



# *Into the Light*

## **REGISTER TODAY FOR THE 14<sup>th</sup> ANNUAL 5K RUN/WALK FOR AUTISM! EARLY BIRD PRICING ENDS APRIL 30<sup>th</sup>**

Join us Saturday, May 28<sup>th</sup> at Innsbrook Pavilion for this exciting morning of fun, fellowship, and fitness! ALL THE MONEY RAISED HERE, STAYS HERE to support local individuals and families affected by autism.

The day will kick off at 8am with an opportunity to visit exhibitors, play in our Kids' Zone, and listen to music from Double Clutch! A 50 Yard Dash for children will take place in the Kids' Zone at 8:30am.

The trolley begins running at 8:30am too – feel free to take a ride! It will also be out on the course during the 5K and can pick up any walker who decides he/she needs a ride to the finish line.

At 9am sharp, the gun will sound for the start of the 14th Annual 5K Run/Walk for Autism. We ask that runners line up at the front, followed by those who prefer to walk the course. Remember everyone on the course that day must have been pre-registered, including those in strollers and wagons.

At the completion of the 5K, awards will be presented for:

- Largest Team
- Highest Fundraising by a Team
- Highest Individual Fundraiser
- Don Mayfield Team Spirit Award
- Best Team T-Shirt
- Fastest Overall Female
- Fastest Overall Male



Keep an eye out for lots of “characters” supporting this year’s event, including the Chic-fil-A Cow, Ronald McDonald, Rodney Ram, Nutzy, and Chuck E. Cheese!

Refreshments will be available at the finish line for all participants. Food trucks with items to purchase will also be on site, including Kona Ice and the Boardwalk Food Truck.

Don't miss this amazing opportunity to support THE local resource for individuals with autism and their families! Get involved in helping us “improve the lives of all affected by autism.”

**Register today at <http://ascv.org/ascv-5k/>**



Autism Society Central Virginia

**5K Run/Walk**

*May 28, 2016*



## Mission

To improve the lives of all affected by autism by maximizing the self-sufficiency, independence, and quality of life for all living with autism.

## Vision

We are the local voice and resource of the autism community in education, advocacy, services, and support, committed to meaningful participation and self-determination in all aspects of life for individuals on the autism spectrum and their families.

Any age. Any stage.

## Donate

Your gift will help support autism education, awareness, advocacy and most importantly, enable us to assist families and individuals living with autism in our community. You can help by making a donation today!

## BOARD OFFICERS

President: Bill Thompson

Treasurer: Adam Bailey, CPA

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Recreational Facilitator: Becky Early

Recreational Facilitator: Tarik McAllister

This newsletter is a publication of: Autism Society Central Virginia.  
200 South 3<sup>rd</sup> Street  
Richmond, Virginia 23219  
(804) 257-0192

We accept for consideration any comments, personal vignettes, book reviews, information, announcements, or advertisements for publication in our newsletter. The deadline for submission for the June newsletter is May 15th. You may send your contributions to the above address or email contributions to [info@ascv.org](mailto:info@ascv.org).

The Autism Society Central Virginia does not endorse nor promote any program or service provider. The information contained in this newsletter is provided for informational purposes only. The Board reserves the right to refuse to include any information, organization, business, or group where evidence-based practices are not evident. Ads for personal or organization fundraisers will not be accepted. The Society is a 501(c)3 organization providing information, support, and encouragement to individuals with autism, their families, and professionals in the Central Virginia area.

This edition was edited by ASCV staff.



## From Our Executive Director

### Numbers Do Not Always Tell the Whole Story...

On March 31<sup>st</sup> this year, the Centers for Disease Control (CDC) announced that the incidence rate of autism among eight year olds in the US remains 1 out of 68 children (1 in 42 boys.) The CDC releases this report every two years, and the numbers shared in 2016 are the same as those published in April 2014. The CDC cautions that these rates do not signify a sign of stabilization in the autism rates over the long-term and encourages the public to continue to be educated about the signs of autism so that children can be tested early and enrolled in interventions at as early an age as possible. They follow that more research is needed before any conclusions can be made. Other observations and more information can be found on the CDC website -- <http://www.cdc.gov/ncbddd/autism/index.html>

Locally, however, according to the latest statistics from the VA Department of Education, the number of students identified with autism in our local public schools continues to increase. ASCV data also indicates a rise in the number of requests for Information & Referral, and our membership and outreach efforts continue to expand. We have certainly not seen a stabilization in numbers here in Central VA. What we see is a need for increased services and supports and too many individuals on waiting lists for assessment/diagnosis and Medicaid waivers.

