

AUTISM ALLIANCE

Empowering Families for 30 Years



a program of  Advocates

August Newsletter



August is like the Sunday of Summer

August Fun Days

Summer may be winding down, but there is still more fun to be had. These events are FREE thanks to the generosity of the [Doug Flutie Jr. Foundation for Autism](#)



Putts & More Family Fun Center
Tuesday August 22nd
10:00am to 11:30am
750 Concord Street | Holliston, MA 01746



Come and enjoy Putts & More, one of our officially certified Autism Welcoming businesses. This wonderful family fun center features a beautifully landscaped 18-hole mini golf course, a gigantic jumping pillow where you can bounce to your heart's content, and a fun splash pad to frolic in! Space is limited and siblings are welcome. **Registration required.**

[To Register](#)



Summer Teen Bowling Party
Thursday August 24th
11:00am to 1:00pm
Pinz Bowling | 110 South Main Street | Milford, MA 01757

Don't miss out on our Autism Alliance Summer Teen Bowling Party. Event will include one hour of free bowling and shoe rental; a \$15.00 arcade play card with unlimited video game play, and 2 slices of pizza with soft drinks. Limited slots available for siblings to play. All participants must be age 13 and older to attend. **Registration required.**

[To Register](#)



Jam Time Sensory Play
Friday August 25th
8:30am to 10:00am | AGES 4-8
Natick Mall

Come slide, jump and play with us at the Natick Mall Jam Time. Kids can play with friends in a great open space with lots of structures and sensory fun. Limited slots available. **Registration is required.**

To Register



Stars of the Spectrum
Thursday August 24th
6:00pm to 10:30pm
Fenway Park, 4 Jersey St, Boston, MA 02215, USA

The Doug Flutie Jr. Foundation for Autism is celebrating their 25th anniversary with **STARS of the SPECTRUM**, at Fenway Park! This concert will be **INCLUSIVE** and **ACCESSIBLE** for people and families with autism. Live music performances by autism self-advocates and special guests including [Kodi Lee](#), winner of [America's Got Talent](#), [Shawn Stockman](#) of [Boyz II Men](#), and of course - [Doug Flutie](#) and [The Flutie Brothers Band](#) AND MORE!

To Purchase Tickets

The Groton Hill Music Center
 Production of



Groton Hill Music Center
Sensory-Friendly Performance of Moana Jr
Friday August 25th
12:00 noon
Cost: FREE
122 Old Ayer Rd, Groton, MA 01450

Groton Hill Music Center is offering a sensory-friendly performance of Moana Jr, featuring their summer program students. Moana JR. is a 60-minute musical adaptation of the Disney animated film. The show features all the beloved songs from the film, including "How Far I'll Go," "Shiny," and "You're Welcome." This heartwarming story follows the strong-willed Moana as she sets sail across the Pacific to save her village and discover the truth about her heritage.

Learn More

We're building an

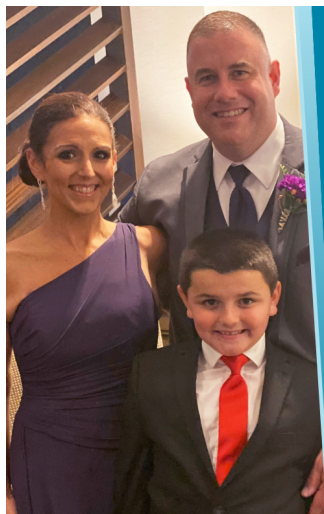


Autism
Welcoming
community together!



AUTISM ALLIANCE

a program of  **Advocates**



"Events held
by the Autism
Welcoming
businesses
help us try
new things."



When you have a family member with autism or other sensory sensitivities, everyday outings can present real challenges. Through our Autism Welcoming InitiativeSM, businesses learn how to create welcoming spaces for those individuals and families living with autism. The businesses gain new customers while, at the same time, doing their part to create a more inclusive community for all. Through simple but impactful recommendations and staff training, we help businesses make life richer, easier, and more inclusive for families living with an autism diagnosis.

