

# The Center Connector

A newsletter publication of the One World Center for Autism, Inc.

Jan/Feb 2019

Where all the pieces fit.

Volume 1

From the Director:

## ***A Time to Reflect!***

Wow! It is hard to believe that 2018 has come and gone. As we embrace this new year, we do so with a spirit of reflection. Our first year in our new home has been filled with organizational and personal victories as well as challenges. That being said, we start this new year with resilience—the strength that comes from using our experiences to flourish!

Organizational group reflections during the month of January has allowed us to take the lessons of 2018 to plan for a stronger and more fruitful year of service in 2019! So what are those key lessons:

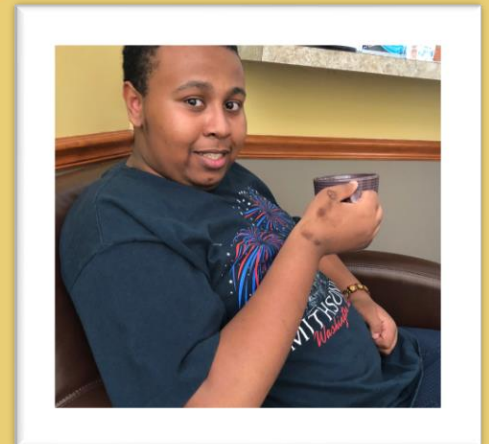
1. Make data-driven decisions to ensure impactful programs and services.
2. Invest in the professional development of our committed staff.
3. Build a diverse, engaged and giving board.
4. Increase community partnerships and visibility that enhance organizational sustainability.

As we serve, we ask that you will be our partner in transforming lives!

**Have a Happy and Resilient 2019!**

*Abila Tazanu, M.D.*

*Founder, Pediatrician and mother of children with autism*



*Let's Move Fitness and Youth Respite participant, Michael Eyob, shows us how to reflect with joy and ease!*

**"I am not what happened to me,  
I am what I choose to become."**

—Carl Gustav Jung



## **New Autism diagnosis or do you simply need help?**

**Get the tools you need at EMBRACE OUR WORLD!**

Join our community of caregivers on **Saturday, February 16<sup>th</sup> from 1–5 p.m.** for our workshop that will provide the education needed to embrace your parenting journey with autism. Abila Tazanu, M.D (pediatrician, founder and mother) of the **One World Center** and Victoria TenEyck (a Certified Addictions Counselor-CAC1, Licensed Marriage and Family Therapist- LMFT, Master Addictions Counselor-MAC , founder and mother) of **A Purposeful Journey** partner to provide you an empowering overview of autism and special education.

To register, call us or email [Brenda@worldforautism.org](mailto:Brenda@worldforautism.org)



*Having a wildly fun time at the Nature Center and National Zoo!*

## **Our World, Our Time and Our World Explorers!**

*Linking our children and youth to their world and restoring their caregivers!*

Community connections are at the heart of our respite programs, which enrich the emotional well-being of our caregivers and the social-emotional development of our participants! With the assistance of dedicated community volunteers, our children and youth explored a variety of places in 2018, including museums, the Baltimore Aquarium, the National Zoo, restaurants, nature centers, go-cart tracks, and much more! Together, we pushed past challenging behaviors to discover inner resilience and good old-fashioned fun!

**Interested in joining us as a participant, volunteer, or a program sponsor? Contact [Brenda@worldforautism.org](mailto:Brenda@worldforautism.org)!**

**Next respites: Ages 3-13 years -2/23 and 3/30; Ages 14+ -2/9 and 3/9**



## **Mom-2-Mom: Mothers Support Group!**



Are you a mom of a child or children with autism or a related special need? Then you are welcomed to join our circle of support for a time of honest sharing and unconditional acceptance! Every month Victoria TenEyck of **A Purposeful Journey** guides mothers in exploring a topic that impacts our children or our roles as caregivers.

2018 participant feedback was incredibly positive and will inspire us to continue offering exciting topics and activities for moms!

**Next support group dates: Saturdays 2/2, 3/2 and 5/4 from 1-3 pm**

## **Let's Move has a New Groove!**



Child and adolescent obesity is an epidemic and children and youth with special needs at highest risk! Decrease opportunities for social fitness, increase technology use and medications are some of the factors that contribute to inactivity!

If you seek a small and socially stimulating environment for your child to exercise, join Let's Move! Our new fitness instructor Nataly Aguilar is passionate about three things: children with special needs, fitness, and fun! A perfect combination for our social fitness program. Join us and let your child or youth move and groove their way to greater health!

**Winter/Spring Session begins soon! Dates-2/4-3/27**



*Let's Move Participants at Sky Zone!*

Interested in joining us as a participant, volunteer, or a program sponsor? Contact [Brenda@worldforautism.org](mailto:Brenda@worldforautism.org)

Interested in joining our programs, volunteering, or sponsoring a program?  
Please contact our program director, Brenda Reed, at [Brenda@worldforautism.org](mailto:Brenda@worldforautism.org).

*Be the change you wish to see in the world.*

— Mahatma Gandhi

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