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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.

**Due to the Foundation being so busy with so many new projects we are sorry for only sending out small email notices this year and only 2 newsletters --for this we apologize**

### Foundation Disbursements in early 2010 for 2009

~\$1,500.00 Sackville Bedford Early Intervention Program- (Nova Scotia) designed to service kids from birth to school age with a lending library, school-readiness programs and home visits

~ \$5,000.00 SickKids Foundation -(Toronto)

**Dr. Scherer** - Genomic micro array screening Massively-parallel next generation sequencing (NGS) of ASD susceptibility genes, and optical translation of genomic technology and information for ASD

~\$6,500.00 York University -(Toronto)

**Jonathan A Weiss, PhD, CPsych** - An Evaluation of Group

Cognitive Behaviour Therapy for Youth with Autism Spectrum Disorders and Anxiety- expand and evaluate our group Cognitive Behaviour Therapy (CBT) treatment for mood and anxiety in youth with ASD

~\$1,000.00 Studio-Sans Limites -Montreal- Autistic adults should have access to it as much as anyone else. Aside from the benefits rendered by the work formation programs to the autistic adults it will open doors to new research opportunities.

### **Mailing Address:**

38 King Street East, PO Box 66512  
Stoney Creek, Ontario L8G 5E5

**Physical Address:** 25 King Street East, Unit #3

**Phone:** 905-930-8682 **Fax:** 905-930-9744

### **GUESS WHAT???**

**WE HAVE A NEW OFFICE AND NEW ADDRESS AND 3  
NEW BOARD MEMBERS**

**Paul Reilly, Shawn Price** early in the year and **Kerry Rudzick** in  
September of this year

# FOUNDATION WAS INVOLVED IN SOME EXCITING THINGS!!!!!!

We also have a new pay pal account for donations set up on our face book and our website

Our Website <http://www.cnaf.net/charityinfo.html>

Check out our new Face book Group <http://www.facebook.com/group.php?gid=46638352369>

And our Face book events <http://www.facebook.com/event.php?eid=55869994993>

## The Canadian National Autism Foundation took part in TV Worldwide Autism Today Beyond Town Hall Webcast as well we were one of the two Canadian Groups chosen to be a Part of Communication Shutdown



<http://www.tvworldwide.com/events/gtwyh/autism/100721/>

The First in a Series of Live Interactive Video Webcasts,  
November 1, 2010 at 2PM ET

Led by Karen Simmons, CEO of Autism Today ([www.AutismToday.com](http://www.AutismToday.com)), and author of ten autism-related titles, including Chicken Soup for the Soul Children with Special Needs, and The Official Autism 101 Manual, the 'Autism Today and Beyond' town hall webcast will feature several of the top experts and advocates in North America's autism community, including:

- Dr. Temple Grandin, renowned agricultural scientist, livestock expert and perhaps the world's most famous person with autism;
- Dr. Stephen Shore, professor at Adelphi University, person on the autism spectrum, and author of Autism for Dummies;
- Dr. Doreen Granpeesheh, founder and director of C.A.R.D. (Center for Autism and Related Disorders); founder of ACT for Military Families
- David Kirby, author of Evidence of Harm: Mercury in Vaccines & the Autism Epidemic; and
- Elaine Hall, "CoachE," dubbed the "Child Whisperer" by the New York Times, subject of 2-Emmy winning HBO documentary, Autism: The Musical.

The event is made possible through the sponsorship support of leading Autism sector organizations, including College Internship Program, Spectrum Supplements, [Canadian National Autism Foundation](http://www.cnaf.net), [www.cnaf.net](http://www.cnaf.net) and Respen-A™ which will be featured during the webcast.

### PRESS RELEASE

<http://www.marketwire.com/press-release/TV-Worldwide-Autism-Today-Beyond-Town-Hall-Webcast-Attracting-National-Attention-on-1343727.htm>

### To listen to our Foundation Interview

<http://www.tvworldwide.com/events/gtwyh/autism/100721/default.cfm?id=12926&type=flv&test=0&live=0>

Now Playing: Interview with Tina Fougere, Founder and President Canadian National Autism Foundation, CNAF, and Ken Corey President, Amber Alert GPS Canada

### COMMUNICATION SHUTDOWN



<https://communicationsshutdown.org/?view=more-info>

We are one of the Canadian Groups chosen to be involved in this World Wide Communication Shutdown of facebook and Twitter. It's a global initiative to raise much-needed funds for autism groups in over 40 countries.

