



# *Into the Light*

## **SOCIAL THINKING WORKSHOP PRESENTED BY MICHELLE GARCIA WINNER THURSDAY, APRIL 26, 2018**

In celebration of Autism Awareness month this April, the Autism Society Central Virginia is excited to present a special workshop on Teaching Social Competencies with Social Thinking. Join us on Thursday, April 26<sup>th</sup> at 7pm to hear Michelle Garcia Winner, a Congressional-award-winning speech-language pathologist who specializes in treating students who are experiencing social and communication challenges, as she presents on Social Thinking.



featuring Social Thinking founder  
**Michelle Garcia Winner**



Social Thinking is about more than just learning social skills. Ms. Winner will demonstrate how the social mind is needed for making smart guesses within the school curriculum, as well as utilized to help problem solve social situations across home, school and community. She will provide strategies that parents and educators can use across a variety of situations.

Don't miss out on this incredible FREE opportunity to hear nationally known speaker Michelle Garcia Winner. Ms. Winner is the featured therapist in the 2016 Sundance Documentary, "Life Animated." She has authored over 20 books and still remains clinically active. She also serves on the panel of professional advisers of the Autism Society of America. Her goal is to help educators and parents appreciate how crucial developing Social Thinking and related social skills are to a student's success and growth throughout life.

More details and registration can be found here - <https://socialthinkingwkshp.eventbrite.com>

*This workshop is presented in collaboration with the Region 1 Autism Consortium.*



## 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, and are 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!



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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 April newsletter is March 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.

## 16<sup>th</sup> Annual 5K Run/Walk for Autism May 26, 2018

Time to gear up for the Autism Society Central Virginia 16<sup>th</sup> Annual 5K Run/Walk for Autism!!!

Over the past sixteen years, the Autism Society Central Virginia 5K Run/Walk for Autism has grown from a small venture of a few families, to an annual event that attracts over 2000 people! It is one of our largest awareness and fundraising events!

**Event Details:** A family-friendly morning, which includes the Run/Walk, entertainment, food, exhibitors, and a fantastic Kid's Fun Zone. The 5K Run/Walk is a community event and one of the Autism Society Central Virginia's primary sources of income, raising over \$136,000 last year.

**Date:** Saturday, May 26, 2018

**Time:** Event Starts at 8 am, 5K Run/Walk starts at 9 am sharp! The event wraps up by 11 am.

**Location:** Innsbrook Pavilion, Glen Allen, VA

### Ways You Can Participate:

- **Register to Run/Walk** - <http://ascv.org/ascv-5k/register/>
- Form a **Team** and Recruit Members
- Start a **Fundraising** Page and Seek Donations
- **Share** this Information with Friends, Family, Co-Workers, Neighbors and Others in your Community
- **Volunteer !!!** We have volunteer opportunities for Friday, May 25th packet pickup, and for Saturday May 26<sup>th</sup> - <http://ascv.org/ascv-5k/volunteer/>
- Identify and Reach Out to **Potential Sponsors!** A wide range of sponsorship levels are available! <http://ascv.org/ascv-5k/sponsor/>

**Have Questions:** Check out the FAQ page of our website - <http://ascv.org/ascv-5k/faqs/>  
Feel free to contact our Executive Director, Ann Flippin at [Ann.Flippin@ascv.org](mailto:Ann.Flippin@ascv.org) to discuss sponsorships, recruiting company teams, or team fundraising ideas.

As you can see, there are numerous ways in which you can support the 16<sup>th</sup> Annual 5K Run/Walk for Autism on May 26, 2018, and help the ASCV with our mission **to improve the lives of ALL affected by autism in Central Virginia**. We hope to see you there!



## AuSome Autism Awareness We Need Your Help

April is National Autism Awareness Month (NAAM). As one way of celebrating autism awareness, acceptance, appreciation, and community belonging, we will be featuring individuals on the autism spectrum on our Facebook page during the month of April.

We need your help to make this happen!

If you would like an individual (or yourself if you are a self-advocate) featured, please email a picture and 1-3 sentences about the individual to [info@ascv.org](mailto:info@ascv.org). Include the individual's first name and share their interests, hobbies, skills and talents, and why they are so very special to you.

