



a program of  Advocates



Autism Alliance Newsletter | *January 2024*



Autism Alliance would like to thank **Maria Barreira and Maria Sartorio Pezzin of Cummings Property** for choosing us as the recipient of this year's donation in your honor.

Family Event



Plaster FunTime | Marlborough
Monday, January 15th
(Martin Luther King Day)
9:00am-11:00am

Autism Alliance will have the entire store exclusively for YOU!! We will meet new friends, paint some designs in a fun, judgment free, sensory-friendly environment. You must register for this event; you will receive a confirmation email; and we will have a waiting list.

[Register Here](#)

NEW NATICK MALL

Mom's Self-Care Walking Group



NEW PROGRAM

Mom's In-Person Walking Group

Every Thursday Morning

January 4th, 11th, 18th & 25th

9:30 to 10:30am

Location: The Natick Mall | Vibe

Join us for conversation, connection, and cardio! Children welcome!

[More Information](#)

January GuestSpeaker

Speech-Language Pathologist Megan Romanczyk

Supporting Communication through Augmentative and Alternative Communication (AAC)

BOSTON A⁺BILITY CENTER
MAKING FUN AND FUNCTION GO HAND IN HAND

January 23, 2024

6:30-7:30pm

Please join us for an evening with Speech-Language Pathologist Megan Romanczyk to learn about Augmentative and Alternative Communication (AAC). This presentation is intended for families of children who use AAC to communicate, families who are considering using AAC, or families hoping to learn more about how AAC can support individuals with communication challenges. To submit questions, [click here](#).

[Learn More](#)

Our Support Groups



Just for Dads Support Group

First Wednesday of Every Month

Next Date: January 3rd | 7:00pm-8:30pm

Morse Institute Library | 14 East Central Street | Natick, MA



Autism Support Group for Parents of children aged 10 and under

First Wednesday of Every Month

Next Date: January 3rd | 12 noon-1:00pm

Location: Virtual | Drop-in's welcome



Portuguese Speaking Support Group | Autism Alliance

Fourth Monday of Every Month

Next Date: January 22nd | 6:30pm-8:30pm

Location: Virtual | Drop-in's welcome



Mom's Self-Care Support Group

Third Thursday of Every Month

Next Date: January 18th | 12noon to 1pm

Location: Virtual | Contact: [Penny Anderson](#)

Advocates Launches Respite Options Program



At Advocates, we value the important work family caregivers do to support their loved ones. We also recognize the challenges that come along with being a caregiver.

Thanks to funding from the Executive Office of Health and Human Services Respite Innovations Grant, we launched our new Respite Options program, which provides families and other caregivers with temporary relief



from the demands of caregiving. Daytime and overnight respite opportunities are available and provide safe and interactive environment.

[Learn More](#)

Winter Sensory-Friendly Hours

Autism WelcomingSM Certified Businesses Sensory Friendly Hours



When you have a family member with autism or other sensory sensitivities, even everyday outings can present challenges. Through the Autism Alliance Autism Welcoming InitiativeSM, businesses learn how to welcome individuals and families, creating a more inclusive community for all. Here is a list of [Autism WelcomingSM certified businesses winter sensory friendly hours](#).

[Explore Autism Welcoming Businesses](#)

Autism Welcoming Business Healthy Happenings

FITNESS TOGETHER[®]

[Fitness Together](#)
Ashland, MA 01721
Phone: (508) 438-0050

If you are setting a healthful resolution for 2024, consider partnering with Fitness Together in your endeavor. Fitness Together in Ashland, MA is an **Autism Welcoming certified** gym where individuality is celebrated. They offer a welcoming, personalized wellness



experience. Fitness Together has multiple private training suites, each fully equipped with state-of-the-art equipment and individual lighting and music control.

[Learn More About Fitness Together](#)

Discovery Museum Announces Upcoming Free Events in 2024 for Visitors with Disabilities



[Learn More About Especially for Me Free Events](#)

Discovery Museum announced upcoming dates for the *Especially for Me* series of free events for families and groups with members who may have a disability, including sensory sensitivities, are visually impaired and/or hard of hearing. Because admission is free, families may come and go based on their needs without concern for cost. A medical diagnosis is not required to attend.

