

LURIE CENTER FOR AUTISM

Parent and Caregiver Workshops



Lurie Center for Autism invites parents, guardians, and families to participate in our Parent and Caregiver Workshops. All workshops are held virtually and open to the public. Registration is Required.

Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.



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Lurie Center for Autism is an integrated and multidisciplinary clinical, research, training and advocacy program dedicated to treating individuals with autism spectrum disorder. Our mission is to treat individuals and support their families across the lifespan.

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Parent and Caregiver Workshops

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For Newly Diagnosed

Understanding Your Child's New Autism Diagnosis and Next Steps

Receiving a new diagnosis can be a life changing experience for caregivers. This interactive workshop is geared toward caregivers of young children under the age of 7. It provides general education about autism spectrum disorder and an overview of the treatments and community services available to children and families.

TIME Workshop schedule will vary

COST: Free

DATES: This single session hour-long workshop is held weekly.

Please email LURIECENTER@MGB.ORG to confirm available dates/times.

Autism 101: 6-Session Series for Parents of Newly Diagnosed Children

Autism 101 provides interactive lessons, question and answer sessions, and the opportunity to connect with other families with newly diagnosed children. If you've found yourself typing "my child diagnosed with autism" into the Google search bar, this group will help address that 'now what' feeling that you may have been experiencing. Autism 101 is appropriate for parents or caregivers of young children, aged 7 and under. Attendance at all six sessions is recommended.

TIME: 12:00pm - 1:30pm

COST: Free

DATES: This 6-session series is held four times per year. The first session of each series starts on the first Friday of November, February, May and August.

Two series per year will be offered in Spanish; please email LURIECENTER@MGB.ORG for details.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Early Language Development

Supporting Early Language Development with Pivotal Response Treatment (PRT)

Pivotal Response Treatment (PRT) is a behavioral intervention for individuals with ASD that emphasizes natural learning opportunities and child motivation. This virtual three-session parent and caregiver series will explain the principles of PRT and techniques for supporting development of first words in young children. Participants will learn easy ways to encourage social communication skills during everyday interactions. This group is most applicable for parents of children under 5 with a diagnosis of autism who are pre-verbal or use single word speech. This training is an insurance-billable group under the child's insurance. Please send your full name and insurance information when applying.

TIME: 11:00am - 12:00pm

COST: Insurance billable under the child's insurance

DATES: This 3-session series is held twice per year on consecutive Tuesdays in October/November and February/March.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Parent Support

South Asian Autism Support Group and Resources (SAAGAR)

This parent support workshop series is designed for families of South Asian heritage (Indian, Nepali, Bangladeshi, Pakistani, Bhutanese, Maldivian, Afghani, Sri-Lankan) with children under the age of 12 who have autism spectrum disorder. This series provides an opportunity for families with similar cultural backgrounds to engage in interactive discussions and receive professional guidance with a South Asian cultural perspective on important topics such as parenting styles, parenting partnership, disclosure, the landscape of neurodiversity in South Asia, complementary medicine considerations, and long distance air travel accommodations.

TIME: 12:00pm - 1:00pm

COST: \$35

DATES: This 3-session series is held twice per year on consecutive Thursdays. Workshop dates will be confirmed upon registration.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Educational Planning

Educational Options for Your Preschool Age Child With ASD

This workshop is designed to support parents of preschool aged children with autism spectrum disorder. The presentation and discussion focus on the implications of the ASD diagnosis as it relates to school with a goal of maximizing a successful educational experience. The workshop will specifically address implications and learning of the diagnosis at age 3, options for educational interventions, approaching the public school, and how to consider educational options for your child.

TIME: 7:00pm - 8:00pm

COST: \$35

DATES: This single session workshop is held four times per year on the second Thursday in February, June, September and December.

Navigating the IEP for Your Child with Autism

This workshop is designed for parents of elementary and middle school aged children with autism spectrum disorder. The presentation and discussion will provide details about each part of an Individualized Education Program (IEP), from parent input to accommodations, goals and services. The workshop will address parts of the IEP that are specific to autism diagnoses, including bullying considerations and the seven specific areas of need for students with ASD. The goal of this workshop is to help familiarize families with each part of the IEP document, allowing them to engage in the Team process with more knowledge and confidence.

TIME: 6:30 pm - 7:30pm

COST: \$35

DATES: This single session workshop is held four times per year on the first Tuesday in October, December, February and April.



