

Summer is winding down and before you know it the kids will be back in school. For some this is met with glee after a summer of unstructured time and meltdowns by the minute. Others feel a sense of impending doom, knowing that this means a transition for their child with new teachers, new expectations, new classmates, for some even a new school. Starting in August you can smooth that transition by returning to school year structure. Return to school year bedtimes and awakenings to adjust their time clock ahead of the first day of school. If your child has a summer reading list, set aside what would normally be homework time for reading. If they are going to need new shoes or sneakers for school, get them now & begin to break them in. Set up a homework station or homework box and fill with all the inevitable supplies they will need for projects through the school year. This eliminates 7 AM runs to Staples the day of the science fair to get a presentation board. Be prepared. With all their supplies in one place it also eliminates the wasted time searching for items they'll need for homework. Find an academic planner that is autism friendly. (Call us for suggestions) Visit the school, especially if it is new for your child and take pictures so they get visually acclimated to new surroundings. Meet with their teacher, if possible, before school starts to say hello and establish a good working relationship. Once September rolls around, call and make an appointment for your child's team to meet after the honeymoon phase of the school year is over. This will allow the new TEAM to troubleshoot and develop strategies for your child to be successful.

It is an awesome and frightening responsibility to be the constant advocate in your child's life. It's a tough job but the benefits are worth it. We know this and we are pleased to be bringing Wrightslaw to Central Massachusetts to help parents become better advocates at the IEP table for their child. This conference is not to be missed. Parents from the Center attend at a reduced cost. Register today!

HMEA's Autism Resource Central presents:

Wrightslaw Special Education and Advocacy Conference With Pete Wright, Esq.

***Learn the tools you'll need to advocate
for your child in the classroom***



Pete Wright, Esq.

Thursday, October 27, 2016

Registration: 8AM – 9AM

Conference: 9AM – 4:30PM

**Sturbridge Host Hotel
& Conference Center**

**366 Main Street,
Sturbridge, Massachusetts 01566**

Autism 101 Seven Hills Sturbridge

Autism 101 is designed to help families who are new to the diagnosis gain a solid footing to begin their journey. This course is designed for parents new to the diagnosis, but is open to all parents who feel they may need a refresher or simply were overwhelmed when they first received the diagnosis and are now ready to take this course. Some individual sessions may be attended as needed, as space allows. Autism 101 will begin on Tuesday September 27th then following weeks through to November 1st at the Seven Hills Family Support Center at 208 Charlton Rd in Sturbridge from 7-9 PM. Space limited to 10 Parents

September 27, 2016: **Overview of Autism Spectrum Disorders and Center Supports**—Donmarie Smith
 October 4, 2016: **Let's Get Organized**, Barbara Donati, Family Ties
 October 11, 2016: **Autism and Sensory Processing Disorder**, Mary Loughlin OTR/L
 October 18, 2016: **Special Education Law**: Elaine Rabbit
 October 25, 2016: **Medical Management of ASD**, Sue Loring RN
 November 1, 2016: **Accessing Public Supports**, Kristen Finne-Gregoire—Autism Waiver Support Supervisor

"Autismo 101" en el Centro



Autismo 101 está diseñado para ayudar a las familias que son nuevas en el diagnóstico de Autismo adquirir una base sólida para comenzar esta nueva etapa. Este curso está diseñado para los nuevos padres en el diagnóstico y también está abierto a todos los padres que sientan que necesitan una revisión, o simplemente se sentían sobrecargados cuando recibieron el diagnóstico y ahora están listos para tomar este curso. Algunas de las sesiones individuales pueden ser presentadas como sigue, dependiendo del espacio disponible:

Autismo 101 comienza el jueves, 15 de Septiembre, 2016 en CENTRO (anteriormente conocido como Centro Las Américas) de 10am -1pm. La serie continuará durante 5 semanas consecutivas, todos los jueves de 10am -1pm. El programa completo es el siguiente:

