Aspire

Parent Program Schedule - Summer 2022

Day/Time/Dates	Program	Location	Ages	Price

Virtual Programs

Tuesday

7:00 pm - 8:00 pm	**Build Your ASD Parenting Binder for Home, School, and the Community**	Virtual	**18 +**	**$375**

7/5   7/12   7/19   7/26
8/2   8/9   8/16

Using *Take Charge of Treatment for Your Child with Asperger's (ASD)* as the textbook for this training, this structured group will teach you how to customize a parenting guide for your child's unique ASD profile and needs – a comprehensive toolbox for home, school, and the community.

Topics will include understanding your child's unique profile, collaborating effectively, building routines and schedules, defining behavioral expectations, helping your child work with important adults, managing crises and emotions, navigating transitions and changes, and promoting independence.

Sessions are organized with presentations, interactive exercises, and opportunities to share. Weekly assignments support learning and the step-by-step development of your ASD parenting binder

Aspire Specialty Services

Parent Coaching   **$375**

Each parent coaching session lasts 50 minutes. An initial three-session package ($375) is recommended for new parent participants.

* Scroll down to the next page to view our Virtual Workshops for Parents and Caregivers*

Day/Time/Dates	Program	Location	Ages	Price

Virtual Workshops

12:00 pm - 1:00 pm

7/6/2022

Understanding and Managing Meltdowns, 101 **Virtual** **Free**

This workshop is intended for parents and caregivers of elementary school-aged children with ASD or a similar social profile who are looking for an introduction to the topic of Managing Meltdowns, including concepts, vocabulary, and objectives.

Participants will review the difference between a meltdown and a tantrum, the anatomy of a meltdown, including typical triggers and various considerations that might lead to escalation. Participants will learn strategies to help manage each phase of the meltdown.

12:00 pm - 1:00 pm

7/20/2022

Understanding and Managing Meltdowns, 102 **Virtual** **Free**

This workshop is intended for parents and caregivers of elementary school-aged children with ASD or a similar social profile who have already completed our Understanding and Managing Meltdowns 101 workshop, or who have had similar experience and exposure to the subject. The content in this workshop will build upon the introductory concepts.

Participants will review how to spot early warning signs, and review proactive and in-the-moment tools and coping strategies for both parent/caregiver and child. Participants will learn targeted strategies to help manage meltdowns during specific situations (homework, transitions, bedtime).

12:00 pm - 1:00 pm

8/3/2022

Understanding and Managing Meltdowns, 103 **Virtual** **Free**

This workshop is intended for parents and caregivers of elementary school-aged children with ASD or a similar social profile who have already completed our Understanding and Managing Meltdowns 101 and 102 workshops, or who have had intermediate level education and exposure to the topic. This workshop will build upon the content provided in 101 and 102.

Participants will review how to build reasonable data collection mechanisms and evaluate patterns, and learn how to use a child's strengths to reduce frequency and duration of meltdowns. Participants will customize a crisis response plan, develop a proactive stress reduction plan, and learn tips to collaborate effectively with team members and providers to coordinate care.

12:00 pm - 1:00 pm

7/14/2022

Disclosure, 101 **Virtual** **Free**

This workshop is intended for parents and caregivers of individuals with ASD or a similar social profile who are looking for an introduction to the disclosure process, concepts, vocabulary, and objectives.

Disclosure is more than introducing a diagnosis. Participants will discuss learning how to gather and organize diagnostically relevant information to educate your child, and understanding age-appropriate developmental milestones regarding identity and self-awareness.

12:00 pm - 1:00 pm

7/27/2022

Disclosure, 102 **Virtual** **Free**

This workshop is intended for parents and caregivers of individuals with ASD or a similar social profile who have already completed our Disclosure 101 workshop or who have had similar experience and exposure to the subject. The content in this workshop will build upon the introductory concepts.

Participants will review existing literature on disclosure focusing on parent perspectives. This includes identifying the positive aspects of disclosure, fears and concerns, learning how to talk about ASD to introduce it effectively to children, and learning how to promote self-awareness through disclosure, which will support self-disclosure and self-advocacy in the future.

Day/Time/Dates	Program	Location	Ages	Price

12:00 pm - 1:00 pm   **Disclosure, 103**   **Virtual**   **Free**

8/11/2022

This workshop is intended for parents and caregivers of individuals with ASD or a similar social profile who have already completed Disclosure 101 and 102 workshops or who have had intermediate level education and exposure to the disclosure process and core concepts. This workshop will build upon the content provided in 101 and 102.

Participants will discuss how to customize their disclosure road map. This includes planning for challenges or negative emotions, building community and healthy self-awareness, and considering different contexts of disclosure (employer, friend, family, acquaintance).

12:00 pm - 1:00 pm   **The Back-to-School Project Session 1: Executive Functioning**   **Virtual**   **$35**

8/4/2022

Getting prepared for your neurodiverse child to go back to school in the fall is a multi-step process. Thoughtful organization can help support family regulation and healthy functioning. This group will help you determine what needs to be done to promote a successful transition into a new school year and walk you through the steps necessary to customize your proactive back-to-school plan.

Session 1: Executive Functioning - topics include schedules and routines, school supplies, transportation, creating a family calendar for the school year, extra-curricular activities, clothes/ uniform, lunch, and annual physical/vaccination.

The Back-to-School Project Series: $80 to attend all three sessions.

12:00 pm - 1:00 pm   **The Back-to-School Project Session 2: Social Competency - Connection and Collaboration**   **Virtual**   **$35**

8/10/2022

Getting prepared for your neurodiverse child to go back to school in the fall is a multi-step process. Thoughtful organization can help support family regulation and healthy functioning. This group will help you determine what needs to be done to promote a successful transition into a new school year and walk you through the steps necessary to customize your proactive back-to-school plan.

Session 2: Social Competency: Connection and Collaboration - topics include creating an information sheet about your child, ASD-informed tools and strategies, collaboration with the school liaison or special educator, communication logs, and supporting children with social integration.

The Back-to-School Project Series: $80 to attend all three sessions.

12:00 pm - 1:00 pm   **The Back-to-School Project Session 3: Stress Management**   **Virtual**   **$35**

8/17/2022

Getting prepared for your neurodiverse child to go back to school in the fall is a multi-step process. Thoughtful organization can help support family regulation and healthy functioning. This group will help you determine what needs to be done to promote a successful transition into a new school year and walk you through the steps necessary to customize your proactive back-to-school plan.

Session 3: Stress Management - topics include ASD-informed tools and strategies, transition supports, and stress reduction strategies.

The Back-to-School Project Series: $80 to attend all three sessions.