Join us for our Family Picnic/Luau this Saturday!

There is still time to RSVP for our picnic this Saturday

We are looking forward to our annual family picnic at Stanley Park in Westfield, 3:30-6:00pm. We hope you will be able to stop by, but please be sure to RSVP by the end of the day on Friday with Danielle so we can plan our food quantities. You can also call her at 413-529-2428 x 115.

We will be offering pizza, and will be set up for lawn games and some special picnic activities.

Please help us with our Side Dish Picnic Potluck and show off your favorite family picnic recipes. If your last name begins with A-L, please bring a cold dish to share, or if your last name starts with M-Z, please bring a dessert if you can!

We will hold the picnic rain or shine, unless severe thunderstorms are forecast. Check our Facebook page for the latest developments on Saturday.

Save the date for our 2019 Annual Autism Conference! April 23, 2019

Our 29th Annual Conference has a new look for next year, including breakout sessions and a new location! Please keep your calendar clear for this local event that helps to re-energize our family, professional and advocacy efforts.

We will keep you updated each month in the newsletter conference details in our new Conference Corner feature.

Much more to come!
Upcoming events and activities

The Autism Collaborative of Berkshire County

The Autism Collaborative of Berkshire County (ACBC) will meet on Friday, September 21, 2018, 10 a.m.-12 p.m. at the BCARC Training Room, Berkshire Common, 2 South Street, Suite 370, 3rd Floor, in Pittsfield for the first meeting of the new school year.

Our topic will be about resource sharing. Bring along information for any resources you would like to share with the group.

We have a new feature to the group starting in September! In order to accommodate working families and individuals, this month we will be offering an additional meeting on Tuesday, September 25, from 6 p.m.-8 p.m. Our speaker will be Educational Advocate Karen Mowry. We will be offering night time meetings intermittently throughout the year. Please spread the word and come check out this new meeting time!

If you are a professional, someone with autism, a family member of someone with autism, or a concerned community member please email us at emailacbc@gmail.com or visit our website (http://bit.ly/AutismCollaborative) or our Facebook page (https://www.facebook.com/ACBCBerkshire/) to tell us about your ideal wishes for collaboration! Please check our website for any last minute meeting changes.

Berkshire Teen Group picnic

Our social group for teens and young adults with autism (ages 15-29) is having a our summer picnic and we are looking for new members to join us. Bring your ideas to share for activities and outings in the coming year.

Date: August 23, 2018,
Time: 6-7:30pm, free parking
Location: Pittsfield State Forest, Lulu Pond Picnic Area 1041 Cascade Street, Pittsfield
Participants: All teens and young adults with autism, ages 15-29
RSVP: Benjamin.Breton@pathlightgroup.org
College can be one of the most rewarding and exciting periods in a person’s life. However, the transition to a new place and the pressure to meet new people can often be confusing and scary, and this is especially true for people with autism. But fear not! There are tons of resources out there provided by colleges that help with the transition and with the college experience altogether. Here are a few tips to help you find these services and how to best utilize them:

Find resources

Although finding resources at your new school may seem daunting, it is something that is definitely doable. Sometimes it is as easy as going to your school’s website and searching “disability services”. All the contact information you need will be right there. Locate whether or not the school requires you call the disability office or fill out an intake form on the webpage. This will be the first step in the process of securing a smooth beginning to your college experience.

Speak to the right person

College is different from high school in that you will no longer have a structured plan such as an IEP. Therefore, it is essential to schedule an appointment to register with the disability office at your school. The most important thing you must do in order to seek services from your college is advocate for yourself. It is imperative that you go to your school’s disability office and speak with them about arranging accommodations for you. Make sure you come prepared with any doctor’s documentations as well as an idea of what accommodations you would like to receive.

Determine what accommodations you need

It is important to know what to ask for. A good way to determine what accommodations you will need is to look back on your IEPs or even schedule an appointment with your high school counselor or advocate. Think of things to ask for such as extra time on tests or to be assigned a note taker. The service person you speak to will help clarify what accommodations are available and how to implement them.

Prepare for challenges

It is not required for professors to have knowledge of teaching students with autism, therefore, it is once again very important to advocate for yourself. Ask your disability counselor if they know of any professors that are particularly helpful in working with students with autism. And if you do find yourself with a difficult professor, talk with your disability office about what you can do.