Thank you for helping us share some of the Au-some individuals that live right here in Central VA as we raise autism awareness, acceptance, appreciation, and community belonging!



## MARK YOUR CALENDAR NOW FOR OUR 12<sup>th</sup> ANNUAL ASCV MEMBER PICNIC AND FUN DAY

Autism Society members are invited to join us for our 12<sup>th</sup> Annual Spring Member Picnic, Saturday, May 5<sup>th</sup> from 12:00pm-3:00pm. As an Autism Society Central Virginia member, you and your IMMEDIATE household can enjoy:

- Free lunch for those registered
- Inflatables for the kids
- Games and activities – volleyball, soccer, bubbles, etc.
- A petting zoo with a variety of animals
- And much more



ASCV members check your e-mail for the Eventbrite registration. Registration closes April 28<sup>th</sup>!

If you are not an ASCV member yet, it's easy to join. Find out more about ASCV membership here -- <http://ascv.org/membership/membership/>

## Online Course Helps Students with Disabilities Prepare for College

VCU's Center on Transition Innovations is offering an online class for high school students in grades 9-12 who are interested in attending college and want to learn more about the skills necessary to be successful. The online course, "Get Ready for College: A Resource for Teens with Disabilities" is a free series of online lessons that provide the students with knowledge such as college preparation, selection and the disability services process.

The course includes video presentations and resources that help students prepare for the next steps to college life. Important topics include the difference between high school and college, finding the college with the best fit, getting accommodations in college and how to prepare for college while still in high school. The course is self-paced and will take students approximately 20 hours to complete.

For more information or to register, visit: <http://centerontransition.org/training/getReady.cfm>



## Autism 5K Run/Walk Celebration Signs

Help us celebrate our 16<sup>th</sup> year of the 5K Run/Walk for Autism by celebrating your friend or family member with ASD! Show your support on the 5K course by purchasing an Autism 5K Celebration Sign today! These 24x18 personalized signs will be displayed along the 5K course on the day of the event. Parents, family members, friends, or anyone who wants to celebrate a specific individual or group can purchase signs. The sign is yours to keep after the event.

Signs are available to purchase through May 10, 2018 at noon.

You can find more info and purchase signs here - <https://5ksigns2018.eventbrite.com>





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## Youth Leadership Academy Application Deadline is March 16, 2018

The Youth Leadership Academy, formerly known as the Youth Leadership Forum, is a training program held by the Virginia Board for People with Disabilities that seeks to empower youth with disabilities to further develop and demonstrate their leadership skills. Students participate in a wide range of personal, professional and career development activities, social skills enhancement, small group exploration, and interact with enthusiastic peers and successful role models while on the campus of Virginia State University.

To be eligible youth must:

- Have a developmental or other disability
- Be a rising high school sophomore, junior, or senior as of December 2017
- Have demonstrated leadership potential
- Reside in Virginia

More information and applications can be found here - <https://www.vaboard.org/YLA.htm>



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## 2018 I'm Determined Youth and Parent Summit Application Now Open

The I'm Determined Youth and Parent Summit is a two-day event held each June and sponsored by the Virginia Department of Education and the Partnership for People with Disabilities. Youth with disabilities from across the Commonwealth meet to network and discuss issues of importance to youth and young adults with disabilities. The Summit is open to Virginia youth with disabilities ages 13-21 and their parent(s).

The 2018 Summit will be held on June 13-15 at James Madison University. Housing, food, and transportation costs are covered for those accepted to participate.

More details and the application can be found at <http://www.imdetermined.org/youth-summit/>

**All applications are due by 5:00pm on March 9, 2018.**



This March, the Autism Society Central VA will sponsor or participate in the following events. For information: 804-257-0192 or [info@ascv.org](mailto:info@ascv.org).

