

MANAGING STRESS AND RAISING A CHILD WITH AUTISM

Parenting is tough! Balancing the daily demands of life and ensuring your child's needs are met can be stressful. In order to better support the often overlooked needs of parents, we are inviting you to participate in a supportive experience that can help you learn to manage the stress of raising a child with ASD so that you can effectively help your child meet his or her goals!

THE DETAILS:

This interactive 3.5-hour workshop involves a combination of brief instruction and experiential exercises designed to help you take a close look at your parenting experiences and identify thoughtful and compassionate strategies to be the best parent you can, even when the stress can be overwhelming. Please note that this workshop is independent of the services delivered by AST.

TO PARTICIPATE:

- You must be the parent or legal guardian at least 18 years old of a child diagnosed with ASD between the ages of 2-25
- Currently receiving ABA services
- Agree to complete a packet of measures on three separate occasions so that we can objectively determine the success of this workshop. This will take up to 2.5 hours to complete on two occasions and up to 45 minutes to complete on one occasion. Data will be kept anonymous and confidential.
- Provide informed consent to use data for research purposes.

If you are interested in participating in this workshop, please contact Kelly Workman at (626) 485-5463 or kelly.workman@laverne.edu



If the day ever came when we were able to accept ourselves and our children exactly as we are and they are, then, I believe we would have come to an understanding of what "good parenting" means. –Fred Rogers



The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers. –Thich Nhat Hanh

WORKSHOP INFORMATION:

This workshop is intended for parents of children with ASD who are currently receiving ABA services.

Dates:

Flexible; can be scheduled around your availability

Where: TBD based on your location

Additional Incentives: Parents will receive a copy of the book *The Joy of Parenting* at the end of the workshop. Parents will earn one entry into a raffle to win one of five \$100 Visa gift cards for each phase of the study you complete. Parents can earn up to three entries.