



UPCOMING WORKSHOP

Stress and Social Development

Enabling people with ASD to cope with stressful situations and social development

13th March 2010

at Pacific Park, 22-24 Wallace Street, Dunedin

9 - 3pm

cost: \$40 family, \$60 Professional (see registration info on next page)

Presenters

Alison Schroeder is a speech & language therapist and primary school teacher, who runs a private practice in Christchurch working with students with social, communication and sensory challenges. She has over 19 years of experience working with preschoolers to young adults, specialising in social communication. Alison has written a number of resources including books and games such as; Time to Talk, Socially Speaking, and The Friendship Formula. This workshop is based on her latest book 'The Friendship Formula' and the 'Friendship Formula Game' (to be published in 2010).

AND

Justine Aldous is a New Zealand registered Occupational Therapist with 18 years experience in Mental Health, Vocational Rehabilitation and Paediatrics. She certified in Sensory Integration in 1994 with Anita Bundy and her main experience has been in education. Justine has significant expertise in anxiety and stress management with adults, adolescents and children.

The workshop

This practical workshop is designed to support and extend parents, caregivers and teaching staff in their understanding of Autism Spectrum Disorder. The attendees will gain knowledge and practical skills to enable them to feel more confident and empowered with the child with ASD.

The workshop will address the following

MORNING

- Stressing Out
- Outline of ASD
- The stress response
- Stress triggers
- Sensory processing
- Strategies to manage stress/anxiety

AFTERNOON

- The Friendship Formula
- The social world and ASD
- Developing social relationships and perspective taking
- Providing practical strategies to support social development. This includes a team approach, whole class/school interventions (e.g. stress management plans, positive playtimes and peer awareness) and playdates

Registration form

Otago Children's Autism Support Group
P.O. Box 1254, Dunedin
www.otagokidsautism.org

Registration: \$40 family, \$60 professional

> **Pre-registration is required by 5th March 2010**

> Morning tea and light lunch provided

name:

phone number:

organisation/parent/caregiver:

address:

post code:

email address:

number attending:

do you require a receipt? YES NO

payment method: CHEQUE ENCLOSED BANK ACCOUNT DEPOSIT

▶ Please send this form and your payment to:

Otago Children's Autism Support Group
PO Box 1254
Dunedin 9054

phone: Nicola Herbert (03) 454 6567

email: nicolaherbert@xtra.co.nz

▶ Alternatively, make your deposit to:

ASB Bank Ltd.
12-3150-0182800-00
Otago Children's Autism Support Group
Reference: 'WKSHP' + your surname