- |             |        |   |
|-------------|--------|---|
| 03/02       | 6:30pm | <b>Autism Society Recreation Resource Fair 2018:</b> details & registration: <a href="https://2018ascvresrecfair.eventbrite.com">https://2018ascvresrecfair.eventbrite.com</a>              |
| 03/02       | 7pm    | <b>Aspergers/HFA Teen Social Club</b> (Grades 6-10); free for ASCV members; check your e-mail for Eventbrite invitation   |
| 03/03       | 10am   | <b>Inclusive Lego &amp; Game Club – Chester,</b> details and registration: <a href="https://legochestermar2018.eventbrite.com">https://legochestermar2018.eventbrite.com</a>                |
| 03/10       | 2pm    | <b>Sensory Friendly Movie</b> at the Byrd Theatre, Carytown; <i>Star Wars- The Last Jedi</i>  |
| 03/13       |        | <b>ASCV Board Meeting</b>   |
| 03/16,03/17 |        | <b>IEP Boot Camp</b> co-sponsored by the Center for Family Involvement; details & registration: <a href="https://iepbootcamp2018.eventbrite.com">https://iepbootcamp2018.eventbrite.com</a> |
| 03/18       |        | <b>Bowling outing</b> for children/youth/adults with autism; free for ASCV members; check your e-mail for Eventbrite invitation   |
| 03/26       | 7pm    | <b>Adults with Aspergers/HFA Interest Group</b> (open only to adults with Aspergers/HFA)  |
| 03/26       | 7pm    | <b>Parents of Adults with ASD</b> (open to parents of adults with autism, Asperger's or PDDNOS)   |
| 03/31       | 10am   | <b>Inclusive Lego &amp; Game Club – Downtown,</b> details and registration: <a href="https://legodowntownmar2018.eventbrite.com">https://legodowntownmar2018.eventbrite.com</a>             |

**AUTISM  
SOCIETY  
CENTRAL  
VIRGINIA**

**MARCH  
CALENDAR**

## Connect with the ASCV Through Social Media



FOLLOW US ON  
*Instagram*



## MARCH COMMUNITY OPPORTUNITIES

(Dates provided as published by sponsoring organizations; contact organizations for confirmation)

- 03/01 **Petersburg Special Education Advisory Committee** meets at 3pm at the Administrative Offices of Petersburg City Public Schools, 255 South Boulevard East; open to the public
- 03/02 **Special Night for Special Needs** at Children's Museum Central at 5:30pm; for more information <http://www.c-mor.org/full-menu/calendar/>
- 03/03, 03/06 **Sensory Story Time** at Varina Area Library; for more information: <https://tinyurl.com/y7zlgqkr>
- 03/03 **Comedy Sportz**, Sensory Friendly Show; 3pm; for tickets & more information: <https://www.cszrichmond.com/sensory-friendly>
- 03/03, 03/04 **Dreamer's Theater** *Inside Cloud 9- A Day in the Life of the Dreamers*; at Firehouse Theatre; for tickets & more information: <http://www.firehousetheatre.org/dreamers-theatre>
- 03/04 **Chuck E. Cheese's Sensory Sensitive Sunday** 9am-11am; 10430 Midlothian Turnpike, 23235; for more information contact 804-330-9865
- 03/05 **Sensory Story Time** at Glen Allen Library; for more information visit: <https://tinyurl.com/y7zlgqkr>
- 03/05 **Sky Zone Special Needs Sensory Friendly Night** 5pm-6pm; for more information call 804-379-2500 or visit <http://www.skyzone.com/richmond>
- 03/05 **Hanover County Special Education Advisory Committee** meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; open to the public
- 03/06 **Jumpology Special Needs Night** 5pm-7pm; <http://www.jumpology.us/Pricing-Hours> for more information
- 03/08 **New Kent Special Education Advisory Committee**; Annual SEAC Resource Fair; 6:30-7:30pm; Media Center at New Kent High School
- 03/13 **Richmond City Special Education Advisory Committee**; 6pm-7:30pm; open to the public; for more information: <https://www.rvaschools.net/Page/1277>
- 03/14 **The Faison Center's Summer College 101 Program Open House**; 5pm-7pm; see flyer on page 17 for more information
- 03/20 **Monkey Joe's Special Needs Night** from 5pm-7pm; kids ages 2-12 with special needs are free; closed to the public; siblings welcome \$5; more details 804-897-5867
- 03/24 **Wings for All** sponsored by Arc of Hanover, American Airlines & TSA at Richmond Airport at 1 pm; details & registration: <https://tinyurl.com/y7bqhcsz>
- 03/24 **Enchantment Under the Sea Dance**; sponsored by Richmond Autism Integration Network; 6pm-9pm; for tickets and more information: <https://tinyurl.com/y7plbocj>
- 03/27 **Henrico County Special Education Advisory Committee** meets at 6:30pm at Brookland Middle School, 9200 Lydell Drive, Richmond; open to the public
- 03/28 **Caminos Group** support group for Latino families with autism; meets at the Sacred Heart Center. 1400 Perrv Street. Richmond. 23224 from 10am-12pm: RSVP at 804-646-0145



## NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

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

### Education

- Presented *Autism 101* to the James River Rotary
- Presented on Medicaid Waivers to the disAbility Law Center of Virginia
- Hosted a showing of *Deej* – a documentary on autism and inclusion

### Services and Support

- Hosted ASCV Member Winter Fun Pool Party
- Sponsored a Sensory Friendly Movie in collaboration with the Byrd Theatre
- Sponsored Inclusive Lego and Game Clubs
- Sponsored Adults with Asperger's Interest Group
- Sponsored a bowling outing for children, youth, and adults with ASD

### Awareness

- Exhibited at Minds of All Kinds at the Science Museum of Virginia
- Shared awareness information at the Thrifty Quaker in Midlothian



## PRESENTS OUR 5TH ANNUAL FUNDRAISER!

TO BENEFIT THE



### JOIN US FOR THE FUN:

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Saturday, April 28th  
9am to 3pm

## UPCOMING WORKSHOPS AND CONFERENCES

- 03/01 **TechKnowledgy Webinar- Preparing for the Real World**; presented by Carrie Clawson & Pattie Drescher; 12 noon and 3pm; details & registration: <https://tinyurl.com/ydgrpy9s>
- 03/05 **disABILITY Law Center of VA Webinar**; sponsored by VAIRS; 12noon-1:30pm; details & registration: <https://tinyurl.com/yc7e878v>
- 03/07 **Rental Assistance & Housing Resources** free webinar by DBHDS; 7pm-8pm; register by March 2, 2018 at <https://tinyurl.com/ycnr4l9n>
- 03/07-03/08 **Commonwealth Autism Annual Conference: Raising Expectations**; speakers Dr. Peter Gerhardt and Hallie Hovey Murrar; at the Westin in Richmond; details & registration: <https://tinyurl.com/yd74mm8b> ; scholarships available through February 17, 2018
- 03/09,03/16 **Understanding & Managing Challenging Behaviors** In-Person Workshop or Webinar; presented by Dr. Polly Panitz from 9:30am-11am; details & registration: <https://tinyurl.com/y8okjgfh>
- 03/13 **Summer in My Community** by the ASCV's Tammy Burns at 3:30pm; free webcast from VCU ACE; details & registration: <https://tinyurl.com/yajl2jrl>
- 03/16-03/17 **I.E.P. Boot Camp** presented by the ASCV; details & registration: <https://iepbootcamp2018.eventbrite.com>
- 03/21 **Play Therapy Techniques in Early Childhood Settings: Supporting Social-Emotional Learning & Self-regulation** by Christian Bellissimo at 2pm; free webinar from TTAC Online; details & registration: <https://tinyurl.com/y9clu4et>
- 03/21 **Reasonable Accommodation & Modification Requests for Housing** free webinar by DBHDS; 7pm-8pm; register by March 16, 2018 at <https://tinyurl.com/yddptb6m>
- 03/23 **Understanding Special Education Workshop** presented by PEATC; 6:30pm-8pm; at Walker Grant Center, Fredericksburg; for more information call 1-800-869-6782
- 05/14,05/15 **4<sup>th</sup> Annual VDOE & PEATC Co-sponsored Advocacy Symposium**; space is limited; details & registration: <https://tinyurl.com/ya854tjc>