15 de Septiembre, 2016: **Vista general de Trastornos del espectro del autismo y el Centro Soporta** - David Iborra
 22 de Septiembre 2016 : **El autismo y el trastorno del procesamiento sensorial**, Mary Loughlin OTR/L
 29 de Septiembre 2016: **Derechos Basicos de Educacion Especial** –Teresita Ramos Dunn Esq
 6 de Octubre 2016 **Vamos a organizarse**, Barbara Donati, los lazos familiares
 13 de Octubre, 2016: **Administración Médica de la CIA**, Sue Loring RN
 20 de Octubre, 2016: **a ayudas públicas**, Kristen Finne - Gregoire - Supervisora de "Autism Waiver Program"

Register online at www.autismresourcecentral.org or mail this form to the Center circling which session you will attend Autism 101 or Autismo 101

Name: _____

Address: _____

Child's Name _____ Age: _____

Phone _____ E-mail _____

Fall Sensory IEP Clinics and Inclusion Grants

Participants for all groups MUST be DDS eligible, and under the age of 18. Parents must register within 30 days of request for funding.

Social Skills

Those who would like to enroll their child in a Social Skills Groups with a clinician may apply for funding, up to \$300.00 towards a group session. Funds will be sent directly to providers, and families would be responsible for any fees beyond \$300.00. If a provider charges less than \$300.00 the fee will be covered in total by the funding. Funding for social skills groups is limited to eligible candidates under the age of 18 who meet the criteria for participation as set by the clinician. Contact the Resource Center to secure possible funding by calling Donmarie Smith at 508-298-1609. Once your DDS status has been verified you your provider may invoice the Center for payment of \$300.00 for your child

IEP, ADL & VISUAL CLINICS

To book all clinics please call Donmarie Smith at (508) 298-1609.

ADL and Visuals Clinics are by appointment

ADL Clinics are booked only upon request. For Visual Clinics, parents may drop by the Center at any time during regular business hours to access the Boardmaker Program and material to create visuals. Printing and laminating are provided without charge. After a brief tutorial on how the Boardmaker software works, most parents can create their own visuals.

1 Hour IEP Clinics with Elaine Rabbitt Meet with an Advocate to discuss your child's IEP, concerns and needs and how best to advocate for changes with your school

Dates available for consultation are as follows :

October 25, 2016

Leominster Public Library

9, 10 & 11am, 12, 1 & 2pm

November 10, 2016

Autism Resource Central

9 AM 10: AM 11AM, 1 & 2pm

November 15, 2016

Seven Hills Family Support Center Sturbridge MA

9 AM 10: AM 11AM, 1 & 2pm

Sensory Clinics with Mary Loughlin MS OTR/L Autism Resource Central :

Clinic will provide consultation to families in the area of Sensory Processing Dysfunction. Child and Parent will meet with Mary for four (4) 1 hour sessions across 4 weeks. A Sensory Profile Assessment will be done which will identify any sensory specific needs their child may or may not have. Parents will be provided with resources including websites, DIY sensory equipment, sensory play and activities. At conclusion of the sessions parents will be given an individual "sensory diet" for their child.

Dates :

Session 1 Oct 19, 26, Nov 2 & 9

Times 3PM, 4PM, 5PM

Session 2: Nov 16, 30, Dec 7 & 14

Times 3PM 4PM 5PM

YMCA Membership Inclusion Grants

This offering has become very popular, so much so that the funding allocated for the memberships has been depleted and we have a wait list currently. If other activities are not depleted by spring this offering will be re-opened and we will serve those on the wait list first then others on a first come first served basis.

The YMCA branches currently working with us are as follows

Greendale YMCA in Worcester
Montachusett YMCA in Fitchburg
Tri Community YMCA in Southbridge
Hockomock YMCA, Franklin Branch,
Boroughs YMCA Branch in Westboro
The Clark YMCA in Winchendon

Children who qualify may be accompanied by 1 parent or a 1:1 aide. Access to some of the program areas for children under the age of 13 may require the person accompanying the child to have a CORI & SORI check done, which would take 24 hours.