By shutting down social networks for one day on November 1, we hope to encourage a greater understanding of people with autism who find social communication a challenge. To join, simply make a donation to receive a CHAPP (charity app). The CHAPP spreads the word, gives a shutdown badge to wear online and adds your picture to a global mosaic of supporters, next to the celebs.

**EXCITING FEEL GOOD NEWS OF WHAT WE ARE NOW DOING TO PROMOTE SAFETY AND KINDNESS , SOME GREAT CHRISTMAS IDEAS AND POSSIBLE SAVING A LIFE BUY PURCHASING AN ITEM**



**The Canadian National Autism Foundation**

Welcome to our new site. The Canadian National Autism Foundation would like to Thank You for having Another Perfect Party by Cody to help fund FREE Amber Alert GPS Safety for Children and Adults with Autism and Special Needs.

Tina Fougere, Founder & President

Goodwill Ambassador Mr. Walter Gretzky

"I support and believe in what Tina is doing!"  
Forbes Riley

"Great new venture for CNAF - Congratulations!"  
Victoria Boland of AndrewVictoria

"Wonderful idea - I fully support it!"  
Hockey Legend Harry Howell

Some of our wonderful supporters:  
Connie Smith, CTS TV, Comic Connection;  
Tobin King, Boston Pizza Canada; Mike Taylor of Taylor Steel

[http://www.savealifepartysupplies.com/savealifepartysupplies/a1\\_b0.html](http://www.savealifepartysupplies.com/savealifepartysupplies/a1_b0.html)

**YOUR PARTY SUPPLIES & KIDS HEARTBEAT PARTIES FUNDING FREE STATE OF THE ART GPS PROTECTION FOR KIDS AND ADULTS WITH AUTISM AND SPECIAL NEEDS**

HOW WOULD YOU FEEL IF YOUR CHILD WAS LOST ? 20% Of Gross Sales on purchases your family or business makes from over 200 Themed Party Packs and over 50,000 Wedding, Party and Halloween Supplies selections will fund GPS SAFETY for Kids and Adults in the USA and Canada with Autism and Special Needs whose FAMILIES CAN'T AFFORD THEM though the Canadian National Autism Foundation. Register the GPS Safety of the one you love below... For those that can afford to protect their children and family please buy your Amber Alert GPS Canada through CNAF below. Thank You, Tina Curno Fougere, Paul Reilly, Paul J Cody, Sandy Masin, Kenneth M Corey



<http://www.gtwyh.org/grouplogin.asp>

FOR KIDS AND ADULTS

Every hour your Heart Beats about 5000 times or about 80 beats a minute Add the time you spend at each positive activity each day (10,000 maximum a day ) and Donate them to the world at the CNAF Global Heartbeat Counter or through your own Family Heartbeat Counter

To Login In  
USE FOR GROUP LOGIN  
USERNAME cnaf  
PASSWORD heart

How to donate your Heartbeats and it is SO easy

[http://www.savealifepartysupplies.com/savealifepartysupplies/DONATE\\_YOUR\\_ACTUAL\\_HEARTBEATS\\_TO\\_THE\\_WORLD/a8\\_b347.html](http://www.savealifepartysupplies.com/savealifepartysupplies/DONATE_YOUR_ACTUAL_HEARTBEATS_TO_THE_WORLD/a8_b347.html)

**This Years Events Were Amazing**



**Canadian National Autism Foundation**  
**Open House**  
 Come help us Unveil and Open our New Office



**Sunday May 30, 2010**  
 1:00 pm to 4:00 pm

**25 King St. E. Unit #3 Stoney Creek**  
 (corner of Mountain Ave. and King St.)  
 (Top floor - Entrance off Mountain Ave. at side of building and some parking behind)

[www.cnaf.net](http://www.cnaf.net)



**Our Open House Coffee & Tea Donated by Star Bucks Stoney Creek**



**Canadian National Autism Foundation**  
 Presents the  
**Autism Fashion Show**  
 Featuring Some of Our Wonderful People with Autism