Be proactive

It cannot be stated enough how important it is to advocate for yourself when you transition to college. One important skill every college intends to teach is independence. Even with extra support, you will be the main person responsible for ensuring that services are effective. Many services, such as arranging accommodations for exams, require a set of instructions that must be implemented by you to ensure proper arrangements are met.

Try to get involved if you can

College can be challenging for anyone. The increase in workload and introduction of new people in your life can lead to stress and anxiety. As a person with autism, these new life stressors can often feel isolating as well. One great way to

Continued on page 4
alleviate feelings of stress and isolation is to get involved in the community. If you feel comfortable, search for if your school has any groups for people with autism. If not, try starting one on your own!

College is challenging and it can be scary to navigate. But remember that there are resources and people who are prepared to help guide you and provide you tools to help you do well. Although the structure of services is different than in high school, it is completely possible to get the help you need. Just remember to advocate for yourself and take responsibility for utilizing the available resources. Have a great school year!

“Most importantly, remember that there is nothing wrong with being different. Celebrate yourself and your uniqueness, but don’t be afraid to ask for help. Accommodations are not ‘special treatment’. They are what help put you on an even playing field, and there is nothing wrong with asking for help!”

—Elizabeth Eveson, Autism Connections employee

Welcome Danielle!

Autism Connections is happy to officially announce Danielle Plasse as our Office Administrator! Danielle has already settled in as a member of our team. She’s the friendly voice you will often hear when you call in to ask a question or register for an activity. Please join us in welcoming her to the team!

Blog Corner!

Looking to learn new information on the latest developments in autism research, get suggestions for therapeutic interventions, or gain insight into others’ individual experiences and perspectives? There’s a blog, vlog or podcast for that! This month we’re highlighting just a few of countless many that may be of interest. Please keep in mind that terminology is determined by the author of each blog or podcast, usually related to their own sense of identity. If there’s a blog or podcast you’d like to share with us, email us at autismconnections@pathlightgroup.org. Here’s a few to get you started, in no particular order:

**Different Brains (differentbrains.org)**

Different Brains is a “nonprofit organization dedicated to promoting the understanding and acceptance of the basic variations in the human brain known as neurodiversity; ending the stigma attached to the related diagnoses and treatment; uniting silos of resources and research whose goals could be better achieved through collaboration; offering support to families and caregivers; and improving the lives and maximizing the potential of those whose brains may be different.” The site includes blogs, podcasts, and videos from a variety of contributors.

**Kerry Magro (kerrymagro.com)**

Kerry Magro is an author of three books about his journey as a young man on the autism spectrum experiencing daily life, relationships and college. He is also a professional speaker and advocate. He has founded a non-profit organization called KFM

Continued on page 5
Blog Corner continued

Making a Difference, with a focus on disability housing and autism awareness. Kerry Magro’s website features a blog highlighting different people with autism, as well as his TV show (broadcast in New Jersey, but available on the website) and a link to his Facebook community.

Ido in Autismland (idoinautismland.com)
Ido is a non-verbal young man with autism who has published a memoir by the same name of the blog. He has also recently released a novel “In Two Worlds,” about a boy with nonverbal autism. Ido’s blog documents his experiences and includes YouTube videos of him using his iPad and letter boards to communicate. He occasionally features a guest blogger. The site also includes a helpful Category index.

Autism Daddy (theautismdaddy.com)
The blogger is a self-described, “neurotypical dad with a 14 year old son with severe, non-verbal autism [and epilepsy].” He characterizes his unsparing, irreverent style as “75% comically ranting & complaining & telling it like it is and 25% inspirational & warm & cuddly & feel good stories... Ok, maybe more like 80 / 20...” Autism Daddy is also a public speaker on experiences as a parent, and has an active Facebook following.

Autism Helper (theautismhelper.com)
Autism Helper is a team of BCBAs, speech-language pathologists, and special education teachers who offer professional development and curriculum models for children with autism, but they also have a blog that explains several of the tools and therapies commonly used in supporting children with autism.