Many of our certified Autism Welcoming businesses offer sensory-friendly hours. Click [HERE](#) for details. Find a complete listing of all of our Autism Welcoming businesses [HERE](#).

Welcome! North Shore Nature Programs Our Newest Autism Welcoming Business Partner



North Shore Nature Programs
38 North Street
Topsfield, MA 01983
(978) 223-7063

It is easy to forget that humans are an integral part of a worldwide ecosystem and that we depend on our environment for our survival. The goal of North Shore Nature Programs is to restore a seemingly lost connection to nature. They believe the best means for changing attitudes towards nature is through environmental education. It is their belief that environmental education can instill a love of nature in others and, in so doing, develop a cadre of stewards for our planet. They provide programs for schools on school grounds and also provide out-of-school programming. They work with homeschool groups, afterschool programs, and individuals. Find out more about this amazing program visit their [website](#).

Autism Welcoming Business Spotlight



FITNESS TOGETHER[®]

200 BUTTERFIELD DRIVE
ASHLAND, MA 01721
[508.438.0050](tel:508.438.0050)

When you think of an activity for someone with autism, physical fitness training may not be the first thing that comes to mind. But Bob Savin, owner of [Fitness Together](#) in Ashland is looking to change that. Bob has experience working with teens with autism and prides himself on really getting to know his clients so he can create a custom workout program that works for them. [Fitness Together](#) offers private suites, each with individual music and lighting control where Bob or one of his staff members will work with the individual. It's no secret that exercise has its benefits. With those diagnosed with ASD, benefits abound. Exercise offers increased social opportunities without such an emphasis on verbal communication, it increases strength, it improves balance and coordination. Exercise can boost energy, build confidence and social awareness, and decrease anxiety. Autism Alliance is thrilled to announce Bob will be one of our guest speakers on September 19th. See our [EVENTS CALENDAR](#) for more information.

Parent Support



NEW Mom's Self-Care Group
Thursday August 10th
6pm to 8pm | In-Person Framingham Farmers Market

Thursday August 17th
12noon to 1pm | Virtual

Our "Let's Build a Village" program is growing! This is for MetroWest moms who would like to grow their "village" by connecting with other moms. This program is fun, fabulous, and free and is sponsored by the Autism Alliance. It is an opportunity for moms of children with autism within the MetroWest area to bond with other moms by sharing laughs while lifting each other up. Be sure to sign up for more information. [REGISTER HERE](#)



Language and Play Project
Boston Speech and OT
Tuesday, August 1
Tuesday, August 29
6:30pm to 7:30pm | Virtual

We will discuss how to create an accurate profile for your child to understand where they are currently functioning and how to best meet them there. For parents who attend all sessions, you will qualify for a raffle to receive a scholarship for 2 FREE private additional sessions including specific support to your child. There will be time for Q & A at the end of each class. For more details: [CLICK HERE](#)

Looking Ahead to Fall



5 Tips to Help Children with Autism Prepare for the Upcoming School Year

1. Talk to your child frequently about what to expect in the upcoming year so they feel more prepared and less anxious.
2. Practice a daily routine prior to the start of the school year. This will help your child know what to expect in the time before leaving for school. Consider creating a social story, outlining everything from getting dressed to going on the bus.
3. Cross days off on your calendar so any anxiety regarding when the school year begins is alleviated.
4. Request a tour of the school. Take pictures while on the tour and incorporate them into a social story.
5. Ask to meet the teacher prior to the start of school. Ask to take his or her photo and add it to your social story.



School-Related Social Stories

Are you considering using social stories with your child to prepare them for back to school? **Social Stories** are **social** learning tools that support a meaningful exchange of information between parents, teachers, professionals, and people with **autism** of all ages. They can significantly improve the way children with autism relate to others. They help them learn what to do (and what not to do) when faced with unfamiliar life situations. They support kids with autism by teaching social norms, improving social skills, learning to empathize and have compassion with others, reducing anxiety. Find some great examples of back-to-school social stories [here](#).



