

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@partners.org or 781-860-1700. Virtual meeting links will be emailed to all confirmed registrants prior to event day.

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. It provides support and general education about autism spectrum disorder, the treatments available and community services available to families.

Time: 12:00pm-1:00pm, Cost: Free, Dates: This single session workshop is held monthly on the second Tuesday of each month.

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 with autism. 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.

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, January, March and May.

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 2022-2023 schedule and register online at www.LurieCenter.org.

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. Workshop dates for each month will be confirmed upon registration.

Part 2 - Reinforcement and Limit Setting

In the second class, the topics of reinforcement, limit setting and other behavioral interventions will be discussed. Workshop dates for each month will be confirmed upon registration.

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. Workshop dates for each month will be confirmed upon registration.

Time: 12:00pm - 1:00pm, Cost: \$35 per session, Dates: This 3-session series is offered four times per year in November, February, May and August 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, their 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. Workshop dates for each month will be confirmed upon registration.

Time: 12:00pm - 1:00pm, Cost: \$35, Dates: This single session workshop is offered four times per year on Tuesdays in March, June, September and December.

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: \$200 for the 4-session series, Dates: This interactive training requires attendance at four weekly sessions and is offered twice a year on Tuesdays in March and October. First two sessions are virtual; second two sessions are in-person.

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. Participation in this group may include one optional individual parent session to discuss personalized recommendations tailored to their unique child. This group training is an insurance-billable group under the child's insurance. Insurance authorization may be required. 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 four times per year on consecutive Tuesdays in February, April, June, and October.

Transition Services

Transition to Adult Services

This workshop provides an overview and discussion about transition to adult planning. This presentation is specifically designed for parents or caregivers of an adolescent who has autism spectrum disorder or a related developmental disability who would like to learn about important information, such as timelines, steps/tasks, services and resources.

Time: 12:00pm - 1:00pm, Cost: \$35, Dates: This single session workshop is held monthly on the first Friday of each month.

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 overwhelming and time consuming. This workshop offers a group tutorial for family members and caregivers to review 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.

Guardianship 103

Once you have successfully completed your guardianship court hearing, 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 prepare 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 family members and caregivers who are already stressed and overwhelmed. This workshop provides an overview of the Rogers Guardianship responsibilities, including what is required by the court. This workshop is not intended to provide legal advice, simply an overview of the Rogers Guardianship 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.