



# 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](mailto:LurieCenter@mgb.org) or 781-860-1700.**



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# Workshops and Programs

## FOR NEWLY DIAGNOSED

- [Understanding Your Child's New Autism Diagnosis and Next Steps](#)
- [Autism 101: 4-Session Series for Parents of Newly Diagnosed Children](#)

## GENERAL INFORMATION

- [Autism and Extremely Picky Eating: Tips for Parents](#)
- [Disclosure: Talking to Your Child and Others about a Diagnosis](#)
- [Screentime: Building Healthy Habits](#)
- [Addressing Sleep Problems in Autism Spectrum Disorder](#)

## EN ESPAÑOL / SPANISH WORKSHOPS

- [Autismo 101: Serie de 4 sesiones para los Padres de Niños Recién Diagnosticados](#)
- [Introducción al Establecimiento de Límites](#)
- [Tutela 101: Conceptos Básicos](#)

## EDUCATIONAL PLANNING

- [Educational Options for Your Preschool Age Child With ASD](#)
- [Promoting Your Child's Participation in the IEP Process](#)



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## BEHAVIOR MANAGEMENT

- [Behavior Basics: A 3-Part Series](#)
- [Safety at Home and in the Community](#)
- [De-Escalating Challenging Behaviors: A CPI Training for Parents and Caregivers](#)
- [Parent CPI Refresher Class: Physical De-Escalation Skills](#)
- [Parent CPI Refresher Class: Verbal De-Escalation Skills](#)
- [Drop-In "Ask a Behaviorist" Group](#)

## SUPPORT FOR MEDICAL CARE

- [Fear of Needles](#)
- [Pill Swallowing](#)
- [Parent Desensitization Training Series](#)

## TRANSITION SERVICES

- [Transition to Adult Services: What to Know and How to Prepare](#)

## AGING WELL WITH AUTISM

- [Aging Well with Autism: What You Need to Know](#)
- [Aging Well with Autism: Meet New Friends](#)
- [Therapeutic Support Group for Parents of Autistic Adults Aged 20 years+](#)

## GUARDIANSHIP SERVICES

- [Guardianship 101: The Basics](#)
- [Guardianship 102: The Paperwork](#)
- [Guardianship 103: The Care Plan Report](#)
- [Guardianship 104 A: The Initial Rogers](#)
- [Guardianship 104 B: The Rogers Annual Review](#)
- [Guardianship: Planning for The Next Generation](#)

## 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](http://WWW.LURIECENTER.ORG).



# 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 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.  
Workshop dates will be confirmed upon registration.

## **Autism 101: 4-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 four sessions is recommended.

**TIME:** 12:00pm - 1:30pm

**COST:** Insurance billable under the child's insurance

**DATES:** This 4-session series is held six times per year. The first session of each series starts on the first Friday of January, March, May, July, September and November.

# General Information

## Autism and Extremely Picky Eating: Tips for Parents

Some autistic children have extremely selective eating habits, and these can be difficult for parents to understand. This 90-minute workshop is for parents of young children (ages 3–10) who struggle with picky eating. The presentation covers how autism can affect eating behaviors, offers practical strategies for managing mealtime challenges at home, and explains next steps for families seeking individualized help.

This group will not address restricted eating behaviors driven by a desire to lose weight or bingeing/purging behaviors.

**TIME:** 4:00pm - 5:30pm

**COST:** Insurance billable under the child's insurance.

**DATES:** This single session workshop is held three times per year on Thursdays in October, January, and April. Workshop dates will be confirmed upon registration.

## Disclosure: Talking to Your Child and Others about a Diagnosis

This workshop guides parents and caregivers through the process of disclosure, offering key considerations, a framework for having disclosure conversations, and recommended language tailored to different needs to support healthy self-understanding and self-advocacy.