While it is important to collect and evaluate data on the prevalence of autism, the ASCV continues to work diligently to improve the lives of ALL living with autism in our community. Autism is a lifelong developmental disability, which affects every individual differently. The ASCV believes that each person with autism is deserving of a life full of dignity, value, and respect, and a life where they can pursue options to maximize their quality of life. No matter the number, the ASCV will continue to provide information, resources, education, advocacy, and social and community supports for individuals living with autism in our community, at any age and any stage, and all who support them.

*Becky*

Becky Boswell, MBA  
Executive Director  
[director@ascv.org](mailto:director@ascv.org)



## **ASCV RECREATIONAL AND SOCIAL SCHOLARSHIP PROGRAM ACCEPTING APPLICATIONS!**

The Autism Society Central Virginia's Recreational and Social Scholarship Program was developed to help children, youth, and adults on the autism spectrum participate in recreational and social activities. Awards are based on financial need and funds available.

To be eligible for this scholarship, an individual must:

1. be diagnosed with an autism spectrum disorder
2. reside in Metro-Richmond or a surrounding county.



Awards of up to \$300 annually are available. To learn more or apply, visit: <http://ascv.org/about/recreational-scholarships/>

## **MAY SOCIETY MEETING HOME AND COMMUNITY BASED WAIVERS RE-DESIGN**

This free workshop on Friday, May 6 at 7 pm, will address the redesign of the Commonwealth's Home and Community Based Medicaid Waivers. Medicaid Waivers provide services and supports to children and adults with developmental disabilities who meet functional and financial eligibility requirements (parental income is disregarded for children.)

Staff from the Department of Behavioral Health and Developmental Services (DBHDS) will share information about:

- changes to the ID, DD, and Day Support Waivers
- new services being offered.
- the new eligibility tool (VIDES)
- new requirements for providers of Waiver services
- the new Wait list methodology (how slots are assigned)
- Individual Levels
- Reimbursement Tiers
- the new Person-Centered Planning Calendar.

This workshop will take place at River Road United Methodist Church, 8800 River Road Richmond 23229. It is free and open to the public but registration is requested at <https://maywaivers.eventbrite.com>

**IMPORTANT  
INFORMATION**

## ASCV MEMBER SHARES HER FAMILY'S EXPERIENCE WITH PROJECT LIFESAVER

Four years ago, ASCV member Allison Thurman had the frightening experience that many families of children or adults with autism experience – her child wandered away from the family home. Following this experience, Allison began researching safety tracking devices, including Project Lifesaver. Allison told us, “I had many questions that Project Lifesaver didn’t answer on their website.” To help educate other families in our community, Allison recently wrote an article answering some of those questions and describing her family’s experience and their introduction to Project Lifesaver. In the article, Allison describes the steps her family took:

- Signing up for and getting the device
- The description of the device and how it works
- The program and how it works

You may read Allison’s enlightening article here: <https://goo.gl/fIW2q7>

Project Lifesaver representatives will be present at our May 7<sup>th</sup> ASCV Member’s Picnic to speak with families in person.



## REGISTRATION OPEN FOR MAY 14<sup>th</sup> SIBSHOP

The ASCV hosts bi-monthly Sibshops as an opportunity for brothers and sisters of children with any developmental disabilities to obtain peer support and education in a fun recreational environment. Our Sibshops are open to any sibling, ages 7-12, of a child with a special need. We meet every other month from 10am to noon. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many somewhere in between. The Sibshop model intersperses information and discussion activities with recreation and games (designed to be unique, off-beat, and appealing). Registration closes on May 9<sup>th</sup>. Learn more and register here: <http://ascv.org/meetings-events/sibshops/>



## NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

**In April the Autism Society Central Virginia worked to fulfill our mission to "improve the lives of all affected by autism" in the following ways:**

