

## Employment Related Programs for those with Uneven Cognitive Abilities

### Improving Mental Health Workshops



This workshop titled "**Stinkin' Thinkin' and Poisonous Perceptions**" explores the common "thinking mistakes" that people who have an autism spectrum disorder can make, and how to work to change these unhelpful thoughts. The workshop explores situations and perception errors, and how changing the meaning of a situation can change its experience for a person. Although the strategies focus on children and adults who have an autism spectrum disorder, these tools, with minor alterations, can be used with all people effectively.



**Anxiety Workshop** Autism is one of the most common and pervasive issues that many experience. People on the autism spectrum disorder tend to have higher levels of anxiety than most people. Learn some of the reasons behind these high levels of anxiety and ways to help cope with it. Anxiety reduction tools will be tailored for people on the spectrum, but can be helpful for anyone who deals with issues of anxiety.



Coming soon: Self-regulation Workshop Series by Myriad Holistic Nursing

*\*Prices may vary depending on location and enrollment. Locations are dependant on interest in that area within BC. Please contact us to find out when we might be in your area with our programs and workshops.*