Moderated Discussion Groups for…
Parents raising a child with an Autism Spectrum Disorder

LifeCare offers free Autism Spectrum Disorder (ASD) discussion groups that are conveniently accessible online through your member site. Join us to:

- Hear parenting strategies and tips from ASD advocate and expert Tina Caterino
- Share your experiences and learn from other participants who are raising a child with ASD

Upcoming ASD Discussion Groups
Mark your calendar now for these all-new monthly sessions during the fourth quarter of 2011 and remember to register each month for the topics that interest you. All you need is an Internet connection and a phone and there is never any cost to you.

- **Self-Care/Family-Care:** Maintaining your emotional, physical and spiritual wellbeing while taking care of your family.
  *Wednesday, October 12th, Noon-1pm EST*
- **Siblings:** The life-long and ever-changing concerns of those who have a brother or sister with autism.
  *Wednesday, November 16th, 1pm-2pm EST*
- **Disclosure:** Informing extended family, friends and medical providers, and how to cope in public.
  *Wednesday, December 14th, Noon-1pm EST*

About the Facilitator: Tina Caterino
Tina Caterino is an advocate for family members on the Autistic Spectrum. Tina has developed support networks and resources for families and individuals living with ASD and related diagnoses through The ASCEND Group and GRASP. She regularly hosts seminars at Fortune 500 companies and uses an intuitive approach that allows for learning, growth, new possibilities and a greater sense of well being.

“I’m a first-time participant today so you’ll have to forgive my excitement! …Great discussion and great questions from folks who have obviously done their homework.”
— Discussion Group Participant

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