



SHARING THE SPECTRUM

An Autism Canada Newsletter

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May 5, 2020



Welcome to Sharing the Spectrum

A unique Canadian bi-weekly newsletter written by Autistics for Autistics. We are very proud to showcase the work of our Autism Ambassadors and hope you enjoy their perspectives.



Now more than ever, we are called upon to make a difference

#GivingTuesdayNow | May 5, 2020

Safefood: The Medicinal Properties of Chicken Nuggets

by Christopher Whelan



Christopher Whelan

"The dish, once we find one that comforts us, should always be prepared in the same way. Nothing is worse than our safefood/samefood having its recipe changed, or it being taken off of grocery store shelves."

[Click here to read Christopher's article](#)

From Left Out to Popular: The Radar's Been Turned On

by Jason Oldford

"Junior high to high school, they say, are supposed to be the best years of anyone's lives, but I was cast off—not at all like the others; had no social life."

[Click here to read Jason's article](#)



Jason Oldford

You Don't Look Autistic

by Katherine Gallagher

SPECTRUM EXPRESSIONS

INSPIRED BY UNIQUE PERCEPTIONS



Katherine Gallagher

"You don't look autistic." It is hard to find an accurate response when I am told this. I guess I could say "well since we are discussing autism, what does autism look like to you?"

[Click here to read Katherine's article](#)



An Autism Canada Podcast

New episode coming May 13th !

- 📌 What is Autism?
- 📌 Recognizing the signs.
- 📌 How to move forward?

Listen here:








Dominique Payment
Family Support Representative

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