Upcoming Events

YOUNG ADULT

AANE Holyoke Pizza and Game Night
Thursday, August 23, 2018  6:00pm-8:00 p.m.
260 Westfield Rd, Holyoke
Have dinner, socialize, and play games (feel free to bring your favorite games). This event is $12. Please note that attendees now have the option to pay online or at the door. We encourage people to pay online. AANE reserves the right to cancel this event if the minimum number of registrants is not met by the deadline Please call 617-393-3824 for more information.

CONFERENCE

Massachusetts Independent Living Conference
Thursday September 27, 2018
Best Western Plaza Hotel, 181 Boston Post Rd, Marlborough
Massachusetts Statewide Independent Living Council Conference is an opportunity to learn about the latest independent living services. Conference participation is free however space is limited. Workshops will cover topics such as supports and services, service animals, transportation, housing, legal rights, and more. For registration, contact 508-620-7452 or email Sadie@masilc.org.

Raise the Bar, HIRE 2018 Conference
Wednesday October 10, 2018
Four Points Sheraton, Norwood, MA
More information: www.workwithoutlimits.org
Keynote Speaker Mandy Harvey presents during the exciting day with exhibitors and networking. Massachusetts Rehabilitation Commission (MRC) and Work Without Limits partner to bring this conference to employers seeking to be disability inclusive, employers who are currently inclusive.
**AUGUST 2018**

- **5**
  - Chuck E. Cheese Sensory Sensitive Sunday
  - 9:00 am - 11:00 am
  - Springfield

- **8**
  - Autism Connections Western MA Support Group
  - 5:30-7:30pm

- **19**
  - Housing Search Workshop
  - 12:30pm - 2:00pm
  - Greenfield Public Library
Autism Connections Calendar

September

- **September 11**
  DDS 101
  Family Empowerment
  6pm-8pm

- **September 21**
  Autism Collaborative of Berkshire County
  10am-12pm

- **September 25**
  Autism Collaborative of Berkshire County
  6pm-8pm

- **September 27**
  Massachusetts Independent Living Conference

October

- **October 10**
  Raise the Bar
  HIRE 2018 Conference

- **October 17**
  Transition Fair
  Family Empowerment
  Hadley Farms Meeting House

April 2019

- **April 23, 2019**
  Autism Connections’ Annual Autism Conference

Please help us go green. Contact Danielle at Danielle.plasse@pathlightgroup.org if you are receiving a hard copy of this newsletter and would prefer an electronic copy.
COMMUNITY/FAMILY EVENTS

Miracle League Fall Ball
Begins Sunday, September 16
Springfield College, Archie Allen Baseball Complex, Adaptive Field
Fall Ball is a modified six week program. Registration closes August 17th. Please visit http://www.miracleleaguewestma.com/ to register.

NEW TIME
THIS YEAR!

Autism Connections Family Picnic Luau!
Saturday August 4, 2018
3:30pm-6:00pm
Stanley Park, Westfield Bank Pavilion, Westfield
A luau theme awaits your creative attire! Join us for a potluck picnic (we will supply pizza) and you are invited to bring your family favorite recipes for side dishes. If your last name begins with A-L, please bring a cold side dish to share. Bring dessert if your last name starts with M-Z. Fun and games for all! RSVP to Danielle required at 413-529-2428 or email Danielle.plasse@pathlightgroup.org.

Adaptive Rock Climbing
August 21, 2018
Central Rock Gym, 165 Russel St, Hadley
Indoor adaptive rock climbing program for all ages and abilities. This is for all skill levels but requires some upper body strength. Fees apply. Registration is required. Please contact jlevine@chd.org or call 413-788-9695.

Berkshire Community Action Council Open House
Friday August 24, 2018. 11am-2pm
1531 East Street, Pittsfield
The BCAC is committed to self-sufficiency and dignity for all and is sponsoring a free community event with activities, food and information. Free Lunch and Snacks, the Climbing Wall, Kids' Activities and lots of information about opportunities in our community!
**SENSORY-FRIENDLY**

“Especially for Me” Sensory-Friendly Museum event
Saturday, August 11, 2018, 5:00 p.m.—8:00 p.m.
Discovery Museum, 177 Main Street, Acton, MA
Free with required pre-registration.

Come jam out at 5:30pm and again at 6:30pm. A music therapist will be on site to play and perform with you. Free with pre-registration. Registration is required: Register Now.

