The Arc Muskegon Autism Coalition
Presents

Mindfulness Training
Over the past three decades, scientific research has demonstrated mindfulness practice as a very effective intervention for a wide range of health and wellness issues-most especially those problems related to stress and compassion fatigue. Mindfulness practice fosters the development of personal awareness, positivism and flexibility of attention and behaviors, and works to improve overall wellbeing.

First of an 8 part series

Wednesday April 17, 2013

5:00-Adult Dinner
5:30-7:30pm-Workshop
Wesley School
915 E. Wesley Ave.

Guest Presenters
Lisa Cobb, LMSW
Stephanie Lathrop, LLMSW
Michael Bausano LMSW, MA

Who is invited to attend? Parents of children & young adults with Autism Spectrum Disorders

What is included?
*Child Care  *Light dinner for all  *Informational packet
*Autism specific resource guide

Future Topics
*Introduction to Applied Behavioral Analysis  *Social Skills  *Technology & Autism
*Sensory Needs  *Communication & Visual Strategies  *Behavioral Supports

Coalition Members
The Arc Muskegon  MOKA Corporation  MAISD  Muskegon CMH
Muskegon Public Schools  Autism Network of Muskegon County

Call Arc (231) 777-2006 or info@arcmuskegon.org to register for child care (including pizza) or to register yourself for the workshop

Registration deadline April 10, 2013

Limited Space

This workshop is funded by Muskegon Community Mental Health