## Thank You To Our Volunteers

Brie King  
Chris Del Bueno  
Hayden Vozar  
Joanna Dore  
Nikolas Dore  
Courtney Harrison  
Lindsey Weeks  
Grant McDonald  
Glenn Bowen  
Jeffrey Escobar  
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Tener Dawson  
Jack Gosselin  
Lily Gosselin  
Dave Gosselin  
Leo Chen  
Kerrington Pavone  
Kadir Yavuz  
Freddy Derenthal  
Lenise Robinson  
Tenel Robinson



*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!*

## Scholarship Opportunities

The Autism Society Central Virginia (ASCV) is pleased to offer three types of scholarships for 2018. Qualifying households and/or individuals may apply for any or all of the following scholarships:

- Recreational and Social Scholarship – award of up to \$300 annually per individual on the autism spectrum
- Education Enrichment Scholarship – award of up to \$300 annually per household holding current ASCV membership
- Membership Scholarship – award of up to \$25 annually per household

**IMPORTANT  
INFORMATION**

More information and applications can be found here -  
<http://ascv.org/about/recreational-scholarships/>

## Thank You to the Following Donors

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

Mamie Mayo  
Eric Schumde  
David & Ellen Turner  
Harman, Claytor, Corrigan & Wellman, P.C.  
Hazel Stewart  
Sherita Johnson  
Cheyniqua Holland  
Larry Scarborough  
Joseph Andrews  
Crown Castle  
William Janke  
Richmond Italian Street Festival  
Cuddle Up for a Cause  
James Marilla

Lisa Keene  
Cecil Comer  
Mark Rondina  
Todd Coolbaugh  
Montero Hardy  
Mark Rondina  
Robert King  
William Charlton  
Michael Curl  
Paul Warner  
Tracey Matthews  
Henry Abraham

*In honor of Robert Ferguson III  
Kristina Ferguson*



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## Save the Dates! Upcoming ASCV Learning Opportunities

Don't miss these fabulous Spring learning opportunities:

March 16 & 17    *IEP Boot Camp* (registration closes 3/8/18)

April 13            *Say What You Need to Say: Helping  
Individuals with ASD Use Scripts Effectively*  
(rescheduled from February)

April 26            *Teaching Social Competencies with Social Thinking*, presented by  
Michelle Garcia Winner

May 4                *Special Needs Trusts & Future Planning Workshop*, presented by  
Paula Peaden (Elder Law Attorney) and Kaylan Rubey  
(representative from Commonwealth Community Trust)



## Cross Bearers Motorcycle Ministry Sponsors



### “Ride 4 Autism 2018”

In support of

## Autism Society Central Virginia

### Date: April 7, 2018



Donation: \$20  
per bike  
\$10 for each  
additional rider

Registration from 9 a.m. til 10:45 a.m.  
at Olive Branch Baptist Church  
11119 Boydton Plank Road  
Dinwiddie, VA 23841  
KSU at 11 a.m. to Begin Ride!!!



Commemorative pins  
for the first  
100 registered riders

“Non bike riders welcome to eat for a \$10 donation”

For More Information on this fund raiser please

Contact Shogun @ (804) 732-1502 or Big Bill @ (804) 731-6821

\*\*\* All proceeds will be donated to Autism Society Central VA \*\*\*





# I.E.P. Boot Camp

## Enlist Today!

This 2 session workshop series will empower parents / caregivers to understand and become effective partners in the I.E.P. process.

Attendance at both sessions is required.



### Topics covered and included in Boot Camp Toolkit:

- Beginning with the End in Mind
- Person Centered Planning
- Present Level of Performance
- Goals and Objectives
- Accommodations / Modifications
- Extended School Year
- What if You Don't Agree
- Collaboration Strategies
- Behavior Plans
- Transition
- Rights and Regulations
- And much, much more!

#### Session Dates:

March 16, 2018  
(6:30pm-9pm)  
March 17, 2018  
(9am-2pm)

#### Cost:

\$15 ASCV Members  
\$35 Non-members  
**\*\*Plus Processing Fees\*\***  
Scholarship Funds Available

#### Location:

River Road United  
Methodist Church  
8800 River Road  
Richmond, 23229

Pizza dinner will be provided on 3/16 and a light breakfast will be provided on 3/17.

