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### Foundation Goals

The objectives of the Canadian National Autism Foundation are charitable. The Canadian National Autism Foundation has been formed to provide funding for:

- \* Educating the general public and professionals;
- \* Providing information and resources to families of children with autism;
- \* Providing funding for Canadian based research and Development; and
- \* Promoting national autism awareness

### Mission Statement

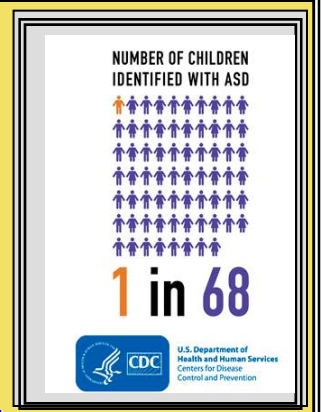
The Canadian National Autism Foundation promotes the positive improvement and quality of life for people with autism in Canada.



### PRESS RELEASE

#### **CDC estimates 1 in 68 children has been identified with autism spectrum disorder Latest snapshot shows proportion of children with autism and higher IQ on the rise**

The Centers for Disease Control and Prevention (CDC) estimates that 1 in 68 children (or 14.7 per 1,000 eight-year-olds) in multiple communities in the United States has been identified with autism spectrum disorder (ASD). This new estimate is roughly 30 percent higher than previous estimates reported in 2012 of 1 in 88 children (11.3 per 1,000 eight year olds) being identified with an autism spectrum disorder. The number of children identified with ASD ranged from 1 in 175 children in Alabama to 1 in 45 children in New Jersey. The surveillance summary report, "Prevalence of Autism Spectrum Disorder among Children Aged 8 Years – Autism and Developmental Disabilities Monitoring Network, 11 Sites, United States, 2010," was published today in the [CDC's Morbidity and Mortality Weekly Report](http://www.cdc.gov/features/dsautismdata/). Researchers reviewed records from community sources that educate, diagnose, treat and/or provide services to children with developmental disabilities. The criteria used to diagnose ASDs and the methods used to collect data have not changed <http://www.cdc.gov/features/dsautismdata/> and <http://content.govdelivery.com/accounts/USCDC/bulletins/ad7b8c>



## ITS UP AND RUNNING

PROMOTIONAL VIDEO LINK FOR THIS COARSE BELOW AND ALSO SIGNING UP FOR THE COARSE  
Are you interested in Learning to be Social?

Learn from your peers who share explanations, tips and strategies. Discover how to leverage your strengths when Learning To Be Social! to get to the page with the coarse please click this link <https://www.hawkinsinstitute.com/online/for-individuals-2/>

# “LEARNING TO BE SOCIAL”

An innovative training series for people on the autism spectrum

### ABOUT THE SERIES

Based on the training methods of Gail Hawkins – founder of Hawkins Institute in Toronto, and author of *How To Find Work That Works for People With Asperger Syndrome* – “Learning to be Social” is an interactive web-based training series for people with ASD (Autism Spectrum Disorder) - featuring people with ASD.

The series uses a positive, respectful approach; incorporates interactive quizzes to improve retention and foster learning; and focuses on building a strategic skills’ foundation to help people with ASD improve social and communication skills. It is accompanied by a downloadable workbook designed with both the viewer and a support person e.g. family member, teacher or counsellor, in mind. The workbook plays an integral role in helping the viewer apply the information learned in the series and provides explanations, exercises and assignments as well as observation templates and instruction for support people - to assist them in focusing the viewer and provide important feedback.

### ABOUT HAWKINS ONLINE INSTITUTE

Hawkins Institute has been helping people with ASD leverage strengths to overcome challenges for 20 years. Hawkins recently decided to reach beyond bricks and mortar to offer online programming - innovative and entertaining on-demand training videos - without borders. The goal is to make services accessible and affordable to everyone with Internet access.

#### **We don't just train, we employ!**

Our commitment to people with autism goes beyond offering training – we employ and utilize their strengths in every production. Revenues generated from our on-demand training videos go to producing more programs – which hire more people on the spectrum.

“Learning to be Social” will be launched in January, 2014 and will be available online at [www.hawkinsinstitute.com](http://www.hawkinsinstitute.com). The cost will be \$30.