COFFEE CONVO SERIES

Lurie Center for Autism also provides monthly evidence-based educational opportunities through our popular Coffee Convo Series. These virtual presentations are **HELD MONTHLY ON WEDNESDAYS FROM 6:30PM - 7:30PM.**

All Coffee Convo events are free and open to the general public.

View our schedule and receive registration reminders here: WWW.LURIECENTER.ORG.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Behavior Management

Behavior Basics - A 3-Part Series

Designed for parents of children of all ages, this interactive workshop series helps caregivers understand the basic principles of behavior to better manage challenging behaviors at home. Discussion focuses on evidence-based applied behavior analysis (ABA) and applying this methodology to daily life. We recommend completing all three classes in sequence.

PART 1 - INTRO TO ABA

This introductory class provides an ABA process overview and covers important topics such as data collection, assessment, daily schedule, and proactive strategies.

PART 2 - REINFORCEMENT AND LIMIT SETTING

In the second class, the topics of reinforcement, limit setting, and other behavioral interventions will be discussed.

PART 3 - PROBLEM SOLVING ABA

The final class will focus on what to look for in an ABA program and what to do when your child is not making progress.

TIME: 12:00pm - 1:00pm

COST: \$35 per session

DATES: This 3-session series is offered four times per year on consecutive Tuesdays. Workshop dates will be confirmed upon registration.

Safety at Home and in the Community

Challenging behaviors can lead to safety concerns for individuals with autism, their siblings and parents, and community members. This workshop will focus on proactive strategies to address safety at home, in the car, and in the community. We will also discuss how to develop a safety plan to help manage crisis situations.

TIME: 12:00pm - 1:00pm

COST: \$35

DATES: This single session workshop is offered four times per year on Tuesdays. Workshop dates will be confirmed upon registration.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

De-Escalating Challenging Behaviors: A CPI Training for Parents and Caregivers

Parents of individuals with autism spectrum disorder will learn verbal, non-verbal and physical de-escalation and holding skills to better manage behavioral challenges in the home setting. Crisis Prevention Institute (CPI) is an internationally recognized organization that offers nonviolent crisis intervention to professionals in many settings such as schools, hospitals, and human services agencies. The first two classes in this interactive workshop series will be conducted virtually. The second two classes will be taught in-person at the Lurie Center. While this series is open to parents of children of all ages, physical interventions for older/larger children will require at least two adults.

TIME: 11:30am - 1:00pm

COST: \$300 for the 4-session series

DATES: This interactive training requires attendance at four weekly sessions and is offered five times a year on Tuesdays.

First two sessions are virtual; second two sessions are in-person.

Workshop dates will be confirmed upon registration.

De-Escalating Challenging Verbal Behaviors: A Virtual CPI Training for Parents and Caregivers

Does your child engage in challenging behavior (verbal outbursts, power struggles, refusal, etc.) at home that does not become physical or require physical intervention? If so, you may be interested in our virtual parent CPI training that focuses on verbal and non-verbal de-escalation techniques but does not include physical interventions.

TIME: 11:30am - 1:00pm

COST: \$150 for the 2-session series

DATES: This virtual training requires attendance at two weekly sessions and is offered five times a year on Tuesdays.

Workshop dates will be confirmed upon registration.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Parent CPI Refresher Class: Physical De-Escalation Skills

This single session class will review physical de-escalation and holding skills previously learned during the CPI training for parents and caregivers and allow time for practice and discussion. This class will not review verbal and non-verbal de-escalation skills. This refresher class is open to anyone who has completed the 4-session parent CPI training series. Parents can choose to take one or both of the refresher classes. Parents who took the virtual only CPI training series cannot take the physical de-escalation skills refresher class.

TIME: 9:00am - 10:30am

COST: \$75

DATES: This in-person training is offered four times a year on Tuesdays. Workshop dates will be confirmed upon registration.

Parent CPI Refresher Class: Verbal De-Escalation Skills

This single session class will review verbal and non-verbal de-escalation skills and other key concepts previously learned during the CPI training for parents and caregivers and allow time for discussion. This class will not review physical de-escalation skills. This refresher class is open to anyone who has completed the full or virtual parent CPI training series. Parents can choose to take one or both of the refresher classes.

TIME: 9:00am - 10:30am

COST: \$75

DATES: This virtual training is offered four times a year on Tuesdays. Workshop dates will be confirmed upon registration.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Support for Medical Care

Fear of Needles

This workshop is designed to support individuals of all ages who are afraid of needles. Parents will learn desensitization techniques, a gradual approach used to reduce anxiety. This workshop will include information about desensitization for shots and medical procedures, behavioral strategies parents can utilize at home to prepare for a shot, and visual supports.

