

A FREE WORKSHOP FOR PARENTS &  
CAREGIVERS IN OUR COMMUNITY

# UNDERSTANDING AUTISM

To create a Shift for Autism in our world, we as a community will need to lead the way! This workshop was developed to help Parents and Caregivers better understand their child and the diagnosis of Autism.



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**FEBRUARY 27 | 5:30 – 7:00 PM**  
**5217 W. LAUREL ST. SUITE 110 TAMPA**

Hosted by Vicky Westra who will share their own journey through Autism not only with their daughter, but through the students they work with at Autism Shifts.

**To Register Visit**  
**[Autismshifts.org/events](https://autismshifts.org/events)**



# "BE THE CHANGE YOU WISH TO SEE IN THE WORLD" – MAHATMA GANDHI

## Red Zone



**Do you connect with one or more of these statements?**

- \* I do not fully understand Autism.
- \* I do not understand my child and their behavior.
- \* I don't know what to do to help my child.
- \* I feel anxious and fearful about the future.

## Green Zone



**Do you want to feel like this?**

- \* I fully understand the diagnosis of Autism.
- \* I understand my child and what causes certain behaviors.
- \* I feel hopeful and optimistic about the future.
- \* I feel like I have a community that supports my child and I.

To Register Visit  
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