Donations & Memorial Gifts

UNITED WAY DONATIONS

Macy's Employees
Sharon Dwelley
Jennifer Kremer
Debra Snow

UPS

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Mathieu Michaud

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Michael Couturier
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To designate the Autism Resource Center as the recipient of your United Way Donation use the name Autism Resource Central and the code UN 00365

DONATIONS

Shrewsbury Firefighters' Association

John & Elaine Hogan
Sam Bayou

Lindsey Rains

Verizon TCC Culture of Good

Minnesota Department of Human Services

Students at Elm Street School

Blue Crew 2 Youth Ventures Group at Ayer Shirley Regional Middle School



In Honor of Eddie Shaw

Mary Ellen & Andrew Matthew Perry & Dawn Silvert
George & Sheila Potter

MEMORIAL GIFTS

In Memory of Alice Boutilette

Gregory J. Smith
Massachusetts State Police
Holden HQ

In Memory of Barbara Bailey

Amalia & Francis Polymeros
James & Loraine Morais
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Francis & Kathleen Garrity
Jeffrey & Kathleen Hebb
Karen & Brendon Bailey Stephen & Maureen Quill William & Ann Winn Anthony & Andrea Diguilio Mark & Leanne Damphousse
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Kathleen E. Ledoux
Mary Alves
Katherine Person
PA's Handyman Services

In Memory of Robert Zoppo

Connie Trovato

CARS FOR AUTISM

You can donate a used car and support your Center.

A professionally licensed, bonded and insured towing company will pick-up your car donation and provide you with a vehicle donation receipt. **Car Donations are accepted at** <http://www.donateacar.com/> or call

800-240-0160 to speak to a representative of Car Program LLC

Our Thanks to the following who donated

Amanda Molina

Rabi Fettig

Matthew Howes

THANK YOU DCU 4 KIDS and STAPLES FOUNDATION !

This year 40 kids enjoyed a week at Camp Havvago and three Havvago Alumni teens participated in the LEADERS program thanks to support from DCU for Kids Foundation and Staples foundation who gave \$15,000 and \$5,000 grants and your fundraising efforts.

At camp, the kids got to canoe, swim, arts & crafts, learn leadership skills, go to camp fire where they roasted marshmallows. The beach combers group got to go hiking. We got to see the kids make friends. The kids, their families and all of us at HMEA's Autism Resource Central are grateful for your continued support.



ABA for Parents

HMEA's Autism Resource Central will offer a parent training course on Applied Behavior Analysis (ABA) for parents of children with Autism. ABA is a researched based approach that has been shown to be effective in the education and treatment of children.

Parents who attend will gain an understanding of the basic concepts and principles of ABA, and how these are applied in the treatment and education of children with autism. Parents will work with the instructor to identify a behavior to shape, create a program to address the behavior and implement the program. Topics will include:

What is ABA?

ABA and Effective Treatment Programs

Basic Concepts and Principles of ABA

Using ABA to teach

Using ABA to address problematic behavior

The class format is intended to provide parents with ample opportunity to discuss and apply what they are learning to their child, and to assist them in understanding how they can be effective in doing so.

Class schedule: Thursday Evenings 7-9 PM

Oct 6, 20, 27 and Nov 3, 10 & 17 Class location: Autism Resource Center

Instructor: Stacey Hansen MA BCBA, Stacey has worked at Beacon Services, RCS Learning Center and HMEA

Included in your registration is the text: Autism 24/7 A Family Guide to Learning at Home and in The Community

Limited to 14 parents please register online at www.autismresourcecentral.org or call 508-298-1610

Fee: \$25.00

Family Fun & Fitness

This will be the fourth year that we have offered this program to families. The program takes place on Monday evenings, includes all family members and all ages. The program includes alternating weeks of meeting to walk and an exercise component with Julie O'Mara, a certified personal trainer who also is autism savvy. We work on Core Strengthening exercises since poor trunk control impacts so many aspects of functioning and is a common facet of the physical aspects of autism. This October we are adding Parent Training in Qigong Massage for Autism with Fran Bruen OTR/L from 7-9 PM following the weeks of Core Training at HMEA's Sterling site. Parents then can make an appointment with Fran for 1:1 assessment of their child. The food aversions commonly seen in ASD help to establish poor nutritional habits. On Tuesday September 20th a presentation by Jen Drohan RD will help families consider the nutritional needs of their family member on the spectrum.

