



THERAPY



Behavioural Therapy (ABA) Services

**We do everything we can to help you
live your best life.**

Imagine a healthcare experience that's all about you – with personalized care and therapy tailored to your unique needs and goals. That's our vision, and it's *pretty simple*.

At Spark Lifecare, we believe care should be personal, straightforward, and accessible for everyone. With our behavioural therapy services, we offer flexible, family-centred support that meets individuals where they are.

Nurturing Positive Family and Home Environments with Evidence-Based Therapy

At Spark, we prioritize building positive, supportive environments where individuals and families can grow and thrive.

With Applied Behaviour Analysis (ABA) therapy, we focus on teaching essential life skills, promoting development, and fostering positive changes in behaviour using evidence-based principles.

Specifically, ABA therapy aims to:



Increase language and communication skills



Improve attention, focus, social skills, memory, and academic abilities



Decrease problematic or interfering behaviours

We help children on the autism spectrum as well as individuals of all ages develop in areas that matter most to them, such as building skills for greater independence and enhancing their quality of life.



Our Approach

At Spark, we offer flexible, family-centered behavioural therapy that meet clients where they are, whether at home, in the community, virtually, or at our centre.

Our Registered Behaviour Analysts (RBAs) lead the process with care from start to finish. They complete personalized assessments, design customized therapy plans, and

monitor progress through ongoing data review.

Therapy may be provided by an RBA or one of our trained Instructor Therapists.

Throughout your journey with us, your RBA stays closely involved to support you at every stage.

Ways We Can Help

We provide various forms of behavioural support with **pre-paid package options** to meet you and your family's needs:



Focused ABA Services

Duration: ~ 2-4 hours per week, over a 6-month period

Focus: 1-3 functional skills or interfering behaviours

Approach: Skill and function-based assessments

Supports a wide range of developmental goals and is designed to be completed within approximately six months. *If goals are not yet mastered within this timeframe, or if families wish to continue, services can be extended to ensure continued.*

Comprehensive ABA Services

Duration: ~ 9-15 hours per week, over a 6-month period

Focus: 3+ functional skills across multiple developmental domains

Approach: Intensive 1-1 sessions that combine structured teaching (e.g. foundational skills, academic tasks) with naturalistic or play-based interventions, tailored to individual needs

Promotes independence by building a wide range of skills, from communication and daily living to academic and social development. *Services can be delivered at home or in a center-based setting, based on the individual's needs.*

Parent Skills Training

Duration: 9 weeks

Focus: Targets a single goal (e.g. teaching a new skill or decreasing a minor challenging behaviour)

Approach: Parent training on general ABA principles and strategies to address challenging behaviours

Supports parents in collecting ABC (Antecedent-Behaviour-Consequence) data over one week to help identify behaviour patterns. Based on this, tailored strategies are introduced to empower parents to confidently implement positive behavior changes in daily routines. *Training is available in-person, virtually, or in a hybrid format.*



For More Information

About our services and offerings, visit:

sparkcares.ca/aba 



Get Started with Spark

Make a Referral

If you are in need of ABA support for you and your family, please complete our referral form:

sparkcares.ca/aba 

Schedule a Call

Book a call with us for a general consultation about our services, costs, and support options:

sparkcares.ca/consult 

General Inquiries

For general inquiries about our offerings or prices, please get in touch with us at hello@sparkcares.ca or call 1 888-201-0250.



Our Locations

We service different locations across Ontario and Canada.

Headquarters

 10 Florence Street
Ottawa, Ontario, K2P 0W7
Canada

 hello@sparkcares.ca

 1 888.201.0250

You Can Find Us In:



ONTARIO

✓ Ottawa ✓ Quinte ✓ Brockville
✓ Kingston ✓ Cornwall ✓ Hamilton

ALBERTA

✓ Calgary

BRITISH COLUMBIA

✓ Nelson

Not In Your Area?

If you would like to access Spark services in your area, please contact us to express your interest and help us expand our reach!

About Spark Lifecare: Spark Lifecare is an innovative and award-winning inclusive and equity-focused organization that promotes client access to personalized collaborative care and therapy in homes and communities across Canada.

Learn more at sparkcares.ca

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