

Welcome to the land of Asperger Syndrome. As you pursue your journey, AANE can provide you with a map, a compass, fresh spring water, traveling companions, and experienced guides.

One of the very best things you can do for your child is to learn all you can about Asperger Syndrome (AS). Because children with AS (or High-Functioning Autism, PDD-NOS, or Nonverbal Learning Disorder) really *are* different, we have to approach our job as parents differently. We can learn the best ways to communicate with and guide our unique children. We can become strong advocates for them within families, at school, and in the community. We can help them be successful, feel good about themselves, and grow toward their full potential.

Although we know how hard it can be to find the time—and the childcare—we encourage you to come study with us at AANE. Meeting other parents, and learning more about your child, can be healing and empowering.

We suggest that you start your journey with one of these workshops:

- *Understanding Asperger Syndrome*, with Nancy Schwartz
- “What Can I Say?” “What Did You Say?” *Using Language to Build Social Skills*, with Elsa Abele
- *Entendiendo el Síndrome de Asperger*, with Yolanda Kolinski

Next, if you have concerns about your child’s life at home, consider taking:

- *Making Daily Life Work at Home*, with Brenda Dater
- *Welcome to the Teen Years: Making Life Work for your Teen with AS*, with Lynne Mitchell
- *Sifting Through the Maze: Making Decisions that Benefit Your Child and Family*, with Brenda Dater
- *Homework and Writing: Advanced Workshop* with Brenda Dater
- *Bike Riding 101 for Parents* with Brenda Dater

If you have concerns about your child at school, consider one of these workshops:

- *Advocating for Your Child with AS in Public School*, with Jean Stern
- *Advocating for Your Teen with AS in Public School*, with Jean Stern
- *Making School Work for Your Child with AS*, with Lynne Mitchell

Special programs and workshops are added to our schedule throughout the year. Please check our website often for upcoming events (www.aane.org).

Parents who cannot travel to Watertown and would like to help AANE arrange for a workshop in your community, please contact Robin Lurie-Meyerkopf at (617) 393-3824, ext. 316, or robin.lurie-meyerkopf@aane.org.

Para programas en Español, por favor llama a Yolanda Kolinski, (617) 393-3824, ext. 312.

Welcome to the AANE community!

Jean Stern, M.Ed.
Director of Children’s Services

Brenda Dater, MPH, MSW
Coordinator of Children’s Services

Yolanda Kolinski
Director of Programs for the
Latino Community

Stephanie Loo, M.Ed.
Director of Teen Services

Erika G. Drezner, MSW
Coordinator of Teen Services

Instructors

Elsa Abele, CCC SLP

Elsa is a speech language pathologist with special interest in social communication/pragmatic language disorders. Retired from Boston University, she maintains an active consulting practice as she continues to train parents, professionals, and educators working with individuals who need to learn social communications skills in an explicit manner from a language perspective. She is a member of AANE’s Board of Directors.

Brenda Dater, MPH, MSW

Brenda, Coordinator of Children’s Services at AANE, is a parent of three boys. Her boys have a combination of diagnoses, including AS and ADHD. Before joining AANE in the spring of 2007, Brenda worked in Early Intervention, providing training and consultation to parents and professionals.

Yolanda Kolinski

Yolanda is the Director of Programs for the Latino Community at AANE, and parent of a college student with AS.

Lynne Mitchell, MSW

Lynne is a clinical social worker with over 20 years experience working with children, teens, schools, and families. She has designed and taught numerous classes for parents of children and teens with AS. Lynne has also provided training in how to best meet the needs of students with AS for many school districts in Massachusetts. She is the mother of four, including a high-schooler with AS.

Nancy Schwartz, MSW

Nancy, Chair of AANE’s Board of Directors, has worked in community service organizations as a group leader, program developer and senior manager for over 20 years. She has a young adult son with AS.

Jean Stern, M.Ed.

Jean, Director of Children’s Services at AANE, has been an educational consultant in MA for over 20 years. She has 27 years experience as a special educator in CT and MA, working in a variety of settings and roles, both independently and as a staff member. Jean holds a special education certificate from the Connecticut, and certificates as a School Adjustment Counselor and Lead Preschool Teacher in Massachusetts.