Space is limited – Register Early!

**Co-Sponsored by:**  
Center for Family Involvement



**For more info and to register:**  
<https://iepbootcamp2018.eventbrite.com>

[www.ascv.org](http://www.ascv.org)    [info@ascv.org](mailto:info@ascv.org)    804-257-0192



# **SONS OF DOMINION MOTORCYCLE CLUB**

## **Renegade Ride For Autism Saturday April 21st 10am**

Registration begins at 9am at  
Renegade Classics Richmond  
7590 W Broad St, Richmond, VA



For more information email  
[president@sonsofdominion.com](mailto:president@sonsofdominion.com)  
or call Renegade Classics at  
(804) 501-2453

Join the Sons of Dominion Motorcycle Club and Renegade Classics Richmond as we support the Autism Society Central Virginia in raising funds and promoting awareness, acceptance, and appreciation for the cause of autism. All proceeds support the ASCV.

Every \$25 ticket raises money for the ASCV and earns:

- A beautiful 90 minute group ride benefitting the fight against autism
- A raffle ticket for Renegade Classics gift cards (additional raffle tickets can be purchased separately)
- A hamburger or hot dog lunch with chips and drink (one lunch per ticket - additional meals may be purchased)

 **AUTISM SOCIETY**  
*Improving the Lives of All Affected by Autism*  
Central Virginia

**RENEGADE**  
**CLASSICS**®



## Build Your Inner Strength

### Contact Details:

☎ **540-699-0226**

✉ **540-699-0224**

[www.resiliencecounseling.care](http://www.resiliencecounseling.care)

4870 Sadler Road Suite 300,  
Glen Allen, Virginia 23060

### ● FAMILY COUNSELING

Family counseling aims to build communication, collaboration, understanding and problem-solving skills within the family unit. Family members can gain a greater understanding of their role and how that can impact others in a positive or negative way. Family counseling includes a systems assessment of your family to identify treatment goals and objectives. Family counseling can be a powerful tool in overcoming a multitude of issues including parenting issues, marital concerns, domestic violence, financial stress, illness of a loved one and other major life changes.

### ● COUPLES

Couples counseling provides a forum where communication and conflict resolution skills can be developed within the context of your relationship. Couples counseling aims to build a greater sense of understanding of yourself and your partner to improve the overall health of your relationship. Treatment includes an initial intake evaluation and weekly 55-60 minute sessions.

### ● SOCIAL SKILLS GROUPS

Children, teens and adults with poor socialization skills are less likely to form healthy intimate relationships, more likely to experience rejection, and have a higher likelihood of running into trouble either with the juvenile or adult legal system.

Academic performance is also impacted, because students who have a hard time connecting with peers develop self-esteem issues, depression, social anxiety and apathy toward those around them, which makes students less likely to focus their energy on academic achievement. Some of the most important social skills for individuals to learn are conflict resolution, understanding and forming friendships, valuing other people and their ideas, taking turns, understanding body language, improving eye contact and taking responsibility for their own actions.

Developing strong social skills can also help build self-esteem, confidence and assertiveness. Strong social skills build resilience which increase your ability to deal with social stressors such as bullying and other conflicts.

Social Skills Groups are also a powerful tool in the treatment of children, teens and adults with ADHD, Autism and other development concerns.

### ● HOW TO JOIN A GROUP

Before joining a group you must contact us to schedule and intake evaluation. During the initial appointment we will identify your needs and match you to a group that will be the best fit for you or your child. Groups are covered by some insurance companies. Groups meet weekly for 55-60 minutes. For children and teens ongoing parent meetings are required throughout treatment to reinforce skills, monitor progress and identify areas of continued concern.



