



## Program Schedule for 2020 Fall • Parent •

Day/Time/Dates

Program

Location

Ages

Price

### Virtual Programs

#### Monday

**7:30pm - 8:30pm**

**Early Childhood Parent Group**

**Virtual (Zoom)**

**Parents**

**\$395**

9/14 9/21 10/5 10/19  
11/2 11/16 11/30 12/7

Structured parent groups provide a space for parents to connect and support each other in raising Neurodiverse children. Each group series will include both psychoeducational programming and workshops as well as moderated discussion.

The Early Childhood Parent Group is designed for parents and caregivers of children, ages 4-8, diagnosed with high-cognitive autism spectrum disorder or similar social-cognitive profiles (ADHD, Social-Communication Disorder, anxiety, etc.). Content will focus on understanding your child's neurodiversity, building a network of resources, navigating the local and broader landscape of support for children with high-cognitive ASD, breaking down the Special Education process and adjusting to the responsibilities and complexities of being a case manager and caregiver.

#### Tuesday

**7:30pm - 8:30pm**

**Pre-teen Female Parent Group**

**Virtual (Zoom)**

**Parents**

**\$395**

9/15 9/22 10/6 10/20  
10/27 11/10 11/17 12/1

Structured parent groups provide a space for parents to connect and support each other in raising Neurodiverse children. Each group series will include both psychoeducational programming and workshops as well as moderated discussion.

The Pre-Teen Female Parent Group is open to parents of pre-teen females with high-cognitive autism spectrum disorder or a related social-cognitive profile. Topics will include our current understanding of gender and the presentation of high-cognitive ASD, discussion of the typical adolescent milestones and supports and strategies uniquely matched to adolescent girls.

#### Thursday

**7:30pm - 8:30pm**

**Stress Management Parent Group**

**Virtual (Zoom)**

**Parents**

**\$395**

9/24 10/1 10/22 11/12  
11/19 12/3 12/10 12/17

Structured parent groups provide a space for parents to connect and support each other in raising Neurodiverse children. Each group series will include both psychoeducational programming and workshops as well as moderated discussion.

The Stress Management Parent Group will incorporate teaching and active group collaboration to identify and provide resources for management of stress in the home. Topics will include the biology of stress, stress vs. anxiety, Mindfulness and the Mind-Body Connection, proactive and reactive strategies and setting realistic expectations.

### Virtual Special Events

#### Saturday

**10:00am - 11:15am**

**Motivating Young Adults to Take the Next Step: A job readiness workshop for parents**

**Virtual (Zoom)**

**Parents**

**\$50**

10/3

This workshop is intended for parents of young adults on the spectrum who are interested in motivating their kids to explore work options. This training will focus on defining success and identifying barriers in order to make progress toward employment goals. Parents will gain better understanding of their role during this stage of life and build strategies to encourage motivation.

- To register for a Parent Program or Special Event, please submit a Parent Programs application.

