



SHARING THE SPECTRUM

An Autism Canada Newsletter

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November 17, 2020

Welcome to Sharing the Spectrum



A unique Canadian bi-weekly newsletter written by our team of Autism Ambassadors. We are very proud to showcase their work and hope you enjoy their perspectives. Interested in becoming a contributor? Email us at info@autismcanada.org

PRESS RELEASE NEWS RELEASE & STATEMENT REGARDING ALEX MINASSIAN TRIAL FROM AUTISM CANADA

AU-SOME CONFERENCE

Saturday, November 28, 2020
12:00 PM EST to 4:00 PM EST
On-Line and Free

Speakers & Topics:

<p>Dr. Temple Grandin</p> <p>Benson Adlington</p> <p>Henry Bockstael</p> <p>Katherine Gallagher</p> <p>Michael Jacques</p> <p>Michael McCreary</p> <p>Victoria McGrath</p> <p>Austin Riley</p> <p>Andrew S.</p>	<p>Keynote: A Q and A with Dr. Temple Grandin</p> <p>Creating a Fundraiser: How I Did It</p> <p>Troubleshooting with Henry: A YouTube Series</p> <p>The Importance of Self-Advocacy</p> <p>What Special Olympics Means to Me</p> <p>The Aspie Comic Performs</p> <p>How Businesses Can Better Accommodate Employees & Customers on the Spectrum</p> <p>Fast Cars & Autism Awareness: Finding Your Passion</p> <p>Life as a Non-Speaker: An Insider's View</p>
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REGISTER TODAY!

Drifting, But Still Afloat

by Jason Oldford



"Yes, achieving these things can be like swimming an ocean and wondering where the shore is. It just seems to take forever and all you see is darkness and you wonder if you'll make it or if you'll drown."

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

Unintentionally Standoffish

by "B"

"For much of my life, I never realized how being so quiet and neutral often made me come across as cold and unapproachable by my peers."



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

Troubleshooting with Henry - Communication

by Henry Bockstael



Communication in a country where you don't speak the native language can be tricky. Join Henry to learn some great tips to navigate through this challenge, including the five important questions you should learn in the common language of the country you are visiting.

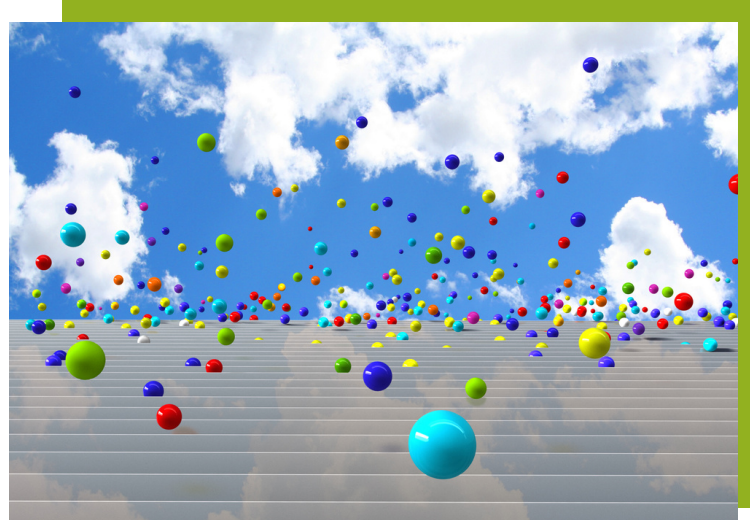
Remember communication is so much more than just spoken language!

[Click here to watch episode 2 - Communication](#)

How my brain works

by Minni K. Ang, Ph.D. Autistic Self-Advocate

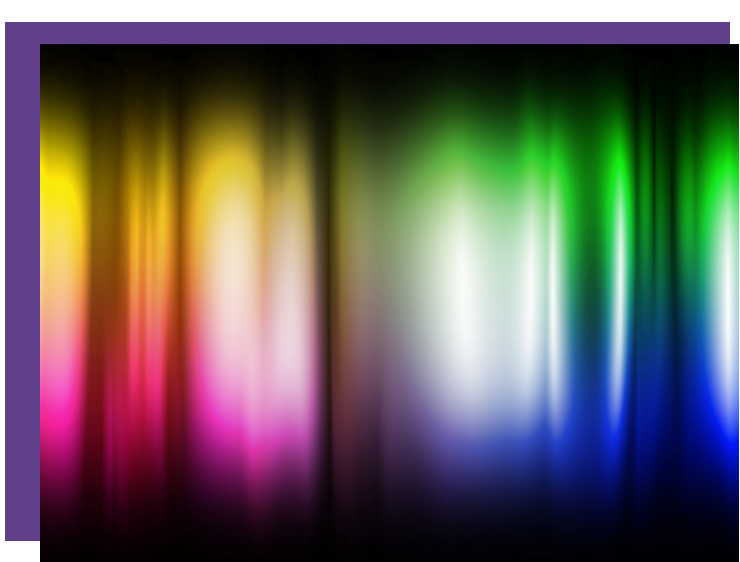
"If I were to try and describe what happens in my head, it would be more like an empty room full of very bouncy India rubber balls all of different sizes bouncing around the room at different speeds. Each ball represents a packet of thoughts in my brain. The superfast bouncy balls are the ones that are newest; the ones that lie aside are the thoughts that I have had a chance to examine, think about and fully digest."



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

Generalizations: Are they more harmful or helpful with autism?

by Katherine Gallagher



"Something that I am always reminded about is how autism really is a spectrum. We are not just a category or group of people like a category in the grocery store. I feel this way because I think that most people on the spectrum want and need to be seen as individuals having their own individuality."

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

Time management issues? Check the Pomodoro Technique!

by "J"

"For those of us with time management issues, I had found the Pomodoro Technique to be a very useful one"



[Click here to read J's recommendation](#)

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