To further address this the program includes one night a month where participants will explore healthy eating choices through dining at health conscious restaurants and sharing food. This will bring a social aspect to the program while demonstrating better choices and expanding the food selections of participants. This is a Parent /Child program but is open also to participation with shared living providers and staff from group homes. For parents the benefits are obvious, as the years of caretaking frequently lead us to be neglectful of our own health and needs. We hope you will join us. Walk weeks are free although St. Vincent parking is \$2.00-\$3.00, Core weeks are \$5.00/family, Qigong Massage training will be \$25.00 per 2 week session. Dining costs are not included. Siblings are welcome to participate. Independent adults may also subscribe to improve their health. Register on-line or call.

Adult News

Introducing Dianne Crossley LICSW

Adult Services Specialist

Dianne is a Licensed Individual Clinical Social Worker, L.I.C.S.W. and has many years' experience working with adults with Autism Spectrum Disorder and other developmental disabilities often with coexisting mental health and/or emotional and behavioral challenges.

Prior to working at the Center she worked as a clinician on both of the Developmental Disability Teams at Community Heathlink. In this position she provided individual, group and family counseling as well as clinical and behavioral consultation to families and programs. She lives with her husband and young adult son who is on the spectrum.



Expanded DDS Eligibility Criteria for Adults: The Department of Developmental Services, (DDS), has expanded their eligibility criteria to qualified adults, 18+. This applies to individuals without intellectual impairment who have an Autism Spectrum Disorder (ASD) resulting in substantial limitations in several areas of major life functioning. DDS is providing and continuing to develop new supports and services appropriate to meet the needs of these individuals. Go to <http://www.mass.gov/eohhs/docs/dmr/awp/application-child.pdf> for an application to apply for these new services. For more information contact our new Adult Autism Specialist, Dianne Crossley LICSW, at dcrossley@hmea.com or 508-298-1611.

New Adult Activities: We are excited to inform you of new activities for adults with DDS eligibility through DDS's expanded eligibility criteria, (See above). These activities are available through DDS funding specifically for these individuals. Due to this, only individuals deemed eligible for services through DDS's expanded eligibility may enroll for these new activities. These activities are listed to the right, **to participate you MUST register online at www.autismresourcecentral.org**. The Center will continue to provide monthly activities for Teens and Young Adults as we have for a number of years .

Process for Signing Up for New Adult Activities: Our goal is to provide social, educational activities and programs that promote personal growth and success for all participants. **To ensure that our programs meet individual needs, all new participants are required to call and register as an adult with our Autism Adult Specialist.** (See above for contact information).

All participants must register for each activity through our website prior to attending so we can ensure adequate space, materials, staffing, etc. is available.

FALL ACTIVITIES

September 15, 2016

Cruise Night

Hebert Candy Mansion
574 Hartford Turnpike (Rt. 20),
Shrewsbury
5PM - 7PM

(Bring money for ice cream)



October 18, 2016

Dinner and a Movie

D'Angelo and Cinema World

516 John Fitch Highway
Fitchburg 5PM - 9PM

(Bring money for dinner)



November 17, 2016

Games and

Make -A- Dessert Night

Trinity Church
17 Congress St., Milford
6:30PM - 8:30PM



Adult News



Connect & Cook Class

Working in Conjunction with INSYNC Communication, HMEA's Autism Resource Central is happy to provide an adult cooking, social skills, game time program.

The Group will be limited to six participants and will meet for four weeks. Sessions will last 90 minutes and will include group arrival meet & greet, and time to review the group plan for the week.

Participants will then prepare recipe/item of the week . The first week a predetermined item will be prepared, the following weeks the group will decide what to cook. Strategies will be used to increase predictability so to decrease anxiety and increase skill acquisition, success and carry over.

