

ALTRUISM

Altruism (noun): Willingness to do things which benefit other people, even if it results in disadvantages for yourself.

30TH ANNIVERSARY

Celebrating Three Decades of Improving the Lives of All Affected in Tidewater, Virginia

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Spring Into Summer Camps



It's that time of year again! If you have not begun looking into a summer camp for your child, now is a perfect time to spring into action. Whether it is a special needs camp or an inclusive camp, it is very important for you to do your research. Listed below are a few things to consider when looking into a camp to meet your child's needs:

Do they provide visual and/or text schedules?

Are they equipped to accommodate sensory or dietary needs?

Are schedules routine-oriented or flexible?

Will the camp accommodate health plans, behavioral plans or Project Lifesaver participants?

Inquire about staff training and experience.

Inquire about staff-to-child ratio.

Inquire about daily activities offered. Do any of these activities need to be adapted?

What are the transportation options? Will the parent be responsible for transportation?

Are scholarships and/or sliding scale options available?

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Listed below are some camps for individuals with special needs. It is recommended that you contact the staff/director directly for more information or to schedule an appointment to visit the camp site.

<p>Camp Gonnawannagoagin (757) 422-2040 www.camp4autism.org</p>	<p>Camp Easter Seals Virginia 1-866-874-4153 www.va.easterseals.com</p>
<p>Cerebral Palsy of Virginia (757) 497-7474 www.cerebralpalsyofvirginia.org/summer_camp.html 757-497-7474</p>	<p>Camp Holiday Trails (434) 977-3781 www.campholidaytrails.org</p>
<p>Summer Camp 2011 Social Butterflies Club Atlantic Speech Therapy (757) 422-6342 www.atlanticspeechtherapy.org</p>	<p>Young Life Capernaum Hampton Roads 2011 Summer Camps (757) 289-6006 http://sites.younglife.org/sites/Capernaum-HamptonRoads/default.aspx</p>
<p>Camp Horizon (757) 965-8630</p>	<p>Civitan Acres for the Disabled Eggleston Services (757) 289-6062</p>
<p>Camp Virginia Jaycee (540) 947-2972 1-800-865-0092 www.campvajc.org</p>	<p>Step by Step Consulting Therapeutic Summer Program (757) 934-6470</p>
<p>C.A.T.C.H. (Concerned Adults Teaching Children Hope) (757) 814-7849 (757) 851-0101 www.catch4kids.com</p>	<p>Camp CHILD (434) 846-4434 www.campchild.org</p>
<p>Northstar Academy Summer Camp (804) 747-1003 www.northstaracademy.net/extras/index.html</p>	<p>Voices Together (804) 285-6500 Ext. 8812 www.weinsteinjcc.org/summer-camps/</p>

Parks & Recreation Therapeutic Recreation Programs

Virginia Beach TRC
Kempsville Recreation
Center
800 Monmouth Lane
Virginia Beach, VA
23464
(757) 474-8877

Norfolk TRC
180 Evans Street
Norfolk, VA 23503
(757) 441-1764

Portsmouth TRC
JFK Recreation Center
12 Grand Street
Portsmouth, VA 237001
(757) 393-8340

Chesapeake TRC
100 Outlaw Street
Chesapeake, VA 23320
(757) 962-5828

Suffolk
* Currently, there is
no Therapeutic Rec-
reation Program
available

2011 Membership Drive
Join Today!

Message from Kris Oehlberg, Membership Coordinator

Join with thousands of individuals with autism, their families and other caring individuals; become a part of a larger community-the Autism Society. Together we are a resource for the entire autism community. We cant be heard alone, but with more voices joining daily, that small voice can become a roar. We invite you to become a part of a community of hope!

A membership in the Autism Society provides benefits at both the local level with the Autism Society, Tidewater Virginia and at the national level as part of our nationwide organization. Benefits include:

- Free Giveaways & Raffles for Members throughout the year from your local chapter Autism Society, Tidewater Virginia (i.e., Movie Tickets, Dinner tickets, t-shirts, etc.) *
- Access to the our monthly newsletter “Altruism”
- Access to our Lending Library
- Access to our online meetup group which sends out information weekly related to events and the community
- The National Autism Society’s quarterly magazine, the Autism Advocate
- 10% off the Autism Society, Tidewater Virginia’s Autism Awareness Merchandise

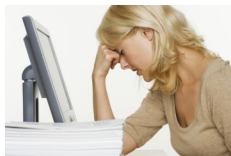
To become a member please visit www.autism-society.org or send in the membership form on the back of this newsletter with payment to the address listed on the form!