**9<sup>th</sup> Annual Silent Auction & Brunch**

**Sunday, June 6, 2010**  
 10:30 am to 2:00 pm  
 Grand Olympia, Stoney Creek

Tickets \$30.00 per person  
 Children (10 years and under) \$15.00

MC Terry Sweeney of Wave 94.7

**Media Sponsors**



For tickets or to make a donation contact:  
 Tina Fougere (905) 643-7183  
 Charitable Organization #947199243 E200001

TICKETS MUST BE PURCHASED BY MAY 20, 2010  
 (NO SALES AT THE DOOR)  
[www.cnaf.net](http://www.cnaf.net)

This event raised over \$3,750.00



**Canadian National Autism Foundation**  
 In Association with

**PIN HIGH**

**20 Years**

Proudly Presents our  
**7<sup>th</sup> ANNUAL "GOLF FOR AUTISM"**  
**CHIPPEWA CREEK GOLF & COUNTRY CLUB**  
 9639 Chippewa Creek Road West, Mount Hope

**Friday August 20th, 2010**  
 Shotgun Start: 12:30 p.m.  
 Registration begins at 9:30 a.m.

**Includes:**  
 Green Fees &  
 Buffet Breakfast 10 -  
 Sausage & Pop at turn  
 Cold Cut Buffet Dinner  
 Pin High Golf Shirts  
 20 Bees Wine  
 Chippewa Creek 2 for 1 Coupon  
 Passport Included  
 Prizes

**\$125.00 per person**  
 Golf Cart  
 Scramble Format  
 11:30

You can help by:  
**REGISTERING TO GOLF:** We will try to accommodate singles, twosomes, threesomes or foursomes

**TEE SPONSORSHIP:** For a \$125.00 donation, your business will have a sign prominently displayed at the TEE AREA of one of the holes.

**DONATING A PRIZE:** A prize can be in the form of merchandise, a value coupon/gift certificate or a monetary donation (and we will purchase a prize on your behalf).

A registration form is attached for your convenience.

If you have any further questions please contact:  
 Chris Windsor or Donna Croodhai 905-662-6716  
 Susan Valmsley 905-626-2511 ext. 2438

Charitable Organization #947199243 PR0001

This event raised over \$8,100.00



**2<sup>nd</sup> Annual Hamilton Autism Awareness Walk-A-Thon**  
 Canadian National Autism Foundation

**Date: Sunday September 19, 2010**

**Time: 10:30am - 5:30pm**

**Location: Christie Lake Conservation Area**

**Street: 1000 Highway #5 West City: Hamilton, ON**

**For Information and Pre-Registration**  
[www.cnaf.net](http://www.cnaf.net)

This event raised over \$7,500.00 and still getting in donations. Final count will be known in January.


 Canadian National Autism Foundation  
 PRESENTS  
**AUTISM**  
**Sports Night**  
*Meet and Greet Various Sports Celebs  
 For Autism Research*

**8<sup>th</sup> Annual Dinner & Dance with Live Auction**  
**Friday, October 22, 2010**  
 The Grand Olympia, Stoney Creek  
 (Formerly Chandelier Place)  
 Doors open at 6:30 p.m., Dinner at 7:00 p.m.

For tickets or to make a donation contact:  
 Foundation Office (905) 930-8682  
 Charitable Organization #867189243 RR0001  
**\*\* TICKETS \$40.00/ PERSON \*\***

TICKETS MUST BE PURCHASED BY October 14, 2010  
**(NO SALES AT THE DOOR)**  
[www.cnaf.net](http://www.cnaf.net)

### **OUR SPECIAL SPORTS GUESTS INCLUDED**

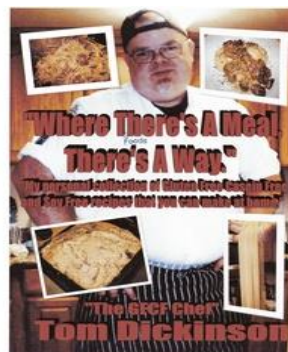
- Master of Ceremonies :Glenn Allan** TV & Radio Sports Broadcaster Sports Rap, GoodNews Sports, The Glenn Allan Show, The Edge with Glenn & Ted DiBiase.  
 \***Alexis Davis** Canadian professional female mixed martial artist.  
 \* **Mike & Deanna** co-owners of Hart & Huntington Tattoo Inc Niagara Falls  
 ... \* **Ethan Page** -Ontario Wrestling Indy Elite  
 \***Harry Howell** Hockey Legend, Norris trophy winner played for New York Rangers, Oakland Seals, Los Angeles Kings, New York Golden Blades, New Jersey Knights, San Diego Mariners, Calgary Cowboys  
 \***Rob Butler**- former Major League Baseball outfielder Toronto Blue Jays and the Philadelphia Phillies.  
 \***Ross Payton** former New York Giants  
 \***Rod Simpson** former Hamilton Ticats  
 \***Bob Meyers** former NHL Ref.  
 \***Bill Friday** former NHL Ref.  
 \***Nilo and Enzo Giavedoni** former Cardinals Org.  
 \* **Dritz Martin**-former Hamilton Tiger Cats