**TIME:** 12:00pm – 1:00pm

**COST:** \$45

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

## Screentime: Building Healthy Habits

This workshop provides an overview of how screen use affects the brain and behavior. The presentation offers practical strategies for creating healthy technology habits, including how to design proactive systems at home, real-time tools for managing challenges, and recommendations for building long-term, healthy technology use.

**TIME:** 12:00pm – 1:00pm

**COST:** \$45

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

# General Information

## **Addressing Sleep Problems in Autism Spectrum Disorder**

Sleep problems can significantly impact behavior, emotions, and family life. This 3-part workshop series will help parents of children with autism understand the factors affecting sleep, learn practical strategies to address sleep difficulties, and know when to explore medication options.

**TIME:** 12:00pm - 1:00pm

**COST:** Insurance billable

**DATES:** This 3-session series is held twice per year on consecutive Wednesdays in October and March. Workshop dates will be confirmed upon registration.

# Spanish Workshops

## Autismo 101: Serie de 4 sesiones para los Padres de Niños Recién Diagnosticados

Autismo 101 brinda información confiable y apoyo a familias con niños recién diagnosticados. Profesionales expertos enseñan, escuchan y ayudan a los padres a comprender mejor a sus hijos. Los miembros del grupo se comprenden y se apoyan mutuamente porque se encuentran en la misma situación. Autismo 101 es apropiado para padres o cuidadores de niños pequeños, de 7 años o menos. Planee asistir a toda la serie de cuatro sesiones.

**HORA:** 12:00pm - 1:30pm

**COSTO:** Seguro facturable bajo el seguro del niño

**FECHAS:** Esta serie de 4 sesiones virtuales será interpretada al español para los asistentes. Esta serie de cuatro sesiones se lleva a cabo cuatro veces al año. La primera sesión de cada serie comienza el primer viernes de febrero, abril, agosto y octubre.

**TEMAS:** Comprender el autismo, obtener intervenciones, trabajar con las escuelas, apoyo familiar y comunitario

## Introducción al Establecimiento de Límites

¿A su hijo le cuesta seguir instrucciones o aceptar la palabra “No”? Establecer límites es una habilidad importante que todos los padres y cuidadores deben aprender. Esta clase se enfocará en por qué el establecimiento de límites puede ayudar a su hijo, junto con consejos sobre cómo establecer límites que funcionen para su familia.

**HORA:** 9:00am - 10:00am

**COSTO:** \$45

**FECHAS:** Este taller de sesión única se lleva a cabo dos veces al año, los martes de septiembre y abril.

## Tutela 101: Conceptos Básicos

Este taller ayuda a los padres a comprender las opciones y protecciones legales disponibles a medida que su hijo se acerca a la mayoría de edad. La presentación explicará la tutela, incluyendo los tipos, los procesos, y cómo prepararse. Los participantes recibirán materiales con recursos y contactos de abogados expertos. Esta sesión no está destinada a ser asesoría legal, sino a proporcionar información y recursos para guiarlo en la toma de decisiones informadas para su hijo.

**HORA:** 1:00pm - 2:00pm

**COSTO:** \$45

**FECHAS:** Este taller de sesión única se lleva a cabo dos veces al año, el cuarto jueves de octubre y abril.

# 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:** 12:00pm - 1:00pm

**COST:** \$45

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

## Promoting Your Child's Participation in the IEP Process

This workshop is for parents of school-aged children and teens with autism or other neurodivergent profiles. The presentation will cover when and how to involve children in the IEP process, offering resources and strategies to support their participation. The goal of this workshop is to demystify what student participation can look like and how to achieve it, leading to increased self-awareness, collaboration, and advocacy for the student as a member of the IEP Team.