BOSTON ABILITY CENTER
MAKING THE WORLD MORE ACCESSIBLE FOR EVERYONE

Partners for Youth with Disabilities

BRING YOUR FAVORITE GAMES!



COMMUNITY GAME DAY

For neurodivergent tweens and teens ages 9-17



SCAN TO REGISTER!
or visit bostonabilitycenter.com/upcoming-events

SATURDAY, JANUARY 13TH
3:00-5:00pm

BAC Wellesley
49 Walnut Park Building 3

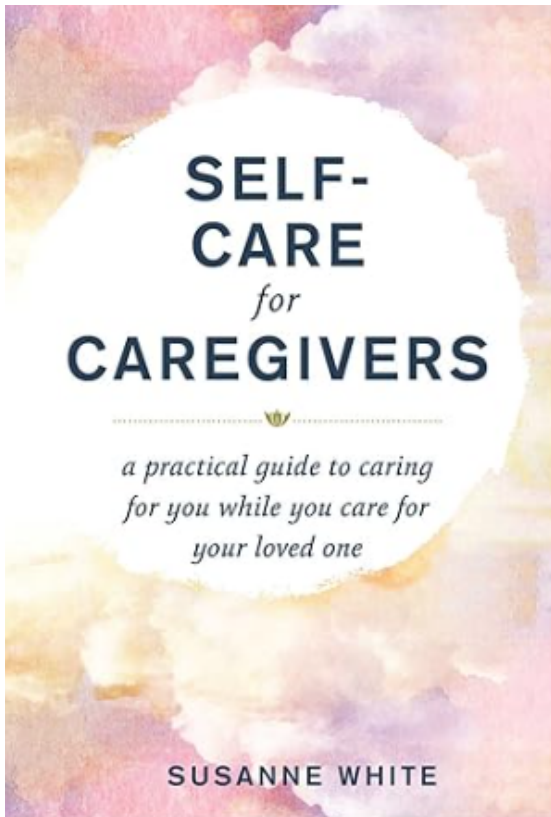
The Boston Ability Center is thrilled to collaborate with Partners for Youth with Disabilities (PYD) to host this **FREE** event! Provided games include: Mario Kart, P is for Pizza, Balderdash, Blockbuster, and many more! Check out more of PYD's programs at: www.pyd.org/programs

This is a non-therapeutic group, meaning BAC staff will be minimally involved in the facilitation of activities. To find out if your child would be a good fit for this group, please call/email:

781-239-0100 | frontdesk@bostonabilitycenter.com

The Boston Ability Center is partnering with Partners for Youth with Disabilities to offer a FREE afternoon of games! This group is intended for neurodivergent tweens and teens ages 9 to 17 looking to meet new friends. We'll provide plenty of board games and video games, and participants are encouraged to bring their favorite games as well! This group will be held from 3-5pm on January 13th at the BAC Wellesley (49 Walnut Park, Bldg. 3 Wellesley Hills, MA 02481).

[Learn More About Community Game Day](#)



Self-Care for Caregivers: A Practical Guide to Caring for You While You Care for Your Loved One

by [Susanne White](#)

In *Self-Care for Caregivers*, you'll find short, easy-to-read—and often easy-to-do—ways to replenish your mind, body, and spirit, including:

- Practicing mindfulness by focusing on your five senses
- Remembering to HALT to check if you're hungry, angry, lonely, or tired.
- Making a gratitude list of at least three things you're grateful for
- And more

[Available from Amazon](#)

Did you miss seeing one of our featured guest speakers?



If so, click on the link and you will see the recordings on the Autism Alliance of MetroWest YouTube Channel.

[YouTube](#)

Please submit requests for accommodations, including ASL interpreters, at least 2 weeks prior to the event date to AutismAlliance@advocates.org or call (508) 652-9900

Connect With Us



www.AutismAlliance.org | (508) 652-9900 | AutismAlliance@Advocates.org

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Our Contact Information

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