**This event raised over \$6,000.00**

### **Interesting Information ~ A Good Read**

I am Thomas Daniel Dickinson and I have been in the food industry off and on for most of my adult life, working in fast food, pizza parlors, grocery stores, and I have been a professionally trained chef for over five years now. I also found out as an adult that I am borderline Autistic, which means I am high functioning but still have my struggles that I deal with every single day. My goal is to use my skills as a chef to benefit parents and adults like me who are part of the Autism Spectrum. My wife and I co-founded GFCF Fusion, my Personal Chef company that I started to help educate people about GFCF Cooking and to redefine what is known as a diet into a cuisine, which is the reason why I wrote my first cookbook "Where There's A Meal, There's A Way." I hope you take the time to read it and thank you.

It's finally here. Be the first to own my very first cookbook. **"Where There's A Meal, There's A Way."** is my personal collection of 51 **GFCF** (Gluten Free Casein Free) recipes that you can prepare in the comforts of your own home. You can treat yourself to a hot bowl of 'Bein Green' soup. Have a nice plate of Gluten Free Spaghetti with GFCF Meatballs. Dig into a nice bowl of Shepherd's Pie, or my signature Meatloaf w/ Mashed Potatoes, and this book even features my Sweet Potato Tamales made with my signature corn free Masa Dough. Then close out your meal with a wonderful, decadent, Chocolate Peanut Butter Mousse. It's absolutely delicious, and absolutely dairy free. The choice is yours and there's much to choose from. So don't delay! Order your copy of "Where There's A Meal, There's A Way." Bon Appetit. \$15.00 <http://gfcffusion.webs.com/apps/webstore/>



**Colin Baxters Speech for Our Autism Fashion Show**  
**Colin has Aspergers**

Remarks for

Colin Baxter

**Canadian National Autism Foundation (CNAF)**  
**Autism Fashion Show and Fund raiser**  
**Sunday, June 6, 2010**  
**Grand Olympia , Stoney Creek**

Thank you for your kind introduction.

I would like to thank Tina and the Canadian National Autism Foundation (CNAF) for inviting me to participate in today's activities. Actually, when I was a teenager I took a modelling course...so it was nice to finally have the chance to do some modelling again....even if I am a bit rusty in that department.

When Tina asked if I could give a short talk after lunch, I was very happy to oblige. As I get older, and have the opportunity to speak at events such as this, I recognize that people with autism and their families are anxious to learn more about what life is like for adults with autism.

My plan today is to tell you a bit about my life as a person with autism. My story is my own, just as my autism is my own. Each person with ASD is completely different..... their challenges are different.... as are their skills. But I hope that some of the things I have learned and experienced over the years might be helpful to the young people with autism here today and their families.

I have been diagnosed with autism since I was about four years old and have spent much of my life trying to deal with its challenges. At the time I was first diagnosed, few people or institutions had much knowledge about Autism Spectrum Disorder. Most people had never even heard of the term autism.

In school, I started out in kindergarten in my neighbourhood school in Stoney Creek and that's when I received the diagnosis. At the time, the school board in my area started a special class for kids with high functioning autism at a school in the town of Dundas. The good part about it was that my new teacher was well qualified and knew lots about autism but I had to be bussed to the school and that took about 45 minutes each way.

While I was in a special class with only about 5 other kids and a few educational assistants, I attended some classes with regular kids and I gradually spent more time integrating with regular classes. As I went from grade to grade, I spent less and less time in this special class and more time in a regular classroom until the 4<sup>th</sup> grade.

By then I was more capable of interacting with teachers and other kids so I returned to my neighbourhood school for grade 5. I could now walk to school but I then became the "new kid" and didn't really know any of the other kids. I had trouble understanding how to interact with others, interpreting visual cues and understanding some assignments. I attended a resource room where I got extra assistance when needed and shared an educational assistant.