If you enjoy the series, help spread the word. When the series is launched - please forward the email notification to your network. With your support, “Learning to be Social” can help countless people realize their potential!



### EPISODE GUIDE

Introduction

#### **ACT ONE - AWARENESS**

Positive vs Negative Attention  
The Impression Episode  
Strategies

#### **ACT TWO - CONVERSATION**

Listening  
Speaking  
Questions & Comments  
Small Talk

#### **ACT THREE - BODY LANGUAGE**

Context  
Body Language Guide

#### **ACT FOUR - SOCIAL MANNERS**

Social Expectations  
10 Manners that help make you  
approachable

#### **ACT FIVE - HUMOUR**

The Importance of Humour  
Joking or Serious?  
Safe Humour  
Responding to Humour

#### **ACT SIX - FRIENDSHIP**

Stages of Friendship  
Where to Meet People



This secondary Grant is for a secondary partnership of another e-learning on the topic of dating

2014 "CNAF, in partnership with Hawkins Institute has received a \$35,000.00 grant from Unity for Autism . This is the second grant awarded to the partnership to produce unique web-based e-learning programs for people on the autism spectrum. The new series which will be launched in 2015, will cover the topic of dating on the spectrum. As with the last series, this will employ people on the spectrum to work both in front and behind the camera.”



# EXCITING NEWS

April is Autism Awareness Month Fundraisers That have Been Put On For Our Foundation and Will Continue For A Few Extra Months

Check out our website for more information

<http://simplycharming.ca/product-category/charms/causes/>

All the lockets and chains are jewellery grade stainless steel, hypoallergenic and wont rust or tarnish. The charms are enamel

Canadian National Autism Foundation (CNAF)

Support the CNAF with the purchase of a Simply Charming locket

Canadian National AUTISM Foundation www.cnaf.net

Level 3 - \$60 (Choice of flower colour)

'WEAR IT AND SHARE IT' WITH STYLE

Level 1 - \$45

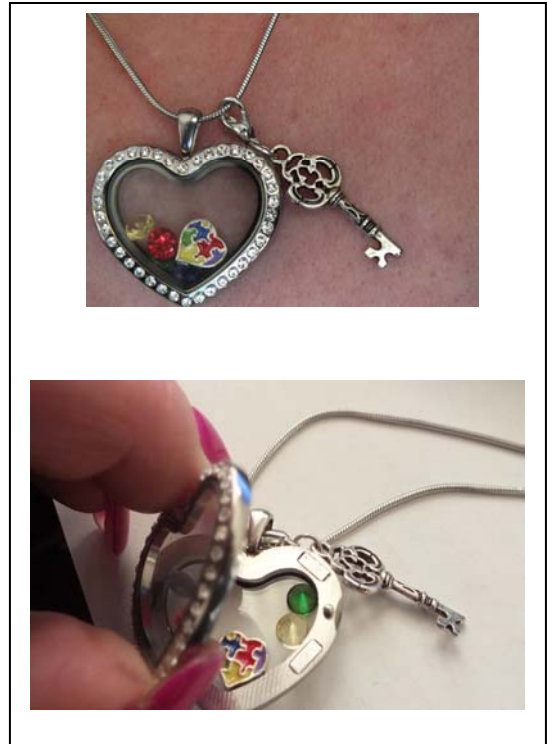
The following proceeds go directly back to CNAF from the purchase of your locket

Level 1 - \$13

Level 2 - \$15

Level 3 - \$18

SHOP online at www.simplycharming.ca



## Friends of the foundation

These new pieces in any color are a new fundraiser as of November that a friend of the Canadian National Autism Foundation is donating \$5.00 from each of any one sold. These can be done in any color. Contact the foundation for information or orders



\$20.00 each



\$25.00 each



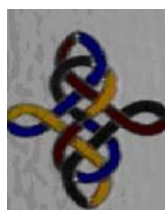
\$50.00 each



\$40.00



\$45.00 each



\$40.00



\$25.00



\$45.00

# XOCAI CHOCOLATES

This is a fundraiser being done for our Autism Foundation. If anyone would like more information, please contact myself and I will put you in touch with Temple Swift or click on the Xocai link below or Temple's name. Xocai Healthy Chocolate - Life With Chocolate willing to donate \$25.00 to CNAF for every NEW Ripped and Rich program booked! Call our 1 877 66 XOCAI and use promo code CNAF. This fundraiser will be until the end of May 2014.

