



SHARING THE SPECTRUM

An Autism Canada Newsletter

Donate today!

October 20, 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.

Interested in becoming a contributor? Email us at info@autismcanada.org



We know Halloween is going to be a little different this year. Instead of going door to door, let Autism Canada send you some Treats instead - no Tricks required!

Until October 31, 2020 with a minimum donation of \$65, Autism Canada will send you (or someone else in Canada) a package of treats to make Halloween spooky, fun, delicious and safe.

Send a little bit of Halloween and help others
See the Spectrum Differently.

Troubleshooting with Henry

Autism Canada is very pleased to welcome our newest Autism Ambassador Henry Bockstael. In a series of YouTube videos, Henry offers insight from a unique perspective on subjects he is most passionate about, like travel.

About Henry

Henry Bockstael is delighted to serve as an Ambassador for Autism Canada.

Born in Ottawa in 1996, he grew up living by a lake in a log cabin in Parry Sound. Henry has travelled all over the world with his family. These travels inspired *Troubleshooting with Henry*; his YouTube Channel first published in September 2020.

Henry is often found working out, practising his martial arts skills, taking long walks, or listening to audiobooks. He enjoys volunteering in his community.



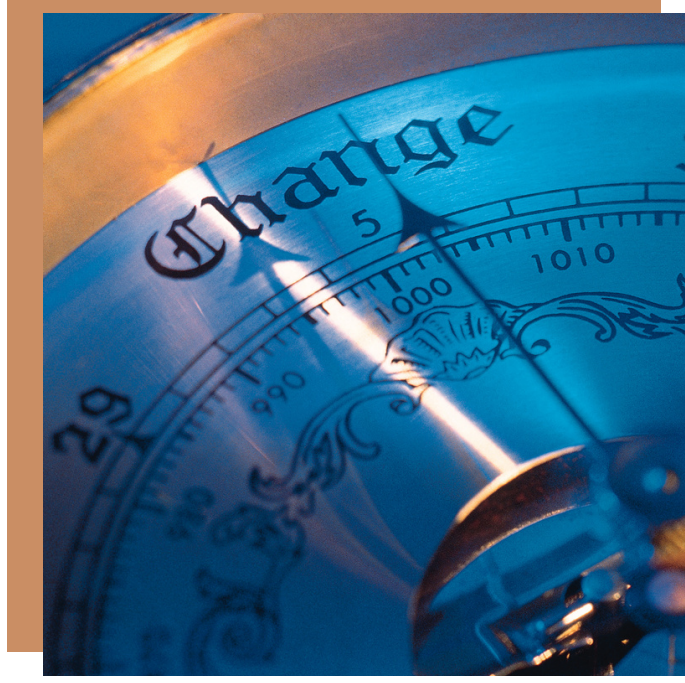
Henry Bockstael

"If I'm doing things to make the world better, I'm good."

Follow this [link](#) to watch "An Introduction to Henry and his YouTube Channel"

Learn to Be Like A Weatherman and Be Your Own Autism Forecaster

by Katherine Gallagher



"The weather reminds me of autism. Autism should be compared to weather patterns. It changes us and our moods change, but we the physical person are permanent just like the environment. So, think of your autism like the weather. Yes, it is there, it's real but it can change, and you are not only your autism."

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

COVID-19: When Life Returns to Normal

by Jason Oldford

"You might recall that my first submission to Sharing the Spectrum back in April was about how autistic people and their families can cope in pandemic times like the ones we've been living through for most of this year. However, what will life be like for autistic people when this pandemic ends and life returns to normal? (that is, assuming it ever does)."



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

Join our team of
Autism Ambassadors

Your perspective
Your experience
Your story



For more detail or to express interest in joining a team of subject-matter experts, please contact us at info@autismcanada.org

Our Community Partners

A resource vetted by our Autism Ambassadors

Welcome to the [Highlight Reel](#), a web series all about Special Olympics athletes, coaches, volunteers and staff from across Canada. The [Highlight Reel](#) offers a behind the scenes look at the Special Olympics movement, which is so much more than sport. Through dozens of videos, you'll experience the heart and soul of Special Olympics and how it fosters inclusion, friendship, health, leadership, strength, determination and confidence within thousands of Canadians with – and without – an intellectual disability.

Follow [@SpecialOCanada](#) on [Facebook](#), [Instagram](#) and [Twitter](#), as they release episodes weekly and cap off each month with a Facebook Live discussion.

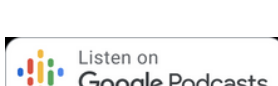
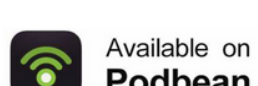


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