Introductory Workshops

1. UNDERSTANDING ASPERGER SYNDROME: INTERVENTIONS AND STRATEGIES FOR PARENTS

Instructor: Nancy Schwartz, MSW

This workshop, designed for families of newly diagnosed children, describes in detail and through real-life examples, some of the most common characteristics of AS. It also includes basic information about behavioral issues, parenting strategies, disclosure and school concerns. It offers "first step" help for parents as they begin their journey as parents of a wonderfully quirky, socially awkward, sometimes precocious, often challenging child with AS.

Mon., Oct. 12, 2009 7-9:30 PM Mon., March 8, 2010 7-9:30 PM
Mon., Nov. 9, 2009 7-9:30 PM Mon., April 12, 2010 7-9:30 PM
Mon., Dec. 14, 2009 7-9:30 PM Mon., May 10, 2010 7-9:30 PM
Mon., Jan. 11, 2010 7-9:30 PM Mon., June 14, 2010 7-9:30 PM
Mon., Feb. 8, 2010 7-9:30 PM Mon., July 12, 2010 7-9:30 PM

2. "WHAT CAN I SAY?" "WHAT DID YOU SAY?" USING LANGUAGE TO BUILD SOCIAL SKILLS

Instructor: Elsa Abele, CCC SLP

This two-day workshop provides training that will help parents increase their child's skills in social communication/pragmatic language. Some children are not ready to learn these skills in a peer group context until they have explored the basics with an adult who can help prepare them to learn with their peers. Topics include: the challenges and satisfaction of teaching a child with AS; the educational implications of Theory of Mind, Central Coherence Deficit, and Executive Function for these children; the behavioral consequences of the rumbling stage, the meltdown or neurological storm, and the recovery stage; and more.

Register for one pair of dates (attend 8:30 AM -4:00 PM each day):

Thursday/Friday, December 10 & 11, 2009

Thursday/Friday, March 25 & 26, 2010

Tuesday/Wednesday, May 11 & 12, 2010

Locations: December 10 & 11: The Conference Center at Bentley, Room 335 LaCava Center, 175 Forest Street, Waltham, MA. If you register for these dates, you will receive a parking pass by email. For directions, go to <http://about.bentley.edu/directions>

March 25 & 26 and May 11 & 12: Espousal Retreat Center, 554 Lexington Street, Waltham, MA (Directions: www.espousal.org/directions.htm or call the Espousal Center at (781) 209-3101)

Continuing education credits for this workshop are available for social workers, speech language pathologists, and educators (post-test/assignment required for educator PDPs).

School Issues

3. ADVOCATING FOR YOUR CHILD WITH AS IN PUBLIC SCHOOL

Instructor: Jean Stern, M.Ed.

This workshop is designed to help empower parents as advocates for their children in the IEP process. Understanding Asperger Syndrome, learning specifics about how it affects your child, services needed in school, and even MA law will be covered. Everyone will leave with a worksheet for IEP planning that can be used each year. Discussion/questions follow the lecture and individualized phone support is available following the workshop if needed.

Wednesday, September 16, 2009 9:30-11:30 AM
Tuesday, November 3, 2009 9:30-11:30 AM
Wednesday, January 13, 2010 9:30-11:30 AM
Wednesday, March 17, 2010 9:30-11:30 AM
Tuesday, May 18, 2010 7-9 PM

4. ADVOCATING FOR YOUR TEEN WITH AS IN PUBLIC SCHOOL

Instructor: Jean Stern, M.Ed.

This workshop empowers parents as advocates for their teens in the IEP process. What should be the focus during these last years in school? This workshop addresses the needed non-academic skills such as: social, self-advocacy, independent living, generalization and socially invisible organization. Everyone will leave with a worksheet for IEP planning that can be used each year. Discussion/questions follow and individualized phone support is available following the workshop if needed. (**Note:** This workshop will not cover all the details of transition planning. Contact Stephanie.loo@aane.org for the schedule of our transition planning workshops.)

