



Spectrum Winter/Spring 2020 Newsletter

Spectrum Monthly Meetings

Our Winter/Spring line-up has been set for our monthly meetings. Meetings take place the 1st Thursday of each month at the **First Baptist Church of Duluth** (2908 Duluth Hwy, Duluth, 30096) from 6:30-8:00 pm. Most meetings have break-out sessions for our Dads Group, Parents of Teens/Adults with HFA Autism, Preschool parents and Adelante Autismo in Spanish, in addition to the main topic. Check the website for more details.

www.atl-spectrum.com

January: No meeting due to winter break

February 6: Thank you to our sponsor, Regions Bank!
"Avoiding Identity Theft and Fraud" Kimberly Cobb, Regions
"Sleep Issues" Elizabeth Landers, M.S., BCBA, Senior Clinical Director, Autism Learning Partners, Atlanta
"Teaching Self-Help and Beginning Job Skills at Home to Help Your Child Become More Independent" Jackie Moore

March 5: Thank you to our sponsor, Kadiant!
"How to Promote Overall Language and Communication Development for Your Child" presented by Kadiant
"Temper Tantrums Don't Get Any Easier: Managing Your Child's Behavior Using Proactive Behavioral Approaches" presented by Kadiant
"The Importance of Teaching Practical Skills to Enhance Independence" Dr. Celine Saulnier
Neurodevelopmental Assessment & Consulting Services (NACS)
"Housing for Adults in Georgia" Jim McCarten

April: No meeting due to Spring Break

May 6: Thank you to our sponsor, Merit Financial
"Financial tools for managing your child's future" Merit's Renora Orr
"Meeting Sensory Needs at Home" Peachstate Therapy
"Benefits of Band" Joe Pearce

Note that we do not meeting during June, July and August during the Summer break.

Social Skills Groups and Childcare Offered During Monthly Meetings Social Skills Groups for those with autism ages 5-adult are offered during our Thursday night meetings from 6:30–8:00. Additional groups are noted below:

Teen Social Skills Groups for those with Asperger's/High Functioning Autism,
Middle School Groups for tweens with Asperger's/Autism, Sibling Social Group (ages 5-12) and an Adult Social Skills Group for those ages 21 and up. Childcare is also offered for those 4 and under. No RSVP required for these groups. A \$5.00 donation is suggested to help cover the program costs.

Our Mission Statement

Spectrum provides support, education and resources to individuals and families impacted by autism

Gift of Time Respite

Gift of Time Respite is offered one Saturday per month in collaboration with First Baptist Duluth. The 2020 Winter/Spring schedule is: **January 11, February 22, March 21, April 25 (9:30-2:30 - special time), May 16** Advance registration is required for all attendees. \$25 per child with autism and siblings are free. Respite and Family support funding may be used. 11:30 am to 3:30 pm
RSVP at www.atl-spectrum.com

Family Cruise 2020

March 28, 2020- April 4, 2020

Join the Spectrum Autism Support Group family for a fun filled Autism Certified Cruise on Royal Caribbean's Rhapsody of the Seas. For more information, visit atl-spectrum.com

Dates to Remember:

Intelligent Lives Film Screening 1/8
MLK Gladiators Game 1/20
Day Camp/Spring Break Camp
Registration Open 2/1
Winter Carnival 2/23
Wine Tasting Event 3/7
Spring Break Camp 3/31-4/2
Mom's Day Out 4/25
Picnic and Pony Ride Day 5/2
Please check website for details and to RSVP or buy tickets and to see more events!

Social Skills Programs

Technology Club: Registration is open for winter 2020. This group will meet on Tuesday evenings from 6:30-8:00 P.M. at New Directions in Suwanee. Ages 11-40, 6th grade and up. February 18-March 24, \$300. This program is interactive in nature and may include games, coding, web design, photo slideshows, recording and acting in videos.
Drama Club: This year's production is "Freaky Friday". Performance will be held May 2 at 7 P.M. at Cornerstone Church.
Register at www.atl-spectrum.com

Camp Journey Overnight Weekend and Weeklong! Registration will open December 1!

Weekend: March 20-22

Our weekends start at 6:30 P.M. on Friday and end at 10 A.M. Sunday. The cost is \$250 per camper.

Weeklong: June 28-July 3

Weeklong camp check in is on Sunday (times assigned) and pick up is Friday at 11 A.M. The cost is \$675 per camper. Camp Journey is Spectrum's overnight camp focused on social skills, building friendships, teamwork, manners, and self-esteem. Camp activities include directed social skills instruction in a typical overnight camp setting. Camp takes place at Camp Twin Lakes/Will-A-Way at Fort Yargo State Park, Winder, GA. Our staff are experienced certified teachers or paraprofessionals trained in the characteristics and strategies of individuals on the spectrum.
Register at www.atl-spectrum.com
waivers and family support funds can be used. Contact us at camps@atl-spectrum.com for directions to register if using



Studio Movie Grill

Spectrum is proud to team up with Studio Movie Grill (Duluth, Alpharetta, Marietta locations) for the sensory friendly showings. SMG offers the movies FREE for children with special needs and their siblings. Adults pay the matinee price. Check out the upcoming showings at www.studiomoviegrill.com.
5% of the proceeds from the "Chefs for Children" menus benefit Spectrum!



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