

**Autism is a reason for inappropriate behaviors – but it is not an excuse.**

Autism spectrum disorders (ASD) often cause behaviors that are socially inappropriate. But parents and other caregivers can learn how to teach these skills effectively in order to promote a better life for their child, and for the rest of the family.

Socially inappropriate behavior prevents children with autism spectrum disorders (and their parents) from benefiting from:

- ❑ Togetherness and relaxation at home due to eating, toileting, sleeping issues
- ❑ Friendships in school and neighborhoods due to peer responses to inappropriate behavior
- ❑ Recreation (i.e. Boy Scouts, play dates) due to anxiety, behaviors, lack of supervision
- ❑ Babysitters/childcare – who lack experience, want the 'easy' kids, etc.
- ❑ Holidays/family functions due to crowds, foods, noise, etc.
- ❑ Vacations, due to change of schedule or new experiences
- ❑ Outings (i.e. the mall, the beach) due to safety or possible tantrums

**Come and learn how to:**

- Find the causes of behavior
- Create structure
- Create flexible thinking
- Teach skills
- Manage anxiety and stress

These strategies apply to children with ASD of all ages

**There are no quick fixes**, but when parents understand the causes of behaviors and how to teach the skills their children need, the entire family benefits.

**Families** cannot depend solely on educators to teach their children appropriate behaviors. Teachers only have access to children for about 1080 hours a year (the majority of which is devoted to academics). **Families** have them for the remaining 3240 hours.

**Fees:**

Parents and caregivers NO FEE

Professionals, school staff \$60  
(purchase orders will be accepted)

***In case of inclement weather,  
please call 203-332-4535 X 247  
for cancellation information***

**REGISTRATION FORM**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_

EMERGENCY/CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PROFESSION/SCHOOL DISTRICT: \_\_\_\_\_  
\_\_\_\_\_

***Please register by January 18, 2008***  
Parents/caregivers may register by phone

No fee for parents/caregivers  
\$60 fee for professionals/school staff (Make checks payable to The Kennedy Center)

Send registration (with payment, if applicable) to:

**The Autism Project  
The Kennedy Center  
39 Lindeman Drive  
Trumbull, CT 06611  
(203) 332-4535  
[www.thekennedycenterinc.org](http://www.thekennedycenterinc.org)**

## About The Autism Project:

The Kennedy Center has committed to expand services, resources, and supports to families of children with an autism spectrum disorder. Toward that end, the agency has initiated *The Autism Project*, which is designed to increase and develop services and supports for children, youth, adolescents, and young adults - birth through 21 years of age.

## About the Presenters:

**Stacy Hultgren** is The Autism Project Manager in the Children's Services Division of The Kennedy Center. She has an adult child with autism, and was the Co-Director of the CT Autism Spectrum Resource Center for 7 years. She has extensive experience working with families, schools, and other service providers involved with the autism spectrum.

**Nicole Rivera**, M. Ed., is a Senior Community Behaviorist and Autism Specialist at The Kennedy Center. She has worked in the field of special education for 10 years and specifically with individuals on the spectrum for 8 years. She was the supervisor for a private school for children on the spectrum and works as a special education consultant throughout Fairfield County and in the greater Waterbury area.

## FROM BRIDGEPORT

Take Route 8/25 North to Route 25 North/Trumbull-Danbury. Take the first exit, #7 Merritt Parkway/ Route 127, White Plains Road, Trumbull. Follow signs to Route 127, White Plains Road, Trumbull. At the traffic light at the end of the exit, turn LEFT, travel North on Route 127, White Plains Road, Trumbull. At the first traffic light, take a LEFT onto Reservoir Avenue. Turn RIGHT onto Lindeman Drive, the **39 Lindeman** building is on the LEFT immediately after the Trumbull Racquet Club.

## FROM I-95 NORTH AND SOUTH

Take 27A, Route 8/25 Trumbull-Waterbury. Follow same directions as above.

## FROM MERRITT PARKWAY, SOUTH (From New Haven Area)

Travel South to Exit 50, Route 127, White Plains Road, Trumbull. At the end of the exit, take a RIGHT; travel North on Route 127, White Plains Rd., Trumbull. At the second traffic light, take a LEFT onto Reservoir Avenue. Turn RIGHT onto Lindeman Drive, the **39 Lindeman** building is on the LEFT immediately after the Trumbull Racquet Club.

## FROM MERRITT PARKWAY, NORTH (From Stamford Area)

Take Exit 48, at the end, take a RIGHT onto Main Street. At the second traffic light, take a LEFT onto Old Town Road. Travel to second stop sign; take a LEFT onto Oakview Drive and then a RIGHT onto Lindeman Drive. Travel .2 miles and the **39 Lindeman Building** is on the RIGHT.

## The Kennedy Center The Autism Project



## Behavior Strategies in the Home and Community

A two-part workshop

### Presented by:

**Stacy Hultgren**, Autism Project Manager  
The Kennedy Center

**Nicole Rivera**, M. Ed., Senior Behaviorist  
& Autism Specialist, The Kennedy Center

**Time:** 6:00 – 9:00

**Dates:** January 24, 2008 and  
February 7, 2008  
*Snow: Feb. 26, 2008*

**Place:** The Kennedy Center  
39 Lindeman Dr.  
Trumbull, CT