### ● RESILIENCE GROUPS

Building resilience skills can empower you to take control of your thoughts, outlook and perspective on any obstacles you may be facing. Resilience is the ability to overcome the many challenges we all face in life. The main reason one individual is more resilient than another is not intelligence, genetics, biological factors, life circumstance or situations; it's the way you think and respond. Resilience Groups provide a unique forum for children, teens and adults to develop supportive peer relationships while learning resilience skills in an engaging and interactive format. Resilience Groups aim to build the following skills:

- *Learn how your thoughts matter and take more control of them*
- *Transform negative self-talk*
- *Enhance problem solving skills*
- *Learn about and develop your personal character strengths*
- *Develop a growth mindset, rather than a fixed one*
- *Increase confidence and self-esteem*
- *Set goals and achieve them*
- *Learn to adapt and overcome rather than accepting defeating thoughts*



## COUNSELING SERVICES

### ● INDIVIDUAL COUNSELING

Individual counseling can be useful to address a variety of concerns such as depression, anxiety, stress, attention, focus and trauma. 1-1 sessions provide a private setting to focus on your individualized needs. Treatment involves the use of proven techniques including CBT, DBT, mindfulness and other strengths based interventions. Individual Counseling includes an initial evaluation and assessment, treatment plan development and weekly 55-60 minute sessions. Depending on the level of treatment required more frequent sessions may be recommended.

### ● GROUP COUNSELING

Group counseling provides a supportive atmosphere where a variety of issues can be discussed with peers in a confidential setting. The group setting can provide additional support and foster a variety of opinions and feedback. Topics discussed may include emotional regulation, anger management, increased self-awareness and interpersonal skills. Our groups are focused on developing resiliency skills to improve your overall well-being. Groups meet weekly for 55-60 minutes and contain 3-10 group members. Joining a group requires and initial evaluation to assess your goals for treatment and match you to the group that is the best fit for you.







Please Join Us for an Open House on  
 The Faison Center's Summer College 101 Program  
 Wednesday, March 14<sup>th</sup>, 2018  
 5 pm to 7pm  
 The Faison Residence  
 5322 Markel Road

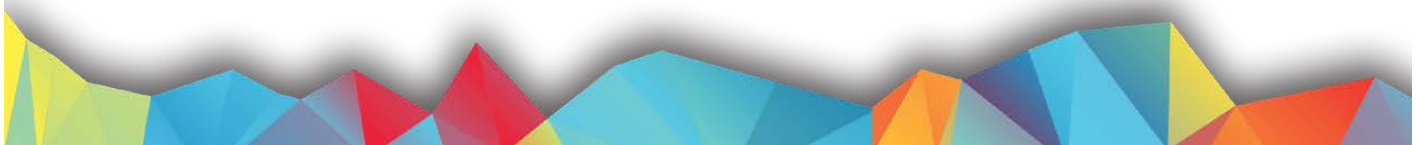
**Learn more about Faison's Ready. Set. Go! Summer College 101 Program is designed to provide High School students and those interested in college an opportunity to experience campus life.**

Faison's College 101 Program provides a two week overnight college experience on the University of Richmond campus with the support of trained professionals from The Faison Center and University faculty. The students will gain the confidence they need to embark on their college career and to gain a strong sense of college life. College 101 will help to teach success on the campus while taking the anxiety out of the unknown.

**This two week overnight experience prepares students for:**

- Dorm Life
- Campus Navigation
- Meals, Health and Wellness
- Academic Resources and Supplies
- Social Activities and Clubs
- Safety and Security
- Troubleshooting Transportation Services
- College Application and Essay Workshop

Let's do this. Ready. Set. Go!  
 Call 804-612-1947 or visit [www.faisoncenter.org](http://www.faisoncenter.org)  
 The Faison Center/1701 Byrd Avenue, Richmond, VA 23230





### 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:**

- Free monthly bowling outings for children, youth, or adults with ASD
- Discounted workshops and conferences
- Free ASCV sponsored social/recreational activities including our annual family fun day, holiday party, and much more
- Free childcare at ASCV monthly program meetings

**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 and our monthly newsletter; your e-mail will always 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: \_\_\_\_\_

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) 655-0484 (fax)

# Autism Society Central Virginia

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\$75.00 1/2 page (\$68 nonprofit)  
\$100 full page (\$90 nonprofit)

*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.*