

BIRCH FAMILY SERVICES

PRESENTS



ACROSS THE LIFESPAN

A Series of Seminars and Workshops For Individuals on the Autism Spectrum and the Families and Professionals Supporting Them

Choose a seminar, workshop or activity suited to your interests. Birch Family Services staff in partnership with other professionals will facilitate a variety of initiatives that include:

- **Social Skills*** — 12 week workshop series focused on enhancing an individual's abilities
- **Social Leisure Club*** — meets twice monthly with people of similar interests
- **Family Planning/Transition Workshops** — Understand the resources available for you or your family member
- **Social Sexuality Workshops** — Workshops designed to support and educate individuals, families, and professionals
- **Financial Planning Workshops** — Understanding the resources available to individuals and their families to plan for the future
- **Understanding Autism Workshops** — Understanding autism and how to support individuals on the spectrum
- **Benefits Advisement** — Understanding employment barriers facing individuals with disabilities
- **Housing and Other Supports** — Understanding the different types of residential support within OPWDD
- **Technology and Today** — Understanding how technology is used in our everyday lives and internet safety
- **Understanding Person Centered Planning/Self-Determination Workshops** — Understanding the approach to person centered planning and self-determination
- **Health and Wellness Series*** — A series of workshops on friendships and dating, nutrition, and healthy living
- **Parent Support** — 8 week support series held in the fall and spring in various locations throughout the city

*These activities are part of Birch Family Services' New Frontier Program — an initiative committed to supporting young adults living on the spectrum achieve their dreams, desires and goals.

THE SERIES BEGINS IN AUGUST 2018

For complete schedule, location and program information contact Kari-Ann Wanat, Assistant Director, New Frontier, newfrontier@birchfamilyservices.org. 212 616 1845.



Birch Family Services is dedicated to supporting children, adolescents and adults with autism and other developmental disabilities as they learn, through our education and community programs, to live more independently, obtain competitive employment and become integral members of their communities. We are committed to empowering the individuals and families we support to realize their dreams and reach their fullest potential.

'Across The Lifespan' programming is funded through the City of New York's Autism Awareness Initiative