



The Power of Connection

Free Caregiver & Professional WORKSHOPS



Taking Care of Yourself When Your Child Has Autism

Come to this open forum to discuss how you handle stressful situations. A wide range of practical strategies for coping with stress will be discussed. Participants will be encouraged to share experiences about how they maintain energy, enthusiasm, humor, and a positive outlook on life. The entire family benefits when parents can manage the challenges and enjoy the good times. This discussion will enhance your mind, body, and spirit.

Presented by: Suzanne Buchanan, Psy.D., BCBA-D, *Executive Director of Autism New Jersey*

Hosted by: Family Support Organization of Hunterdon, Somerset & Warren Counties

Tuesday, January 15, 2019

6:00pm to 8:00 pm

The Pioneer Family Success Center

50 Division Street | Suite 303

Conference Room A

Somerville, NJ 08876

**This workshop is free, but registration is required*

To RSVP: aruiz@fso-hsw.org or

908.223.1191 Ext. 12

Autism New Jersey is the state's leading autism advocacy organization supporting families and professionals through our four core service pillars: Information Services, Education & Training, Public Policy, and Awareness.