

WORLD AUTISM MONTH

APRIL, 2026



PARENTAL SUPPORT IN AUTISM CARE BY ANSAM AL-NEAIMY RP, CCPA

Caring for a child with autism can be a deeply meaningful experience, but it can also be challenging for parents and families. Many parents experience stress, exhaustion, and worry as they try to meet their child's needs while managing daily responsibilities. It is important for families to remember that caring for themselves is just as important as caring for their child.

One helpful step is learning about autism. Understanding how your child communicates, learns, and experiences the world can help reduce frustration and improve daily interactions. Education can also help parents feel more confident in supporting their child.

Parents should also pay attention to their mental and emotional well-being. Talking with a therapist or counsellor can provide a safe space to express feelings, manage stress, and develop coping strategies. Therapists often use approaches such as Cognitive Behavioural Therapy (CBT) to help parents manage negative thoughts and anxiety.

Stress-management techniques, such as deep breathing, short breaks, and mindfulness exercises, can also help parents stay calm during difficult moments.

Another important support is connecting with other parents who have similar experiences. Support groups can provide encouragement, advice, and reassurance that families are not alone.

Taking care of parents strengthens the entire family. When parents feel supported, they are better able to provide their child with patience, understanding, and stability.

BENEFITS

UNDERSTANDING THE ONTARIO DRUG BENEFIT

BY AMR AL TURK.

April is recognized as World Autism Month, a time to raise awareness, promote inclusion, and highlight the support available for individuals with autism and their families. Access to healthcare and medications can be an important part of supporting children and adults on the autism spectrum. In Ontario, the Ontario Drug Benefit (ODB) program helps eligible residents cover the cost of many prescription medications. For families caring for children with autism, this program can help reduce the financial burden of necessary medications prescribed by a healthcare provider. The ODB program covers thousands of medications listed in the Ontario Drug Benefit Formulary and may also provide access to additional drugs through the Exceptional Access Program. Many families qualify for ODB if they receive benefits such as Ontario Works or the Ontario Disability Support Program. Children and youth may also receive coverage through programs such as the Trillium Drug Program if medication costs are high relative to household income.

If you would like to learn more about eligibility and how to apply, visit the Government of Ontario website:

<https://www.ontario.ca/page/get-coverage-prescription-drugs>

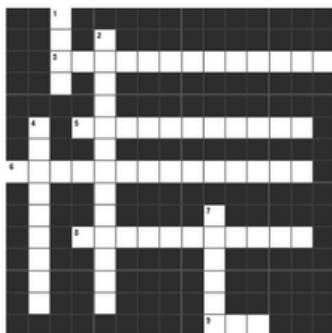
THE MONTH ACTIVITY

APRIL, 2026



CHILD DISABILITY BENEFIT **WATCH THE WORKSHOP**

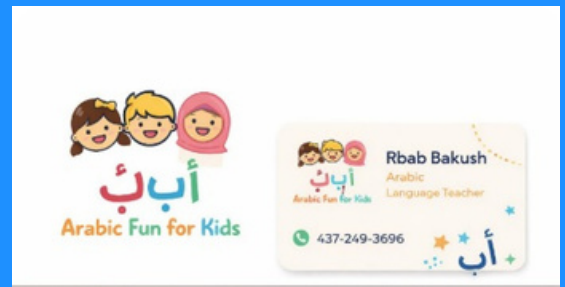
DISABILITY AWARENESS DEFINITIONS CROSSWORD



Across	Down
3. Design of products, devices, services, or environments for people with disabilities.	1. Belief that some ideas, people, etc. are better than others, making it difficult to make a fair judgment.
5. The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.	2. Adjustments made in a school, workplace, or other setting to enable people with disabilities to participate fully.
6. A concept where neurological differences are recognized and respected as any other human variation.	4. Preconceived opinion that is not based on actual experience or reason.
8. Oversimplified generalizations about groups of people.	7. A mark of disgrace associated with a particular circumstance, quality, or person, often related to disability.
9. Acronym for the American legislation passed in 1990 that prohibits discrimination based on disability.	

CLIENT'S BUSINESS

ARABIC PRIVATE TUTOR FOR CHILDREN



We are offering private Arabic tutoring for children, focused on helping students read, write, and speak Arabic with confidence. Lessons are tailored to each child's age, learning level, and goals, using engaging and age-appropriate methods.

Areas of focus:

- Arabic reading and pronunciation
 - Writing and spelling
 - Conversational Arabic
 - Building strong language foundations
- Available for online or in-person

sessions:

Suitable for beginners and intermediate learners.

For more information or to book a session, please get in touch with us directly at 437-249-3696