Thanks for your support!

Kris Oehlberg
Membership Coordinator
Autism Society, Tidewater Virginia

**Giveaways/Raffles available upon the discretion of the chapter*

**Are you a new parent?
Are you feeling overwhelmed?
Don't know where to start or what's available?
Call the Autism Society!**



Now offering Autism 101

Our friendly staff/volunteers will sit down with you one-on-one, answer questions, provide information, and help you find the resources you need.

Call our office at (757) 461-4474 to schedule an appointment today!

**Does your group/organization need more
information about autism?**



We are available, by appointment, to conduct presentations!

Please contact us by phone at
(757) 461-4474 or email us at tasa@tidewaterasa.org



<p style="text-align: center;">Wrightslaw Special Education Law and Advocacy Conference with Pete Wright, Esq. March 31, 2011 Quality Inn Suites Lake Wright, 6280 Northampton Blvd, Norfolk, VA 23502</p> <p style="text-align: center;">Sponsored by the Down Syndrome Association of Hampton Roads</p> <p style="text-align: center;">For more information and to register, please contact Brook Markley at (757) 466-3696 or DSAHR@verizon.net To register online: www.wrightslaw.com/speak/11.03.va.htm</p>	<p style="text-align: center;">TTAC/ODU presents Using ABA in the Classroom for Serving Students (for Professionals) featuring Robert Schramm, MA, BCBA</p> <p style="text-align: center;">April 6, 2011 8:00 am—4:00 pm Holiday Inn Patriot, Williamsburg, VA</p> <p style="text-align: center;">For more information and to register, please call (757) 683-4333 or visit www.ttaconline.org</p>
<p style="text-align: center;">Faith Inclusion Network presents All That May Worship Conference</p> <p style="text-align: center;">April 10, 2011 12:00 pm—4:30 pm DoubleTree Hotel & Conference Center, Virginia Beach</p> <p style="text-align: center;">For more information and to register, please visit faithinclusionnetwork.org</p>	<p style="text-align: center;">VCU-ACE presents a FREE Webinar Supporting Social Emotional Development in Young Children with Autism Spectrum Disorder</p> <p style="text-align: center;">April 12, 2011 3:30 pm—4:30 pm</p> <p style="text-align: center;">For more information and to register, please call (855) 711-6987 or visit www.vcuautismcenter.org</p>
<p style="text-align: center;">Navigation Behavioral Consulting Group presents Exploring Advancements in Autism Intervention</p> <p style="text-align: center;">April 28, 2011 6:30 pm—8:30 pm Shaffer Room, Boyd Center, Virginia Wesleyan College</p> <p style="text-align: center;">Please register by April 25, 2011. For more information and to register, please call Allison at (757) 968-2324 or visit www.NavigationBehavioralConsulting.com</p>	<p style="text-align: center;">Autism Research Institute (formerly known as Defeat Autism Now) Spring 2011 Conference</p> <p style="text-align: center;">April 28—May 1, 2011 Renaissance Waverly Hotel, Atlanta GA</p> <p style="text-align: center;">Registration Now Open!</p> <p style="text-align: center;">For more information and to register, please call 1-877-644-1184 or visit www.ariconference.com</p>
<p>42nd Autism Society National Conference</p> <p>July 6—9, 2011 Gaylord Palms Resort and Convention Center Orlando, FL</p> <p>Registration Now Open!</p> <p>For more information and to register, please call Sarah Mitchell at (301) 657-0881 ext. 9010 or visit www.autism-society.org/get-involved/events/conference/</p>	



Partners in Policymaking: Apply Now!

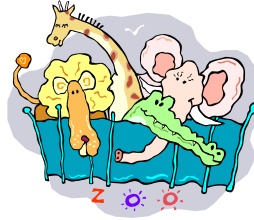
Partners in Policymaking participants are people who live in Virginia, have a developmental disability or are parents of young children with developmental disabilities. Individuals attending the program will participate in advocacy skill workshops, resource development, and leadership training.

Apply no later than 5pm April 29, 2011

For more information and to request an application visit www.VABoard.org/policymaking.htm or call 1-800-846-4464

Day for People with Disabilities

A resource fair of service providers and organizations that support individuals with disabilities!