Tuesday, September 30, 2009 7-9 PM
Tuesday, November 3, 2009 7-9 PM
Monday, March 23, 2010 7-9 PM

5. MAKING SCHOOL WORK FOR YOUR CHILD WITH AS

Instructor: Lynne Mitchell, MSW

This workshop will provide practical strategies you can use to assist your child's school in enhancing his/her unique strengths and in addressing his/her areas of weakness. This is not an advocacy class but instead a class full of practical strategies that can be used TODAY to help your child make the most of his/her school experience. Issues related to organization, studying, writing, anxiety, the need for routine and especially increased social understanding and acceptance will be discussed. As always, there will be a focus on increased self-understanding and self-advocacy to encourage greater independence!

Tuesday, October 13, 2009 10 AM-12 NOON
Tuesday, December 8, 2009 10 AM-12 NOON
Tuesday, February 9, 2010 10 AM-12 NOON
Tuesday, April 13, 2010 10 AM-12 NOON

Home Issues

6. WELCOME TO THE TEEN YEARS:

MAKING LIFE WORK FOR YOUR TEEN WITH AS

Instructor: Lynne Mitchell, MSW

This workshop will focus on ways parents can help their teens manage school, home and the community in a way that prepares them for "the real world." Teens with AS need to not only handle themselves in appropriate ways, but need to have the self-understanding and self-advocacy skills to handle themselves as independently as possible. We will discuss practical strategies for teaching our teens to be safe participants in the community, self-advocates at school or the workplace, and be responsible members of the family.

Tuesday, November 10, 2009 10 AM-12 NOON
Tuesday, January 12, 2010 10 AM-12 NOON
Tuesday, March 9, 2010 10 AM-12 NOON
Tuesday, May 11, 2010 10 AM-12 NOON

7. MAKING DAILY LIFE WORK AT HOME

Instructor: Brenda Dater, MPH, MSW

If you've ever wondered about your child's behaviors or why particular home activities are difficult, this is the course for you! Come learn how you can help your child learn to respond in a more expected and positive way using practical strategies. Some of the topics will include: emotional regulation, flexible thinking, family routines and expectations.

Monday, October 19, 2009 10 AM-12 NOON
Monday, December 7, 2009 7-9 PM
Monday, March 1, 2010 7-9 PM
Wednesday, May 19, 2010 10 AM-12 NOON
Wednesday, July 21, 2010 10 AM-12 NOON

8. SIFTING THROUGH THE MAZE: MAKING DECISIONS THAT BENEFIT YOUR CHILD AND FAMILY

Instructor: Brenda Dater, MPH, MSW

Parents are bombarded with vast amounts of information from a variety of sources. It can be very overwhelming to sift through it all to determine what "should" be done. You'll leave with a better understanding of how to evaluate sources of information, prioritize what's most important for your child and family, and how to use decision-making strategies comfortably.

Monday, November 16, 2009 10 AM-12 NOON

9. HOMEWORK AND WRITING: ADVANCED WORKSHOP

Instructor: Brenda Dater, MPH, MSW

Do you ever wonder why your child says s/he "can't do" an assignment? Do you ever wonder why your child seems to get stuck and homework that could take 10 minutes goes on for hours? Come learn how to help your children feel confident in their ability to "show what they know" in their writing and homework. Organizational and writing systems and strategies will be explained.

Wednesday, January 27, 2010 10 AM-12 NOON

10. BIKE RIDING 101 FOR PARENTS

Instructor: Brenda Dater, MPH, MSW

Each spring and summer parents ask us how they can help their children learn to ride a bike. In response, AANE is offering a timely workshop that will help you learn why bike riding is a complex skill and how to break down the process of learning to ride a bike into manageable steps that support success. From this workshop you will have a plan for helping your children learn to enjoy their bikes!

Wednesday, May 26, 2010 10-11:30 AM

Wednesday, July 7, 2010 7-8:30 PM

Taller En Español

ENTENDIENDO EL SÍNDROME DE ASPERGER

Presentador: Yolanda Kolinski

Estes es un taller introductorio para familias con niños de todas las edades diagnosticados con Síndrome de Asperger. Un entranamiento para padres mientras comienzan la trayectoria como padres de niños con Asperger's. El taller define y describe en detalle las características más comunes e incluye información básica sobre problemas de comportamiento, estrategias para padres, y temas sobre la escuela y como revelar sobre el síndrome. Los padres tendrán oportunidad de hacer preguntas después de la presentación. El taller concluye con la opción de conocer a otros padres y hablar con ellos.