### **Education**

- Hosted the 2<sup>nd</sup> Annual Central VA Autism Conference
- Sponsored a Dad's Workshop
- Presented a Medicaid Waiver Workshop for the Founders Center
- Presented a Medicaid Waiver Workshop for the Chesterfield County SEAC
- Presented a Workshop for the Chesterfield/CH Positive Parenting Coalition
- Presented a Workshop for the Chesterfield Early Childhood Coalition
- Presented a Sibling Issues Workshop for TACA

### **Services and Supports**

- Sponsored a Sensory Friendly Movie in collaboration with the Byrd Theatre
- Sponsored an Inclusive Lego and Game Club in Chester
- Sponsored Adults with Asperger's Interest Group
- Sponsored Parents of Adults with Asperger's Group
- Sponsored the Asperger's/HFA Teen Social Club
- Sponsored a Bowling outing for children, youth and adults with ASD

### **Awareness**

- Exhibited at Cross Bearers Ride 4 Autism
- Exhibited at Kings Dominion Autism Awareness Day
- Exhibited at TGIFriday's Flair Show
- Participated in CALL 12 on WWBT12
- Interviewed for VA This Morning on WTVR6
- Exhibited at the VA Society of Association Executives Monthly Meeting
- Exhibited at Henrico County Public Schools Autism Night Out
- Exhibited at Capital One Transition Fair
- Exhibited at Mr. John's Emporium in Ashland
- Exhibited at Until the Pieces Fit Event in Colonial Heights

### **Advocacy**

- Participated on Region IV Reach Advisory Council
- Participated on The Advisory Consortium on Intellectual and Developmental Disabilities (TACIDD)
- Participated on VCU ACE Advisory Council



This May, the Autism Society Central VA will sponsor or participate in the following events. All events take place at River Road UMC, 8800 River Rd, Henrico, unless otherwise specified. For information: 257-0192 or [info@ascv.org](mailto:info@ascv.org).

05/03	6 pm	<b>Board Meeting</b> , 200 South 3 <sup>rd</sup> Street, Richmond, 23219
05/06		<b>Asperger's/HFA Teen Social Club</b> free for ASCV members in grades 6-10; members, check your e-mail for Eventbrite invitation
05/06	7 pm	<b>Chapter Meeting: Waiver Re-Design Workshop</b> info and registration <a href="http://maywaivers.eventbrite.com">http://maywaivers.eventbrite.com</a>
05/07		<b>Annual ASCV Member Picnic and Fun Day</b>
05/14	10 am	<b>Inclusive Lego &amp; Game Club – Chester</b> , details and registration: <a href="https://chesterlegomay.eventbrite.com">https://chesterlegomay.eventbrite.com</a>
05/14	10 am	<b>Sibshops</b> info & registration: <a href="http://ascv.org/meetings-events/sibshops/">http://ascv.org/meetings-events/sibshops/</a>
05/15		<b>ASCV Bowling Leagues</b> – Uptown Alley, members, check your e-mail for Eventbrite invitation
05/21	10 am	<b>Inclusive Lego &amp; Game Club – Downtown</b> , details and registration: <a href="https://downtownmayeventbrite.com">https://downtownmayeventbrite.com</a>
05/21	2 pm	<b>Sensory Friendly Movie</b> at the Byrd Theatre, Carytown
05/23	7 pm	<b>Adults with Asperger's/HFA Interest Group</b> (open only to adults with Asperger's/HFA)
05/23	7 pm	<b>Parents of Adults with Asperger's/HFA Interest Group</b>
05/27		<b>5K Packet Pick-Up</b> 10 am – 7 pm; Markel 4600 Building (4600 Cox Road, Glen Allen)
05/28	8 am	<b>5K Run/Walk for Autism</b> , Innsbrook Pavilion

**AUTISM  
SOCIETY  
CENTRAL  
VIRGINIA**

**MAY  
CALENDAR**

## SAVE THE DATE

### JUNE 18<sup>th</sup> – ASCV MEMBER NIGHT AT THE FLYING SQUIRRELS

ASCV members, watch your e-mail for an Eventbrite invitation for free tickets to the June 18<sup>th</sup> Flying Squirrels baseball game! The game starts at 6:05 pm, and is followed by fireworks for those who wish to stay. Registration for free tickets ends June 10<sup>th</sup>.