**TIME:** 6:30 pm - 7:30pm

**COST:** \$45

**DATES:** This single session workshop is held four times per year on the third Tuesday in September, November, January and May



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# 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 3 courses 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:** \$45 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:** \$45

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



# Behavior Management

## **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.

*Parents whose children engage in challenging behavior at home (verbal outbursts, power struggles, refusal, etc.) that does not become physical or require physical intervention are welcome to take the first two virtual classes of the course for \$150.*

**TIME:** 11:30am - 1:00pm

**COST:** \$400 for the 4-session series

**DATES:** This interactive training requires attendance at four weekly sessions and is offered four times per year on Tuesdays. The first two sessions are virtual; second two sessions are in-person.  
Workshop dates will be confirmed upon registration.

## **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:** \$100

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

# Behavior Management

## 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:** \$100

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

## Drop-In “Ask a Behaviorist” Group

These small-group open forum sessions are designed to allow families to bring questions about challenging behaviors, skill development, programming, ABA, etc., to an experienced behavioral consultant/BCBA. Your questions will guide the group discussion and participants will be encouraged to give each other feedback. Sessions are open to parents and caregivers of children of all ages. Groups will be limited to 6 families.

**TIME:** 9:00am - 10:00am

**COST:** \$45

**DATES:** This small group session is offered monthly on Tuesdays.  
Workshop dates will be confirmed upon registration.

# 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:** \$45

**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:** \$45

**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.

# Transition Services

## **Transition to Adult Services - What to Know and How to Prepare**

This single-session workshop offers parents and caregivers of adolescents (13+) with autism spectrum disorder, intellectual disability, or a related developmental disability an overview of transitioning to adult planning. The presentation covers how to prepare for the student-to-adult transition, important timelines, process steps, and useful tools and resources. The information and services discussed are specific to Massachusetts, however, some of the resources can be generalized to other states.

**TIME:** 11:30pm - 1:00pm

**COST:** \$75

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

# Aging Well with Autism

## **Aging Well with Autism - What You Need to Know: A 3-Part Series**

Designed for parents of autistic adults who are 30+ years old, this interactive workshop series helps parents and caregivers understand and plan for a future when they will no longer be able to care for their loved one. Topics such as “How can someone learn all that I know about my child? How will my loved one handle my death? What changes in living situation, medical care, and emotional needs are coming?” will be discussed. These single-session virtual workshops are designed to provide parents and caregivers with an overview of important future considerations.

### **PART 1 – UNDERSTANDING MY ADULT CHILD’S FUTURE AND CREATING A VISION**

In this session, we will explore the range of specifics that you want others to know about your child for their future care. We will discuss how to develop your vision to include information like housing, finance, legal, medical, preferences for guardianship, behavioral strategies, cultural or religious choices, and other personal considerations.

### **PART 2 – WHAT I CAN DO TO PREPARE: CREATING A DOCUMENT**

In this second session, we will discuss methods of articulating and documenting the vision you defined in Part I. Participants will create a guide, or a set of directions, for those who will care for your child in the future. Eliminate your uncertainties and learn how to outline and communicate, in your own words, the comprehensive knowledge, wishes, and preferences only you have about your child. Attendees will decide what to include and how to organize all the elements into an easy-to-understand record.

### **PART 3 – COMMUNICATING AND SHARING**

In this final session, we will talk about how to effectively share your document to pertinent people in your and your child’s life, and how to make changes when needed. Raising the idea of a time when you are no longer around to care for your loved one can be a sensitive topic. Meet with other parents and caregivers like yourself and provide support for one another.

**TIME:** 6:00pm - 7:00pm

**COST:** \$45 per session

**DATES:** This 3-session series is offered three times per year on consecutive Wednesdays in January, May and November. Workshop dates will be confirmed upon registration.

# Aging Well with Autism

## **Aging Well with Autism: Meet New Friends**

This group is for adults with autism over the age of 30 who are looking to meet others and engage in fun activities for one hour. The programming will be geared towards those with developmental disabilities and participants should attend (virtually) with a caregiver. Attendees will participate in exercise, games, art, music, dance, and other fun interactive activities. A list of supplies will be sent out before each session.