Los Talleres serán ofrecidos gratuitos en las siguientes comunidades. Boston, Lawrence, Lynn, East Boston, Springfield, y Worcester.

Para más información acerca de cuando y donde estos y otros talleres serán ofrecidos por favor llamar a Yolanda (617) 393-3824 ext. 312.

General Workshop Information

Registration

- ▶ No walk-ins. Advance registration with payment is required for all workshops no later than one week before each workshop date.
- ▶ After the deadline, please call AANE at (617) 393-3824, ext. 0, to check on workshop status/space availability.
- ▶ Space is limited. Register early to avoid being closed out.
- ▶ AANE reserves the right to cancel a workshop if the minimum enrollment is not met by the registration deadline.

Fees

- ▶ Fees vary; see registration form.
- ▶ Workshop fees must be paid at the time of registration; reservations cannot be made without total payment.
- ▶ No prorated/reduced fees if you cannot attend a full workshop.
- ▶ No refunds for no-shows.

Location

- ▶ Unless noted otherwise, workshops will be held at AANE, 85 Main Street, Suite 101, Watertown, MA 02472.

Financial Assistance

If you are a parent and MA resident, apply to the Massachusetts Development Disabilities Council (MDDC) for reimbursement of your registration fee by calling Harold Leiberman at (617) 770-7676, ext. 115. Please call as soon as possible as funds are limited. You must pay the registration fee up front to AANE. If approved, the MDDC will reimburse you. If you are unable to access MDDC money, full and partial scholarship assistance is available from AANE; please call (617) 393-3824, ext. 0, to discuss these options.

Weather/Public Emergency Cancellation

- ▶ Please call AANE at (617) 393-3824 for information about weather-related or public emergency cancellations.
- ▶ Missed sessions cancelled by AANE due to weather or a public emergency will not be re-scheduled but registrants may sign up for an alternate date if available.
- ▶ You will receive a refund if you are unable to make up a workshop cancelled by AANE.

About AANE

The Asperger's Association of New England (AANE) was founded in 1996 by a group of parents and professionals dedicated to improving the quality of life of people with Asperger Syndrome. AANE's mission is to foster awareness, respect, acceptance, and support for individuals with Asperger Syndrome and their families. Our members include families, friends and professionals who support our mission. We invite you to become a member.

Join AANE

Your membership dues (*see registration form*) support AANE programs and services vital to the AS community. As an AANE member, you will receive:

- New member information packet
- Semi-annual Journal
- Discounts to select AANE programs, conferences, and workshops
- Free attendance at AANE-sponsored support groups (*unless there is a fee to pay for an invited speaker*)
- Members-only access to online support groups for parents of children and/or teens living in New England (parents only)
- Phone support and referrals

Registration Form Workshops for Parents 2009-10

- ▶ Advance registration with payment is required for all workshops no later than one week before the workshop date.
- ▶ After the registration deadline, please call (617) 393-3824, ext. 0, to check on workshop status/space availability.
- Four ways to register:** ▶ Register online with a credit card at www.aane.org (preferred method)
- ▶ Mail completed form with check or credit card information to: AANE, 85 Main Street, Suite 101, Watertown, MA 02472
- ▶ Call AANE at (617) 393-3824, ext. 0, and register by phone with a credit card ▶ Fax completed form with credit card information to AANE at (617) 393-3827

Name* _____ Spouse's Name _____
(if attending)

Address _____ City/State/ZIP _____

Phone _____ Email _____

*If you are a parent, please provide the following: Child's DOB/Gender _____ Grade in School _____ Diagnosis _____

Check the workshop(s) you will attend below and write applicable fee(s) in the column at right. FEE
 Fees are per person, per class, unless noted otherwise.

1. UNDERSTANDING ASPERGER SYNDROME: INTERVENTIONS AND STRATEGIES FOR PARENTS (7-9:30 PM)
 10/12/09 11/9/09 12/14/09 1/11/10 2/8/10 3/8/10 4/12/10 5/10/10 6/14/10 7/12/10
 Fee: \$35 AANE member (one or both parents) \$45 Non-member (one or both parents) _____
 \$35 per person, AANE member (professionals/others) \$45 per person, Non-member (professionals/others)

2. WHAT CAN I SAY? WHAT DID YOU SAY? USING LANGUAGE TO BUILD SOCIAL SKILLS (8:30 AM-4 PM each day)
 December 10 & 11, 2009 March 25 & 26, 2010 May 11 & 12, 2010
 Fee: \$265 per person, AANE member \$300 per person, Non-member (parent) \$315 per person, Non-member (educator/professional) _____
 Fee includes continental breakfast and lunch both days. Non-member fee includes new one-year membership/renewal.