Sensory-Sensitive Sundays at Chuck E. Cheese
First Sunday of the month, 9am-11am,
Chuck E. Cheese, 1716 Boston Road, Springfield
Chuck E. Cheese in Springfield now offers a sensory-sensitive experience on the first Sunday of every month.

**WORKSHOPS AND TRAININGS**

Autism Connections’ Trainings
Autism Connections is dedicated to educating the community about the strengths and challenges commonly associated with autism. Our knowledgeable team offers a variety of professional development opportunities to educators and human service organizations. The trainings we currently offer are:

- **An Insight into Autism**
- **Asperger’s 101**
- **The Hidden Curriculum**
  - (unwritten social rules and expectations)
- **Understanding and Responding to Challenging Behaviors**
- **IEP**

Trainings are about 2 hours and can be modified. Please email Katie.drumm@pathlightgroup.org for more information.

**Research Studies**

Boston University
Boston University researchers are looking for students with autism who are in their last year of high school and who will graduate with a regular high school diploma. Participation should take 30-60 minutes at each time point. Parents will receive a $25 gift card at each time point and youth will receive a $15 gift card at each time point. For more information, email bureauad@bu.edu, call (617) 353-2060 or visit http://sites.bu.edu/roadahead/. BU is also looking for high school personnel who are familiar with working with students with autism to complete a 30 minute survey. Participants will be entered into a raffle to win one of two iPads to be used at their school. Contact bureauad@bu.edu for more information.

*The Massachusetts Developmental Disability Council Family Empowerment Funds can provide grants for family members to attend conferences and trainings. Visit www.mddc.com for details.*
# SUPPORT GROUPS