In addition, I had earlier skin breakouts than most kids had so I was ridiculed by some of them as well as being insulted for having a disability that I couldn't easily explain to them. I had to learn how to better deal with people who made fun of me and get help in trying to explain what autism is. Despite the many challenges I entered high school with pretty good grades but I really didn't have any friends.

At high school, I had many obstacles as I never fitted in a particular group in high school and was on my own most of the time.

I wanted to make friends, but didn't really know how. When I tried, it didn't really work. Not until grade 10 when I met a guy in the enhanced math class. We both shared similar interests and were friends for a while. Also I did make a few other acquaintances that I still see from time to time today.

Certainly another challenge was being able to interact with girls, and I didn't really have a lot of luck with them. A lot of the time I felt like an outsider and had a lot of difficulty in interacting with other people and was uncertain of my future.

On the other hand because my dad was a teacher at my school I was able to get lots of help from him and other teachers. I got some extra time on certain tests and exams and I did much preparation for most of them. I had to work a lot harder at studying than most kids did and I still do today . . For example if a student normally spent about an hour on an assignment or homework....it would take me about three or four hours to do the same thing. I also tried to participate in some of the social aspects of high school – I was on the midget basketball

team, was a model in one of our fashion shows and was involved in a couple of musicals. I also went on a number of school canoe and ski trips that were organized by my father.

I got good grades and even received a couple of scholarships – one from the OSSTF that I was very proud of because only 10 students in the province are awarded that scholarship and I was also awarded bursaries from a couple of local service clubs.

But the question was where to go to university and what to study?

I applied and was accepted to McMaster University, so I could live at home and go to school.

Another thing I did was to apply and get hired as a special needs worker through Hamilton Health Sciences from 2003 until 2006. I wanted to do something to help others, just as I had been helped by good, kind people when I was younger.

I was totally upfront about being diagnosed with high-functioning autism with both the supervisor of the program and the families who hired me. I first worked with a young man named Eric who was a few years older than me and had a more severe form of autism. My job was mainly to get him to improve his people skills and help him interact with the outside world more effectively and give his parents a bit of a break.

A year later, I was given the job of helping Wyatt, a 6 year old boy with higher-functioning autism. I helped Wyatt with reading, how to interact in public, care for his family's two cats and have fun. When Wyatt moved away to another city, he sent me cards and a photo of his new dog which he named partly after me calling it, "Maxwell Baxter". That made me feel pretty good.

I'm grateful that the families who hired me, saw beyond my disability and I hope that I inspired them as to the possibilities for their own children.

I graduated from McMaster University in 2006 with a Bachelor's Degree (BA) in theatre & film studies. One of the 1<sup>st</sup> things that made it different from my other university experience was that I felt less isolated and people were generally a bit friendlier.

As well, I received significant help from the Special Needs office which assisted in my academics. While I was getting better at explaining myself and autism to people being able to socialize was a still challenge because of my disability.

After graduating from Mac, I wanted to find a film school where I could put my interest in cinema and filmmaking into real use and opportunity. I was accepted into the film program at Niagara College. Because I already had a BA, I was able to enter the 2<sup>nd</sup> year of the 3 year program. When I entered Niagara College, I had an idea of some of the aspects of filmmaking and was very enthusiastic.

On the other hand, I was living away from home most of the time (except coming home for most weekends) and so I had to find a place to live in Welland and be able to take care of things in my own small apartment.

My dad and I found a very nice basement apartment and my Italian landlord was very nice and often gave me tomatoes from their garden. I was able to take care of my apartment and myself with no one to rely on for assistance.

I also learned how to get around in Welland, whether for groceries or paying bills and the quickest way to get to the College. Occasionally (mostly in my first year) I sometimes hung out with classmates that I was well acquainted with.

Equally important was that I was able to more effectively inform classmates and instructors about my own autism. It probably eased situations and allowed me to feel a bit more accepted than I used to feel.

I graduated from the broadcasting program in film in May of 2008.

So now that I've finished post secondary education, what do I want? Well, I want pretty much what any 27 year-old well-educated guy wants.

I would certainly like more friends to go out places and enjoy life.

I would like a girlfriend, or at least maybe a few dates. So if any of you out there like to play match-maker – I am totally amenable to blind dates and set-ups.

