



Welcome Package

Welcome to Gros Morne National Park! Parks Canada has been working in collaboration with the Autism Society, Newfoundland and Labrador (ASNL), Autism Involves Me (AIM), and Autism Canada to create a travel package for families and individuals living with Autism Spectrum Disorder (ASD). Our mission is to provide an autism-specific, safe, enjoyable experience for everyone, while limiting stress and challenges for visitors. This option will be available for individuals and families who wish to create a memorable experience vacationing in Gros Morne.

The package involves full accommodations in one of our Rustic Cabins in Berry Hill. We have included sensory-aware items that may be hard for families to travel with, as well as, some information that you might find useful during your stay. Whether you are looking for adventure or relaxation, Parks Canada's Rustic Cabin is sure to make you feel right at home. We hope you enjoy your visit!

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Emergency Contacts and Services

Rocky Harbour

For all EMERGENCIES call 911

RCMP: 1-709-458-2222

Bonne Bay Health Care Centre (Hospital): 1-709-458-2211/2201

Fire Department: 1-709-458-2698

Tryco Ambulance Services: 1-709-458-3444

Pharmacy: 1-709-458-3366

Norris Point

For all EMERGENCIES call 911

RCMP: 911 or 1-709-458-2222

Bonne Bay Health Care Centre (Hospital): 1-709-458-2211

Fire Department: 911

Tryco Ambulance Services: 911 or 1-709-458-3444

Pharmacy: 1-709-458-2557

Dr. Bowen's Medical Clinic: 1-709-458-3001

Cow Head

For all EMERGENCIES call 911

RCMP: 1-709-458-2222

Bonne Bay Health Care Centre (Hospital): 1-709-458-2211/2201

Fire Department: 1-709-243-9999

Cow Head Ambulance Service: 1-709-243-2520

Cow Head Medical Clinic: 1-709-243-2407

St. Paul's

For all EMERGENCIES call 911

RCMP: 1-709-458-2222

Bonne Bay Health Care Centre (Hospital): 1-709-458-2211/2201

Fire Department: 1-709-243-2702

Ambulance Service: 1-709-243-2520

Cow Head Medical Clinic: 1-709-243-2407

Woody Point and Glenburnie-Birchy Head Shoal Brook

For all EMERGENCIES call 911

RCMP: 1-709-458-2222

Bonne Bay Health Care Centre (Hospital): 1-709-458-2211/2201

Fire Department: 1-709-453-2100

Ambulance: 1-709-453-2048

Medical Clinic: 1-709-453-2268

Trout River

For all EMERGENCIES call 911

RCMP: 1-709-458-2222

Bonne Bay Health Care Centre (Hospital): 1-709-458-2211/2201

Fire Department: 911

Ambulance: 1-709-453-2048

Medical Clinic: 1-709-451-3111

General

24/7 Emergency Contact Number for GMNP and all the sites is a dispatch service out of Jasper NP: 1-877-852-3100

Newfoundland and Labrador HealthLine:

Toll Free

1-888-709-2929

1-888-709-3555

Pediatric Telephone Advice Line:

Toll Free

1-709-722-1126

1-866-722-1126

Poison Control Centre:

Toll Free

1-709-722-1110

1-866-727-1110

Autism Society of Newfoundland and Labrador:

1-709-722-2803

Social Stories

Social stories are simple descriptions of events and scenarios which help families prepare for particular social situations.

When I go camping!

Today I am going camping. We love to go camping!

When I go camping, I make sure I pack everything I need in my bag like my toothbrush and my pajamas.

When I go camping, I travel there by car or airplane.

When I go camping, I get to sleep in bunk beds!

When I go camping, if the weather is nice then I can play on the playground.



When I go camping, the weather might not always be good. Sometimes I will have to stay inside if it is a bad day outside. That means I can play inside games!



When I go camping, I will follow the safety rules for camping.

When we are ready to go home, I will pack up all of my belongings.

We will get in a car to go back home.

When we go camping, we all have so much fun.

It's campfire time!

Tonight I am having a campfire!

The adults will set up the campfire. They will gather the wood and light the fire.

I will follow the safety rules for having a fire because fire can be dangerous and hurt me.

I might roast marshmallows on the fire.

I might sing songs around the campfire.

When campfire time is over, the adults will put out the fire and I will watch.



We are going on a Boat Tour!

I will get in my car and put on my seatbelt because we have to drive ____ minutes to a place called Western Brook Pond.

On the way, I might see some animals. I might see moose, birds, caribou or bunnies!

The weather might be good or it might be bad. If it is good then the sun will be shining or the skies will be blue. But if it is bad then it might be raining or foggy. Sometimes the boat tour will be cancelled if we have bad weather.

When I get to Western Brook Pond, I will take a trail and walk 45 minutes into the boat.

I will follow the safety rules for going on a walk.

I will wait until we are ready to go on the boat.

Maybe I will go play outside if the weather is good.

When we are ready to get on the boat, I will follow the safety rules so I do not get lost or hurt.

The boat ride will be two hours long and I will see beautiful mountains and water. We will enjoy the boat tour! When the boat tour is over, I will get off the boat and walk 45 minutes to get back to our vehicle.

We will get in our car and put on our seatbelts and drive ____ minutes to get back to the cabin.



