Cincinnati Children's
changing the outcome together

Training Opportunities for Families and Professionals presented by
The Kelly O'Leary Center for Autism Spectrum Disorders and
Division of Developmental & Behavioral Pediatrics with Support from
Hamilton County Developmental Disabilities Services (HCDDS)

Please Note:
- ✓ All classes are held on the 5th floor of the Medical Office Building @ 3430 Burnet Ave. Cincinnati, OH 45229
- ✓ A short lunch break is provided during all-day classes; onsite café available.
- ✓ There is no food served during evening classes. Attendees are invited to bring food/snack for themselves & are welcome to eat during classes.
- ✓ Classes are for adults-only including parents, professionals, and others caring for or working with children and adolescents **with ASD or other related developmental disabilities**. Classes are free of charge unless otherwise specified.
- ✓ For all classes you must register to attend: Jennifer Gastright @ 513/636.2742; Jennifer.gastright@cchmc.org or TKOCLearn@cchmc.org

Wednesday, January 17th 5:30-7:30pm Cost $0	**THE OTHER "A" WORD: ANXIETY AND AUTISM SPECTRUM DISORDERS/ DEVELOPMENTAL DISABILITIES**	This 2-hour session will discuss symptoms of anxiety commonly experienced by individuals with ASD/DD, practical strategies to address these symptoms, and structured programs used to manage anxiety. *Instructors: Jennifer Smith, PsyD, Psychologist-TKOC & Outreach Coordinator*
Wednesday, January 31st 5:30-7:30pm Cost $0	**Easing the Stress of HealthCare, Introduction to Child Life and the Adaptive Care Team (ACT)**	This 2-hour session will focus on strategies to help make healthcare easier for children who have developmental disabilities and will cover special supports available at Cincinnati Children's, including child life services and the ACT program. *Instructor: Emily Jones, Child Life Specialist III Adaptive Care Team*
Monday, February 12th 5:30-7:30pm Cost-$0 ***More Classes on back**	**HOW TO HELP REGULATE SENSORY SYSTEMS OF INDIVIDUALS WITH ASD/DD**	This 2-hour session will focus on common sensory sensitivities demonstrated by individuals with ASD/DD of all ages and practical strategies used to address these sensitivities. *Instructor: Amy Johnson, OTD, OTR/L Education Specialist II-Occupational-Physical Therapy*

Tuesday, February 13ᵗʰ 5:30-7:30pm Cost:$0	**Strategies For Building Hygiene and Self-Care Skills In Boys with ASD/DD**	This 2-hour session will focus on (1) appropriate developmental expectations for hygiene and self-care skills in school-aged and adolescent boys with ASD/DD and (2) provide an overview of evidence-based strategies and supports for building these skills at home and generalizing them to other settings. This class is appropriate for **parents and adolescents (ages 12 and older) with autism spectrum disorder.** *Instructor: Amie Duncan, PhD, Psychologist-TKOC*
Two Part Class: Wednesday, February 21ˢᵗ & Wednesday, February 28ᵗʰ 5:30pm-7:30 pm Cost:$0 **Must be able to attend both sessions, to register**	**Charting The LifeCourse:** **The Power of the Portfolio**	This **first 2-hour session** will focus on how to help individuals and families of all ages to develop a vision for good life. In this workshop you will work with other families and professionals to begin to identify: what you need to know and do, how to find or develop supports and discover what it takes to live the lives you want to live. This **second 2-hour session** you will work and brainstorm with other families and professionals using the LifeCourse Trajectory, Star and One Page profile to begin to create a way to identify action steps from the vision and share the vision with others. *Instructor: Celia Schloemer, MA, Family Support Coordinator*