



Vocational Skills Series

HMEA 's Autism Resource Central is excited to announce we are offering a series of Vocational Skills Workshops starting in the fall of 2018 made possible through a Grant awarded by the Staples Foundation.

The same Workshop will be offered in 4 locations throughout Central Mass each quarter. Workshops will be taught by a HMEA Vocational skills Instructor.
Attend one or attend all workshops in the series.

Fall 2018 Vocational Skills Workshop
"Find Your Career Path"

WORK SHOP DESCRIPTION

Participants of this workshop will explore what type of careers would be a best match for them. A skills and Interest inventory will be one tool utilized to assist participants towards finding an optimal career path.

WHERE & WHEN?

Monday	September 17, 2018	4 PM - 6 PM	Worcester, Central Branch YMCA , 766 Main St
Thursday	September 27, 2018	6 PM - 8 PM	Sturbridge, Seven Hills, 208 Charlton Rd.
Monday	October 15, 2018	2 PM - 4 PM	Fitchburg, Fitchburg Library, 610 Main St.
Wednesday	October 24, 2018	6 PM - 8 PM	Milford, KDC , 1 Maple St.

PARENT MEETINGS - Co-occurring parent information meetings will be held during the last hour of each group

Register at: www.autismresourcecentral.org
Contact Dianne at 508-298-1611 for more information
dcrossley@hmea.org

~~UNEMPLOYED~~



Be Job Smart
Increase Your Vocational Skills

In Our Own Voice: Featured Member - Zachary Smith

My name is Zachary Smith. I have been a member of the Center for thirteen years. My mother works at the Center. I attend Quinsigamond Community College and my goal is to be a history major. I am currently an intern at Old Sturbridge Village. I heard about this internship in February from my aunt. I thought about doing this for a couple of months and talked to my parents and my friends about it. I was not sure at that time if I wanted to do it because I was concerned I would be rejected, as this has happened when I applied for other jobs. All my friends and family told me I love history, and I would be excellent at this job.

I also spoke with two of my college professors and a former teacher with whom I am friendly with. Everyone encouraged me to apply. At my request, my professors wrote recommendations for the internship application. I am thankful for their support and feedback which contributed to my decision to apply. I lacked self – confidence because of my Autism. I have been rejected from so many jobs. I always wondered if I did something wrong or if it was because I have Autism.

I was contacted by Old Sturbridge Village for an interview. My interview was done on Skype because they have many out-of-state candidates, so this is the best way for them to interview. I felt more comfortable with this interview because I was in familiar surroundings. This prevented me from feeling flooded with too much sensory input and other information, which can cause me to freeze up during interviews, turning my focus on scanning the room.



I felt I did better at this interview than I have with other interviews in the past. I was better able to answer their questions about my experiences with making items out of metal, wood, and other materials. On Skype, I was able to show them items I had made of these materials. I wore an appropriate outfit for a job interview, but I did not have to wear my dress shoes which are uncomfortable. This was a very successful interview. I would recommend requesting to have a Skype interview to others with Autism, if this is possible. Interviewing in person can be one of the most difficult job skills for adults with Autism. Unlike past interviews, I had a positive feeling about this one and I was offered the internship position.

I am enjoying my internship at Old Sturbridge Village this summer. I often work in the saw mill, tin shop, and the carding mill which processes wool. I am an interpreter which means I explain to visitors what the equipment does, what it was used for, and what life was like in the 1830's. I don't just do demonstrations. When I work at the saw mill I

am making timbers to repair, rebuild, or build buildings in the village, and when I work at the tin shop, I am making tin items to be sold at the gift shop. I especially enjoyed being a part of the militia on the Fourth of July because I was taught military skills, including how to fire a musket.

I am so grateful for this opportunity and that I did not let my doubts and past negative experiences prevent me from pursuing what I wanted to do.





FALL CALENDAR 2018



SEPTEMBER

Tuesday September 11, 2018

Social at Panera Bread

91 Medway Rd., Milford Plaza
Milford

6:00 PM - 7:30 PM

Bring money for what you order.

