

# Family Support News



3-1-2024



Join the fun!  
Click here to  
reserve your  
space today!

Join us for a small group workout with Ryan Feeny of ASD Fit Boston. Ryan offers an adults' small group workout with individualized attention. All abilities and all levels of fitness are welcome and encouraged to join. ASD Fit meets at The Arc of Bristol County's day hab building at 141 Park Street every other Thursday 5:30-6:30pm.

Fill out the online form to express your interest and reserve a spot. If you have questions, please reach out to our Family Support Center Autism Services Navigator, Jacob Anderson,

at [JAnderson@arcnbc.org](mailto:JAnderson@arcnbc.org).



Parents and Caregivers of loved ones in residential placement or who have profound autism are invited to meet with one another virtually for support and sharing. Community Autism Resources is hosting this event.



Community Autism Resources  
A PRESENCE ALONG YOUR JOURNEY



Thursday March 7th, 6-7 PM

Visit Zoom and use the following login:  
Passcode: Support  
Meeting ID: 848 5813 2961

*If this is your first time attending this group, they request to please take two minutes to fill out this form.*



Questions? Contact Jan Randall at [janrandall@community-autism-resources.com](mailto:janrandall@community-autism-resources.com) or text to 508-310-8003.

## A note from Ida Lindquist, Family Support Coordinator, and facilitator of our Moms' Groups...

Are you looking to connect with other caregivers, mothers, and those playing the role of a mother? Want to find out what other moms are doing? Have questions about how to best support your child?

Group meets virtually one Tuesday evening per month from 7-8pm! Possible in-person options are coming soon!

MOM SUPPORT Groups



Email Ida or sign up **HERE** to join the next group on Tuesday, March 19th, 7-8pm!



[ILindquist@arcnbc.org](mailto:ILindquist@arcnbc.org)



## Virtual Discussion Support Group Series for Caregivers

Guest Facilitator:  
Michael John Carley



Register here!

February 7th - Upping the Bar on Inclusion

March 13th - Neurodiversity, Disability, & the Theoretical Quagmires Yet to be Resolved

April 10th - TBD - IDEAS WELCOME!

All sessions are 6-7:30pm.



Follow The Arc of Bristol County on Facebook for daily information updates and further resource sharing!



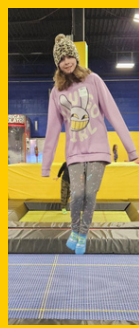
WOW!

YES!

We had a SUPER time at February Vacation Club!

KAPOW!

AMAZING!



## Be Prepared for the Transition Years:

---

### DDS 101 Info Session

This free workshop will provide need to know information about the **Department of Developmental Services** as the transition from high school to life after high school approaches.

**When:** Tuesday, April 2nd, 6:00pm - 8:00pm

**Where:** Virtually via WEBEX

**To Register:** Follow the link or scan the QR code below:

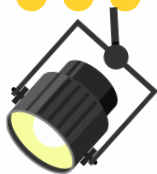
Register here!



#### During this session, you will learn:

- **ELIGIBILITY:** *How do I become eligible for DDS Services?*
- **AREA OFFICE:** *What is the role of the DDS Area office?*
- **FAMILY SUPPORT:** *What can Family Support provide to my family, and what are the limitations?*
- **SELF-DIRECTION:** *What are Self-Directed Services and how do they differ from Traditional Services?*
- **AUTISM SERVICES:** *What support is available to my family member with autism, and how do we access it?*

# Local Resource Spotlight!



## THE LGBTQ+ NETWORK

SOUTH COAST MASSACHUSETTS

The South Coast LGBTQ+ Network recently hosted a grand opening for their Taunton LGBTQ+ Community Resource Center, located downtown at 2 Knotty Walk. The Arc of Bristol County's Autism Navigator, Jacob Anderson, and Outreach Coordinator, Heather Baylies-Grigoreas, attended the celebration. The center will host social activities, support groups, and provide referral services for people and families of all ages. Please visit their website and social media pages for more information and activity schedules.



Ask the Advocates!  
The Arc

Click to submit a question or share an idea for a future workshop topic!

Angela & Nicole

## Inclusive Education

Inclusive education is one in which each and every student is valued and fully supported as active and engaged participants in their school. All students, including students with extensive support needs, are supported to succeed in making academic progress, building friendships, and engaging in extracurricular activities along with their grade-level peers.

Controversy often surrounds the inclusion of students with the most significant cognitive disabilities even though the Individuals with Disabilities Education Act (IDEA) is clear in its Least Restrictive Environment (LRE) provisions that the presumed education setting for all students with disabilities is the general education classroom. A student can only be educated in a more restrictive setting if the student cannot receive a satisfactory education when all needed supplementary aids and services have been provided in the general education classroom. A more restrictive setting means less time with peers who do not have disabilities. With appropriate supports, services, and staff development, it **should be** rare that a student with a disability needs a more restrictive environment.

Want to learn more about inclusion? Visit the TIES Center online for resources and tools.



Angela & Nicole  
Educational Consultants