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Meet Up at QCC

Are you looking for places to meet up and hang out with other young adults with some similar interests as you? Then come to our new Adult Meet Ups at Quinsigamond Community College on specific-Thursday evenings. See Events Calendar.

Come together in a relaxed atmosphere with others who enjoy topics such as favorite video games, computer technology, movies, trivia, history, etc. Play games we'll have or bring your own preferred board games, card games, role playing games, etc.

Discuss ideas and help plan for other meet ups and activities in the future.

Sign up on our website for each individual meet up that you plan to attend.

THANK YOU FROM DIANNE

HMEA's Autism Resource Central and I are very grateful to the Doug Flutie, Jr. Foundation for Autism, Inc. and thank them for their grant to fund community based activities and a curriculum to provide, Social and Relationship Skills Training Classes. This grant has made it possible for us to offer 5 fun community based social activities. These include the Bowling and Pizza Activities in January and the Swim and Pizza Party in February. The remaining three activities will be held in the spring: Blackstone Valley River Cruise, Outing at Old Sturbridge Village, and a social gathering planned by participants in the social skills classes.

I have greatly enjoyed meeting and getting to know many of you during the fall months. I have heard many helpful ideas from individuals, their families, and providers that have been helpful in developing supports and activities. I am excited about the new activities and groups that we are offering over the winter.

Together, we can build a network for Adults on the Spectrum in Central Massachusetts that will meet their needs and improve their lives.

Relationship and Social Skills Training Series

RELATIONSHIP AND SOCIAL SKILLS TRAINING SERIES

In response to multiple requests, HMEA's Autism Resource Central is pleased to announce our new **Relationships and Social Skills Training Classes**. We will be offering the first of these 12 week classes starting on December 6th, 2016 to February 28th, 2017. Class will not be held on December 27th, 2016 due to the holidays. This class will take place on Tuesdays from 5:30pm - 7:30pm. There will be a break during each class where each participant will be offered 2 slices of pizza and a drink.

This is a **structured skills training class** using, **The Relationship Series, by YAI**, as its curriculum and will be taught by the Autism Adult Specialist, Dianne Crossley, LICSW. This series addresses the various types and progression of relationships. It starts with strangers, acquaintances, 5 ways to know if someone is your friend. Next is dating, how to advance to a boyfriend and girlfriend relationship. Finally the steps to take towards having mature respectful, consensual, and responsible sexual relationships.

This entire curriculum is presented on DVD to utilize a visual and an interactive approach. The DVDs present scenarios of various types of social situations and allow for group discussion on difficult decisions to be made by the characters depicted in these scenarios. This class is designed for individuals who express that they would feel comfortable and willing to attend and engage in this type of format.

This class utilizes a psychoeducational approach in which each class builds on information previously presented. Associated with this, **participants need to commit to attending the class throughout the quarter and can only sign up for the entire 12 weeks.**

Participants in this group will assist with designing, developing, and planning our large social gathering in the spring. Participants should also attend and utilize our scheduled social activities as a forum to practice the social skills that are taught in this class.

Please contact Dianne Crossley directly if you are interested in participating in this class at 508-298-1611 or at dcrossley@hmea.org.

Dates for Relationships Class:

Relationships Series

December 6, 13, 20th - 2016

January 3, 10, 17, 24, 31st - 2017

February 7, 14, 21, 28th - 2017



Places to Go to Meet Up

Did you know that every Wednesday evening the NUCafe in Worcester offers a Game Night? **From their website:**

“Bring a board game, Magic cards, an RPG.... whatever you want, to NU Café Wednesday evenings from 6pm to 9pm and join in on the fun. This is a great way to make friends, try out a new game, and decompress. We invite you to geek out with us about your passion for gaming. We want to hear about your current game in development, the board game you played with your buddies last week, the art you designed for a Magic the Gathering token card, your highest score in Pac-Man, your little brother's obsession with Yu-Gi-Oh!, the dice you carved out of wood... we want to hear it all, and see it too! Some people in our group bring board games with them, so don't feel like you have to bring one to play, though we are more than happy to see and hear about new and different games! “

NUCafe

335 Chandler Street

Worcester, MA 01602

Wednesdays, 6-9 PM



**Happy
New Year!**

JANUARY

**For Adults with DDS
Eligibility through the
Expanded Criteria**



DECEMBER

**December 6, 2016
Relationships Series**
71 Sterling St.
West Boylston
5:30 -7:30 PM

**December 13, 2016
Relationships Series**
5:30 - 7:30 PM

**December 15, 2016
Meet Up at QCC**
(Quinsigamond
Community College)
670 W Boylston St.
Worcester
RM239 Harrington Learning
Center
Egan Conference Room
6:30-7:30 PM

**December 19, 2016
Parents Support Group
Quest Speaker - DDS
Psychologist, Andrew
Margolin**
Milford DDS Office
194 West St., #9 Milford
6:15 - 8:30 PM

**December 20, 2016
Relationships Series**
5:30 - 7:30 PM

**January 3, 2017
Relationships Series**
5:30 - 7:30 PM
(New Location)
Gerardo's Italian Bakery
339 W Boylston St.
West Boylston
5:30 - 7:30 PM

**January 5, 2017
Meet Up at QCC**
6:30 - 7:30 PM

**January 10, 2017
Relationships Series**
5:30 - 7:30 PM

**January 11, 2017
Parents Support Group**
Milford DDS Office
194 West St., #9 Milford
6:15 - 8:30 PM

**January 17, 2017
Relationships Series**
5:30 - 7:30 PM

**January 19, 2017
Meet Up at QCC**
6:30 -7:30 PM

**January 21, 2017
Bowling and Pizza**
Gardner 10 Pin
560 W Broadway, Gardner
4:00 - 6:00 PM

**January 24, 2017
Relationships Series**
5:30 - 7:30 PM

**January 25, 2017
Parents Support Group**
Southbridge Bank
200 Charlton Rd.,
Sturbridge
6:30PM - 8:30PM

**January 29, 2017
Bowling**
Ryan Family Amusements
1170 Main St Millis MA
1:30 - 3 PM
Pizza can be ordered and
games are available at
your own cost.