I'd like a job. Obviously I would love to work in my area of training ....the film or television industry. Right now, I do have a job, filming the horse races at Flamboro Downs, but would like to find more meaningful work in my area of expertise. I have also worked as a volunteer on a few film shoots in Hamilton and Toronto and I hope this might help me to pursue that area of employment.

Also I have recently become involved with Lawson Ministries in Hamilton which has just opened a centre for adults with autism. I spoke at their official opening on Friday.

At the new Lawson Autism Centre there will be a work office for its new video production company, Airborne Films. Mark VanNoord, an employee at Lawson Ministries, and I are as co-producers on this venture. The goal of Airborne Films is to produce videos that focus on the issues people with disabilities face as well as hopefully videos for business, weddings and advertisements.

We have already filmed an Autism Conference that was held in Hamilton in April and are in post-production work with that.

I intend to gain more experience and expertise working with Airborne Films so I can put the skills I learned at university and college to good use. If any of you here today are interested in the services of Airborne films, see me later and I will give you one of our business cards.

Getting and keeping a job is a huge challenge for anyone with autism. We desperately need employers and co-workers – whether in business, large or small, in government or in other organizations..... to hire us. We want to work, we want to support ourselves, and we want to be productive, contributing members of society.

We need companies and organizations to work with us, to figure out how to include us and take advantage of our skills for our mutual benefit.

Students, like me, who have worked hard to obtain post-secondary education, may not be the most charming people around the water cooler at work, but we are hard-working, reliable and determined individuals that would do a good job placed in the right position.

I was once told about a question put to Temple Grandin, a very famous person with autism who has had great success in her life. She was asked: "What would happen if the autism gene had been eliminated from the gene pool in earlier times?" And she answered, "You would have a bunch of people standing around in a cave, chatting and socializing and not getting anything done."

So maybe we won't score high on the socializing scale, but we can get things done!

I look forward to proving that to an employer as soon as possible!

Things have not always been easy for me and I know that I will face challenges as result of my autism in the future.

But I also know, despite the bad times, and despite the cruel, mean-spirited and ill-informed people I've had the misfortune of meeting over the years.....I have also had tremendous support and encouragement from many more wonderful, caring and helpful people.

That includes my family...some of who are here today...my mom, my aunt and my grandmother.....as well as friends – people like Adele, my aunt's neighbour who is also here. One thing Adele and I have in common is our love of dogs. She loves her dogs, just like I love my 10-month old puppy, Quincy.

And of course, I wouldn't be where I am today, if not for some of the great teachers and educational assistants I had in my younger days.

At my grade 8 graduation from Billy Green School, my educational assistant, Mrs. Aulenbeck gave me a plaque with a very special poem written on it. Over the years, I've tried to follow the advice given in that poem.

I think people with autism, the parents, family or friends of a person with autism and professionals within the community advocating and working on our behalf can be inspired by the poem as well.

I'd like to end my talk by reading you that poem.

**It's entitled...."Don't quit"**

When things go wrong  
As they sometimes will  
When the road you're trudging  
Seems all uphill,  
When the funds are low  
And the debts are high,  
And you want to smile  
But you have to sigh,  
When care is pressing  
You down a bit –  
Rest, if you must,  
But don't you quit.

Success is a failure  
Turned inside out  
The silver tint  
Of the clouds of doubt,  
And you can never tell,  
How close you are,  
It may be near  
When it seems afar.  
So stick to the fight  
When you're hardest hit –  
It's when things go wrong  
That you mustn't quit.

Thank you.



## **How to Contact Us**

### ***Mailing Address***

38 King Street East,  
PO Box 66512  
Stoney Creek, Ontario L8G 5E5

### ***Physical Address***

25 King Street East, Unit #3

### ***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)
- Hold an Autism Awareness Day at your establishment
- 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!

Submit questions to our experts or an idea for our newsletter via email at info@cnafe.net, by phone at 905-930-8682, by fax 905-930-9744, or via mail at 38 King Street East, P.O. Box 66512 Stoney Creek, Ontario L8G 5E5

The Canadian National Autism Foundation will attempt to have all questions answered in a timely manner, and to ensure that names are kept confidential. Not all questions posed will be published in a particular issue. The Canadian National Autism Foundation is not responsible for the responses given by the expert to questions posed through this outlet, and we encourage you to consult with other experts for additional advice and information.

### **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.