

In Our Own Voice: Tyler Burns, Andrew Rizoli, and Alex Szarka Making Connections and Friendships



We are Tyler, Andrew, and Alex. We met while going to a series of gatherings facilitated by HMEA's Autism Resource Central. We came to these groups for the social aspects, meeting new people, and hopefully to make new friends which we did.

We are in contact with each other between attending the ASD Only Groups. We enjoy texting each other as well as going out together to various places such as the movies and out to eat. In September we had the most amazing day. The three of us went to Tougas Family Farm and enjoyed going apple picking, petting the goats, and eating fun fall treats, not to mention the apple cider. The weather was beautiful and it truly was loads and loads of fun.

Our friendship has grown like the apples on the trees and the pumpkins we saw at the farm. We enjoy getting together and are glad we have connected with one another. Andrew has liked connecting with Tyler and Alex because they have many of the same interests and plenty of other things in common as well as often having a good laugh with one another. Alex and Andrew are college students and our academics can be stressful at times, and we find keeping in touch with the other two guys can be a great reliever of stress and anxiety.

We like being connected with other adults through the Center. Tyler was very excited that he was recently reconnected with a person he formerly knew from school. Attending these events gives us the opportunity to connect with old friends and make new ones.



"Keeping in touch with the other two guys can be a great reliever of stress and anxiety"





Winter 2018-2019 Vocational Skills Workshop

(This workshop is made possible through a Grant from the Staples Foundation)

Applications and Interviewing Skills: Part 1

WORKSHOP DESCRIPTION

Interested in applying somewhere but don't know where to start? Come to this workshop to learn what you need to know to make applying online easy! We will also be discussing employers who have the most user-friendly online application. Another topic we will be discussing is how to perform at your best during an interview.

WHEN and WHERE

December 10, 2018	4 PM - 6 PM	Worcester	HMEA's Autism Center, 712 Plantation St.
January 15, 2019	6 PM - 8 PM	Sturbridge	Joshua Hyde Library, 306 Main St.
January 17, 2019	3 PM - 5 PM	Westminster	Forbush Memorial Library, 118 Main St.
February 5, 2019	6 PM - 8 PM	Milford	Kennedy-Donovan Center, 1 Maple St.

PARENT MEETINGS

Concurring parent networking meetings will be held during the last hour of each group.

REGISTRATION REQUIRED

Register at www.autismresourcecentral.org

Contact Dianne for more information at 508-298-1611 or dcrossley@hmea.org

~~UNEMPLOYED~~



**Be Job Smart
Increase Your Vocational Skills**

WINTER ACTIVITY CALENDAR 2018 - 2019

DECEMBER

Tuesday December 4, 2018
Open House for New Center /
Family Holiday Party
 712 Plantation St., Worcester
 6 PM - 8 PM

Friday December 7, 2018
Holiday Family Fun Night
Pizza / Bowling /
Decorate Holiday Cookies
 Hopedale Community House
 43 Hope St., Hopedale
 6 PM - 8 PM

FEE: \$4.00 per person

Monday December 10, 2018
Vocational Skills Workshop
Applications and
Interviewing Skills: Part I
 HMEA's Autism Resource Central
 712 Plantation St., Worcester
 4 PM - 6 PM

Parent Networking Meeting
 (Same Location)
 5 PM - 6 PM

Friday December 28, 2018
New Years Family Celebration
(All Center Teens and Adults
Family Event)
 Manor Restaurant
 42 West Boylston St.,
 West Boylston
 6:30 PM - 9:30 PM
 Reservations Required
 Call Donmarie 508-298-1609 or
 Cid 508-298-1610

JANUARY

Tuesday January 8, 2019
Movies: Regal Cinema
 259 Hartford Ave., Bellingham
 Approximately 6:15 PM - 9:15 PM
 Fee: \$3.00

Tuesday, January 15, 2019
Vocational Skills Workshop
Applications and
Interviewing Skills: Part I
 Joshua Hyde Public Library
 300 Main St., Sturbridge
 6 PM - 8 PM

Parent Networking Meeting
 The Publick House (Tavern)
 277 Main St., Sturbridge
 7 PM - 8 PM

Thursday January 17, 2019
Vocational Skills Workshop
Applications and
Interviewing Skills: Part I
 Forbush Library, Eloranta Rm.
 118 Main St., Westminster
 3 PM - 5 PM

Parent Networking Meeting
 Same Location,
 4 PM - 5 PM

Tuesday January 22, 2019
Movies: Showcase Worcester North
 135 Brooks St., Worcester
 Approximately 6:15 PM - 9:15 PM
 Fee: \$3.00

Tuesday January 29, 2019
Driving Permit Study Group
Fitchburg Public Library
 610 Main St., Fitchburg
 1 PM - 3 PM

Tuesday January 29, 2019
Self-Advocacy Group
 712 Plantation St., Worcester
 6:30 PM - 8:30 PM

FEBRUARY

Tuesday February 5, 2019
Social at Dairy Queen
 190 West St., Milford
 4:00 PM - 5:30 PM

Tuesday February 5, 2019
Vocational Skills Workshop
Applications and
Interviewing Skills: Part I
 Kennedy Donovan Center
 1 Maple St., Milford MA
 6 PM - 8 PM

Parent Networking Meeting
 (Same Location)
 7 PM - 8 PM

Tuesday February 12, 2019
Social at Cracker Barrel
Restaurant
 215 Charlton Rd., Sturbridge
 6 PM - 8 PM

Wednesday February 13, 2019
Great Stories Store
 9 North Main St., Uxbridge
 6 PM - 8 PM

Tuesday February 19, 2019
That's Entertainment Store
 244 Park Ave., Worcester
 6:00 PM - 7:30 PM

Tuesday February 26, 2019
Driving Permit Study Group
Fitchburg Library
 610 Main St., Fitchburg
 1 PM - 3 PM

Tuesday February 26, 2019
Self-Advocacy Group
 712 Plantation St., Worcester
 6:30 PM - 8:30 PM



Announcing Our New Self-Advocacy Group

SELF-ADVOCACY GROUP

Would you like to meet others who care about the issues that are important to you?

Then come to our new Self-Advocacy Group because there is strength in numbers. Support others, share ideas, help each other to obtain goals, and make new friends. The group will be run by its members.

Join us for our first group on January 29, 2019 from 6:30 PM - 8:30 PM and meet Sue Moriarty, Central Region Coordinator of Mass Advocates Standing Strong and several self-advocates from Central Mass.

Start 2019 by learning helpful information and skills to become your own best advocate and take charge of your life!



You and your family are invited to our

OPEN HOUSE & HOLIDAY PARTY

Date: Tuesday 12/4/2018

Time: 4:30 PM - 7:30 PM

Place: 712 Plantation St.,

Worcester

RSVP by 12/3/2018

dcrossley@hmea.org or 508-298-1611