Eat Chocolate...  
LOSE Weight  
Ask Me How?



**Support Healthy Eating for  
Children with Autism**

**...Eat Antioxidant Rich XOCAI Chocolate**

**A Secret to a Healthy Body**



**1 Lost 18lbs following**

**1 Simple Rule eat chocolate 3x's day or with XOCAI Meal replacements**

[WWW.LIFEWITHCHOCOLATE.NET](http://WWW.LIFEWITHCHOCOLATE.NET)

[WWW.MXICORP.COM/WEIGHT LOSS](http://WWW.MXICORP.COM/WEIGHT LOSS)

**\*COVER OF THE AMERICAN JOURNAL OF  
BARIATRIC MEDICINE 10/2011**

**Before and After Baby @4 months**



**+ 52lbs  
48" belly  
@40.6 weeks**

**Thanks  
Xocai!**



**Mommy (-34 lbs)  
& Brodrick @ 4 mths**

**Call us today! 1 877 66 XOCAI**

This picture on the right is Temple the wonderful representative that is doing this fundraiser for us

Would you love it if you could indulge in Chocolate and still lose weight? Are you concerned about your child's weight? If you are answering "Yes", then I have a fantastic product for you.

"Healthy" Chocolate & Autism, ADHD, Aspergers - <http://healthy.darkchocolateblog.com/tag/autism/Dr.ShaunaYoung> is a leader in her field, helping families cope, fight and win against the challenges of living with Autism through natural alternatives (i.e. a natural FOOD protocol based on proper nutrition, targeted supplements and Xocai "Healthy" Chocolate, that has changed lives where traditional treatments lacked).

<http://www.buyxocaihealthychocolate.com/index.html>

See what these medias had to say CNN; Time; Newsweek; USA Today; U.S. News and BBC

Autism and the Power of Chocolate Antioxidants Fight Hard in the Battle Against Autism Xocai Chocolate - A Natural Treasure One Xocai nugget is equal to over 4 pints of blueberries in terms of antioxidant levels (75,456 Orac = 3 nuggets day/ health) One XProtein meal Replacement Shake is equal to 100 cups of spinach 56,500 If you're like most parents of an autistic child, you've tried almost everything to help them, from special diets, supplements, and stress remedies. You may already know about the link between autism and high levels of free radicals, but the trick is, how do we help their body win this constant battle? Since antioxidants FIGHT free radicals and neutralize them, some have tried loading up on daily supply of antioxidants. It was expensive to match 100 cups of spinach in terms of antioxidant levels, until now. We found Xocai { Sho-Sigh } the healthy Chocolate. If your child is having trouble eating enough produce, or is a picky eater, has trouble swallowing pills, and juicing enough fruit and vegetables/to equal over 11,000 orac is nearly impossible, until now when we found antioxidant 'therapy' or SUPERFOOD - dark chocolate. Not just any chocolate, but a cold-processed dark chocolate that retains its incredible level of natural antioxidants, among other healing characteristics. It is sweetened by the Acai berry and Blueberries, and is both Gluten and lactose FREE! The results after eating Xocai for just a couple of weeks, that we have seen in the children and their ability to focus and process information is at an all-time high, say the parents who have tried Xocai. We are not medically trained, nor are we making any sort of medical claims, but our chocolate is backed by Science and all medical 'whitepapers' are available for review. We just desperately want parents with children on the autism spectrum (from ADD to non-communicative) to know what other's have experienced. There is significant scientific evidence to support the fact that a high level of free radicals is common in autism, and can cause neurological issues associated with autism. Here are just a few random articles on this topic, but there are many more out there: Autism Linked with Low Levels of Antioxidants - New York Presbyterian <http://nyp.org/news/health/050413.html> Autism - Oxygen Radicals and Autism [http://www.drgreene.com/21\\_1893.html](http://www.drgreene.com/21_1893.html) Environmental Chemicals & Autism <http://www.ewg.org/node/8503> There are also some moving testimonials from other folks that have tried detoxifying and antioxidant 'therapy' for their autistic children with great results: We would be happy to share those with you. Maybe a high-quality, natural, and easy-to-eat form of antioxidants can help your child too. If you're interested in checking out the health-giving superfood of dark chocolate found exclusively through Xocai

for more information: [lifewithchocolate@rogers.com](mailto:lifewithchocolate@rogers.com) Call Temple:

