

ASD *(Autism Spectrum Disorders)*

Eastern Shore

Brown Bag Seminar Series

Popular topics related to the autism spectrum are selected and presented to the community by knowledgeable specialists in the area. Parents, educators, and service providers alike will gain greater understandings about important issues and learn how to provide stronger support strategies.

March 14 *Learning the Path to Life Skills Independence*

Peggy Dooley, Life Skills Instructor and Julie Hickey, Ed. Director - The Benedictine School

Children of all ages should strive for life skills independence! The presenters offer user friendly ideas and tips for helping to prepare your child for life skills independence -- including kitchen skills, grooming tasks, and household chores. Examples of visual aids, adaptive equipment, and items that foster increased independence are shared with attendees.

April 11 *ASD: Sexuality and Social Boundaries*

Janet Palmer, Advocates for Success

Ways to promote appropriate social behavior in regards to sexuality and the emotional, physical and legal concerns that both individuals and their families face in dealing with this topic.

May 9 *GF/CF and SF Diets: How to Start, Where to Shop, What to Buy*

Maureen Burke, One Dish Cuisine

Learn how to overcome the challenges of starting these types of diets. Make suitable substitutions for ingredients, stock you pantry in a cost-effective way, remove and substitute for eggs, remove other top allergens. This session will include a sample tasting of foods prepared using the speaker's tips to creating meals that taste great!

Pathfinders for Autism does not endorse any treatment, service or provider. We strive to provide accurate, up-to-date information to individuals, families and professionals to assist them in making informed decisions about what best suits their unique needs.

6:30 - 8:00 pm



**Seminars will be held at:
Queen Anne's Public
Library, Centreville Branch
121 S. Commerce Street
Centreville, MD 21617**



PATHFINDERS
FOR AUTISM

**Seminars are free,
but registration is required for
each session at 443.330.5370 or
www.pathfindersforautism.org.**

**Local sponsor:
Queen Anne's County Partners for Success**

Spring 2012