3. ADVOCATING FOR YOUR CHILD WITH AS IN PUBLIC SCHOOL
 9/16/09 (9:30-11:30 AM) 11/3/09 (9:30-11:30 AM) 1/13/10 (9:30-11:30 AM) 3/17/10 (9:30-11:30 AM) 5/18/10 (7-9 PM)
 Fee: \$40 AANE member (one or both parents) \$50 Non-member (one or both parents) _____
 \$40 per person, AANE member (professionals/others) \$50 per person, Non-member (professionals/others)

4. ADVOCATING FOR YOUR TEEN WITH AS IN PUBLIC SCHOOL
 September 30, 2009 (7-9 PM) November 3, 2009 (7-9 PM) March 23, 2010 (7-9 PM)
 Fee: \$40 AANE member (one or both parents) \$50 Non-member (one or both parents) _____
 \$40 per person, AANE member (professionals/others) \$50 per person, Non-member (professionals/others)

5. MAKING SCHOOL WORK FOR YOUR CHILD WITH AS (10 AM-12 NOON)
 October 13, 2009 December 8, 2009 February 9, 2010 April 13, 2010
 Fee: \$40 AANE member (one or both parents) \$50 Non-member (one or both parents) _____
 \$40 per person, AANE member (professionals/others) \$50 per person, Non-member (professionals/others)

6. WELCOME TO THE TEEN YEARS: MAKING LIFE WORK FOR YOUR TEEN WITH AS (10 AM-12 NOON)
 November 10, 2009 January 12, 2010 March 9, 2010 May 11, 2010
 Fee: \$40 AANE member (one or both parents) \$50 Non-member (one or both parents) _____
 \$40 per person, AANE member (professionals/others) \$50 per person, Non-member (professionals/others)

7. MAKING DAILY LIFE WORK AT HOME Oct. 19, 2009 (10 AM-12 NOON) Dec. 7, 2009 (7-9 PM)
 March 1, 2010 (7-9 PM) May 19, 2010 (10 AM-12 NOON) July 21, 2010 (10 AM-12 NOON)
 Fee: \$40 AANE member (one or both parents) \$50 Non-member (one or both parents) _____
 \$40 per person, AANE member (professionals/others) \$50 per person, Non-member (professionals/others)

8. SIFTING THROUGH THE MAZE: MAKING DECISIONS THAT BENEFIT YOUR CHILD AND FAMILY November 16, 2009 10 AM-12 NOON
 Fee: \$40 AANE member (one or both parents) \$50 Non-member (one or both parents) _____
 \$40 per person, AANE member (professionals/others) \$50 per person, Non-member (professionals/others)

9. HOMEWORK AND WRITING: ADVANCED WORKSHOP January 27, 2010 10 AM-12 NOON
 Fee: \$40 AANE member (one or both parents) \$50 Non-member (one or both parents) _____
 \$40 per person, AANE member (professionals/others) \$50 per person, Non-member (professionals/others)

10. BIKE RIDING 101 FOR PARENTS May 26, 2010 10-11:30 AM July 7, 2010 7-8:30 PM
 Fee: \$35 AANE member (one or both parents) \$45 Non-member (one or both parents) _____
 \$35 per person, AANE member (professionals/others) \$45 per person, Non-member (professionals/others)

AANE membership dues for one year Check one: \$35 (parent/family) \$50 (educator/professional) _____

New members may receive one information packet. Please indicate type and allow up to 4 weeks for delivery: TOTAL ENCLOSED _____
 Parent of Child Parent of Teen Educator Other Professional No packet

Payment: Check enclosed (payable to AANE) Credit card: Mastercard Visa American Express
 Credit Card Number: _____ Expiration Date: _____
 Exact name on card: _____
 Billing address, if different from above: _____