____

MEDICAL AND EDUCATIONAL CONTACTS

Family Doctor: _____

Daycare/School Contact Information: _____

Medication(s): _____

Allergies: _____

IMPORTANT DATES/APPOINTMENTS

FOLLOW-UP QUESTIONS

KINARK AUTISM SERVICES

Helping children and youth with complex needs achieve better life outcomes.

Kinark has worked in partnership with families of children and youth with autism for over 25 years to provide high-quality, evidence based and individualized services that meet each child's unique strengths and needs. This service guide shares the services that are available to your family.

Our team is always available to answer any of your questions about our services.

FIND US ON SOCIAL MEDIA

Facebook: Kinark Autism Services
Instagram: @kinarkautismservices
LinkedIn: Kinark Autism Services
YouTube: @kinark

WANT TO STAY CONNECTED?

Sign up for our mailing list and follow our social channels for program and service updates, resources and more!

kinarkautismservices.ca/#newsletter

THREE WAYS TO REGISTER

ONLINE



Scan the QR code with any internet connected smart device to register through the website.

EMAIL US



Email autisminfo@kinark.on.ca with your information and what services you are interested in.

CALL US



Call **1-800-283-3377** and be prepared to discuss what services you're interested in.



SERVICE GUIDE 2025 - 2026

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ICON LEGEND

-  VIRTUAL
-  HOME-BASED
-  CENTRE-BASED
-  FEE FOR SERVICE



FOUNDATIONAL FAMILY SERVICES AND SUPPORT FOR CAREGIVERS/FAMILIES





PARENT AND CAREGIVER EDUCATION WORKSHOPS

FREE FOR FAMILIES REGISTERED IN THE ONTARIO AUTISM PROGRAM (OAP)

Our virtual workshops offer education, techniques, and tools on a wide range of topics for parents and caregivers to help them support their children. On-demand educational videos are also available on select topics (Kinark Creates).

A Parent's Guide to Bullying	Preparing for Life after High School
Accessing Regional Resources	Preparing your Child for Medical and Dental Appointments
Autism and Executive Functioning	School Series
Back to School and Beyond	Sexuality: Menstruation, The Early Years, the Middle Years
Building Healthy Sleep Routines	Teaching Functional Life Skills
Introduction to Toilet Training	Transition to High School
Keeping your Child with Safe: Household and Fire Safety	Transition to Kindergarten
Let's Eat	Transitions Done Right
More Play, Fewer Struggles	Water and Road Safety
Parenting a Teenager with Autism and Mental Health Needs	Why Can't They Get Along? Let's Talk About Sibling Play
Power of Reinforcement: How to Better Motivate, Teach, and Enjoy Parenting Your Child	... and more!

WORKSHOPS: ASK...

- An Occupational Therapist (OT)
- A Registered Behaviour Analysis (RBA)
- A School Consultant
- A Service Navigator
- A Speech-Language Pathologist (SLP)



Click here or scan to see our full list of topics delivered by our multi-disciplinary team.

FOUNDATIONAL FAMILY SERVICES AND SUPPORT FOR CAREGIVERS/FAMILIES

FREE FOR FAMILIES REGISTERED IN THE ONTARIO AUTISM PROGRAM (OAP)

Service Navigation and Coordination

Foundational Service Specialists are available to consult with parents and caregivers about services and supports available in their community.



Parent and Caregiver Education

Our virtual workshops offer education, information, techniques, and tools on a wide range of topics for parents and caregivers to help them support their children. On demand educational videos are also available on select topics (Kinark Creates).



Resource Kits

Resource kits are available to children and youth with a diagnosis of autism or those awaiting a diagnostic assessment. Following a brief meeting with one of our clinicians, our team will create and provide families individualized resource kits with materials and activities tailored to meet their child's needs.



Brief Behavioural Consultation

Our Brief Behavioural Consultations provide caregivers with general strategies and resources to better support specific goals for their children and youth with autism. During these sessions, a clinician will meet with parents and caregivers by phone or by videoconferencing to identify a goal and provide general strategies and resources to better equip them in supporting their child or youth. Individualized resource kits are available through this service.



DIY Resource Days

DIY Resource Days provide parents and caregivers with the opportunity to create resources for their child with the support of our team. Parents and caregivers will have access to free materials to create resources such as token/reward charts, choice boards, and social narratives.



FOUNDATIONAL FAMILY SERVICES AND SUPPORT FOR CAREGIVERS/FAMILIES

FREE FOR FAMILIES REGISTERED IN THE ONTARIO AUTISM PROGRAM (OAP)

Kinark Kreates

Kinark Kreates is a series of engaging and educational on-demand videos. These videos include a variety of topics that are both educational and entertaining to support child and youth development as well as parent and caregiver education.



