



# SHARING THE SPECTRUM

An Autism Canada Newsletter

 **Donate today!**

December 29, 2020



On behalf of the staff and volunteer Board of Directors, we wish you a very

*Happy New Year!*



## Identity - Part 1 of 2

by Minni K. Ang

"No matter how much of a loner an individual may be, the answer to the question "Who are you?" is invariably some form of identification with a group.

I think this is because we understand ourselves in context amongst others. It helps to know where or with whom we truly "belong".

**Hello my name is...**



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

## Troubleshooting with Henry - Kitchens

by Henry Bockstael

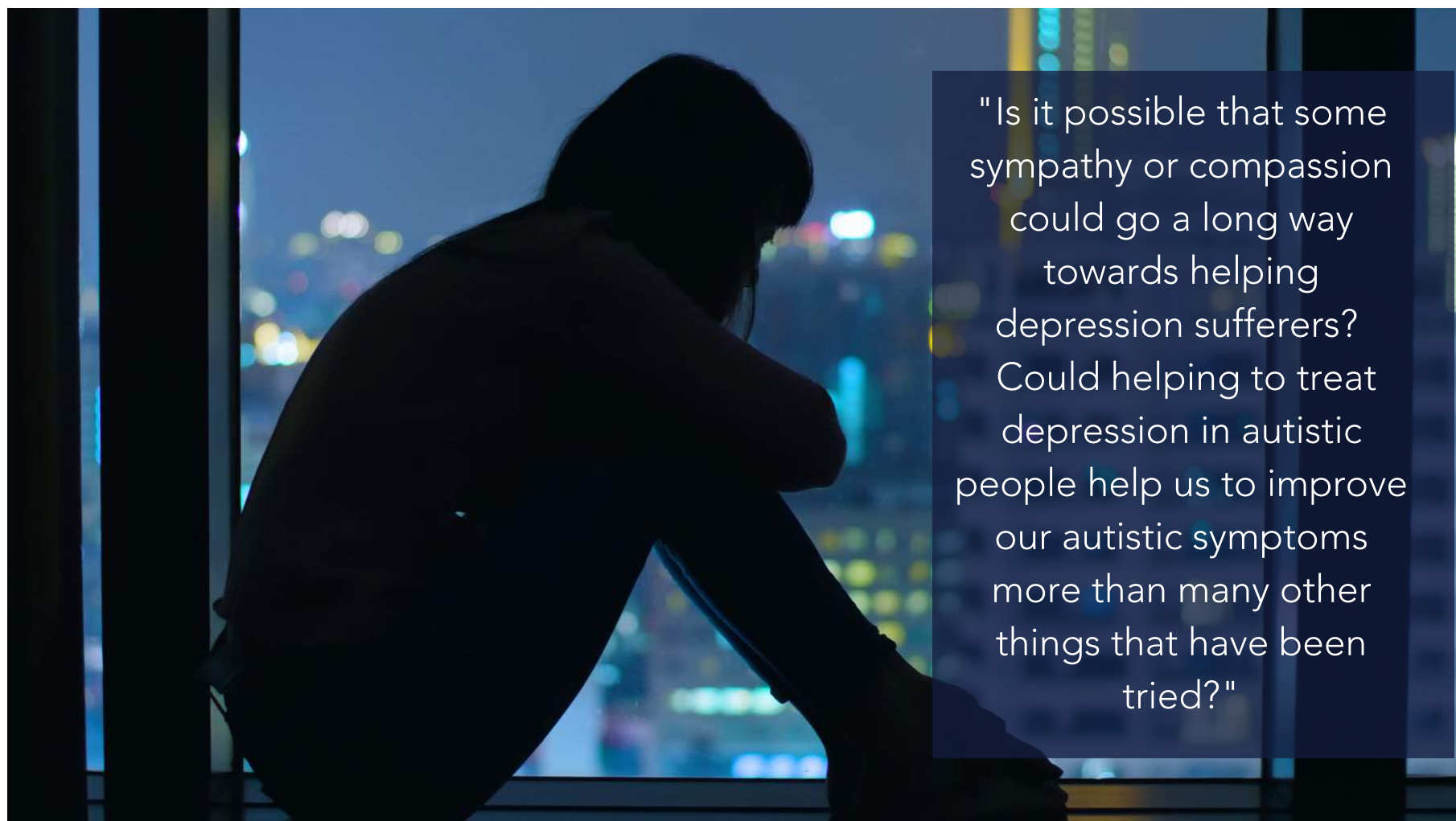


This video is about choosing accommodations when travelling, with a focus on kitchens. Cooking for yourself is a budget saver, but you want to be on the lookout for details about what may or may not be available in your chosen lodgings! Watch for some great tips!

Click [here](#) to watch Henry's video

## Autism and Depression: Which is More Disabling?

by "D"



"Is it possible that some sympathy or compassion could go a long way towards helping depression sufferers? Could helping to treat depression in autistic people help us to improve our autistic symptoms more than many other things that have been tried?"

Click [here](#) read D's article.

## Making a Mountain out of a Molehill

by "B"

"Whether it's trivial outbursts or major ones, my bad habit of making mountains out of molehills is one I've been working to curb lately. As I've matured and grown older, I've recognized it as a problem that I need to improve on."

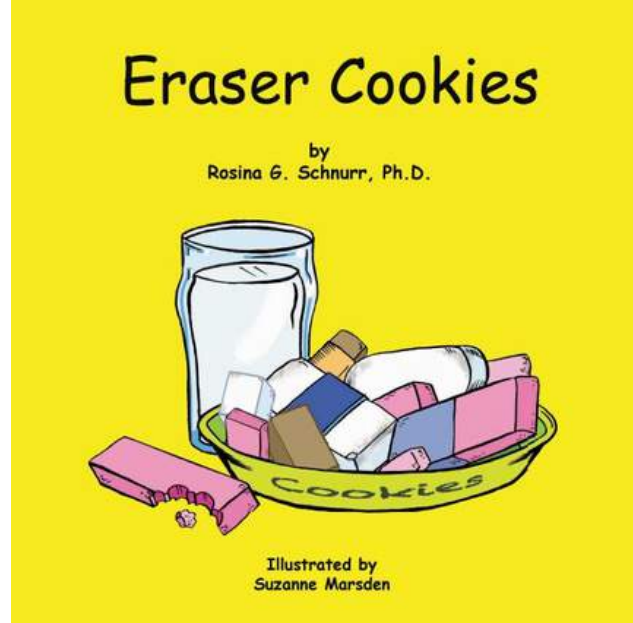
Click [here](#) to read B's article

## Eraser Cookies

by Rosina G. Schnurr, PH.D.

Children, parents and teachers will enjoy reading this book. They will gain insights into the lives of special children and learn useful strategies applicable to everyday life.

Get your copy [here](#).



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