<table>
<thead>
<tr>
<th>GROUP NAME</th>
<th>GROUP DESCRIPTION</th>
<th>MEETING DETAILS</th>
<th>CONTACT/MORE INFO</th>
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<tbody>
<tr>
<td><strong>AMHERST</strong></td>
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<tr>
<td>Clinical &amp;</td>
<td>For parents of children/youth with high-functioning autism (Asperger’s). Come share your experience, learn about resources, and hear from experts in the field. Childcare available. This is a parent-led support group.</td>
<td>Saturdays 10:00am-11:30am Bridge Family Resource Center 101 University Dr, Suite A3 Amherst, MA</td>
<td>Group meets on Saturdays. Childcare available, refreshments served. Please call 413.549.0297 with questions.</td>
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<tr>
<td>Support Options (CSO) Parent Support Group</td>
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<td><strong>ATHOL</strong></td>
<td>This is a monthly support group for parents, caregivers, grandparents, and siblings of autistic children. RSVP is required.</td>
<td>4th Sunday of the month 6:00pm-7:00pm Athol Memorial Hospital, The Hillis Conference Room 2033 Main St., Athol</td>
<td>The first meeting will be held on August 26th. Please contact Amanda Gallant at <a href="mailto:Amanda.gallant@heywood.org">Amanda.gallant@heywood.org</a> with questions or to RSVP.</td>
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<td>Autism Support Group</td>
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<tr>
<td>The United ARC, Caregivers’ Resource Group</td>
<td>Come socialize with other caregivers and help support each other through all of the ins and outs of being a caregiver or parent to a person with intellectual or developmental disabilities. Join us to discuss ideas and gain valuable resources.</td>
<td>3rd Thursday of the month 10:00am-12:00pm 6:00pm-8:00pm 361 Main Street, Athol, MA</td>
<td>Refreshments will be provided. RSVP is not required, but is helpful for planning purposes. Call Karen Parker at 978-249-4052 x 1047.</td>
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<tr>
<td><strong>CHICOPPE</strong></td>
<td>This group is designed for parents and caregivers of family members on the autism spectrum to meet and talk with others that are on the same journey in a positive and confidential environment.</td>
<td>If interested in joining, please contact Cathy.</td>
<td>Group will meet on the 2nd Friday of each month. For more information or to RSVP, please contact Cathy at <a href="mailto:camorgado@verizon.net">camorgado@verizon.net</a>.</td>
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<td>HOPE Autism Support Group</td>
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<td><strong>EASTHAMPTON</strong></td>
<td>Autism Connections is happy to provide this social night twice a month for folks 18+ who identify as having Asperger’s.</td>
<td>Autism Connections 116 Pleasant Street, Suite 366 Easthampton, MA</td>
<td>This group will resume in the near future. Please contact Kimberly LaMothe at 413.529.2428 x 1118 with questions.</td>
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<td>Asperger’s Social Night for Adults</td>
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<td><strong>GREAT BARRINGTON</strong></td>
<td>This group is being offered by the Asperger/ Autism Network (AANE). There is an attendance fee of $5.</td>
<td>Mason Library 231 Main Street, Great Barrington</td>
<td>For more information please contact Stephanie Birkdale at <a href="mailto:stephanie.birkdale@aane.org">stephanie.birkdale@aane.org</a>.</td>
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<td>Adult Discussion Group</td>
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<td><strong>HOLYOKE</strong></td>
<td>This support group is open to all family members of children and young adults with autism. The group is designed for parents and other caregivers to come together for support and to share information.</td>
<td>2nd Wednesday of the month 5:30pm-7:30pm MCS 260 Westfield Road Holyoke, MA</td>
<td>For more information and to RSVP, email Linda Wynne at <a href="mailto:wynne92@aol.com">wynne92@aol.com</a>. You must call our office at least one week in advance at 413.529.2428 if you need child care.</td>
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<td>Autism Connections Western MA Support Group</td>
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<td>Mom’s Night Out</td>
<td>Moms of people with different abilities are invited to bring their problems, triumphs and their need to laugh. Jericho will supply drinks and refreshments. Bring something to share!</td>
<td>Jericho 537 Northampton Street Holyoke, MA</td>
<td>For meeting times and to RSVP contact Linda LaPointe at <a href="mailto:lindal@jerichobeca.org">lindal@jerichobeca.org</a> or calling 413.538.7450.</td>
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<tr>
<td>Parent/Professional Advocacy League</td>
<td>Moving Forward: Our Journey. A group for empowering families through transition planning.</td>
<td>Please contact PPAL for locations and times.</td>
<td>For more information visit <a href="http://www.ppal.net">www.ppal.net</a> or email <a href="mailto:eszela@ppal.net">eszela@ppal.net</a>.</td>
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<tr>
<td>Parent Support Group of Western Massachusetts</td>
<td>This group provides support and info to individuals with intellectual challenges who identify as gay, lesbian, bisexual, transgender, or those who are questioning.</td>
<td>Western Mass Training Consortium 187 High Street, Suite 202 Holyoke</td>
<td>For questions or to find out meeting times contact Tammy Nothe-Hebert at 413.536.2401 x 3036.</td>
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<td><strong>NORTHAMPTON</strong></td>
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<td><strong>Growing Strong Skills Training For Children and Their Caregivers</strong></td>
<td>The group will use the Attachment Regulation and Competency Framework to help children learn different skills.</td>
<td>CSO Outpatient Clinic 8 Atwood Dr, Suite 201 Northampton Tuesdays 4:45-6:15pm</td>
<td>For more information and to register please contact Dave at 413.582.0471 ext. 5080 or Kim ext. 5032</td>