Family Social Time

Family Social Time is designed to provide an hour of fun through interactive and engaging activities for the whole family.



Kid Social Time

Kid social time is designed for children with autism to connect and participate in fun activities such as crafts, show and tell, dance parties and much more.

Recommended ages 5-12.



Parent and Caregiver Social Time

Parent and Caregiver Social Time is designed for parents and caregivers to connect with others in a safe space, have discussions about challenges they may face, and ask questions they may have on the session topic.



Teen Social Time

Teen Social Time is designed for youth with autism to connect and participate in fun and educational activities and discussions.

Recommended ages 12-18.



Ready, Set, Play!

Learn how to help your child enhance their social and play skills through Ready, Set, Play!

Recommended ages 2-4.



FOUNDATIONAL FAMILY SERVICES AND SUPPORT FOR CAREGIVERS/FAMILIES

FREE FOR FAMILIES REGISTERED IN THE ONTARIO AUTISM PROGRAM (OAP)

Parent Support Groups

Our free virtual Acceptance and Commitment Therapy (ACT) Parent Support Groups span six weeks, offering a supportive space to engage in meaningful conversations. These sessions are designed to help you move beyond feeling stuck and support your growth into your fullest self.



Transition Support (Transition to Adulthood)

These sessions provide information to parents and caregivers about the services and supports available once their child turns 18.



Beyond the OAP Resource Sessions

Learn more about the supports and services outside of the OAP and in your community, including additional funding, discounts, crisis contacts, respite care, and more.



Sibling Support Groups

Our Sibling Support Groups span five sessions, where we will explore topics such as relationships, values, feelings, emotions, and reflection through meaningful and engaging activities!



OAP Information Sessions

Receive information about services and supports available in the OAP, including the various application forms, eligible and ineligible expenses, and more.



Funding Application Support

These sessions guide parents and caregivers through the step-by-step process for the applications for Special Services at Home, Assistance for Children with Severe Disabilities, and Disability Tax Credit.





APPLIED BEHAVIOUR ANALYSIS SERVICES



APPLIED BEHAVIOURAL ANALYSIS (ABA) SERVICES

FEE FOR SERVICE

Centre-Based ABA Services

Our team of Registered Behaviour Analysts and skilled clinicians will work with you to develop an individualized service plan to meet the needs of your child. Skills are taught across developmental domains, such as communication, independence, play and social skills, and school readiness skills.

Services are delivered at one of our child-friendly ABA Centres.



Home-Based ABA Services

Our team of Registered Behaviour Analysts and skilled clinicians will work with you to develop an individualized home-based service plan to meet the needs of your child. Skills are taught across developmental domains, such as communication, independence, play skills, and activities of daily living.

Services are delivered in-person, in home.



Virtual ABA Services

Our team of Registered Behaviour Analysts and skilled clinicians will work with you to develop an individualized service plan to meet the needs of your child. Skills are taught across developmental domains, such as communication, independence, social and emotional regulation, and school readiness.

Services are delivered virtually using a secure video conferencing platform.



Click here or scan to schedule a free consultation.

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APPLIED BEHAVIOURAL ANALYSIS (ABA) SERVICES

FEE FOR SERVICE - INDIVIDUAL

ABA Coaching Services

This service provides ongoing coaching individualized to the strengths and needs of the child, youth, and adults.

During these sessions, a RBA Clinician will meet with parents and caregivers, and in some cases the youth or adult themselves to identify goals and provide individualized strategies based on the principles of ABA.



Better Behaviour Clinic

The Better Behaviour Clinic prioritizes the reduction of disruptive behaviour through teaching alternate skills in a context where the learner is happy, relaxed and engaged (HRE).

It includes the Practical Functional Assessment (PFA) which is an assessment process to identify a safe and motivating context to begin teaching meaningful life skills. It also includes Skills-Based Treatment (SBT) which is individualized and designed based on the completed assessment. Treatment will be scheduled for two sessions per week for 10-weeks, at one of our treatment centers.



ICON LEGEND

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APPLIED BEHAVIOURAL ANALYSIS (ABA) SERVICES

FEE FOR SERVICE - GROUPS

Explorer Club

In Explorer Club, children interact with others through fun activities to develop their play and social skills.

Recommended ages 4-8.



Friendship Crew

In Friendship Crew, children are taught social skills that support friendship building and are given the opportunity to practice these skills.

Recommended ages 7-12.