Sat, May 14
10:00a-2:00p

Virginia Zoo
3500 Granby St., Norfolk

For more information,
call (757) 441-1764.

Admission is FREE to individuals with disabilities and one caregiver. Regular zoo admission applies to all other participants.



Surfers Healing Virginia Beach
Surfing Camp Sign-Ups
Coming Soon!

Online Sign ups will be open
May 15, 2011 @ 9:00 pm EST

Surfers Healing VB Camp scheduled for
August 20, 2011

Save the Date! August 20, 2011

Surfers Healing 5K

Registration Information will be
available soon.

Visit www.tidewaterasa.org
for updates

For more information and to register, please visit www.surfershealingvb.org or www.surfershealing.org
Find them on Facebook!

Come and Join the Independence Center at their Youth Meeting!



April 16, 2011

10am to 12pm-Ages 8-13
1pm to 3pm-Ages 14-21

The Independence Center will be hosting a meeting where youth will have the opportunity to learn about independent living, gather information about resources in the community as well as give them the ability to expand their advocacy skills all while they socialize with their peers. Everyone with a disability is welcome to attend. The cost is free so tell your friends!

Meeting will be held at 6300 E. Virginia Beach Blvd.
Norfolk, VA 23502

If you plan to attend or have any questions contact Emily Fisher
Phone 351-1587 or 461-7527
Email: efisher@endependence.org



What Autism Means to Me
Autism Essay Contest

Are you an individual with Autism, a sibling of individual with autism, a friend or teacher?

What are the special, positive things that have come from your experiences with autism? What have you learned?
Have you been challenged to re-think your notions of autism?

Here's your chance to share what autism means to you!

1st Place Prize Winner will receive a \$50 Visa Gift Card

Essay will be posted on our Website and in our newsletter

Winner will be invited to share their winning entry at our 6th Annual Autism Awareness 5K/Fair

2nd & 3rd Place Winners

Special Certificate Awarded

Mentioned at the Autism Awareness 5K/Fair

Essay will be posted on our Website and in our Newsletter

Contest Rules: Essays and poems are limited to 500 words. Please include your name, grade, school, phone number, and address. One entry per person. Entries must be postmarked by March 28, 2011. The Autism Society, Tidewater Virginia reserves rights to publish entries. Entries will not be returned. Please e-mail your submissions or questions to tidewaterasa@verizon.net.

Or Mail to

Autism Society, Tidewater Virginia

Essay Contest

6300 E. Virginia Beach Blvd., Norfolk, Virginia 23502

Parks and Recreation Department
Chesapeake
VIRGINIA

**Autism Society of Tidewater
To Partner On A&A Social Night**

AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Tidewater Virginia

Article obtained from the Chesapeake Therapeutic Recreation Program Newsletter

According to Autism Speaks, Autism now affects 1 in 110 children and 1 in 70 boys and prevalence is increasing. The characteristics of Autism Spectrum Disorders vary widely from child to child, but many include impairments in social interaction skills, language skills, symbolic or imaginative play. That is why we have partnered with the Autism Society of Tidewater to bring children and parents the A&A Social Night (A&A stands for Asperger's and High Functioning Autism). These young people have difficulties specifically in the areas of social skills, non-verbal communication and bi-directional conversation skills, so this program is geared towards improving those specific areas.

Another important part of the program will be the parent-to parent forum. Parents will be able to meet, share experiences and listen to speakers with topics ranging from Medicare to gluten and casein free diets. The program will start in April (April is Autism awareness month) on the 2nd Thurs of the month and run through July 14. Cost \$5

**Location SONO Buildings in South Norfolk
Call 962-5828 for more info!**



The Wretches & Jabberers April 2011 Tour

Wretches & Jabberers is coming to Tidewater, Virginia!

AMC Theatres (AMC), a leading theatrical exhibition and entertainment company, is partnering with the Autism Society and Area 23a, an event-based distribution company, for a unique, national theatrical run of the feature documentary WRETCHES & JABBERERS to commemorate National Autism Awareness Month in April.

WRETCHES & JABBERERS is a poignant narrative directed by Academy Award® winner Gerardine Wurzburg that follows two men with autism, Tracy Thresher and Larry Bissonnette, who embark on a global quest to change attitudes about disability, intelligence and communication.

