

To seek emergency help contact:

Mobile Crisis Units provide crisis intervention and suicide prevention services to persons experiencing emotional or mental health crises.

Crisis Stabilization Units (CSU) are short-term community-based settings that provide mental health intervention to persons who require specialized mental health supports but not hospitalization.

Within Winnipeg:

Winnipeg Regional Health Association (WRHA)
Mobile Crisis Service: 946-9109

WRHA CSU: 946-9420

Youth Mobile Crisis Team/Macdonald Youth
Services: 949-4777

Sara Riel Crisis Stabilization Unit: 233-2756

Salvation Army CSU (24 h service): 949-9109

Marymount CSU (for girls and women): 338-7971
Seneca House: 231-0217

Help Lines:

Klinik Crisis Line: 786-8686

WRHA Central Intake (adults): 940-2655

WRHA Central Intake (children): 958-9660

Seneca Help Line (7 pm – 11 pm only): 942-972

Outside of Winnipeg:

Please check the local resources and verify their role in crisis situations.

Here to Help

Asperger Manitoba Inc. (AMI) grew out of a support group for parents of adults with Asperger Syndrome who recognized the need for increased awareness, understanding and ongoing supports, specific to the needs of adults with Asperger Syndrome living and working successfully within the community. AMI is committed to ensuring that this support will be available to all people living with Asperger Syndrome.

AMI currently supports a variety of programs including:

- Parents of Adults with Asperger Syndrome Support Group
- Support Group for Adults with Asperger Syndrome
- Social Group for Adults with Asperger Syndrome.

Please visit www.asperger-manitoba.ca

For information contact:

Phone: 204 -947-9449

Email: info@asperger-manitoba.ca

Visit: www.asperger-manitoba.ca



Asperger Manitoba Inc.

Celebrating Abilities

Asperger Manitoba Inc. is a not-for-profit corporation in the Province of Manitoba. It has registered charity status under subsection 188(1.3) of the Government of Canada Income Tax Act and is identified for charitable purposes under the registration number 84841-7341-RR0001.



Asperger Manitoba Inc.

Celebrating Abilities



Celebrating
Abilities



“As they enter adulthood, they are presented with many challenges when leaving the structure and support of the family home and the school system.”

Asperger Manitoba’s Goals

1. To provide support for those affected by Asperger Syndrome by offering education and counselling.
2. To educate the public about Asperger Syndrome and the needs of persons affected by Asperger Syndrome by collecting and disseminating information on the topic.

What is Asperger Syndrome?

Asperger Syndrome is neurodevelopmental disorder on the autism spectrum. It shares many of the same characteristics as autism including difficulty within the realm of social interaction, communication and understanding and displaying appropriate emotions. Sometimes people with Asperger Syndrome also experience anxiety, depression and various learning disabilities.

Persons with Asperger Syndrome often need extra support in achieving their potential within the educational system. As they enter adulthood, they

are presented with many challenges when leaving the structure and support of the family home and the school system; going on to higher education (establishing independence) and entering the work force. Without the long term supports they need to survive, adults with Asperger Syndrome remain emotionally and financially dependent upon their families, social assistance and/or the legal system.

People with Asperger Syndrome, with the help of their parents and caregivers need accurate information, support and encouragement to become successful, happy and fully contributing citizens within their communities.

A person with Asperger Syndrome may find the following areas challenging:

Socialization

- Socially awkward or clumsy
- Naïve, gullible and risk of victimization by peers
- Fears, anxiety and poor eye contact
- Difficulty making friends
- Inability to understand others’ feelings or emotions
- Unable to detect the nuances of social interaction
- Difficulty with spatial awareness

Communication

- Inability to maintain a reciprocal conversation
- Literal use and interpretation of language
- Unusual speech patterns:
 - repetitive
 - abnormal tone and/or volume
 - irrelevant remarks
 - stilted/formal manner
 - tendency to lecture others

Emotions

- Emotional sensitivity and overreaction
- Easily upset by changes in routine
- Rigid, ritualistic behaviour patterns
- Repetitive movements and fixation on one subject or object
- Peculiar sleeping and/or eating patterns
- Hyper sensitivity to sensory stimuli (sounds, light, taste, touch, odors)

The Gift of Asperger Syndrome

Positive aspects that individuals with Asperger Syndrome can bring to any environment:

- Creative thinkers with exceptional skills or talents in specific areas such as memory, art, music, math etc.
- Great attention to detail and often thrive on routine and repetitious tasks
- Unconventional problem solving
- Ability to focus on topics of interest for extended periods of time
- Punctuality, reliability, low sick time