I'm going for a hike!

Today I am going for a hike!

I will leave the cabin and get in the car. I will put my seatbelt on and we will drive until we reach the parking lot of the hike.

When I get out of my car, I will wait for the other people to be ready to go on our hike.

When they are ready, we will start walking along the trail.

There might be a lot of people on the same hike as us so I have to walk on the right hand side of the trail.

I will follow the safety rules of the hike because I do not want to get lost.

There will be lots of trees around us.

On the hike, I might see some animals. I might see moose, birds, caribou or bunnies! I can look at them but I cannot touch them because they are wild animals and I do not want to get hurt.

Sometimes the weather does not always stay good on a hike. But that is okay because I can put my jacket on if it is raining or if I am too cold.

I will take breaks and eat snacks when I need to but I will not litter my garbage.

When I am done hiking I may feel tired.

I will get back in my car, put my seatbelt on and drive back to the cabin.

I will enjoy being outside!



To the Marine Station we go!

Today I am going to the Bonne Bay Marine Station!

I will get in my car and put on my seatbelt because we have to drive ____ minutes to a town called Norris Point.

When I get there, I will meet a tour guide. The tour guide will talk to us about all the different animals and plants living at the Marine Station.

I will follow the safety rules for the Marine Station.



I will follow the tour guide around the building and look at all the different animals.

Sometimes I might want to speak when the tour guide is speaking. I might want to start talking right away and I do not want to wait.

It is rude to interrupt someone so I will wait my turn. I will wait for when they are done speaking and I will say “excuse me”. If I have a question, I will raise my hand.

I feel good when I do not interrupt people.

I am going to touch the different sea creatures in the touch tank. I will hold a star fish, hermit crabs and maybe some sea urchins. Some might feel prickly and some might feel soft. Some animals might be tiny and some might be big.



I will be careful to not hurt any animals and only pick up the ones that I am told I am allowed to pick up. I will have lots of fun at the Marine Station!

When the tour is over, I will get back in my car and drive ____ minutes back to the cabin.

Let's go to the Beach!

Today I am going to the beach. We love to go to the beach!

I am going to pack my beach toys and my towel.

I can build sandcastles on the beach.

I am going to walk in the sand and play in the water. If I do not like the feeling of the sand on my feet then I can wear beach shoes.



The others will help me put sunscreen on to protect my skin. I should also wear a hat and sunglasses to stay safe from the sun.

I will always wear my lifejacket or floaties in the water so I can be safe. I will always follow the safety rules of the beach.

There might be a person called the Lifeguard at the beach. They are there to help us if we need it.

I might see a colourful sea creature called a jellyfish!

Sometimes at the beach the water is cold and the wind is blowing.



When I am hungry or thirsty, I will take a break and have a snack. I will put my garbage in the garbage can and I will not litter.

I am going to look through the sand and rocks to find some beach glass.

If I find anything that I like that belongs to nature, I will put it back.

I will not take anything from the beach other than beach glass.

I feel happy when I am at the beach. I will have lots of fun at the beach!

Hiking to the top of the Tablelands!

Today I am going to hike the Tablelands.

I am leaving my cabin and we are going to drive _____ minutes to get to the Tablelands trail.

In the car I will wear my seatbelt.

When we arrive, I will follow the safety rules of hiking because I do not want to get lost.

We might have a tour guide. If we do, I will listen to the tour guide.

I will follow the others in the trail and I will walk.

I will be respectful to other people hiking too.

I will hike to the very top of the mountain and get to see all kinds of cool rocks.

If I am hungry or thirsty then I will take a break when I need one. But I will not litter!

On the hike, I might see some animals. I might see moose, birds, caribou or bunnies! I can look at them but I cannot touch them because they are wild animals and I do not want to get hurt.

Sometimes the weather does not always stay good on a hike. But that is okay because I can put my jacket on if it is raining or if I am too cold.

When I am done hiking the Tablelands I may feel tired.

But I will enjoy hiking the Tablelands!

I will get back in my car, put my seatbelt on and drive _____ minutes back to the cabin.



We are going to a cabin!

Today I am going to stay in a cabin in Berry Hill.

I am very excited!

We are going to pack everything we need.

We are going to drive to the campground so I will get in the car and put on my seatbelt.

We will take a turn off the highway when we see the sign for Berry Hill.

We will drive up to the kiosk.

We will talk to the friendly Parks Canada staff.

They will give us the key to our cabin.

We will follow the signs to get to our cabin. The Parks Canada staff will help us get to our cabin.

We might see some animals at the cabin like a bunny! I will not touch the animals, I will just look at them. The cabin will be really fun!



I have to go to the bathroom!

I have to go to the bathroom but I am not in my cabin.

I am at the campgrounds.

I will ask permission to go to the bathroom.

I will follow the safety rules before I go to the bathroom.

If I do not know where the bathroom is, I will ask the adults or one of the Parks Canada staff. I will use the bathroom then wash my hands.



Today we are leaving!

Today we are leaving our cabin at Berry Hill.

We will pack our bags and clean up the cabin.

I will get in the car and put on my seatbelt.

We will drive back to the kiosk.

We will give the people in the kiosk our key to the cabin.

We will follow the road back to the highway.

I might feel sad leaving the cabin but that is okay.

We will go to our next stop!