WRETCHES & JABBERERS will premiere on April 1 for a limited theatrical run at the AMC Empire 25 in Times Square in New York — the busiest AMC theatre in the country, which hosts approximately 2 million guests every year. The company will also launch a limited theatrical run of the film in Los Angeles starting on April 15. Throughout the month of April, AMC will market WRETCHES & JABBERERS through an Autism Society public service announcement featuring Thresher and Bissonnette, which will play at AMC theatres.

Additionally, Area 23a will open WRETCHES & JABBERERS across the United States as part of a 40-city tour at AMC theatres in top markets — such as New York, Los Angeles, Chicago and Houston — beginning April 2, which is World Autism Awareness Day. AMC will donate a portion of the ticket sales from the 40-city tour to the Autism Society. Read more of the press release by visiting <http://www.autism-society.org/news/press-releases/amc-theatres-autism-society.html>

SHOWTIME:
April 23, 2011
AMC Lynnhaven 18
12:00 p.m.

Visit http://www.amctheatres.com/Movies/Wretches_Jabberers/
To purchase tickets in advance!

Do you have something you would like to share?

We accept for consideration any comments, information, or announcements for publication in our chapter newsletter. You may send your contributions to the chapter at our office address or email contributions to tidewaterasa@verizon.net.



Want to see more local events as they happen? Tired of being the last to know? Join our online Meetup Group!

When you join our online Meetup group, you get information about the autism community weekly. Two of the benefits you receive when joining are:

Receiving newsletters via email before they hit the stands
The ability to RSVP for specific events at the click of a button.

Membership is free! Visit www.meetup.com/tidewater-autism for more details and to register!



If you are currently a member of our online Meetup group please help us contribute to an eco-friendly environment by turning off your option for paper newsletters by emailing us tidewaterasa@verizon.net

April is Autism Awareness Month!



Spread awareness in your community

Here are some ideas to increase awareness in your community:

- Ask your school (public or private, elementary, middle or high school) about creating an Autism Awareness wall. We have all kinds of information to assist you in this project. Your school could enter the NAAM contest explained on the next page.
- Set up a community fundraising event to raise money for a local autism organization, such as a yard sale or bake sale. This is a great way to get your whole family involved.
- Set up a display at your local community library regarding Autism.
- Write to the editor of the local newspaper relating your own personal stories of Autism Awareness.
- Ask your local grocery store or baker to display the autism awareness ribbon on pastries (cookies)
- Purchase awareness products from Autism Society, Tidewater Virginia, such as car magnets, ribbon lapel pins, lanyards, key chains, bracelets or apparel and give them to people in your community. Ask your local bank, department store, hair salons, etc. if they will adorn their window display mannequin with autism awareness apparel, ribbon and/or pin.
- Create a team for the Autism Awareness 5K Run & 1 Mile Walk-a-thon in honor of your child or loved one.
- Set up an individual website to raise money for the Autism Society, Tidewater Virginia 5K Run & 1 Mile Walk-a-thon (go to www.active.com or tidewaterasa.org for further details)
- Speak to your neighbors, church members and co-workers about autism.

AUTISM SOCIETY, TIDEWATER VIRGINIA 2011 OFFICER ELECTIONS ARE IN PROGRESS!

If you were a up to date member of the Autism Society as of February 22, 2011, you should have received a electronic ballot by email for our 2011 Officer Elections. Our new slate of officers will be announced at our Annual Meeting on March 29, 2011.

The nominees for the election are as follows:

Vania O'Keefe for President

Theresa Zano-McMillon for Vice-President

Teresa Brannock for Treasurer

Yvette Yates for Secretary

If you do not recall receiving your ballot by email please email us at tidewatersa@verizon.net or call 757-461-4474 to resolve this matter.

If you are not a member of the Autism Society, its not too late. Please become a member before March 28th to receive your ballot via email. See membership information on page 3 for more information.

Autism Society, Tidewater Virginia Shining Stars



Kellam Knights are Winners On and Off the Court

by Michele Pitts-Brown

The Kellam Knights basketball team, led by head coach Norm Hassell, has earned the title of Virginia Beach District Champions for the 2010 – 2011 season. The team also advanced into the regional tournament at the Scope in Norfolk, VA. Very few people realize that the players and coaches have been ahead of the curve in their approach to life in general.

