



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

Behaviour Therapy Information for Families

Who is this service for?

This service is for children and youth with difficult behaviours and their caregivers.

They have one or more of these diagnoses:

- Autism Spectrum Disorder
- Developmental Disability (at or below 2nd percentile)
- Fetal Alcohol Spectrum Disorder

They are 0 to 17 years of age (referred before their 18th birthday). They live in Guelph Wellington.

What supports do we offer in this service?

We provide behaviour consultation to the child/youth and caregiver.

Our goal is to decrease problem behaviour and increase positive behaviour and skills.

To do this, we:

- Assess the child's/youth's behaviour, skills, and needs
- Teach the caregiver ways to respond to and manage their child's/youth's behaviour
- Possibly work with the child/youth to develop skills
- Collaborate and communicate with others working with the child/youth.

Those others might be services, community organizations, or schools.

How do I access this service?

Child/youth has a diagnosis of Autism Spectrum Disorder or Developmental Disability:

Phone Access Information and Referral (AIR): 519-824-4015

Child/youth has a diagnosis of Fetal Alcohol Spectrum Disorder:

This is only available when your child/youth is already in another CMHA WW children's service.

Talk to the person at CMHA WW who already works with your child/youth.

For more information about Services for Children, Youth, and Families, visit:

<https://cmhaww.ca/services/children-youth-families/>

"CMHA WW" means Canadian Mental Health Association Waterloo Wellington.

"Caregiver" means parent, caregiver, guardian.