

## Spectrum Fall 2019 Newsletter

### Spectrum Monthly Meetings

Our Fall 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, 230096) from 6:30-8:00 pm. Most meetings have break-out session, for Dads, Parents of Teens/Adults with Autism, Parents of Preschoolers, and our new Adelante Autismo breakout session (presented in Spanish) in addition to other topic breakouts— check our website for more details visit [Atl-spectrum.com](http://atl-spectrum.com).

#### SEPT. 5

**"Dealing With Behavior Challenges"**- Paige Brandon, Med, ABA, Behavior Specialist, GCPS and Michala Sway, Behavior Specialist, GCPS

**"Communication is important"**- Ashia Fayne, Let's Talk Therapy  
**"Independence, Employment, and Transition to Adulthood"**- Katie Landers, LEAP Program

**Breakouts will also be offered for parents of teens/adults with HFA autism, Dads, Spanish speaking parents and parents of preschoolers. Social skills groups and childcare available for all ages.**

#### OCT. 3 Thank you to our sponsor, Merit Financial!

**What is a Special Needs Trust and Why is it so Important?-** Renora Orr, Wealth Manager, Merit

**Having the Sex Talk: Marne Day - MA, LAPC, Well Being, LLC**  
**The Tutor Doctor, Steve Sigit-Sidharta, on how to best use tutoring to support your child**

#### NOV. 7

**"Housing for Adults in Georgia"**- Jim McCarten

**"IEP Preparation"**- Reagan King, Attorney

**"Mental Health Awareness and First Aid Intro"**- Marti Vogt, Counselor

#### DEC. 5

**Annual Holiday Party - bring a dish to share - sign up at [atl-spectrum.com](http://atl-spectrum.com)**

#### **Social Skills Groups and Childcare Offered During Monthly Meetings**

**Social Skills Groups** for those with autism ages 4-adult are offered during our Thursday night meetings from 6:30—8:00p. 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 under age 4. No RSVP required for these groups. A \$5.00 donation is recommended.



**Spectrum Autism Support Group is on Facebook**  
**LIKE us today**  
**@atlantaspectrum**

### Social Skills Programs

**Technology Club** is starting soon! Technology Club dates are September 17, September 24, October 1, October 8, October 15, and October 22 and will be held at New Directions in Suwanee. Cost is \$180. Ages middle school to adult. Register at [atl-spectrum.com](http://atl-spectrum.com).

**DRAMA CLUB** registration is open for ages 9-30 and will run from September 16, 2019- May 4, 2020 and meets on Monday nights from 6:30pm - 8:00pm at Cornerstone Church, 2458 Duluth Hwy., Duluth, GA 30097. This year's production will be "Freaky Friday". Performance will be held at the end of the session on May 2, with a cast party on May 4. Register [atl-spectrum.com](http://atl-spectrum.com).

## Spectrum Family Cruise 2020 March 28, 2020- April 4, 2020

Join the Spectrum Autism Support Group Family for a fun filled Autism Certified Cruise on Royal Caribbean's Rhapsody of the Seas. For more information, visit [atl-spectrum.com](http://atl-spectrum.com).

### Gift of Time Respite

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

**August 17, September 21, October 19,  
November 9**

Registration is required for all attendees. \$25 per child with autism. Siblings free. Respite vouchers may be used. RSVP at [atl-spectrum.com](http://atl-spectrum.com)

## Camp Journey Overnight Weekend

November 1-3, 2019

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.

Ages 9 and up are welcome.

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 field of autism.

**Register at [www.atl-spectrum.com](http://www.atl-spectrum.com)**



## Georgia Race for Autism & Fall Festival



**Saturday, October 5, 2019**

**Gwinnett County Fairgrounds**

We hope to see many of our families at our 13th Annual Georgia Race for Autism and Fall Festival/Resource Fair

USATF certified course, 5K and 10K, 1 mile, 100-yard dash and tot trot. Proceeds from the Race help support our camps and clubs programs!

Sign up to run or walk, form a fundraising team, or volunteer at

[www.georgiaraceforautism.com](http://www.georgiaraceforautism.com)

### SPECTRUM WISH LIST:

If you would like to donate items as an individual or group we could use:

Copy Paper, Playdough, shape cutters, puzzles, scissors for children, glue sticks, craft supplies, projector, small portable projector screen, little characters like animals, cars, super heroes, Lego, hand sanitizer, Bean bags, family size blow up pools, mini trampolines, crayons, markers, glitter, digital cameras (for technology program), gift cards, Bean bag chairs, Bean bag chair refills, and water and snacks for 50 for our monthly support group meetings, raffle items and silent auction baskets or other items.

Adopt us for the holidays! A great opportunity for scout groups, church small groups, school groups and businesses.

Contact [Claire@atl-spectrum.com](mailto:Claire@atl-spectrum.com) for more info! Thank you!

### Volunteer with Spectrum

We are always looking for great people to help us with our programs and events. To see what opportunities are available or to be added to our volunteer roster, please visit [www.atl-spectrum.com](http://www.atl-spectrum.com) and sign up using our volunteer form.

### Studio Movie Grill

Spectrum is proud to team up with Studio Movie Grill (Duluth, Roswell, Marietta locations) for the sensory friendly showings. SMG offers these movies FREE for children with special needs and their siblings. Adults pay just \$6 per ticket. Check out SMG's current special needs showings at [www.studiomoviegrill.com](http://www.studiomoviegrill.com)

### Our Mission Statement

Spectrum provides support, education and resources for individuals and families impacted by autism