Over the past 4 years, the Knights have made a place on their squad for a student who was viewed by many as not having much to offer. Ryan Brown has autism. He like many other students with a disability are not given opportunities to participate in mainstream team sports. For 3 years, while attending Kellam, Ryan has been a part of the basketball team in the role of assistant manager. Additionally, after graduating last year, Ryan was allowed to come back for a 4th year in that same capacity. He supports the players by making sure they have beverages and towels throughout each practice and game. This may seem like a minor task to some, however, for someone with a disability and marginalized by society, this is a major accomplishment. This opportunity has improved Ryan's social skills and helped him feel like a useful part of society. As a parent raising someone with autism, this experience has been priceless and very much appreciated.

Ryan is one of the Knights biggest fans. Ryan cheers them on at each game. Even before this winning season, he expressed pride in each player. When the team suffered several defeats, Ryan would typically say that he was proud of the players "because they did the best they could do". He would also say that "next time I am sure they will do better". Even when others were not cheering for the Knights, Ryan did.

Ryan takes his role on the squad very seriously. He comes to every practice and game ready to work. He has also traveled with the team locally to tournaments as well as to Northern Virginia on 2 occasions. Coach Hassell has also made a team warm up suit available to Ryan. He wears it just as all the players do on days when games are scheduled. This has also made Ryan feel like a true Kellam Knight. During Ryan's senior year, Coach Hassell acknowledged his contributions to the team during an award ceremony. He was presented with an assistant manager pin and a varsity letter. These are just a few of the actions that demonstrate a strong level of commitment on Coach Hassell's part to make Ryan feel welcome on the squad. Furthermore, each player treats Ryan with genuine dignity and respect. I have attended many games. Ryan has always been embraced by the team as a whole. It is amazing to see what fine young men Coach Hassell has trained his players to be in the game of life. They indeed are winners on and off the court.

Go Kellam Knights!!!!



Head Coach Norm Hassell (left) and Ryan Brown (second from left)



National Autism Awareness Month

Help Autism Society, Tidewater Virginia promote **NAAM** within our community and become eligible to **WIN**:

- \$200 VISA Gift Card for classroom materials
- A pizza party for your classroom

- How Can **YOU** Win?
- Be creative and have fun! The teacher selected for displaying the most original **NAAM** campaign within their school will receive \$200 worth of classroom materials of their choice.
- The classroom to raise the most funds in support of **NAAM** will receive a pizza party. All proceeds benefit the Autism Society, Tidewater Virginia.

Contact us by March 31, 2011 to enter. Judging will take place between April 25th-29th. Winners will be contacted and announced on our website on May 6, 2011.

Autism Society, Tidewater Virginia

6300 E. Virginia Beach Blvd.
Norfolk, Virginia 23502

Phone: 757-461-4474

Fax: 757-461-5375

Email: tidewaterasa@verizon.net

Website: www.tidewaterasa.org

 **AUTISM SOCIETY**
Improving the Lives of All Affected by Autism
Tidewater Virginia



Spring Fundraisers



Spring Time is our most productive time of the year for Fundraisers. The funds generated from those fundraisers help us provide support, services, and fun activities for those affected by autism. Some of these activities and services can be found on the next page. To see a full listing of events scheduled visit www.localendar.com/public/tidewaterautism or become a member of meetup and visit www.meetup.com/tidewater-autism/events/calendar/

Below are some of our scheduled spring fundraisers. Thank you all for the Support!



Sell Your Gold Fundraiser

Sunday, March 20, 2011

2:00 p.m.—6:00 p.m.

6300 E. Virginia Beach Blvd

Norfolk, Virginia 23502

You can bring in your broken or unwanted Jewelry and leave with cash and a good feeling!

Light refreshments will be served.

15% of proceeds will go to the Autism Society, Tidewater Virginia chapter.

Visit www.tidewaterasa.org or call 757-461-4474 for

SEAN-STOCK 2011

Fundraiser/Concert

Sunday, March 27, 2011

12 noon—6:00 p.m.

Big Woody's Bar & Grill, 123 Battlefield Blvd N.,
Chesapeake, VA 23320

Fun Family Event!

Local bands, Cornhole, Raffles, Silent Auction and more!

For more information visit www.tidewaterasa.org or call 757-461-4474



Autism Awareness 5K & Mini Fair

Saturday, April 2, 2011

**Mt. Trashmore Park
Virginia Beach, VA**

Please come out and join the Autism Society, Tidewater Virginia for our largest fundraiser event of the year!

