

Finding Balance: Navigating the Tension Between Intervention and Neurodiversity with Katy Albert featuring Jane Vincent Resource List

May 2024

Autism Ontario Webinars and Resources

- [Caring for the Caregiver](#), Guidebook.
- [Caring for Caregivers](#) with Dr. Sivapalan and Dr. Vimalakanthan, Webinar Series.
- [Finding Balance: Navigating the Tension Between Intervention and Neurodiversity](#) with Katy Albert and Jane Vincent, Webinar.
- [Her Spectrum: Navigating the Unique Experiences and Needs of Autistic Girls and Women](#) with Marie Hooper, Webinar.
- [Mental Health Matters](#) with Bethany Brewin and Danielle Nolan, Webinar Series.
- ["Now What?" New Diagnosis Videos and Resources](#). Following diagnosis, [find family support here](#).
- [Supporting Emotional Regulation Through Neuro-affirmative Care](#) with Kathleen Patterson, Webinar.
- [Understanding Autistic Burnout, Inertia, Meltdown & Shutdown](#) with Dr. Christie Welch, Webinar.

Books

- [Between Now and Dreams: Responsible and Responsive Parenting in Autism](#), Shahla Ala'i-Rosales, Ph.D., BCBA-D and Peggy Heinkel-Wolfe
 - This book explores the role and responsibility parents face when navigating the treatment and care of their autistic child. Built on the three essential principles of Learning, Connecting, and Loving, Ala'i-Rosales and Heinkel-Wolfe offer guidance and a pathway for parents that is filled with hope and agency for their children.
- [Unmasking Autism: Discovering the new faces of neurodiversity](#), Devon Price.
 - A deep dive into the spectrum of Autistic experience and the phenomenon of masked Autism, giving individuals the tools to safely uncover their true selves while broadening society's narrow understanding of neurodiversity.
 - Available at the [AIDE Canada Library](#) free of charge

AIDE Canada Resources

Autism Ontario has partnered with AIDE Canada to create many toolkits, webinars and infographics covering various topics. See [AIDE Canada Learning Resources](#) for the entire collection.

- [Becoming More Trauma-Informed Collection](#), resources to assist service providers and individuals in responding to the effects of all types of trauma.
- [Burnout Collection](#), featuring resources covering everything from masking to prevention and recovery strategies.
- [Empowering Autistic Parents; Nurturing Autistic Children](#), Webinar.
- [Is it ADHD or Autism? How About Both!](#), Webinar.
- [Siblings Collection](#)

Online Resources

- [ABA Inside Track: Episode 236 – Assent & Self-Determination](#) with Dr. Kayley Steinhauser & Alex Kishbaugh, Podcast.
- [Behind the Mask: Autism for Women and Girls](#) - Kate Kahle, TEDxAustinCollege.
- [The Big Autistic Resource Guide](#)
- [Mindfulness for Caregivers](#) by CAMH and Azreali Adult Neurodevelopmental Centre, Podcast.
- [Mom on the Spectrum](#)
- The Neurodivergent Woman, Podcast:
 - [Executive Functioning](#)
 - [Neurodivergent Parents Parenting Neurodivergent Kids](#) with Dr. Celia Falchi
 - [What does an Autistic, ADHD'er Brain Look Like?](#)
- [A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teens – Autistic Girls Network.](#)
- [Peggy Heinkel-Wolfe](#), a blog about a mother's story of autism.

Family & Caregiver Supports

- [Anchored Families](#)
- [Canadian Centre for Caregiving Excellence](#)
- [CARES Caregiver Support Program](#)
- [Ontario Caregiver Organization](#)
- [The Redpath Centre](#)
- [REENA Family Support and Education Centre](#)
- [SAAAC Autism Centre](#)

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