



# SHARING THE SPECTRUM

An Autism Canada Newsletter

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June 2, 2020



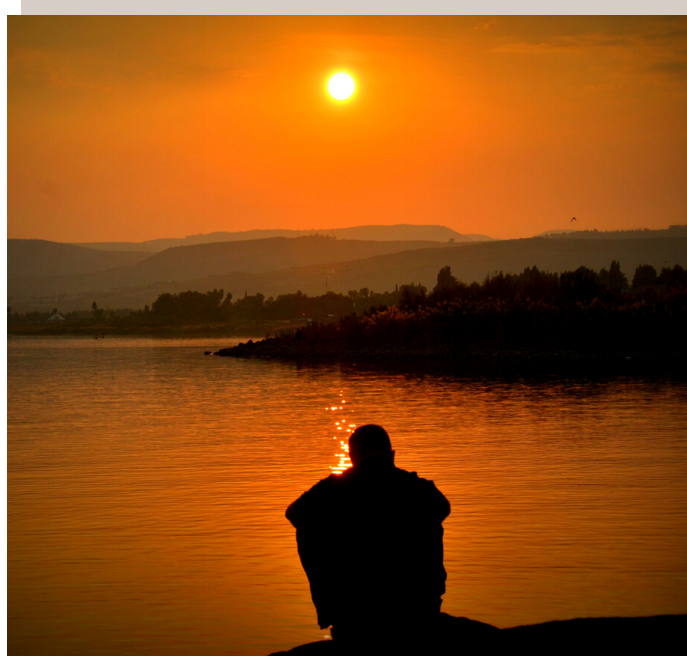
## Welcome to Sharing the Spectrum

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](mailto:info@autismcanada.org)

### **I am not OK.** by Bruce Petherick

"I realize I've got stress and sometimes it's a lower level, and sometimes it's really high and I don't have a reason for it. I also need routine. Not like some autistic people who need rigid routines, but I need a routine."

[Click here to view Bruce's video](#)



### **The Autistic Nation is a Virtual Space** by Christopher Whelan



"Virtual space is culturally important to autistic people. Forums, chat rooms, blogs, and online games were one of the first places where autistic people, normally socially isolated from each other, could gather together with people like them."

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

### **Autism and Tax Time** by Jason Oldford

"Tax time can be trying for anyone, especially for individuals on the spectrum. For me, it's a time of anxiety more than anything else."



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

### **Autism and Employment** by Katherine Gallagher



"An autistic could be uncomfortable accepting a job offer without disclosing their diagnosis. I did not feel this way. Through my research about whether to disclose, I found that you do not need to disclose if your disability does not affect your job."

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

### **My autism service dog** by Ally Gallina - 12 yrs old.

"This is a book about a girl with autism and how she copes with her life struggles. It's about her family and how it's hard to be autistic sometimes. If you read this book you will read happy things and sad things that are true.

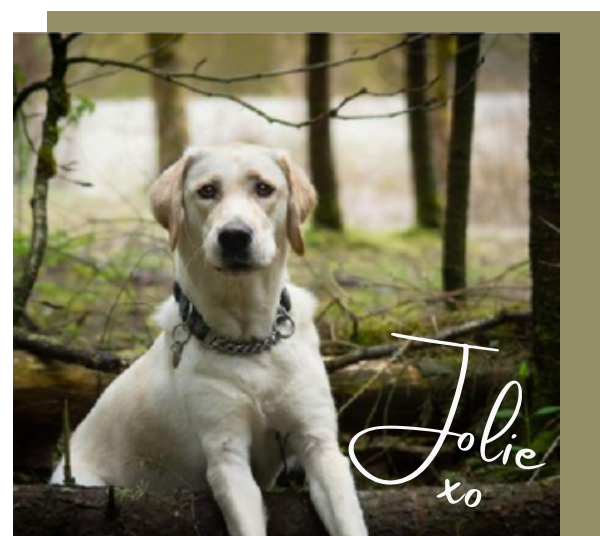
I know it can be hard to understand something that you don't really know about, this is why I made this book. I am almost 12 and have a service dog that is three years old she is from the Lions foundation of Canada; she is the best dog in the world. She helps me by keeping me safe, by making it, so I don't have panic attacks and more.

Having Jolie in my life make me feel like I have a purpose, this is something that I had never felt before. I was lost, that is why Jolie is the best! I know everybody says their dogs are the best, but I feel of course that I'm right! Autism is different for everyone, for example I'm really bad at school. I have trouble with math, science, reading and writing. I love signing, drawing and Jolie." - Ally Gallina

You can download Ally's book "My Autism Service Dog" [here](#)



Ally and Jolie



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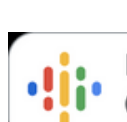
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