**January 30, 2017
Parent Support Group**
Leominster Library
Friends Room
30 West St., Leominster
6:30PM - 8:30PM

**January 31, 2017
Relationships Series**
5:30 - 7:30 PM

FEBRUARY



**February 2, 2017
Meet Up at QCC**
6:30 -7:30 PM

**February 7, 2017
Relationships Series**
5:30 - 7:30 PM

**February 8, 2017
Parents Support Group**
Milford DDS Office
194 West St., #9 Milford
6:15 - 8:30 PM

**February 11, 2017
Swim & Pizza Party**
Greendale YMCA
75 Shore Dr. Worcester
3:00 - 5:00 PM

**February 14, 2017
Relationships Series**
5:30 - 7:30 PM

**February 16, 2017
Meet Up at QCC**
6:30-7:30 PM

**February 21, 2017
Relationships Series**
5:30 - 7:30 PM

**February 22, 2017
Parents Support
Group**
Southbridge Bank
200 Charlton Rd.,
Sturbridge
6:30PM - 8:30PM
**February 27, 2017
Parents Support
Group**
Leominster Library -
Friends Room
30 West St., Leominster
6:30PM - 8:30PM

**February 28, 2017
Relationships Series**
5:30 - 7:00 PM

IMPORTANT

Sign Up for All:

Events, Activities,
Groups, and
Parent Groups
You plan to attend
at our web site.

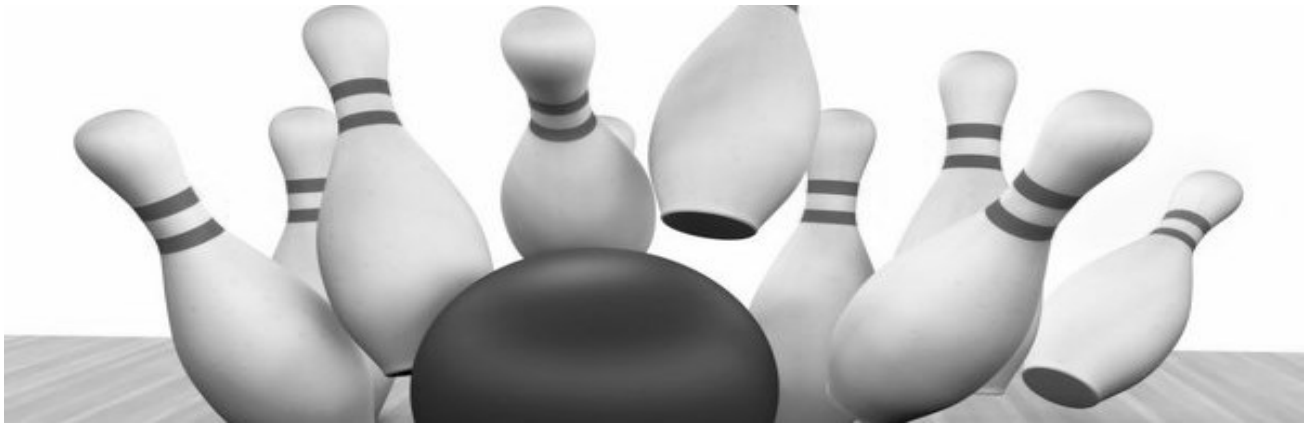
How to Sign Up:

Use Google Chrome as
browser to register for
all events. Other brows-
ers result in errors.

Click on Register for an
Event on top right of our
Home Page.

This will bring you to
instructions to register
for an event.

Personal information
should be for the
individual participating in
the event instead of the
parent.



Upcoming Events

BOWLING - Come and meet up with others for Bowling and Pizza!

January 21, 2017 - Gardner 10 Pin, 560 West Broadway, Gardner 4:00PM - 6:00PM

January 29, 2017 - Ryan Family Amusements 1170 Main St Millis MA 1:30PM - 3:30PM

SWIM and PIZZA PARTY - Come swim and then relax and have pizza!

February 11, 2017 - Greendale YMCA, 75 Shore Dr. , Worcester



Parents of Adults Support Groups

Parents - Come and be part of one of our 4 parent support groups in Central MA. These groups have been formed to meet the particular needs of parents of adults (18+) with high cognitive autism. Learn about supports available, resources, advocacy, network with other parents, share ideas and concerns. Monthly support meetings for parents meet in Milford, Sturbridge, Leominster, and Worcester. See Events Calendar on pg. 3 for dates and times.

Please sign up ahead of time for each support group you plan to attend on our website: www.autismresourcecentral.org. This is necessary since parent support groups not located in Worcester will not be held unless there are participants registered for each specific group. For questions contact Dianne Crossley at 508-298-1611 .



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