



Family Support News



3-29-2024



Community Autism Resources
A PRESENCE ALONG YOUR JOURNEY

PRESENTED BY CAR & THE WELL

PARENT SUPPORT GROUP
Thursday, April 4th / 6-8pm
CEDAR STREET COMMUNITY CENTER
15 Cedar St. Bridgewater

Join our nurturing community where you can share the journey of parenting a child on the spectrum, find compassionate support, and discover tools and resources that empower both you and your child to thrive

PLEASE REGISTER
mfox@community-autism-resources.com



Join The Arc of Bristol County's Family Support Center for a webinar on social security, presented by the Social Security Administration.

Monday, April 29th / 12-2pm

Please register for this webinar using the "Register Now" button below. The meeting link and event reminders will be sent the week before and morning of the webinar.

We welcome DDS supported adults, families, and professionals to attend.

REGISTER NOW



A note from Ida Lindquist, Family Support Coordinator & facilitator of Moms' Groups...

Are you looking to connect with other caregivers, mothers, and those playing the role of a mother? Have questions about how to best support your child? Join Ida for April Moms' Groups!

Virtual
Tue. April 23 / 7-8pm

In-Person
Tue. April 16 / 10:30-11:30am
Family Support Center
140 Park Street, Attleboro
3rd Floor
Snacks & coffee provided!

REGISTER NOW

MOM SUPPORT Groups

Our virtual group meets regularly one Tuesday evening per month from 7-8pm!

ILindquist@arcnbc.org



GOOD FOOD and A WHOLE LOT MORE!



Join us as we host the Taunton/Attleboro WIC to present information about their program including updated income guidelines, eligibility, free monthly grocery funds, free summer season farmer's market foods, breastfeeding support, available community discounts using your WIC card, and more!

Tuesday, May 7th 6-7pm

REGISTER NOW

Registration required. The meeting link and event reminders will be sent the week before and morning of the webinar. All are welcome.



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





**Transition
Timelines Webinar
Tuesday, April 2nd
at 1:00PM**

Join The Arc of Massachusetts to discuss transition timelines to help prepare students and their families for the world beyond secondary education.

The webinar will address transition planning, services, and benefits available to young adults with intellectual and developmental disabilities ages 14-22.

REGISTER NOW



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 hosts this event on the first Thursday of every month.



Community Autism Resources

A PRESENCE ALONG YOUR JOURNEY



Thursday, April 4th, 7-8pm

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 that you please take two minutes to fill out this form.



Questions? Contact Jan Randall at janrandall@community-autism-resources.com or text to 508-310-8003.



**Transition from
School to Adult Life:
Using the IEP to
Create Success
Tuesday, April 9th at
12:00PM**

This workshop will address the transition planning and services required for youth with disabilities ages 14-22 and will focus on the transition services districts should provide to prepare youth for employment, independent living, and further education. Using case examples, parents and professionals will learn strategies that can help ensure students receive important transition services required by special education law. The workshop will also provide information about the transition to the adult human service system, including Chapter 688, the state law that helps plan for youth with disabilities after they leave school.

REGISTER NOW



**Virtual Discussion
Support Group Series
for Caregivers**



Guest Facilitator:
Michael John Carley

Wednesday, April 10th / 6-7:30PM
Discussion Topic: Depression & Mental Health

Join us for the final session of this thought provoking caregivers' group, lead by autistic self-advocate, Michael John Carley. All are welcome.



Register here!

Calling all Mansfield Accessibility Advocates!



Are you passionate about access and equity? Do you have ideas on how to improve the experience of those with disabilities in Mansfield? Well, we want you to join the Mansfield ADA Inclusive Health Coalition (IHC).



What is the IHC? It is a group dedicated to shaping the experience of all individuals in town through the development of Mansfield's ADA Self-Evaluation & Transition Plan.



Whether you're an advocate, part of the differently-abled community, or just someone who deeply cares about unlocking barriers for all, we want your unique perspective and expertise on our committee!



As a committee member, you'll have the chance to community events, engage with fellow Mansfield residents, and collaborate with town officials. Plus, you'll get to be part of an amazing team making a real impact on our community accessibility.



Interested in joining the IHC?

- Fill out the expression of interest form at <https://forms.office.com/r/wWmyKvgWwW> or scan the QR code

Apply by April 13th!



www.srpedd.org/Mansfield-ADA



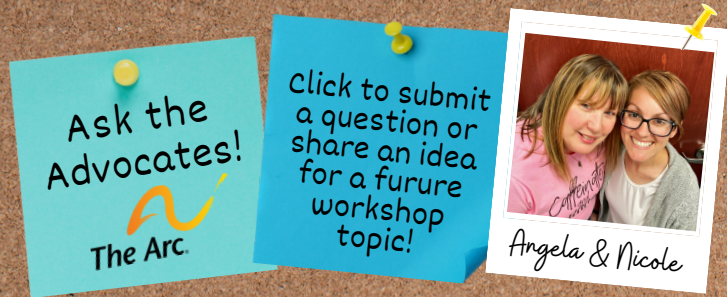
Resource Spotlight!



The National Autism Association's Big Red Safety Box® Application Period is OPEN!

This free-of-charge safety toolkit is for autism families in need of wandering-prevention tools. Limit of one box per family. To apply for an NAA Big Red Safety Box®, you must:

- Be the primary caregiver of an individual with an autism diagnosis
- Be 18+ years old and a resident of the U.S.
- Agree to the terms and conditions stated in the application



Ask the Advocates!
The Arc

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



Let's talk about inclusion!

Are you looking for ideas on how to promote inclusion for your loved one?

Non-instructional times like lunch, recess, and extracurricular activities provide students with rich opportunities for developing friendships and honing social skills—but too often, kids with disabilities don't get the supports they need to participate fully.

Check out these ideas from Brookes Publishing and share with your student's IEP team!



- ▶ Start a Lunch Bunch to encourage social interactions between students with and without disabilities.
- ▶ Create interest tables in the cafeteria. Print popular student interests on colorful cards and place them on lunch tables so students with similar interests can find each other.
- ▶ Nurture budding friendships between students; encourage them to play on the same dodgeball team at recess, or join the same afterschool group.
- ▶ Identify gaps in extracurriculars. What new groups could your school create to encourage more participation by students with and without disabilities?
- ▶ Improve accessibility. Do extracurriculars take place in easily accessible locations? If not, help arrange for transportation and accommodations.
- ▶ Use peer buddies to support student participation in afterschool activities. (Be sure peer buddies receive training to provide supports effectively.)
- ▶ Keep parents in the loop and involve them in strategies for expanding their child's social opportunities. Send a flyer out each month with a list of upcoming afterschool activities, from fundraisers to football games.

Want to learn more about inclusion and how to create opportunities for your loved one? Read the Brookes Blog here!



Angela & Nicole
Educational Consultants