AIM Explorers

Based on curriculum developed by Dr. Mark Dixon, this group combines three evidence-based practices—Mindfulness Training, Acceptance and Commitment Therapy (ACT), and Applied Behaviour Analysis (ABA)—to teach social-emotional skills. Storytelling, games, and fun characters, like Bidzill the Bear and Tulle the Turtle, help keep kids engaged while bringing learning to life.

Recommended ages 7-12.



Children's Friendship Training

Children's Friendship Training combines child and parent sessions to support children in making and keeping friends.

Recommended ages 7-12.



Bully Proofing Crew

In Bully Proofing Crew, children are taught skills to handle and respond to teasing and bullying.

Recommended ages 7-12.



Exploring Feelings

Kinark's Exploring Feelings program is based on curriculum developed by world-renowned Clinical Psychologist, Dr. Tony Attwood, and helps children recognize connections between the way they're thinking and feeling.

Recommended ages 7-12.



APPLIED BEHAVIOURAL ANALYSIS (ABA) SERVICES

FEE FOR SERVICE - GROUPS

Hangout with Friends

Hangout with Friends provides participants with the opportunity to practice social skills and life skills in a safe and supportive environment.

Recommended ages 7-12 and 12-18.



AIM

Kinark's AIM program is based on curriculum developed by Dr. Mark Dixon and Dr. Dana Paliliunas. AIM helps participants develop social-emotional skills by combining three evidence-based practices: Mindfulness Training, Acceptance and Commitment Therapy (ACT), and Applied Behaviour Analysis (ABA).

Recommended ages 12-18.



Fearless Social Group

The goal of our Fearless Social Group is to create a supportive environment for participants to have fun and make friends. We strive to build self-esteem, encourage peer support, and foster the development of social conversations and relationships.

Recommended ages 10-14.



Dungeons & Dragons

Dungeons & Dragons is a role-playing game that uses storytelling to create an interactive and engaging environment where participants can practice problem-solving and social skills.

Recommended ages 12-18.



APPLIED BEHAVIOURAL ANALYSIS (ABA) SERVICES

FEE FOR SERVICE - GROUPS

PEERS® for Adolescents and Young Adults

The Program for the Education and Enrichment of Relational Skills (PEERS®) is an internationally acclaimed program for motivated teens and young adults who are interested in learning new ways of making and keeping friends.

Recommended ages 12-18.



PEERS® Bully Proofing

PEERS® Bully Proofing is an evidence-based social skills group for motivated teens and young adults who are interested in learning skills to handle and respond to teasing and bullying.

Recommended ages 12-18.



Career Connections

In Career Connections, participants will learn the skills to find and be successful at work, including how to write a resumé, interview for a job, and social skills at work.

Recommended ages 12-18 and 18+.



PEERS® Friendship

PEERS® Friendship is an evidence-based social skills group for motivated teens and young adults who are interested in learning new ways of making and keeping friends.

Recommended ages 12-18 and 18+.



PEERS® Dating

PEERS® Dating is an evidence-based social skills group for motivated teens and young adults who are interested in learning skills to be successful in the dating world.

Recommended ages 12-18 and 18+.



Click here or scan to view our group services.





APPLIED BEHAVIOURAL ANALYSIS (ABA) SERVICES

FREE FOR FAMILIES REGISTERED IN THE ONTARIO AUTISM PROGRAM (OAP)

Entry to School

The program was developed to support children diagnosed with autism between the ages of three and six years old successfully enter school (Kindergarten or grade one) for the first time. The program is focused on building readiness skills and preparing children to enter school.

The Entry to school program consists of both a group based skill building program prior to school entry, as well as transition supports for the first 6 months of the child entering school.

Requires an invitation from AccessOAP.

Caregiver-Mediated Early Years: Pivotal Response Treatment

Pivotal Response Treatment uses your child's interests to build their motivation, language, as well as social and play skills. Over 12 weeks of individualized coaching, caregivers will use the skills they have learned throughout all parts of their day to improve how they interact with their child.

Requires an invitation from AccessOAP.

Connections for Students (CFS)

Connections for Students (CFS) is a collaborative approach to improving transitions for school-aged children and youth with autism.

During CFS, an autism consultant will work collaboratively with caregivers, school staff, community service providers, and the Ontario Autism Program (OAP) service provider (if applicable) to identify transition goals, implement behavioural strategies, and collect data to monitor the child's progress.

Requires an invitation from AccessOAP.

Urgent Response Services (URS)

URS is a time-limited, rapid response service that addresses a specific high-risk behavioural need to prevent further escalation of a child or youth harming themselves, others or property. The service is available to any child or youth registered in the Ontario Autism Program (OAP) who meets defined ministry criteria which is determined through a screening process that looks at high risk factors.

Requires an invitation from AccessOAP.