## MAY COMMUNITY OPPORTUNITIES

- 05/01 **Special Night for Special Needs** at Children's Museum Chesterfield; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 05/02 **Skyzone** special needs night; <http://www.skyzone.com/richmond/Calendar>
- 05/02 **Hanover County Special Education Advisory Committee** open to the public; 7:00pm; Hanover County School Board Office, 200 Berkley Street, Ashland
- 05/10 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 05/11 **Chesterfield County Special Education Advisory Committee** topic: *Mental Health: Trauma-Informed Care* meets at 5 pm at the Career and Technical Center, 13900 Hull Street Road, room 256; open to the public; contact 804-639-8918 for more info and info on making public comment
- 05/12 **Asperger's Support Group**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at River City Diner, Parham Rd.
- 05/14 **Game on Aspergers** from 2-4 pm at the Clover Hill Public Library (small meeting room), 6701 Deer Run Drive, Midlothian. Adults 18 and older with Asperger's have fun playing games and hanging out. Free. Info: 804-335-6634 or [willkir77@gmail.com](mailto:willkir77@gmail.com)
- 05/17 **Monkey Joe's Special Needs Night** from 5 pm-7 pm; kids ages 2-12 with special needs free; closed to public; siblings welcome \$5; info 897-5867
- 05/17 **Asperger's Support Group**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at Positive Vibe Cafe
- 05/28 **Game on Aspergers** see 05/14 info above for details
- 05/24 **Henrico County Special Education Advisory Committee** 6:30 p.m.; topic: Medicaid Waivers; Brookland Middle School; open to the public
- 05/25 **Gaviota Group** support group for Latino families with autism; meets at the Sacred Heart Center, 1400 Perry Street, Richmond, 23224; RSVP at 804-646-0145

## MOVE A THREE-DAY INSTITUTE FOR AFRICAN AMERICAN HIGH SCHOOL MALES WITH DISABILITIES

Applications are open for MOVE, a three-day institute for African American high school males with disabilities sponsored by the Virginia Department of Education. Through utilizing state leadership and mentors, young men grades 9-11 engage in activity-based learning. Participants unlock their potential to overcome barriers, become self-determined, and graduate high school to be college and career ready. Concurrent parent workshops offer resources and tools to promote self-determination in their sons and increase parent engagement in the education process.

This event takes place in Fredericksburg from July 24-26. Applications accepted through May 6<sup>th</sup>. Learn more and find the application here: <http://www.imdetermined.org/youth/move/>



## WORKSHOPS AND CONFERENCES

- 05/04 **Assessing Social Abilities of Individuals with ASD** free webcast from VCU CTI; this webcast will discuss a resource used to assess the social abilities of individuals with Autism Spectrum Disorders (ASD). A video demonstration of the assessment with young adults and their parents will be provided; learn more and register here: <https://centerontransition.org/training/webcastDetails.cfm/365>
- 05/10 **Looking Towards the Future: Using Person-Centered Planning Tools from Pre-K through Adulthood** This free webcast from VCU ACE will discuss the importance of using person-centered planning tools for individuals with ASD pre-k through adulthood. The importance of developing skills, abilities, knowledge, and confidence in one's self will be emphasized. How to adapt tools to meet the various communication needs of individuals and their support networks will also be discussed. Registration: <https://vcuautismcenter.org/te/webcasts/details.cfm?webcastID=348>
- 05/10 **Disability Trust / Estate Planning** speaker: Ms. Paula Peaden (Parker, Pollard, Wilton & Peaden, P.C) practices law primarily in the area of wills, estate planning, disability planning, and elder law; sponsored by Hanover PRC; RSVP to 365-4596 or [hanoverprc@hcps.us](mailto:hanoverprc@hcps.us)
- 05/10 **Understanding Section 504 - Civil Rights Law** free webinar from PEATC; <https://cc.readytalk.com/r/8dbqd7xto6ca&eom>
- 05/11 **Teaching Individuals with ASD Skills for Building Relationships and Friendships** free webcast from VCU CTI; this webcast will provide teaching strategies for building relationships and friendships with individuals with ASD. A video demonstration of strategies with young adults and their parents will be provided; learn more and register here: <https://centerontransition.org/training/webcastDetails.cfm/366>
- 05/21 **Transition Forum for Parents and Students: On Track for Postsecondary Success** The program will consist of three 45 minute sessions for parents and students. Topics will range from dorm life, to how to communicate with your professors, to the difference between high school and college study strategies, etc. \$50 per family at Randolph Macon College; to register: [jtrammel@rmc.edu](mailto:jtrammel@rmc.edu)