Don't Forget to Check in With Yourself

Does the thought of summer's end and preparing your children for back-to-school routines leave you feeling stressed, anxious, or worried? Back-to-school time is always bittersweet as families say goodbye to warm summer memories and hello to new routines. If you're feeling the onset of seasonal sadness or worry, check in with yourself. Take some time to notice how you are doing and the impact your mood has on your loved ones. Notice how the shift back into routines and responsibilities is impacting your stress level, as well. Gauge your stress level and recognize how current stressors are affecting you. Self-awareness and recognition can help provide clarity and may lead you towards self-coping and grounding opportunities. One such grounding opportunity is meditation. Meditation was a topic of discussion during our recent **"Let's Build a Village" mom's support group meeting**. Spending even a few minutes in meditation can help restore your calm and inner peace. Anyone can practice meditation. It's simple and inexpensive, it can be done anywhere, and it doesn't require any special equipment. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.

Sneak Peek



Fall Events and NEW Programs



Annual Family Apple Picking Weekend

We will have two back-to-back days of New England's BEST Apple Picking at Honey Pot Farm. On the first day, **September 9th** we will host a party for our **Little Folks ages 3-5**. Each child guest will receive a 1/4-peck apple picking bag, cider donut, a cup of cider, and a small pumpkin. Our party will include private hayride, fun sensory play time in the moon-bounce, and visit with the animals. **Registration opens August 1st.**

Little Folks

Ages 3-5



Annual Family Apple Picking Weekend

We will have two back-to-back days of New England's BEST Apple Picking at Honey Pot Farm. On the second day, **September 10th** we will host a party for our **Getting older kids ages 6-12**. Each guest will receive a 1/2-peck apple picking bag, caramel apple, a cup of cider, and small pumpkin. Party includes private hayride and moon-bounce. **Registration opens August 1st.**

Getting Older

Ages 6-12



Fall After School Zoo Club
Starting Tuesday September 19th
4:00 - 4:30pm | Ages 5-12
8- weekly classes

The very successful After School Zoo Club is back! We will meet virtually each week and we will learn about some fantastic zoo critters. We will create our VERY OWN virtual zoo which will include animal preferences and voting from everyone in the club. This club is for ages 5-12 that have a special interest in learning and talking about animals. You must register below, and you will be sent the zoom link before the first meeting in September.

To Register



Guest Speaker Bob Savin
Physical Fitness & Teens with Autism
Tuesday September 19th
12noon - 1pm | Virtual
6:30pm - 7:30pm | Virtual

Join guest speaker Bob Savin, owner of Fitness Together in Ashland, as he discusses his experience working with teens with autism and the impact their sessions have had on both the teens and their parents. It's more than just physical fitness. It's about mental fitness as well. Bob explains his methods, his program, results he's seen, and how he has made connections with both teens and parents - all within a safe, sensory-friendly space. Fitness Together is a certified Autism Welcoming business.

[Click Here for Link](#)

Summer Reading 2023



Book of the Month Recommendation

The Reason I Jump by Naoki Higashida

Although not a new release, this book is worth a shout out. At the time of the book's publication, author Naoki Higashida, is a very smart, very self-aware, and very charming thirteen-year-old boy with autism, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents and family members who never thought they could get inside the head of their autistic loved one at last have a way to break through to the curious, subtle, and complex life within.

Available from [Amazon](#)

Join Autism Alliance NEW text messaging!



We are thinking about ways to improve our communication with families and caregivers. If you would like to receive text messages from the Autism Alliance, please click the below button to sign-up and opt-in. Sign Up for Texts: [CLICK HERE](#)

Be sure to give us a call **before** you stop by the office this summer. We will be in the community running programs every Friday. If you would like to meet with any of our staff, please give us a call at 508-652-9900 to schedule an appointment.





Did you miss seeing one of our featured guest speakers? If so, click on the link and you will see the recordings on the Autism Alliance of MetroWest YouTube Channel.

YouTube

Please submit requests for accommodations, including ASL interpreters, at least 2 weeks prior to the event date to AutismAlliance@advocates.org or call (508) 652-9900

Connect With Us



www.AutismAlliance.org | (508) 652-9900 | AutismAlliance@Advocates.org
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