Let's bring in Autism Awareness Month with a great event!

Autism Society, Tidewater Virginia will host our 6th Annual Autism Awareness 5k & 1 Mile Walk-A-Thon, April 2, 2011 is World Autism Awareness Day! Let's show the world how aware Tidewater, Virginia and its surrounding areas are!

There will be kid activities, face painting, pictures with Snoopy from MetLife, raffles, prizes and much, much more!

For more information or to register for the 5K please visit



2nd Annual Day of Dance for Autism

Saturday, April 23, 2011

11am-3pm

Kempsville Playhouse

800 Monmouth Lane

Virginia Beach, VA 23464

Come join us for a wonderful day of dancing and fun!

**For more information please visit
www.dayofdanceforautism.weebly.com**

**Or contact Kelly at
kalaabellydance@cox.net**

757-842-0909



March/April Family Events & Workshops



Mar 29th	General Meeting: Annual Report/ Autisable Presentation: 7:00 p.m.—9:00 p.m. at the Autism Society's location. Free Childcare is available upon request by calling 757-461-4474.
Mar 31st	Coffee and Chat: 6:00 p.m. at Panera Bread 300 Constitution Drive, Virginia Beach, VA 23462. Come meet new friends, share ideas, get support and encouragement, find out about resources and more!
Apr 6th	Family-to-Family Workshop: Sensory Issues in Learning & Behavior: 10:00 a.m.—2:00 p.m. at the Autism Society's location. Reservations required; space is limited.
Apr 6th & 13th	2 Part Webinar– ASD Strategies for New Families: 8:00 p.m.—10:00 p.m. First time offered! Parents who need more support information can participate from the comfort of their own homes! For more information, please visit www.tidewaterasa.org .
Apr 8th	Family-to-Family Workshop: Writing Social Stories: 10:00 a.m.—2:00 p.m. at the Autism Society's location. Reservations required; space is limited.
Apr 8th	Family Board Game Night: 7:00 p.m. at the Autism Society's location. For all ages!
Apr 9th	Sensory Friendly Film: HOP: 10:00 a.m. at AMC Lynnhaven 18, 1001 Lynnhaven Mall Loop, Virginia Beach, VA 23452. AMC Theatres & the Autism Society will host this unique experience. Please check the theatre for ticket prices.
April 11th	Family-to-Family Workshop: An Insightful Video Presentation by Temple Grandin 10:00 a.m.-12:00 p.m. at the Autism Society's location. Reservations required; space is limited.
April 11th p.m.	Family-to-Family Workshop: Succeeding through Autism presentation by Sean Barron 1:00 p.m.-3:00 p.m. at the Autism Society's location. Reservations required; space is limited.
April 15th	Family-to-Family Workshop: Exploring Feelings: Cognitive Behavior Therapy 9:30 a.m.—1:30 p.m. at the Autism Society's location. Reservations required; space is limited.
April 17th	Respite Night: The Bounce House, 2682B Dean Drive. 6:00 p.m.-8:00 p.m. Reservations required. Space is limited.
April 25th	Family-to-Family Workshop: Asperger's Syndrome, for Parents and Professionals 9:30 a.m.-1:30 p.m. at the Autism Society's location. Reservations required; space is limited.
April 26th	General Meeting: Autism The Real World- A panelist of Individuals on the Autism Spectrum as well as a panelist of parents sharing their real life stories on Autism.
April 27th	Family-to-Family Workshop: Exploring Feelings: Cognitive Behavior Therapy 9:30 a.m.—1:30 p.m. at the Autism Society's location. Reservations required; space is limited.
April 28th	Coffee and Chat: 6:00 p.m. at Panera Bread 300 Constitution Drive, Virginia Beach, VA 23462. Come meet new friends, share ideas, get support and encouragement, find out about resources and more!
April 29th	Family-to-Family Workshop: Exploring Feelings: Cognitive Behavior Therapy 9:30 a.m.—1:30 p.m. at the Autism Society's location. Reservations required; space is limited.
April 30th	SibArt: For children with Autism and their siblings. 10:00 a.m.-12:00 p.m. at the Autism Society's location. Reservations are required. Space is limited.

For more information or to RSVP for some of the events above please visit www.tidewaterasa.org or call 757-461-4474.