For additional information on autism conferences and workshops in Virginia, visit [www.autismtrainingva.org](http://www.autismtrainingva.org)

## VCU ACE OFFERS NEW FREE ONLINE COURSE FOR PARENTS

VCU-ACE has announced a new self-paced course for parents and caregivers called *The Parent Playbook*. This course will help parents with parenting and caring for children with ASD, provide information on how autism is defined, and share resources for supports and services throughout the lifespan. Parents will also learn more about The Foundational Five, evidence-based strategies that form the cornerstone of best practices!

Learn more here: [https://vcuautismcenter.org/te/courses/parent\\_playbook.cfm](https://vcuautismcenter.org/te/courses/parent_playbook.cfm)



## Thank You To Our Volunteers

Becky Early  
 Hannah Miller  
 Terry Harvey  
 Joe Mullins  
 Kathy Mullins  
 Shauna Anderson  
 Karen Gill  
 Justine Harper  
 Monica Jones  
 Evan Albrecht  
 Chris Havens  
 Griffin Carneal  
 Blake Johansen  
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 Chuck Hulcher  
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 Hillary Macswain  
 Deja Taylor  
 Makayla Stanley  
 Stephanie Park  
 Hong Sin  
 Octavia Bunton  
 Rachel McNeice  
 William Rixmann  
 Sidney Shuman  
 Alana Encalade  
 Bianca Jenkins  
 Deidre Miller  
 Cody Wilson  
 Staci Carr

*We would love to add your name to this list. We are always looking for individuals, 18 and older, who would like to get involved. Contact Tammy at [outreach@ascv.org](mailto:outreach@ascv.org) to find out how you can volunteer for the ASCV too!*



## Thank You For the Following Donations

*All donations stay in the Central Virginia area to support individuals and families affected by autism.*

Paige Hausburg  
Edward Quick  
Monica Bridgeforth-Merrick  
Elaine Scrobe  
Harold McManus  
Edward Sanders  
Lorraine Brewster  
William Janke  
Paul Warner  
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Lynn Anderson  
Jan Morehead  
Leigh Wear  
VA Society of Association Executives  
Benson Dale Bishop  
Timothy Criss  
Cheryl Curbeam  
Lora Farley  
Gwendolyn Branch  
Chris & Cindy Szymonik  
Sharon Williams-Davis  
Rebecca Young

*The following donation was made in honor of Logan Terrell:*  
John & Charlotte Williams

*The following donations were made in memory of Gail E. King:*  
Bill & Betty Thompson  
Troy & Tammy Burns  
Paul Warner  
Jennifer Taylor  
Garnett & Judith Kennedy  
Randy Harris  
Ronnie Keen  
Maureen Slotnick

Thank You



# AQUATICS ARE FOR EVERYONE.

**ESPECIALLY CHILDREN WITH AUTISM.**

Our specially-designed *Autism Swims* program helps children with ASD feel confident in the water. And just as importantly, outside of it. Visit [swimrichmond.org](http://swimrichmond.org) to learn more.

**swimRVA**  
SWIM FOR IT.



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## Our Mission:

It is the mission of River City Inclusive Gymnastics to provide a safe and positive environment where children with disabilities and their peers can improve social skills, motor skills, and self-esteem. Through our structured gymnastics class, each child will be challenged physically and mentally as our knowledgeable coaches are by their side to guide, motivate, and inspire.

## Details:

Elementary School Children with or without special needs  
Classes are one hour and run for 8 weeks  
New sessions are forming now

## Contact:

Coach Michael McGrath (804) 239-0695  
Coach Fletcher Hamblen (River City Youth Fitness, (804) 784-1990)  
You can also visit the gym's website at [www.rcyf.com](http://www.rcyf.com)

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# FAMILY PRIORITY

## **In-Home Applied Behavior Analysis Services**

Family Priority, a leading provider of ABA services in Virginia, has expanded to the Richmond region. Our highly qualified staff consists of BCBAs, BCaBAs, and behavior assistants. We develop evidenced-based interventions that are individualized to meet the unique needs of each child. Services can include Language Acquisition, Behavior Reduction, Essential Life Skills, and Social Skills Training. Family Priority is a Tricare and Medicaid provider and will accept private insurance and self-pay.

