

We at Spectrum of Hope provide health, wellness and community services guided by our hearts, experiences, culture and unity to cultivate hope and wisdom for those we serve!

Brenda Reed, CNA.

Our Purpose:

To help those living with autism, related different abilities and our community realize their greatest sense of well-being by securing opportunities and experiences that build hope, health and happiness!

Nataly Aguilar



Dr. Abila Tzanu, M.D.

**Rhonda Mitchell,
Prince George's
County Health
Department**



We serve:

Children and Youth with Autism and related developmental differences

Families and Caregivers

Community members with whom we share our world!

Contact Us



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SPECTRUM OF



Health Wellness & Community Services

For those living with autism,
related different abilities, and
community members with whom
we share our world!



Our Team

"NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD: INDEED, IT'S THE ONLY THING THAT EVER HAS."

-MARGARET MEAD,

About Us

Spectrum of Hope-Health, Wellness and Community Services is a social purpose entity created to change the lives of those living with autism, related different abilities; and to enrich the lives of their loved ones and community members with whom we share our world.

After many years of service provision which challenged the well-being of those providing services, we determined to change for **the greater health of all**. We chose to simplify and focus on a wholistic team-centered approach to health and wellness for those we serve and for we who serve.

We see ourselves as guides and partners supporting each other as we support you on your journey with autism and different abilities. Our compassion, professional and lived experiences are our compasses to helping you navigate life.

Ultimately, we want all in our community to experience greater **HOPE, HEALTH and HAPPINES** that leads to oneness with self and our world!

Abila Tazanu, M.D.

Abila is a general pediatrician with greater than 20 years of health and community service provision. She is a mother of five inspiring children, three of whom have autism and related co-existing emotional differences. She founded the One World Center for Autism (a non-profit) and served as their director for 14 years. She now serves as Spectrum's Lead Medical Guide/ Consultant where she continues to pursue her passion for enhancing the lives of those living with ASD and related different abilities; while enriching the communities in which we live!

Brenda Reed, C.N.A.

Brenda is a Certified Nursing Assistant and mother of an amazing son with autism. She is a deeply caring, honest and knowledgeable guide and coordinator. Brenda uses her lived experience to serve as our Practice Management and Family Support Guide.

Nataly Aguilar

Nataly is a dedicated bilingual care coordinator who is passionate about helping families and others see the gifts of those with autism. She uses her past experiences as an educational assistant and autism technician to inform her support of families and caregivers. Nataly serves as our Lead Bilingual Family Guide.

Rhonda Mitchell

Rhonda is a dedicated community coordinator of the Prince George's County Health Department who is purposeful and insightful about creating community connections that enrich those with developmental differences and the professionals who support them. She has built connections with greater than 200 pediatric providers which have increased the awareness and implementation of developmental screening. Rhonda serves as our Community Outreach Specialist and Physician Liaison

Our Services

Medical Consultations

- Autism Spectrum Diagnostic and Medical Consultations
- Special Needs and Medical Consultations for Educational Entities and Community Organizations

Family/ Caregiver Support and Enrichment

- Family & Caregiver Guidance / Education
- **MAMAS** (Mothering Authentically, Mindfully and Aware of Self)-Mothers & Female Caregiver Support and Enrichment

Community Education and Consulting

- **PGSNIPS**- Prince George's Special Needs Identification Physician Support Program
- Autism/ Special- Needs Workshops and Trainings
- ASD/Special Needs Community Service Planning, Consulting and Advocacy