**TIME:** 12:00pm - 1:00pm

**COST:** \$45 per session

**DATES:** This single session workshop is held four times per year on Thursdays in February, April, June and October. Workshop dates will be confirmed upon registration.

## **Therapeutic Support Group for Parents of Autistic Adults Aged 20 years+**

This therapeutic support group is open to parents and caregivers of autistic adults over the age of 20. Group discussion will include looking at change, grief, loss and how our loved ones' aging with autism affects our own personal growth and relationships. The group will provide opportunities for self-reflection, bonding, and the sharing of resources and information, in a relaxed, safe space, where compassion for one another is paramount.

**TIME:** Meets every other week on Thursday Mornings 10:00am to 11:00am, or Monday Evenings 6:00pm to 7:00pm

**COST:** Insurance billable under the parent or caregiver's insurance

**DATES:** Group meets every other week

# Guardianship Services

## Guardianship 101: The Basics

This workshop helps parents understand the legal options and protections available as their child approaches adulthood. The presentation will explain guardianship, including the types, processes, and how to prepare, as well as less restrictive alternatives. Participants will receive resource materials and contacts for expert attorneys.

**TIME:** 1:00pm - 2:00pm

**COST:** \$45

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

## Guardianship 102: The Paperwork

This workshop provides step-by-step guidance for individuals filing guardianship paperwork on their own. It covers the filing process, giving notice, and preparing for the hearing. Links to the necessary forms will be provided to attendees, along with helpful resources and contacts for expert attorneys and other resources.

*This workshop can be provided as a 90-minute private family coaching session, by appointment only, at a cost of \$200 per family.*

**TIME:** 11:00am - 1:00pm

**COST:** \$100

**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.

# Guardianship Services

## Guardianship 103: The Care Plan Report

Once guardianship is obtained, you must submit an initial Guardian Care Plan/Report within 60 days of your appointment and then annually on the anniversary of that date. This workshop provides coaching and step-by-step guidance to help guardians complete the report. (MPC 821, updated 2/5/25)

**TIME:** 2:00pm - 3:00pm

**COST:** \$45

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

## Guardianship 104 A: The Initial Rogers

Obtaining a Rogers Order and Treatment Plan for extraordinary treatment in Massachusetts involves additional steps and paperwork beyond regular guardianship, which can be challenging for those representing themselves. This workshop offers an overview of Rogers requirements, guardian responsibilities, and provides guidance on completing the process. It also covers how to petition the court to expand guardianship if needed or if a treatment plan has expired. *This workshop can be provided as a 90-minute private family coaching session, by appointment only, at a cost of \$200 per family.*

**TIME:** 2:00pm - 3:30pm

**COST:** \$75

**DATES:** This single session workshop is offered every other month on the second Wednesday of the month.  
Workshop dates will be confirmed upon registration.

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# Guardianship Services

## Guardianship 104 B: The Rogers Annual Review

The Rogers treatment plan expires annually and requires review for extension or changes. The court allows the process to be done administratively. This workshop provides a timeline, checklist, and coaching to guide the Rogers monitor through the process, including completing paperwork and understanding the role of the Rogers counsel. *This workshop can be provided as a 90-minute private family coaching session, by appointment only, at a cost of \$200 per family.*

**TIME:** 2:00pm - 3:30pm

**COST:** \$75

**DATES:** This single session workshop is offered every other month on the second Wednesday of the month.  
Workshop dates will be confirmed upon registration.

## Guardianship: Planning for The Next Generation

As parents or guardians of adults with autism spectrum disorder, intellectual disability, or a related developmental disability get older, concerns often arise about who will make decisions when they are no longer able. This workshop helps families navigate the emotional and financial challenges of planning for the future, including how to add a co-guardian, replace a primary guardian, and choose a successor guardian.

**TIME:** 3:00pm – 4:00pm

**COST:** \$45

**DATES:** This single session workshop is offered four times per year on Mondays in September, December, March and June.

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