TIME: 12:00pm - 1:00pm

COST: \$35

DATES: This single session workshop is held four times per year on the third Monday in January, March, May and September.

Pill Swallowing

This workshop is designed for children of all ages who have difficulty swallowing pills. Swallowing a pill is an important life skill that many people with ASD have challenges with due to anxiety and sensory sensitivities. In this workshop, parents will learn helpful strategies and practice methods to use when teaching their child to swallow a pill.

TIME: 12:00pm - 1:00pm

COST: \$35

DATES: This single session workshop is held four times per year on the fourth Monday in January, March, May and September.

Parent Desensitization Training Series

This in-depth group training is offered to parents of children aged 3 years and older. Parents will learn desensitization techniques, a gradual approach used to reduce anxiety. Sessions will include information about desensitization for shots/medical procedures and pill swallowing. Participants will learn behavioral strategies that can be utilized at home, useful preparations for procedures and recommendations for ways to work with medical providers. Each group will meet virtually over three sessions. This group training is an insurance-billable group under the child's insurance. Please send your full name and insurance information when applying.

TIME: 12:00pm - 1:00pm

COST: Insurance billable under the child's insurance

DATES: This 3-session series is held three times per year on consecutive Tuesdays in March, June and October.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Transition to Adult Services

This single session workshop provides an overview of transition to adult planning. The workshop is specifically designed for parents or caregivers of an adolescent with autism spectrum disorder or a related developmental disability. Participants will learn how to prepare for the student-to-adult transition, as well as important information such as key timelines, steps/tasks included in the process, and helpful services and resources. The information and services discussed are specific to Massachusetts, however, some of the resources can be generalized to other states.

TIME: 12:00pm - 1:00pm

COST: \$35

DATES: This single session workshop is held monthly on the first Friday of each month.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Guardianship Services

Guardianship 101

There is much to learn about decision-making options and protections for your child when approaching young adulthood/turning 18. The concept and process of guardianship of an adult can be daunting. This workshop offers information about alternative protections, what guardianship is, the different types and paths to guardianship, as well as how to prepare for guardianship. Participants will be provided with resource materials and referrals to legal experts.

TIME 1:00pm - 2:00pm

COST: \$35

DATES: This single session workshop is held two times per month on the first and third Thursday.

Guardianship 102

Completing the paperwork required by the court for guardianship of an adult can be confusing, overwhelming and time consuming. This workshop offers a group tutorial for family members and caregivers to obtain guidance in completing the required documentation. Discussion will include the process of filing and giving notice as well as what to expect when appearing at a court hearing. Participants will be provided with referrals to legal experts.

TIME: 11:00am - 1:00pm

COST: \$75

DATES: This single session workshop is held two times per month on the second and fourth Thursday.

Important Disclaimer: Guardianship Workshops are intended for Massachusetts residents only and do not replace legal advice or council. Participants will be provided with legal resources including the Massachusetts Probate and Family Court Website for Guardianship of Incapacitated Persons.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.

Guardianship Services

Guardianship 103

Once you have successfully obtained the guardianship, one of the important duties for legal guardians in Massachusetts is reporting to the probate court. The initial Guardian Care Plan/Report is required within 60 days of the appointment, and then annually on the anniversary of the guardianship appointment. This workshop is a hands-on group tutorial to help family members and caregivers complete the Guardian Care Plan/Report. (MPC 821)

TIME: 2:00pm - 3:00pm

COST: \$35

DATES: This single session workshop is held monthly on the fourth Wednesday of each month.

Guardianship 104

The process of pursuing a Rogers Guardianship adds extra paperwork and tasks to established guardians, family members and caregivers who are already stressed and overwhelmed. This workshop provides an overview of the Rogers Guardianship requirements and responsibilities, including what is required by the court. This workshop is not intended to provide legal advice, simply an overview of the Rogers Guardianship requirements and process.

TIME: 2:00pm - 3:30pm

COST: \$50

DATES: This single session workshop is held monthly on the second Wednesday of each month.

Important Disclaimer: Guardianship Workshops are intended for Massachusetts residents only and do not replace legal advice or council. Participants will be provided with legal resources including the Massachusetts Probate and Family Court Website for Guardianship of Incapacitated Persons.

Registration Required. Reserve your spot by contacting us at LurieCenter@mgb.org or 781-860-1700.