



SHARING THE SPECTRUM

An Autism Canada Newsletter

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April 21, 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.

Zoomitis

by Bruce Petherick

"As long as I had my piano, or I was fully prepared for what was going to happen, I was ok. Fine. Good.."

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



Bruce Petherick

Free to Stim

by Christopher Whelan



Christopher Whelan

"Each person has a different sensory profile. Many of these sensations are not within our control. We can't turn the fluorescent lights off in the grocery stores or the mall. We can't stop people from beeping their car horns. We can only change what we do to keep ourselves safe."

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

COVID-19: Coping Advice from a Spectrum Dweller

by Jason Oldford

"It's never easy for people on the spectrum to adjust to new routines in times like these, but they have to find them and get used to them."

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



Jason Oldford

Wearing Masks

by Katherine Gallagher

SPECTRUM EXPRESSIONS

INSPIRED BY UNIQUE PERCEPTIONS

"For me, wearing a mask is not so much about trying to hide my autism. It has more to do with handling the interactions I face with other people in my life."

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



ASD Central on Facebook.

Join the conversation!



We want to give back to the autistic community and the best way to do that is through **YOU!**

"If the money we donate helps one child or can ease the pain of one parent, those funds are well spent"

- M.B from Nova Scotia - Donor

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Tune in to our podcast! SHARING THE SPECTRUM
An Autism Canada Podcast



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