PSYCHOLOGY SERVICES



PSYCHOLOGY SERVICES

FEE FOR SERVICE



Autism Spectrum Disorder (ASD) Assessment

This assessment evaluates your child's social communication skills and restrictive, repetitive behaviours utilizing a gold standard measure to assess symptoms of autism (i.e., ADOS-2).



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Psychoeducational Assessment

This assessment identifies the areas of strength and weakness in your child or youth's learning profile and provides an understanding of their current educational abilities. These assessments can also identify learning disabilities, attention deficit hyperactivity disorder (ADHD), and/or an intellectual developmental disorder that can interfere with learning.



Click here or scan to schedule a free consultation.

DID YOU KNOW?

Our Assessment Services may be eligible for purchase through some insurance benefit providers.



OCCUPATIONAL THERAPY SERVICES



OCCUPATIONAL THERAPY (OT) SERVICES



FEE FOR SERVICE

Occupational Therapy (OT) Assessment

Occupational Therapy (OT) assessments are comprehensive and individualized to the child's areas of strength and challenge in their daily activities. The Occupational Therapist will interview parents/caregivers to learn more about the child's daily function and evaluate the child in the clinic based on identified areas of difficulty pertaining to self-care (e.g. toileting, dressing, feeding), productivity (e.g. school and work) and leisure skills (e.g. play).

Common assessment areas may include fine and gross motor skills, sensory processing, daily living skills, emotional regulation and feeding.



Occupational Therapy (OT) Treatment

Occupational Therapy (OT) treatment is geared towards helping children successfully engage in daily activities independently and reach important milestones needed for everyday tasks. Intervention focuses on skill development and exploring strategies to adapt the child's tasks and environments to support their participation.

Common goals addressed in OT treatment may include improving sensory processing, handwriting, fine and gross motor development, self-feeding skills and expanding the variety of foods a child will eat, managing emotions and play skills.



Occupational Therapy (OT) Parent Education Sessions

The goal of this session is to introduce the role of Occupational Therapy and the unique perspective that Occupational Therapy can provide to children and families with autism.

Free for families enrolled in OAP.



SPEECH-LANGUAGE PATHOLOGY SERVICES





SPEECH-LANGUAGE PATHOLOGY (SLP) SERVICES

FEE FOR SERVICE

Speech-Language Pathology (SLP) Assessment

Our Speech Language Pathology (SLP) services focus on the assessment of a broad range of speech, language, and communication difficulties.

Common assessment areas and goals may include, but are not limited to:

- Language comprehension (understanding)
- Language expression (use)
- Pre-linguistic communication
- Speech sound production
- Social communication skills
- Alternative and augmentative communication (AAC)
- Stuttering
- Play skills
- Literacy Skills



Speech-Language Pathology (SLP) Treatment

Our Speech Language Pathology (SLP) services focus on the treatment of a broad range of speech, language, and communication difficulties.

These sessions support a child's ability to communicate more effectively and participate in daily activities.

Our Speech-Language Pathologist will collaborate with each child and family to identify goals and develop an individualized, evidence-based treatment plan through:

- Direct intervention with the child/youth to develop skills related to the identified goals
- Providing adaptations to tasks with equipment/technology recommendations if appropriate
- Consultation and caregiver coaching to help them support their child at home



Click here or scan to book a free consultation.

OUR ABA CENTRES

Kinark Autism Services is a recognized leader in the field of autism, providing virtual and in person supports and programs throughout the Greater Toronto Area, including York Region, Simcoe County, and Durham Region.

OUR ABA CENTRES ARE CONVENIENTLY LOCATED IN:

- **Etobicoke**
- **Markham** – Features a Snoezelen room, Occupational Therapy (OT) gym, and Pivotal Response Treatment (PRT) room
- **Oak Ridges**
- **Oshawa** – Features an indoor gym
- **Simcoe Region**
- **Thornhill**

Scan the QR code to view our locations.



MEET OUR TEAM

Kinark Autism Services provides exceptional, evidence-based services to children and youth with autism and their families.

Our team includes 40 Registered Behaviour Analysts (RBA), 50+ frontline ABA staff, Psychologists, Psychometrists, Occupational Therapists, Assessment Staff, Speech-Language Pathologists (SLPs), and a Registered Nurse, all dedicated to supporting families.

All ABA programs are supervised by an RBA, who works closely with families to meet their unique needs.

Scan the QR code to learn more about our team!





Disclaimer: The information provided in this service guide is subject to change without notice. We reserve the right to modify, cancel, add, or update any services or information at our discretion. We advise checking our website for the latest updates or to contact us directly.

Contact Us:

7271 Warden Ave
Markham, ON L3R 5X5
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autisminfo@kinark.on.ca
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