519 759 6666 NA 1877 66 XOCAI

## 2014 Allocation of Foundation Funds

- \$35,000.00:** Hawkins Institute e-learning dating on the ASD Spectrum (Toronto, Ontario)  
**\$2,000.00:** H.A.L.T.R- Halifax Area Leisure & Therapeutic Riding (Halifax, Nova Scotia)  
**\$2,000.00:** Kids Matter Inc.-Summer Camp Programs .BC ( Abbotsford, British Columbia)  
**\$350.00:** Sponsorship of someone with ASD for the Naturally Autistic Peoples Award that is a Community Mentor

## 2014 Upcoming Events

### Our Autism Race Nights and a List of the Racetracks and Dates

June 14 <sup>th</sup>	Merrittville Speedway
June 21 <sup>st</sup>	South Buxton Raceway
June 25 <sup>th</sup>	Capital City Speedway
July 5 <sup>th</sup>	Peterborough Speedway
July 12 <sup>th</sup>	Sunset International Speedway
July 27 <sup>th</sup>	Canadian National Autism Foundation 6 <sup>th</sup> Annual Walk a thon-Confederation Park
August 1 <sup>st</sup>	Scotia Speedworld , Halifax N.S.
August 16 <sup>th</sup>	Brighton Speedway
August 22 <sup>nd</sup>	Oshweken Speedway
November 27 <sup>th</sup>	Dinner/Dance Guest Speaker live auction

## AUTISM WALK-A-THON July 27<sup>th</sup>, 2014

Willow Cove Pavilion at Confederation Park

If you would like to volunteer please call the foundation office [905-930-8682](tel:905-930-8682) or email the foundation [info@cnaaf.net](mailto:info@cnaaf.net)  
Pre-registration 11:00am and walk starts at 12 noon, Games, food and entertainment



We had the pleasure of having Blogger Ottawa Mommy Club do a giveaway of our foundations autism merchandise to one winner in Canada. As well Ottawa Blogger also received the same merchandise



We had a special little one that came into our office that did their first fundraiser and donated the funds to the foundation. Her name is Crystal and she won the Queen Award and all Round Award. The pageant is called "Miss All-Canadian. They raised money through selling homemade autism bottle caps





## **How to Contact Us**

### ***Mailing Address***

Canadian National Autism Foundation  
38 King Street East, P.O. Box 66512  
Stoney Creek, Ontario L8G 5E5

### ***Phone Number***

905-930--8682

### ***Fax Number***

905-930-9744

### ***Email Address***

info@cnafe.net

### ***Website Address***

www.cnafe.net

### ***Charitable Organization***

#867189243 RR0001

## **How You Can Help**

As a charitable organization, the Canadian National Autism Foundation strives to raise funds to achieve our goals and it is with the support of generous organizations, companies and people that we are able to put together fundraising events such as those we have had in the past in order to raise the funding needed.

At this time we are looking for financial support, and this can come in various forms:

- Sponsorship of portions of our events
- Donations of prizes for our events
- Purchase of tickets to our events
- Financial contributions directly towards our goals (i.e. research)
- Casual Dress Days
- Payroll Deductions
- Host a Golf Tournament or Hockey Tournament
- Sponsor or run a Walk-a-thon
- And any other great ideas that you may have, big or small!

### **Disclaimer**

The Canadian National Autism Foundation (CNAF) does not support, endorse or recommend any method, treatment, product, program or person for people suffering with autism spectrum disorders. The goal of our site and our responses to your questions is to provide accurate and up-to-date information about autism spectrum disorders. We believe everyone has the right to access all of the information available to them, allowing them to make their own individual choice.