LOCAL SUPPORT GROUPS



Listed below are several groups in the Hampton Roads area that provide support to parents/individuals with special needs.

Peninsula Autism Society is a local chapter of the Autism Society. Their goal is provide information to individuals with autism, their families, friends, educators and professionals in the Virginia Peninsula area. For more information about the chapter please visit <http://www.peninsulaautism.org/>

Parents of Children with Special Needs

Support Group CHKD Care Connections for Children is facilitated by JoAnna Bryant, Parent Coordinator. This group meets monthly to discuss concerns and share information. For more information on upcoming meetings and to RSVP please call JoAnna Bryant at 461-4474.

Friday Night Friends/Families of Autistic Children of Tidewater (F.A.C.T.) Teens with high functioning ASD group meets monthly. Contact FACT Director Pam Clendenen for more information at 757-422-2040 Or email pam4fact@peoplepc.com

Autism Fellowship is a support group that promotes social programs, education, and health for those with autism. Autism Fellowship also charters a Cub Scout Pack geared for boys on the autistic spectrum. For more information please visit www.autismfellowship.com/ or <http://www.meetup.com/shrautism/>

The Faith Inclusion Network (FIN) of South Hampton Roads is a non-profit, grass roots organization dedicated to helping faith communities develop inclusive ministries for people with disabilities and helping families affected by disability to find welcoming and accessible places to worship. For more information, please visit www.faithinclusionnetwork.org/home.html

The Global and Regional Asperger Syndrome Partnership (GRASP) Meet with other adults affected by Aspergers Syndrome for support and discussions. Anyone on the spectrum is invited. For more information please email Cathy Collins at ccollins@verizon.net or visit http://www.grasp.org/res_sg_VB.htm

Tidewater Asperger Support TEAM is a TEAM of parents with children (ages 3-20) that all have different needs and are eager to share with other parents the challenges that are face everyday. For more information please visit <http://www.meetup.com/Tidewater-Aspergers-TEAM/>

Living in Holland is a Christian faith-based prayer and support group for parents raising children with special needs. For more information on upcoming meetings and to RSVP please call Karen Jackson at 282-8000 or email faithinclusionnetwork@gmail.com

BLOGS/ONLINE FORUMS

Amazing Me 2.0 is an online forum that list local events, social outings, and supports for parents and children affected by ADD, ADHD, Speech Developmental Delays and Pervasive Developmental Disorders including ASD. For more information please visit <http://amazing-me.org/>.

Virginia Beach Homeschoolers on Facebook a group of parents sharing information about homeschooling children on the Autism Spectrum and beyond. For more information visit them on facebook or email VABHA@groups.facebook.com

Spectrum Parents a group of parents throughout the state of Virginia and beyond who share tips, tools, and events. For more information visit them on facebook or email spectrumparents@groups.facebook.com

Multiple Autism Network a group of parents and family members who have more than one family member on the Autism Spectrum. For more information visit them on facebook or email them at themultipleautismnetwork@groups.facebook.com

Bright Beacon is Bright Beacon exists to provide a safe haven for parents of children with medical needs to meet, discuss their children, their children's medical needs, and perhaps even their own personal stories. Create a bright beacon group near you by visiting <http://brightbeacon.org/>

Autisable an online community that connects people who want to tackle the puzzle of Autism. For more information please visit www.autisable.com.

Do you have a support group or blog you would like to share with us? If so, email us at tidewaterasa@verizon.net



Tami Dicken

Independent Distributor

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Email: Tami4JuicePlus@verizon.net

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My son, age 5, is on the spectrum and as is the case with so many of our children, only ate a few types of fruits and even less vegetables. After taking the Orchard & Garden Blends soft chewables ("gummies") for less than 4 months, he began eating and ASKING for fruits & veggies he had never wanted to eat before! " - Tami Dicken



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The Tidewater Autism Society now welcomes advertising in our bi-monthly newsletter to help with the cost of mailing!

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Worksheet created at esl-kids.com

Trace & Match

1.	gold	
2.	rainbow	
3.	leprechaun	
4.	shamrock	
5.	fairy	
6.	Ireland	

Tongue Twisters For Fun!

Repeat this sentences 5 times with your family and friends.

Their sure to make you laugh!

1. A good cook could cook as much cookies as a good cook who could cook cookies.
2. Which wristwatches are Swiss wristwatches?
3. Six sleek swans swam swiftly southwards





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