Serving Greater Richmond : 9201 Arboretum Pkwy Suite 160 Richmond, VA 23236 (P) 804-912-1338

Serving the Peninsula: 105 Bulifants Blvd. Suite C Williamsburg, VA 23185 (P) 757-645-3860

Serving Northern Virginia: 11350 Random Hills Rd. Suite 240 Fairfax, VA 22030 (P) 703-537-0700

# You care. We support. They succeed.

The Autism Society Central VA is important to us and that is where our charitable donation money goes. Call us to buy or sell a property and we will make a generous donation to the Autism Society Central VA for you, your friends or family in their name.

**MIKE | LISA**  
**RYAN | SPALDING**

If you want to buy or sell a home there are only two names you need to know, Lisa Spalding and Mike Ryan with RE/MAX Commonwealth.

**Lisa Spalding 873-6416**

**Mike Ryan 873-9333**



REMAX Commonwealth, 7201 Glen Forest Drive, Suite 104, Richmond 23226, 804 288.5000

Agents are licensed in the Commonwealth of Virginia.



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### MEMBERSHIP FORM

Join with hundreds of individuals with autism, their families and other caring individuals; become a part of a larger community - the Autism Society Central Virginia. We can't be heard alone, but with more voices joining daily, that small voice can become a roar. We invite you to become a part of a community of hope.

**Membership in the Autism Society Central Virginia provides the following benefits:**

- ASCV's monthly newsletter, the local resource for information regarding local and state autism-related issues, workshops, and community events
- ASCV's weekly e-mail updates
- Discounted workshops and conferences
- Free ASCV sponsored social/recreational activities

**Membership Levels:**

\_\_\_ \$5 ~ Self-Advocate (Adult w/ ASD)      \_\_\_ \$25 ~ Household      \_\_\_ \$1500 ~ Lifetime

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

(By providing your e-mail, you will receive our weekly e-mail; your e-mail will be kept confidential)

**Additional Donation:**

\_\_\_ \$25      \_\_\_ \$50      \_\_\_ \$100      \_\_\_\_\_ please specify amount

**Payment information:**

\_\_\_ Check (made payable to **Autism Society Central Virginia**)    \_\_\_ Visa    \_\_\_ Mastercard

Name on card: \_\_\_\_\_ Expiration: \_\_\_\_\_

Card #: \_\_\_\_\_

CVV# (security code on back of card) \_\_\_\_\_ **or join online at [www.ascv.org](http://www.ascv.org)**

Signature: \_\_\_\_\_

How would you prefer to receive your newsletter: ☐ by mail ☐ electronically

Which free gift may we send you: ☐ car magnet ☐ refrigerator magnet ☐ no gift needed

New Members, how did you hear about the ASCV? ☐ family ☐ friend ☐ internet ☐ other \_\_\_\_\_

**Please mail, email, or fax with payment to:**

Autism Society Central Virginia  
200 South 3<sup>rd</sup> Street  
Richmond, VA 23219  
[outreach@ascv.org](mailto:outreach@ascv.org) (email)  
(804) 290-0286 (fax)

# Autism Society Central Virginia

200 South 3<sup>rd</sup> Street  
Richmond, VA 23219

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## Would you like to place an Ad in *"Into The Light"*?

Our newsletter reaches over 700+ families, professionals and educators on a monthly basis and is archived on our website. If you would like to place an advertisement, please email it to [info@ascv.org](mailto:info@ascv.org) or mail it to us at 200 South 3<sup>rd</sup> Street, Richmond, VA 23219.

Deadline for entry is May 15th.

### Ad Rates:

\$50.00 1/4 page (\$45 non profit)

\$75.00 1/2 page (\$68 non profit)

\$100 full page (\$90 non profit)

*Long term ad discounts: 6-11 months 10% discount, 12 months or longer 15% discount*

*The Board reserves the right to refuse to place an advertisement.*