



Spectrum Winter/Spring 2019 Newsletter

Spectrum Monthly Meetings

Our Winter/Spring line-up has been set for our monthly meetings. Meetings take place the 1st Thursday of each month at the **First Baptist Church of Duluth** (2908 Duluth Hwy, Duluth, 30096) from 6:30-8:00 pm. Most meetings offer break-out sessions for our Dads Group, Parents of Teens/Adults with HFA Autism, Preschool parents and Adelante Autismo in Spanish, in addition to the main topic.

Check the website for more details. www.atl-spectrum.com

- January 3: Topics: "Picky Eaters vs. Problem Eaters: How to differentiate when picky eating is a problem" presented by Aileen Deogracias, Clinic Director, OT, Therapy Works, PC
"ABLE Accounts - what you want to know about saving and protecting assets" presented by Kevin and Katie McGrath, McGrath Consulting
"Creating Sensory Environments in Your Home" presented by Jean Sever, MS, OTR/L, Enable Kids
- February 7: Topics: "Dealing with stress of parenting children on the autism spectrum" presented by Dustin Ellis, Master of Family Therapy, GROW Counseling
"ABA Therapy - What you want to know" presented by Fusion Autism Center
- March 7: "10 Basic Steps for Special Needs Caregivers: Preparing for financial future, applying for SSI/Medicaid, creating a special needs trust, the importance of a will and more" presented by Pam Hoppe, Mass Mutual Special Care Financial Guide
Spectrum Summer Camp Update, Mary Oconnell, Camp Director
- April: No meeting due to Spring Break
- May 2: Topics TBA soon - check website for updates

Note that we do not meeting during June, July and August during the Summer break.

Social Skills Groups and Childcare Offered During Monthly Meetings Social Skills Groups for those with autism ages 5-adult are offered during our Thursday night meetings from 6:30–8:00. Additional groups are noted below:

Teen Social Skills Groups for those with Asperger's/High Functioning Autism,
Middle School Groups for tweens with Asperger's/Autism, Sibling Social Group (ages 5-12) and an Adult Social Skills Group for those ages 21 and up. Childcare is also offered for those 4 and under. No RSVP required for these groups. A \$5.00 donation is suggested to help cover the program costs.

**Sign up for our monthly e-news at www.atl-spectrum.com
LIKE us on Facebook @atlantaspectrum**

Gift of Time Respite

Gift of Time Respite is offered one Saturday per month in collaboration with First Baptist Duluth. The 2019 Winter/Spring schedule is:

January 12, February 9, March 16, April 13, May 4 *(9:30-2:30)

Advance registration is required for all attendees. \$25 per child with autism and siblings are free. Respite and Family support funding may be used. 11:30 am to 3:30 pm *

RSVP at www.atl-spectrum.com

Spectrum Family Cruise

March 28, 2020-April 4, 2020! \$500 (refundable) deposit holds your spot! Autism Certified Cruise! You can set up a payment plan and have til Dec. 2019 to pay in full. Invite family and friends! All are welcome! Learn more at atl-spectrum.com

Upcoming events!

Mark your calendars!

MLK Family Day/Gladiators 1/21

Spectrum Wine Tasting 3/16

Egg Hunt and Picnic 4/20

Mom's Day Out 5/4

Picnic and Pony Rides at Parkwood Farms 5/18

Please check website for details and to rsvp or buy tickets and to see more events!

Social Skills Programs

Technology Club registration is open for winter 2019. This group will meet on Tuesday evenings from 6:30-8:00 pm in Buddy's Place, Annandale Village, ages 11-40, grades 6th and up. Jan. 26- March, \$300. This program is interactive in nature and may include games, coding, web design, photo slideshows, recording and acting in videos.

DRAMA CLUB registration is open for ages 9-30 for the Winter/spring session, Jan. 28 to April 27 and meets on Monday nights from 6:30pm - 8:00pm in the Annandale Chapel, 3500 Annandale Lane, Suwanee, \$390 Honk, Jr. will be the production this year.

Camp Journey Overnight Weekend

Registration will open January 2!

March 22-24: Camp Journey is Spectrum's overnight camp focused on social skills, building friendships, teamwork, manners, and self-esteem. Camp activities include directed social skills instruction in a typical overnight camp setting. Camp takes place at Camp Twin Lakes/Will-A-Way at Fort Yargo State Park, Winder, GA. Cost is \$225 per camper (Respite vouchers, waivers and family support funds can be used). Weekends are a great way to reconnect friends made during summer overnight camp.

Our weekends start at 6:30PM on Friday and end at 10AM on Sunday. Our staff are experienced certified teachers or paraprofessionals trained in the characteristics and strategies of individuals on the spectrum. **Register at www.atl-spectrum.com**



Spectrum loves our partnership with **STUDIO MOVIE GRILL**, offering sensory-friendly movie environments for our children. Did you know that SMG offers these movies FREE for children with special needs and their siblings? Accompanying adults pay the matinee price. **All shows are at 11 am. Be sure to arrive 30 mins. ahead.** SMG's special needs showings are offered each month at Duluth, Marietta and Roswell locations. Always check to be sure movie schedule has not been changed at www.studiomoviegrill.com. 5% of the Chef's for Children menu sales benefit Spectrum.

Dec 8: Ralph Breaks the Internet
Dec 22: Spider-Man: Into the Spider-Verse
Dec 29: Mary Poppins
Jan 5: Bumblebee
Jan 19: A Dog's Way Home
Feb 2: The Kid Who Would Be King
Feb 16: The Lego Movie 2: The Second Part
Mar 2: How to Train Your Dragon: The Hidden World
Mar 16: Captain Marvel
Mar 23: Wonder Park
Apr 6: Dumbo