Monday September 17, 2018

Vocational Workshop

"Find Your Career Path"

YMCA Central Branch

Community Room

766 Main St., Worcester

4 PM - 6 PM

Parent Networking Meeting

(Same Location)

5 PM - 6 PM

Tuesday September 25, 2018

35+ Group Community Social

Location To Be Announced

6:30 PM - 8:30 PM

Thursday September 27, 2018

Vocational Workshop

"Find Your Career Path"

208 Charlton Rd., Sturbridge

6 PM - 8 PM

Parent Networking Meeting

(Same Location)

7 PM - 8 PM

OCTOBER

Tuesday, October 2, 2018

Cracker Barrel Restaurant

215 Charlton Rd., Sturbridge

6PM - 8 PM

Bring money for what you order.

Friday October 12, 2018

Harvest Family Fun Night

Hopedale Community Center

43 Hope St., Hopedale

6 PM - 8 PM

FEE: \$4.00 per person

Monday October 15, 2018

Vocational Workshop

"Find Your Career Path"

Fitchburg Library

610 Main St., Fitchburg

2 PM - 4 PM

Parent Networking Meeting

(Same Location)

3 PM - 4PM

Tuesday October 16, 2018

**Workshop - Thinking about Driving
for Individuals on the Spectrum**

YMCA Central Branch

766 Main St., Worcester

6:30 PM - 8:30 PM

Friday October 19, 2018

Halloween Dance

(All Center Teen and Adult Activity)

Manor Restaurant

42 W. Boylston St., West Boylston

6:30 PM - 9:30 PM

Fee: \$15.00

Tuesday October 23, 2018

35+ Group at New Center

712 Plantation St., Worcester

6:30 PM - 8:30 PM

Wednesday October 24, 2018

Vocational Workshop

"Find Your Career Path"

Kennedy Donovan Center

1 Maple St., Milford MA

6 PM - 8 PM

Parent Networking Meeting

(Same Location)

7 PM - 8 PM

NOVEMBER

Tuesday November 6, 2018

Pizza and Game Night Social

Seven Hills Family Support Center

208 Charlton Rd., Sturbridge

4:30 PM - 6 PM

Fee: \$5.00

Tuesday November 13, 2018

Pizza and Game Night Social

Kennedy Donovan Center

1 Maple St., Milford MA

6 PM - 8 PM

Fee: \$5.00

Tuesday November 20, 2018

Pizza Social at Papa Gino's

537 Lincoln St., Worcester

6 PM - 8PM

Bring money for what you order.

Tuesday November 27, 2018

35+ Group Community Social

Location To Be Announced

6:30 PM - 8:30 PM



Wild About Wine

Friday September 21, 2018

Southwick's Zoo | Mendon, Massachusetts



Wild About Wine is a signature fundraiser to benefit HMEA's Autism Resource Central. Join us at the Daniels Room, located on the lower level of the Galliford's Restaurant and Tavern building at Southwick's Zoo. The room opens out to an additional oversized walk-out patio area and large fire pits. Enjoy a delectable mix of wine tasting, hors d'oeuvres, socializing and a visit to the zoo. Bring your friends for a fun evening or make it a romantic couple's night out. You deserve it! If you like, you can begin or end your evening with dinner at Galliford's Restaurant & Tavern which is a full service restaurant, located at the Zoo. Call ahead for reservations at 508-928-0928

Our event will begin at 6 PM and will include wine tasting, hors d'oeuvres, exclusive access to the zoo which will be closed to the public. Enjoy a stroll or take it in with the expanded Skyfari Skyride. There will be raffles, a silent auction and socializing with friends.

This is an adult only event. Guests must be at least 21 years old and present a valid photo ID at entry. No babies, children or strollers are allowed. Guests without a valid photo ID will not be permitted to enter the event.

Event Sponsorship

Is your company interested in sponsoring this event? We have many different types of packages that will fit your company's goals. Please contact Wanja Kiraguri at wanjak@hmea.org or 508-298-1607 for more information.