While the food is cooking participants will be able to enjoy gym time and music .

The group will then eat what they've made and enjoy card games, and engage in discussions on topics of interest or current events. Finally participants will clean up, discuss next weeks plan, and have a review before they go home.

September 13, 20, 27, October 4, 2016

Cooking Class (4 Weeks)

InSync

1 Beverly Dr., Sterling

1:30PM - 3:00PM

Cost \$40.00

Register online at www.autismresourcecentral.org

- * To ensure that our program meet individual needs, all new participants are required to schedule an introductory meeting with our Autism Adult Specialist, and to review allergies and food preferences as well.

- * [Contact Dcrossley@hmea.org](mailto:Dcrossley@hmea.org)



Halloween Costume Ball For Teens and Young Adults



Manor Restaurant , Route 12 West Boylston

October 21, 2016

6 :30 PM- 9:30 PM

Italian Dinner Buffet (GFCF available) Dancing & Karaoke with D.J. Gregg

Parent Night Out at The Manor 7-9 PM for parents of teens at dance and others

Ticket Order Form

Name(s) _____ age(s) _____

Phone _____ Number of tickets @ \$15.00 each _____ Family Cap \$35 _____

Number of Parents attending Parent Night Out _____ Make Check Payable to

Autism Resource Central and mail to 71 Sterling St West Boylston MA

Or register on-line at www.autismresourcecentral.org BEFORE October 13th.

Social Groups for Teens & Girls

Teen group will meet on the 3rd Wednesday of the month, and is facilitated by Deb Gonzalez and Lori Lauria who have worked in Grafton Schools. This group is limited to teens 13 years up to the age of 21. Participants should be capable of conversing with others, and be able to participate in a group without presenting challenging behaviors. Participants will decide what activities they would like Parents MUST accompany their teens to the Center the night of the group, and will attend the Parents of Teens group with presentations and discussions which are designed to meet the issues of transition and parenting teens on the spectrum. Parents may attend without their child being a member of the group, as the group for parents is independent of the social group. To join, we ask that group members make a commitment of attending all sessions to help create a cohesive group. Limited to 14 participants. Group will meet Sept 21, Oct 18, Nov 19th and Dec at the New Years Eve Dinner Dance Dec 30th, Jan 18, 2017, Feb 15, March 15, April 19, May 17, June 21. Cost \$ 50.00 for the year. Fee includes pizza & soda

The group for Girls on the spectrum will run the 4th Wednesday of the month, during the Support Group for Parents of Girls on the Spectrum. This group, facilitated by Cid Deleo, is open to girls on the spectrum ages 9 and older, who are capable of conversing with others, and be able to participate in a group without presenting challenging behaviors. Parents must accompany their child to the group. The group will decide what activities they would like, games, simple cooking, crafts etc., month to month. Sept 28, Oct 26, Nov 30th, Jan 25, 2017, Feb 22, March 22, May 24, Cost is \$35.00/year and we ask that group members make a commitment of attending all sessions to help create a cohesive group. Fee includes pizza & soda **Register online for either group or call 508-298-1610.**



Holiday Party

*You are cordially invited to
HMEA's*

*Autism Resource Central's
Annual Children's Holiday Party
For children 12 and under*

Sunday , December 4, 2016

The Manor Restaurant

242 West Boylston St

West Boylston Ma

Italian Dinner Buffet

Regular and GFCF on request

Family Photo with Santa

Gifts for Children

Limited Seatings Available

Seatings

11 AM- 12:15 PM—1:30 PM

3 PM—4:15 PM—5:30 PM

RSVP before November 23, 2016

Call Cid at 508-298-1610

or Donmarie at 508-298-1609

*to register your immediate family with
names and ages of children up to age 12*

Calendar

Register for Events @ www.autismresourcecentral.org or call 508-298-1610 Fees for Events are as stated on site

SEPTEMBER

September 5, 2016
CENTER CLOSED

September 7, 2016
Parents of Adults Support Group
7-9 PM

September 14, 2016
Parents of Children
Support Group
7-9 PM

September 14, 2016
Parents of Adults with Autism
Support Group
Leominster Library - Friends Room
30 West St., Leominster
6:30PM - 8:30PM

September 15, 2016
Grupo de Apoyo
Autismo 101
Centros - 11 Sycamore St. Worcester
10AM – 1 PM

September 18, 2016
Family Fun-Apple Picking
Berlin Orchards Rt 62 Berlin

September 20, 2016
Nutrition and ASD
presented by Jen Drohan RD

September 21, 2016
Parents of Teens Group
7-9 PM
Teen Pizza & Social Group runs concurrently

September 21, 2016
Parents of Adults with Autism
Support Group
Milford DDS Area Office
194 West St., #9 Milford
6:30PM - 8:30PM

September 22, 2016
Grupo de Apoyo

Autismo 101

Centros - 11 Sycamore St. Worcester
10AM – 1 PM

September 27, 2016
Autism 101 –Overview
Seven Hills Family Support Center 208
Charlton Road, Sturbridge MA
7-9 PM

September 28, 2016
Parents of Girls Support Group
7-9 PM

Pizza & Games for girls runs
concurrently

September 28, 2016
Parents of Adults with Autism
Support Group
Southbridge Bank
200 Charlton Rd., Sturbridge
6:30PM - 8:30PM

September 29, 2016
Grupo de Apoyo
Autismo 101
Centros - 11 Sycamore St. Worcester
10AM – 1 PM

OCTOBER

October 1, 2016
Sibshop
10– 2 PM

For Siblings age 7 and older
\$10/pp \$15.00 family cap

October 4, 2016
Autism 101- Lets Get Organized
Seven Hills Family Support Center 208
Charlton Road, Sturbridge MA
7-9 PM

October 5, 2016
Parents of Adults Support Group
7-9 PM

October 6, 2016

Grupo de Apoyo

Autismo 101
Centros - 11 Sycamore St.
Worcester 10AM – 1 PM

October 6, 2016
Paint Night for Adults & Teens
Turner Hall 60 Branch Street
Clinton Ma
6:30-9 PM \$35.00/pp

October 10, 2016
CENTER CLOSED

October 11, 2016
Autism 101—Sensory Issues
Seven Hills Family Support Center
208 Charlton Road, Sturbridge MA
7-9 PM

October 12, 2016
Parents of Children
Support Group
7-9 PM

October 12, 2016
Parents of Adults with Autism
Support Group
Leominster Library - Friends Room
30 West St., Leominster
6:30PM - 8:30PM

October 13, 2016
Grupo de Apoyo
Autismo 101
Centros - 11 Sycamore St.
Worcester 10AM – 1 PM

October 15, 2016
Dad's Day Out
UMASS Minutemen vs
Louisiana Tech Bulldogs
Gillette Stadium Foxboro
Time TBA Cost \$2.00/pp

October 17, 2016
Parents And Tots
4:30– 5:30 PM

October 18, 2016
Autism 101—Sped Laws



Register for Events @ www.autismresourcecentral.org or call 508-298-1610 Fees for Events are as stated on site

Seven Hills Family Support Center
208 Charlton Road, Sturbridge MA

October 19, 2016
Parents of Teens Group
APPS for Autism
Matthew Provost Tech Access
7-9 PM
Teen Pizza & Game Social Group
runs concurrently

October 19, 2016
Parents of Adults with Autism
Support Group
Milford DDS Area Office
194 West St., #9 Milford
6:30 PM - 8:30PM

October 20, 2016
Grupo de Apoyo
Autismo 101
Centros - 11 Sycamore St.
Worcester 10AM – 1 PM

October 21 2016
Halloween Costume Ball for
Teens and Adults See page 8

October 25, 2016
Autism 101 Medical Aspects
Seven Hills Family Support Center
208 Charlton Road, Sturbridge MA
7-9 PM

October 26, 2016
Parents of Girls Support Group
7-9 PM
Pizza & Games for girls runs
concurrently

October 26, 2016
Parents of Adults with Autism
Support Group
Southbridge Bank
200 Charlton Rd., Sturbridge
6:30PM - 8:30PM

October 27, 2016
Wrights Law Conference

CENTER CLOSED

October 29, 2016
Halloween Sibshop
10– 2 PM
Location TBA
+ For Siblings age 7 and older
\$10/pp \$15.00 family cap
Wear Costumes

October 29, 2016
FAMILY FUN
Fall Festival
At West End Creamery
481 Purgatory Road Whitinsville MA
2:30 PM

NOVEMBER

November 1, 2016
Autism 101 –Public Supports
Seven Hills Family Support Center
208 Charlton Road, Sturbridge MA
7-9 PM

November 2, 2016
Parents of Adults Support
Group
Person Centered Planning
Cheryl Chan 7-9 PM

November 9, 2016
Parents of Children Group
BULLYING

A workshop presented by
Leslie Hughes-MAC
7-9 PM

November 9, 2016
Parents of Adults with Autism
Support Group
Leominster Library - Friends Room
30 West St., Leominster
6:30PM - 8:30PM

November 11, 2016
Family Fun Hike
Mt Wachusett
Meet at the Visitors Center
10:30 AM

Pack a bag lunch & drinks

November 16, 2016
Parents of Teens Group
7-9 PM
Teen Pizza & Game Social Group runs
concurrently

November 16, 2016
Parents of Adults with Autism
Support Group
Milford DDS Office
194 West St., #9 Milford
6:30 PM - 8:30PM

November 19, 2016
Sibshop
10– 2 PM
United Parish of Lunenburg Main
St , Lunenburg
For Siblings age 7 and older
\$10/pp \$15.00 family cap

November 30, 2016
Parents of Girls Support Group
7-9 PM
Pizza & Games for girls runs
concurrently

November 30, 2016
Parents of Adults with Autism
Support Group
Southbridge Bank
200 Charlton Rd., Sturbridge
6:30PM - 8:30PM

DECEMBER



December 4, 2016
Children's Holiday
Party Reservations Required
See page 9



71 Sterling Street
West Boylston MA

Phone: 508-835-4278 Fax: 508 -835-3723

Email: autism@HMEA.org

www.autismresourcecentral.org

Sue Loring RN - Director

Cid DeLeo - Assistant to Director

Donmarie Smith - Autism Information Specialist

Kris Gregoire - Autism Waiver Supervisor

David Iborra - Autism Waiver Support Broker

Priya Tikku - Autism Waiver Support Broker

Dianne Crossley LICSW - Autism Adult Services Specialist

Wanja Kiraguri- Event & Development Coordinator

HOURS

Monday through Thursday 9 AM– 9 PM Friday 9 AM–3 PM

Some evenings activities outside the Center result in the closing of the office , call ahead to verify that the office is open.

We are the *CENTER* of the autism community



The Resource CONNECTION is a quarterly publication of HMEA's Autism Resource Central

The Autism Resource Center does not endorse any treatments, programs or products. Articles, announcements and resources are provided for information purposes only.

#GIVINGTUESDAY™ #GIVEITUP4AUTISM

We have a day for giving thanks. We have two for getting deals. Now, we have #GivingTuesday, a global day dedicated to giving back. On Tuesday, November 29, 2016, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give. It's a simple idea. Join us and be a part of a global celebration of a new tradition of generosity. What is **#GIVEITUP4AUTISM** ? Last year, HMEA's Autism Resource Central started a movement, where supporters gave something up for the month of November, and repurposed that money by donating it to Autism Resource Central on GivingTuesday. People gave up things that they could live without such as their daily Dunkin's coffee, that extra bottle of wine, and weekend shopping with friends. To share their stories, they made short video clips (which can be done on your phone) and stated what they would give up and then passed the challenge along to their friends. These short video clips were posted on social media with the hashtags **#Giveitup4autism #GivingTuesday**. This year, we would like to have at least 100 short video clips posted throughout September and October by supporters stating what we will give up during the month of November in order to donate to the center on #GivingTuesday, post your video to <https://www.facebook.com/autismresourcecenter/>.

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