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<tr>
<td><strong>Valley ADHD Parent Support Group</strong></td>
<td>This group is for parents and caregivers to receive ADHD information and support. It is a place where you can be heard and not be judged.</td>
<td>1st Monday of every month 6:30pm-8:00pm Northampton Area Pediatrics 193 Locust St., Northampton</td>
<td>For more information contact <a href="mailto:ValleyADHDFamilies@gmail.com">ValleyADHDFamilies@gmail.com</a>.</td>
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<tr>
<td><strong>Women’s Group</strong></td>
<td>Support group for women with Autism. This group is being offered by the Asperger/Autism Network (AANE). There is no attendance fee.</td>
<td>Lilly Library 19 Meadow Street Florence, MA</td>
<td>For more information or to join this group, contact Stephanie Birkdale at <a href="mailto:stephanie.birkdale@aane.org">stephanie.birkdale@aane.org</a>.</td>
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<tr>
<td><strong>Wire Monkey Mama’s Coffee Club</strong></td>
<td>A bi-weekly meetup and solidarity circle for all mams like grand, step, foster, and any mama who cares for a child.</td>
<td>Every other Monday evening 6:00pm-7:00pm 1 Market Street, Northampton</td>
<td>At The Roost in Northampton. For more information, text Yoshi at 413-347-2517</td>
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<td><strong>PITTSFIELD</strong></td>
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<td><strong>Asperger’s Support Group of the Berkshires</strong></td>
<td>This group is for individuals with Asperger’s syndrome to come together and offer friendship, fellowship and support.</td>
<td>Wednesdays 5:00pm-6:30pm Group will meet in various locations.</td>
<td>Please contact Elizabeth Flaherty at 443.4780 x16 or <a href="mailto:Elizabeth.Flaherty@pathlightgroup.org">Elizabeth.Flaherty@pathlightgroup.org</a> to RSVP.</td>
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<tr>
<td><strong>Berkshire Teen Group</strong></td>
<td>This group is for teens and young adults who live in Berkshire County and are on the autism spectrum. The group meets regularly for conversation and community based activities.</td>
<td>Will meet regularly, every other Friday evening, throughout the community.</td>
<td>Please contact Ben Breton at <a href="mailto:benjamin.breton@pathlightgroup.org">benjamin.breton@pathlightgroup.org</a> or 413.529.2428 x121 for monthly group schedule and outing details.</td>
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<td><strong>SPRINGFIELD</strong></td>
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<td><strong>Impact Center Support Group</strong></td>
<td>A monthly support group for parents and caregivers of youths’ with social/emotional/behavioral challenges. El Support Network en colaboración con Gandara ofrece un grupo de apoyo mensual para padres y cuidadores de jóvenes con problemas sociales / emocionales y de</td>
<td>English Group: 1st Friday of the month 12pm-1:30pm Grupo Español-Y el tercer Viernes de 10am-11:30am 41 Taylor Street, Springfield</td>
<td>For information and to RSVP, please contact Cynthia Santiago at <a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> or 413-218-5055 Informacion de RSVP: Cynthia Santiago at <a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> or 413-218-5055</td>
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<td><strong>NEW GROUP!</strong></td>
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<td><strong>SOUTH HADLEY</strong></td>
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<td><strong>LGBTQ and the Autism Spectrum</strong></td>
<td>This group is being offered by the Asperger/Autism Network (AANE). There is an attendance fee of $5.</td>
<td>S. Hadley Public Library Conference Room 2 Canal Street South Hadley, MA</td>
<td>For information or to join, please contact Stephanie Birkdale at <a href="mailto:stephanie.birkdale@aane.org">stephanie.birkdale@aane.org</a>.</td>
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<tr>
<td><strong>WESTFIELD</strong></td>
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<td><strong>Westfield Support Group for Adults with Asperger’s Syndrome</strong></td>
<td>This group is an opportunity for support and discussion among adults on the autism spectrum. We provide a “safe space” and as such are not recommended for friends and family members except in a support role.</td>
<td>Building Autistic Community, Inc 507 Southampton Road #1 Westfield, MA</td>
<td>For more information, contact the group at <a href="mailto:info@bacautism.org">info@bacautism.org</a> or call BAC at 413.359.0222.</td>
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<td><strong>WILLIAMSBURG</strong></td>
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<td><strong>Families of Spirited Children (It Takes a Village)</strong></td>
<td>This is a group for parents, grandparents and caregivers of children with special needs, autism, ADHD or physical, sensory, or medical challenges. Free childcare and refreshments provided.</td>
<td>Tuesdays, 10:00am-11:30am, starting November 7, 2017 Anna T. Dunphy School 1 Petticoat Hill Road, Williamsburg</td>
<td>For more information, contact It Takes a Village at 413-650-3640 or Kat at <a href="mailto:info@hilltownvillage.org">info@hilltownvillage.org</a> or <a href="http://www.facebook.com/hilltownvillage">www.facebook.com/hilltownvillage</a></td>
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</table>
Open call for information from providers offering autism services

We are compiling a database of autism related service providers and resources for our community. As the autism resource center covers all of western Massachusetts, we pride ourselves in having relevant and up to date resources available to our community members. Hundreds of families, professionals, and individuals will have access to our database, which will be posted on our webpage soon. Please fill out this information ONLY if you work with people with autism. If we are not familiar with your services we may call to confirm the information to make sure we are including it in the right category. Thank you for collaborating with us to provide resources to families!

Click here for the link to provide us with your information: