ATTEND AuSM’S 25TH
ANNUAL MINNESOTA
AUTISM CONFERENCE

April 22–25, 2020
MARRIOTT MINNEAPOLIS SOUTHWEST

During Autism Acceptance Month, join us for the Minnesota autism community’s event of the year featuring exhibitors, expert-led education sessions, keynote speakers, networking, and the AuSM Bookstore.

www.ausm.org

Minnesota’s First Autism Resource®
For nearly half a century, the Autism Society of Minnesota (AuSM) has supported individuals with autism by offering a welcoming place to learn, access services, and develop skills for navigating emotions, information, and life.

In addition to being a valuable resource for those with autism, AuSM reaches out to people who care about individuals with autism – parents, caregivers, family members, support staff, educators, employers, therapists, and other professionals in the community.

AuSM’s education offerings include special interest-focused social skills classes that engage youth and adults to interact socially while raising self-awareness and self-esteem; AuSM Skillshops that focus on positive strategies and problem-solving; and specialized training tailored for organizations and businesses, including the Life with Autism series and the Autism Direct Support Certification program.

Understanding the increasing need for opportunities for adults, AuSM has developed programs specifically for autistic adults ages 18+. Check out the special section highlighting activities for autistic adults on pages 14-15.

Explore this catalog to find AuSM programs and services that will enhance your life.

AuSM appreciates the support of its education catalog advertisers. AuSM cannot endorse any commercial products, processes, or services. Special thanks to Allegra Downtown St. Paul, the official print sponsor of the AuSM 2019-2020 Education Catalog.

Thank you, AuSM Premier Partners

Join these companies in making a difference in the lives of individuals touched by autism in Minnesota.

If your company or organization is interested in becoming an AuSM Premier Partner, please contact Kelly Thomalla at 651.647.1083 ext. 25 or e-mail kthomalla@ausm.org.
Discover our services for children and young adults with autism spectrum disorder in homes, community settings and our Minnetonka and Minneapolis locations.

**AUTISM DAY TREATMENT | Ages 2-6**
**AUTISM SUPPORT SERVICES | Ages 2-26**
**OCCUPATIONAL THERAPY | Ages 1-12**
**SPEECH THERAPY | Ages 1-12**
**THERAPEUTIC RECREATION | Ages 11+**

stdavidscenter.org
Call **952.548.8700** to get started.
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AuSM joins community partners in offering free or low-cost activities that present welcoming environments for families and individuals with autism. AuSM organizes many events and fundraisers throughout the year that support its mission of enhancing the lives of those affected by autism.

AuSM Education Tips

- Register for AuSM education programs online at www.ausm.org. Call 651.647.1083 ext. 22 or e-mail education@ausm.org with registration questions. Classes have a maximum enrollment. Register early to ensure placement in a class.
- Check with your county case manager to see if your selected AuSM education program can be paid for under the Brain Injury (BI); Community Alternative Care (CAC); Community Access for Disability Inclusion (CADI); or Developmental Disability (DD) waiver.
- Schedules and instructors are subject to change. Visit www.ausm.org for current information.
- If a class is canceled or postponed, AuSM will notify you via phone or e-mail and will post on www.ausm.org.
- Cancellation by registrant: Refunds less a $15 processing fee will be assessed for cancellations received in writing to education@ausm.org seven business days prior to the start of the first class in the session. Following this date, no refunds will be given. Requests for transfer of registration to another individual or program will be considered on a case-by-case basis.
- Cancellation by program organizer: AuSM reserves the right to cancel a class due to low registration or other circumstances that make the class non-viable. If AuSM cancels a class, registrants will be offered a full refund. If the class is postponed, registrants will have the option to either receive a full refund or transfer registration to the same class at the new, future date.
- AuSM wants to make its programs available to as many as possible. Scholarships are available for those who qualify. Visit www.ausm.org and click on the “Scholarships and Waivers” Quick Link in the box on the right side of the home page.
AuSM Social Skills

It’s what’s important to our students with Autism Spectrum Disorder and learning differences.

Learn more at miccommunity.org

Lifelong community

It’s what’s important to our students with Autism Spectrum Disorder and learning differences.

Learn more at miccommunity.org
AuSM Social Skills Registration

Register for AuSM Social Skills classes online at www.ausm.org. Call 651.647.1083 ext. 22 or e-mail education@ausm.org with registration questions. Classes have limited capacity. Scholarships are available for those who qualify. Visit www.ausm.org and click on the “Scholarships and Waivers” Quick Link in the box on the right side of the home page. Schedules and instructors are subject to change. See page 5 to view AuSM’s cancellation policy.
AuSM at Gale Woods Farm (ages 8+)

AuSM is pleased to partner with Three Rivers Park District and Gale Woods Farm to offer these fall social skills classes.

Wet-Felted Fun (Session 1 ages 8-12; Session 2 ages 13+)
Participants will use wool, water, and soap to make their own simple, wet-felted project for trinkets and treasures. Meet the sheep and learn how the wool goes from sheep to final product. Materials are included in the program fee.

Oct. 12, 2019
Session 1 (ages 8-12) meets from 9:30-11:30 a.m.
Session 2 (ages 13+) meets from 1-3 p.m.

Registration Deadline: Oct. 5, 2019

Fall Harvest (ages 8-18)
Explore the gardens to sample the harvest, meet the animals, and tour the pastures with a wagon ride. Participants must be able to demonstrate self-care skills without assistance and independently follow adult direction and safety rules, including remaining with the group at all times.

Oct. 17, 2019
meets from 9:30 a.m.-12 p.m.

Registration Deadline: Oct. 10, 2019

Cost Per Session
$50

Location of Both Classes
Gale Woods Farm, Three Rivers Park District
7210 County Rd. 110 W., Minnetrista, MN 55364

Register online at www.ausm.org.
Lowry Nature Center (ages 13+)

AuSM is pleased to partner with Three Rivers Park District and Lowry Nature Center to offer these fall and winter social skills classes.

Fire Building for People on the Autism Spectrum (ages 13+)
Practice fire building, cook s’mores, and relax in good company. Explore the woods and meet Lowry’s animals. Make friends and practice communicating your needs during safe, off-trail adventures. Participants must be able to demonstrate self-care skills without assistance, independently follow adult direction and safety rules, and show readiness for large group participation, including always remaining with the group.

**Nov. 10, 2019**
**meets from 12:30-2:30 p.m.**
Lowry Registration Code: 4LNC5251
Registration Deadline: Nov. 3, 2019

Winter Explorations for Teens and Adults (ages 13+)
Join us for nature exploration and recreation. Look for animal tracks and other clues. Make friends and practice communicating your needs during safe, off-trail adventures. Try kicksledding and, if conditions are good, go for a snowshoe hike. Participants must be able to demonstrate self-care skills without assistance, independently follow directions and safety rules, and show readiness for large group participation, including always remaining with the group.

**Jan. 26, 2020**
**meets from 12:30-3:30 p.m.**
Lowry Registration Code: 1LNC6050
Registration Deadline: Jan. 19, 2020

Cost Per Session
$20

Location of Both Classes
Lowry Nature Center
7025 Victoria Dr., Victoria, MN 55386

Register online at www.ausm.org.
AuSM On the Town (ages 14-26)

Explore the Twin Cities and have fun while participating in team-building adventures. Participants must have their own transportation to and from each site. Locations are subject to change.

**FALL SESSION – SUNDAYS**

**Minneapolis Institute of Art**  Oct. 20  
725 Vineland Pl., Minneapolis, MN 55403

**Minnesota Zoo**  Oct. 27  
1225 Estabrook Dr., St. Paul, MN 55103

**Galaxie Library**  Nov. 3  
14955 Galaxie Ave., Apple Valley, MN 55124

**Snapology**  Nov. 10  
2649 Lyndale Ave. S., Minneapolis, MN 55408

**Mall of America Mini Golf**  Nov. 17  
60 E. Broadway, Bloomington, MN 55425

**To Be Announced**  Nov. 24

**Class meets from 1-3 p.m.**

Oct. 20, 27; Nov. 3, 10, 17, 24, 2019

*Registration Deadline: Oct. 14, 2019*

**Drop Off and Pick Up for AuSM On the Town**

Drop off and pick up locations for AuSM On the Town will be at each site.

**Cost Per Session**

AuSM Member: $275 (includes T-shirt and activity fees)  
Non-Member: $300 (includes T-shirt and activity fees)

*Register online at www.ausm.org.*
ComedySportz Improv Skills (ages 14-26)

AuSM is pleased to continue its partnership with CSz Twin Cities to offer social skills classes based on the principles of improvisational theater. Have fun while learning how to respond to the unexpected, engage in reciprocal interactions, and support fellow participants in keeping a scene moving forward. No prior improv experience is necessary. Experienced improv participants may register for the Advanced class; Advanced participants must be pre-approved by the instructor.

**FALL SESSION – SATURDAYS**
Fall Advanced Class meets from 12:15-1:45 p.m.
Fall Beginner Class meets from 2:15-3:45 p.m.
Sept. 28; Oct. 5, 12, 26; Nov. 2, 9, 2019 (no class Oct. 19)
Registration Deadline: Sept. 21, 2019

**WINTER SESSION – SATURDAYS**
Winter Advanced Class meets from 12:15-1:45 p.m.
Winter Beginner Class meets from 2:15-3:45 p.m.
Jan. 11, 18, 25; Feb. 1, 8, 15, 2020
Registration Deadline: Jan. 4, 2020

**SPRING SESSION – SATURDAYS**
Spring Advanced Class meets from 12:15-1:45 p.m.
Spring Beginner Class meets from 2:15-3:45 p.m.
April 4, 11, 18, 25; May 2, 9, 2020
Registration Deadline: March 28, 2020

**Cost Per Session**
AuSM Member: $275
Non-Member: $345

**Location of Fall Session (Winter and Spring are To Be Announced)**
Center for Performing Arts, 2nd Floor Chapel Room
3754 Pleasant Ave., Minneapolis, MN 55409

Register online at www.ausm.org.
A few weeks this summer can change learning for life.

Contact us to learn more.

(952) 835-0700
LindamoodBell.com
Connect to Caregivers with Autism Experience.

Our caregivers ("Joymakers") are vetted and screened for you. They are passionate about working with families with special needs. If you need time for yourself, a date night or respite – download the app and book away! It's that easy.

Get Started:
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2. COMPLETE YOUR ACCOUNT - Build your Care Plan, enter your payment information and select a subscription.
3. BOOK A CARE DATE - Review joymaker’s profile and book a Care Date using the app.

“I needed a company that not only had qualified caretakers to watch my daughter who has Autism but I hoped they were able to watch my son who does not have a special need and THEY DO”!

- Melissa C.

FREE AT TPT! Sensory-Friendly Second Saturdays

Meet PBS Kids characters and enjoy fun activities in an environment specially set up for kids of all ages with sensory needs

Visit tpt.org/sensory for more information!
Activities for Adults

With many educational services ending as individuals with autism reach their early 20s, finding a community dedicated to serving the needs of adults is challenging. AuSM is here to meet you where you are on the spectrum and in your life. AuSM develops programs and activities to help adults with autism connect with peers, education, and resources.

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AuSM Events
- AuSM Self-Advocacy Summit, Sept. 21, 2019
- Steps for Autism in Minnesota, March 1, 2020
- 25th Annual Minnesota Autism Conference, April 22-24, 2020
- 6th Annual AuSM Gala, April 24, 2020
- AuSM Connections Jigsaw Puzzle Competition, July 11, 2020

ONGOING

Free AuSM Support Groups
AuSM offers free monthly support groups including the Independent Adults with ASD group, LGBTQIA+ Adults group, and a Women with ASD group. Visit www.ausm.org for more information.

Information and Resources
AuSM’s Information and Resources team is available to listen, and help, connecting you to programs, therapists, services, and support agencies. Contact us at info@ausm.org or call 651.647.1083.

AuSM Resource Directory
The AuSM Resource Directory is a compiled list of providers, businesses, and organizations that offer products and services to the community. Find it on www.ausm.org.

Vocational Rehabilitation Services Assistance
Visit with Abbie Wells-Herzog at AuSM on the third Thursday of each month and learn how Vocational Rehabilitation Services can support you in your search for successful employment. To schedule an appointment, e-mail info@ausm.org or call 651.647.1083.

Uniting the Community Events
AuSM offers opportunities for families and individuals with autism to come together and enjoy activities in supportive environments. Visit www.ausm.org for a complete list of events and activities.
Monthly Birthday Celebration and Game Night (ages 18+)

Birthdays are something we all have in common – let’s celebrate together! Bring a board or card game to play, an art project to share, or simply come for fun, stress-free conversation. AuSM will provide treats. Everyone is welcome, whether it’s your birthday or not!

Cost Per Participant, Per Session
AuSM Member/Non-Member: $3
FREE if it’s your birthday month! E-mail education@ausm.org or call 651.467.1083 ext. 22 to register for your birthday month.
Registration Deadline: One week prior to scheduled dates.

Held Monthly from 6:30-8:30 p.m.
- Sept. 18, 2019
- Oct. 16, 2019
- Nov. 20, 2019
- Dec. 18, 2019
- Jan. 15, 2020
- Feb. 19, 2020
- March 18, 2020
- April 15, 2020
- May 20, 2020

Location
Autism Society of Minnesota
2380 Wycliff St. #102, St. Paul, MN 55114

Register online at www.ausm.org.

AuSM Book Club (ages 14+)

AuSM is pleased to partner with Dakota County Library to offer a monthly book club for individuals with autism, other disabilities, and neurotypical individuals ages 14+. Share the joy of reading with others, enjoy socializing, and practice life skills in a public library. All reading levels are welcome and supported; multiple book formats are available.

This book club is offered FREE of charge and made possible by the Minnesota Department of Human Services Disability Services Innovation Grant.

Held Monthly from 6-7 p.m.
- Sept. 12, 2019
- Oct. 10, 2019
- Nov. 14, 2019
- Dec. 5, 2019
- Jan. 9, 2020
- Feb. 6, 2020
- March 5, 2020
- April 2, 2020
- May 7, 2020
- June 4, 2020

Location
Wescott Library in the Dakota Room
1340 Wescott Rd., Eagan, MN 55123-1029

Register online at www.ausm.org.
The Special Needs Law Firm.

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Our firm’s sole focus is on providing legal services to individuals with disabilities and their families.

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Our focus on families in the disability community makes us uniquely qualified to help you. Call for a free initial consultation, or check us out online.

SENSORY FRIENDLY SUNDAY

WALKER ART CENTER
SECOND SUNDAY OF EVERY MONTH
8–11 AM FREE

Join us for this monthly event for people of all ages with sensory processing differences, autism spectrum disorder, and developmental disabilities. Make art, explore the galleries, watch a short film, and hang out in a relaxed setting.

Learn more at walkerart.org/sensory-friendly-sundays.

Sensory Friendly Sunday was developed in consultation with the Autism Society of Minnesota (AuSM) and the University of Minnesota’s Occupational Therapy Program.

Sensory Friendly Sunday is made possible in part by the Institute of Museum and Library Services.

©2019 Walker Art Center
Welcome to the Bell Museum!

Our brand new St. Paul home features a digital planetarium, high-tech exhibits, our famous wildlife dioramas, outdoor learning experiences and more.

*Sensory-friendly Saturdays*
This monthly series, held on select Saturdays from 8-10am, provides a welcoming and accessible environment for individuals, families, and children who have sensory sensitivities. Experience our exhibits, Touch & See Lab, and a sample planetarium show—with lowered lighting, quieter sounds, and fewer visitors. Visitors are welcome to check out additional resources like the quiet spaces, visual timers, weighted lap pads, and hearing protection, and a social story is available for download to prepare for your visit. General admission to the museum is charged.

bellmuseum.umn.edu/sensory
We are a fee-only wealth management firm that helps navigate clients through the financial waters. We focus on small businesses, individuals, couples, and families in transition with a specialty in divorce and special needs planning.
AuSM Counseling and Consulting Services

Autism Society of Minnesota therapists have committed their careers to helping individuals with autism spectrum disorder understand their diagnosis. They provide strategies to support each person’s unique autism experience, addressing both the challenges and gifts it can bring. AuSM therapists help individuals from youth through adulthood as they grow at their own pace in a safe, compassionate, and respectful environment.

Counseling Services
- Diagnostic assessments for adults
- Functional or behavioral assessments for all ages
- Training for organizations and service providers
- Behavior consultation
- Marriage and couples therapy
- Individual and family therapy

Consulting Services
AuSM’s Counseling and Consulting Services team is available to assist therapists, group home staff, community organizations, employers, day training and habilitation groups, and other professionals who work with individuals with autism with general training or strategies related to a specific issue or topic. Contact us for more information.

We are ready to meet with you
To inquire about our services, make an appointment, or verify insurance, contact us at 651.647.1083 or e-mail info@ausm.org. We accept Medical Assistance and many private insurance plans.

Support Groups and Social Coaching
AuSM offers free monthly support groups to meet the needs of caregivers, children, family members, and individuals. In addition, AuSM offers social coaching for individuals who want to build specific skills. Visit www.ausm.org for more information.

“It is difficult for me to trust healthcare providers. But I trust my AuSM therapist. And I respect her. Everyone at AuSM seems to understand what I am going through.” – AuSM Counseling and Consulting Services Client
Meet Our AuSM Therapists

Meg Benefield, MSW, LICSW
Pronouns: she/her
Benefield is a Licensed Independent Clinical Social Worker and is the parent of a child with autism. She uses a strengths-based approach and counsels clients through identifying and building on the unique gifts they possess. She uses a variety of therapeutic frameworks, including narrative, family systems, solution-focused, trauma-informed, and dialectical behavioral approaches. Her greatest joy as a therapist is watching people become their authentic selves and build lives that meet their needs. She is open to feedback and strives to provide a safe and empowering environment to help people achieve their therapeutic goals.

Amy Carrison, PsyD, LADC
Pronouns: she/her
Dr. Carrison is completing a postdoctoral fellowship with AuSM and uses cognitive behavioral strategies in therapy to help clients change problematic behavior patterns. She has experience in psychological assessment and testing with the goal of providing individuals with targeted interventions to overcome areas of need. Dr. Carrison has been licensed in Minnesota as a drug and alcohol counselor since 2002 and has worked in a variety of substance abuse treatment settings with both adults and adolescents.

Sara Lahti, MA
Pronouns: she/her
Lahti is a therapist currently working on becoming an Licensed Professional Clinical Counselor. She has worked with children with ASD and individuals with ASD and other disabilities in a day program facility. Lahti developed a passion for working with adults on the autism spectrum and uses Adlerian and person-centered therapeutic techniques to help clients better understand themselves and their strengths. She works with clients on thought patterns and how they affect daily living and also helps clients develop social interest within themselves and their communities.

Barbara Luskin, PhD, LP
Pronouns: she/her
Dr. Luskin is a licensed psychologist who has worked closely with children and adults with ASD for more than 30 years in professional and home settings. She specializes in providing both assessments and counseling to individuals with ASD and those who support them. Dr. Luskin's services include diagnostic and functional assessments, individual therapy for adults and adolescents, and training and consultation for caregivers. She helps them understand ASD, teaches them creative and effective interventions, helps them evaluate progress, and provides guidance when adjustments are needed.

Dr. Luskin serves the local autism community in multiple capacities including professional consultation, autism trainings, certification instruction, and individual work with clients. As such, her schedule usually is at capacity. Please speak with the AuSM Counseling and Consulting Services appointment scheduler to identify the AuSM therapist who can best meet your needs.

Sara Pahl, MS, BCBA, LPCC, NCC
Pronouns: she/her
Pahl is a Nationally Certified Counselor and a Board Certified Behavior Analyst who has worked with people with ASD for nearly 20 years. She specializes in working with families and schools struggling with behavioral issues and with adolescents and young adults with ASD. Pahl strives to help empower children, adolescents, and young adults with ASD through self-advocacy and self-determination, no matter what ability, using a non-judgemental, integrated, empathetic, evidenced-based approach.

Beth Pitchford, LPCC
Pronouns: she/her
Pitchford became passionate about working with people on the "invisible" part of the spectrum (formerly known as Asperger's syndrome) after she realized that many people close to her have autism and spent most of their lives wondering why they felt so different. Pitchford values working with adults who want to decode the neurotypical world in order to decrease barriers to community acceptance and increase feelings of success. She works with adolescents as they navigate the super-social world of the teenage years. Using cognitive behavioral approaches and her Adlerian training, Pitchford's goal is to help people better understand themselves and the people in their lives.

James Rechs, LICSW
Pronouns: he/him
Rechs, located in Rochester, Minn., provides individual therapy for adults and teens as well as psychoeducation and support for parents, families, and caregivers. Rechs believes that social and emotional struggles are not a sign of abnormality, but rather a reflection of the diversity and challenges of human experience. His top priority is helping clients achieve goals that are most important to them, and to help them live lives of meaning and satisfaction. Rechs specializes in working with those seeking to transition to greater independence, and especially enjoys helping clients pursue their areas of interest in ways that stimulate personal growth and connection. Rechs has a master's degree in Social Work from the University of Minnesota Twin Cities and an undergraduate degree from Grinnell College in Iowa.

Bjorn Walter, MA
Pronouns: he/him
Walter is working to obtain his License in Marriage and Family Therapy. He earned his bachelor's degree in psychology from Southwest Minnesota State University, and his master’s degree in Adlerian psychotherapy and counseling with an emphasis in marriage and family therapy from Adler Graduate School (AGS). Since graduating from AGS, Walter spent time working at a group home dedicated to adults with autism and schizophrenia near his hometown in Sweden. He uses Adlerian and cognitive behavioral techniques to help individuals and their families understand the true nature of autism. He recognizes the importance of familial relationships and friendships and strives to help his clients realize how they affect us and our lives. Walter promotes encouragement, openness, and honesty.
PARTICIPATE IN AUTISM RESEARCH
with the UNIVERSITY of MINNESOTA (MN)

Focus In NeuroDevelopment (FIND) Network:
- Join our Midwest and MN neurodevelopmental disorder (NDD) community to receive our e-newsletter, be connected to useful resources, and learn about research opportunities based on your own interests or requests
- We welcome individuals of all ages and abilities with or without diagnoses of NDDs, family members, friends, educators, and professionals to learn more about autism, OCD, ADHD or tic disorders, and events in the region
- To join, visit find.umn.edu and complete a brief (5-10min) online registration form

For ALL AGES

SPARK (Simons Foundation Powering Autism Research for Knowledge) is the largest autism research study in the U.S. with the mission to speed up research and advance our understanding of autism to help improve lives
- **Who can participate**: Individuals with the diagnosis of Autism Spectrum Disorder (ASD) and their family members
- **Participants** will register online (~30min) at SPARKforAutism.org/UMinnesota and submit saliva samples at our clinic or by using a kit sent to your home (Already registered? Contact us to confirm you are linked with our UMN site for local resources.)

For CHILDREN

**Ages 12-36 Months:**
GastroIntestinal Health and Neurodevelopment:
Examines differences in the gut and microbiome
- **Who can participate**: Children (12-36 mo) with and without NDDs
- **Participants** will complete questionnaires; a fecal sample will be collected from child (~30min)

**Ages 5-12 Years:**
aV1ation: A new investigational drug that blocks a hormone receptor in the brain linked to the control of socialization, stress, anxiety and aggression
- **Who can participate**: Children (5-12yrs) with autism
- **Participants** will be assigned the study drug (or placebo) to take for ~24 weeks while we collect information about its effects. Two final health checks will occur during a ~7-week follow up period. Longer study options available.

For ADULTS

**Ages 18 Years and Up:**
V1aduct: A new investigational drug that blocks a hormone receptor in the brain linked to the control of socialization and stress
- **Who can participate**: Adults (18+ yrs) with autism
- **Participants** will be assigned a study drug (or placebo) to take for ~24 weeks while we collect information about its effects. Two final health checks will occur during a ~7-week follow up period. Longer study options available.

For CHILDREN, TEENS, & ADULTS

**Ages 5-45 Years:**
oRBiting: Investigate our understanding of the different behaviors associated with autism and what wearable technologies can tell us about autism
- **Who can participate**: Individuals (5-45yrs) with and without autism
- **Participants** will complete 3-4 clinic visits and use wearable technologies (a smart phone app and a wrist-worn gadget) at home over 15 weeks

**Ages 8-26 Years:**
Neurobehavioral Functioning In Youth (NFY): Studies our understanding of brain functioning in youth
- **Who can participate**: Individuals (8-26yrs) with ASD, Tic Disorders, ADHD, OCD, and their healthy peers
- **Participants** will complete computer tasks (~2-3 hrs) that are designed like computer games while parents complete several questionnaires

**Ages 12-35 Years:**
Cognitive Training In ASD: Examines effectiveness of a new computer-based cognitive training program
- **Who can participate**: Individuals (12-35yrs) with autism
- **Participants** will play computer-based training games over several weeks (~10-14 weeks). Participants and parent/guardian complete an assessment session (~2-3 hrs) before and after the training program
- **Optional Brain Imaging Component**: Participants will complete a magnetic resonance imaging (MRI) scan before and after the training program

For more information, please contact us:
Phone: 612-625-8448 | Email: JACOBLAB@UMN.EDU
Website: AUTISMRESEARCH.UMN.EDU
The Exceptional School for Exceptional Learners

We provide a personalized learning path integrating academic, social and life skills for qualifying students with autism spectrum disorder or related learning differences.

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PICS provides Financial Management Services (FMS) and is a subsidiary of Lutheran Social Service of Minnesota.

Learn more today: 651.967.5060 | www.picsmn.org
Based on topics suggested by the Minnesota autism community, AuSM Skillshops are mini-workshops designed for individuals with autism, parents, caregivers, family members, support staff, educators, therapists, and other professionals. AuSM Skillshops are held at the AuSM office in St. Paul and at partnering locations. Listings in RED indicate AuSM Skillshops tailored for adults on the spectrum, but all are welcome to register.

Upon request, AuSM Skillshop participants may receive a certificate of attendance to submit to licensing boards for Continuing Education Unit (CEU) consideration.

**NEW! Watch AuSM Skillshops online!**

AuSM is pleased to announce that select 2019-2020 AuSM Skillshops will be available through a live-stream Internet broadcast. AuSM Skillshops noted with a computer icon are available for purchase for live-stream viewing. Purchase an individual session or all Internet streaming sessions that cover a wide variety of topics. Sessions purchased for live-stream viewing will be available in real time only and will not be accessible after the AuSM Skillshop has taken place.

**Live-Stream AuSM Skillshops 2019-2020**
- Oct. 1: Guardianship: Do We Need It
- Nov. 12: Let’s Talk About It: Disclosure
- Jan. 14: Alderian Psychology and ASD
- Feb. 18: Preventing & Recovering from Burnout
- March 31: Understanding SPED
- May 19: How To Find the Right Therapist for You

**Live-Stream AuSM Skillshops Individual Session Registration**
- AuSM Member: $15
- Non-Member: $25
- AuSM Member with ASD or Current Student: $10

**Live-Stream AuSM Skillshops 5-Session Package Registration**
- Purchase the 5-Session Package and get the 6th for FREE!
  - AuSM Member: $75
  - Non-Member: $125
  - AuSM Member with ASD or Current Student: $50

AuSM Members receive a certificate for a free AuSM Skillshop and save $15 on each in-person and $10 on each live-stream AuSM Skillshop registration.

Register online at www.ausm.org.
Oct. 1, 2019
Guardianship: Do We Need It?

Presenter: Jason Schellack, JD  
Date: Tuesday, Oct. 1, 2019 from 7-9 p.m.  
Location: Autism Society of Minnesota, St. Paul  
INTERNET LIVE-STREAM AVAILABLE

At age 18, a child is legally considered an adult. Some youth, however, aren’t yet ready for all of the responsibilities of adulthood. Many children with ASD will continue to need assistance with their IEPs, transition services, making medical decisions, and applying for government benefits. To have legal authority to assist their adult children in these important areas, many parents and caregivers choose to establish legal guardianship. Learn about the legal process for obtaining guardianship and how you can qualify for free legal assistance. Understand the powers and responsibilities guardians have under Minnesota law, and how successor guardians are chosen and appointed.

Jason Schellack is an attorney and the Executive Director of Autism Advocacy & Law Center, LLC, a law firm dedicated to serving individuals with disabilities and their families. Schellack has worked with individuals with autism throughout his career as a camp counselor, personal care attendant, public defender, and legal advocate. He practices primarily in the areas of guardianship, estate planning, family law, and special education law. Schellack also is a qualified neutral under Rule 114, allowing him to serve as a mediator in family law disputes.

Oct. 22, 2019
Technology as Support

Presenters: Rem5, Kinuu, Joshin  
Date: Tuesday, Oct. 22, 2019 from 7-9 p.m.  
Location: Lindamood-Bell, Edina

Technology is constantly evolving, and new technology allows for new possibilities. In addition to being fun and engaging, technology can be used to provide support and build new skills for people with Autism Spectrum Disorder and other neurodiversities.

In this AuSM Skillshop, hear from three different businesses, Joshin, Kinuu, and Rem5 VR Lab, who have used technology in innovative ways.

The Joshin team is committed to providing high quality disability care and believe fun is an important part of the care equation.

Kinuu is the creator of Brainyact, a video game that combines proven clinical therapies and leading-edge neuroscience to provide effective and affordable brain training exercises.

Rem5 VR Lab has a passion for knocking down the existing accessibility barriers and allowing everyone a chance to play, explore, learn, and create in virtual reality.

Nov. 12, 2019
Let’s Talk About It: What Everyone Should Know About Disclosure

Presenter: Jillian Nelson  
Date: Tuesday, Nov. 12, 2019 from 7-9 p.m.  
Location: Autism Society of Minnesota, St. Paul  
INTERNET LIVE-STREAM AVAILABLE

After every autism diagnosis, whether in childhood or later in life, comes the decision of when and how to tell people about it. Learn about why disclosing can be helpful, legal rights and protections related to disclosing a disability, the benefits and risks of disclosing in different situations, and tools to craft the most effective disclosure techniques for a variety of contexts.

Jillian Nelson, Community Resource and Policy Advocate at AuSM, was diagnosed with autism as a young adult. With a degree in human services and a background in self-advocacy, she has dedicated her career to helping others with autism achieve their goals, advocating for system change, and spreading a message of education and autism acceptance. Nelson currently sits on the Governor’s Council for Developmental Disabilities and has worked in employment services helping others with autism secure and retain appropriate, successful employment.
Dec. 3, 2019
Promoting Independence and Self-Determination

Presenters: Abbie Wells-Herzog and Eric Ringgenberg
Date: Tuesday, Dec. 3, 2019 from 7-9 p.m.
Location: Lionsgate Academy, North St. Paul

Achieving independence in adulthood is a life-long journey for every individual. For some individuals with autism, additional support is needed to reach desired outcomes related to employment, post-secondary education, independent living, and recreation and leisure. Vocational Rehabilitation services can help support individuals who are transition-aged and older. There also are steps that families, caregivers, and providers can take at an earlier age to promote independence and self-determination skills.

Abbie Wells-Herzog has served as the Autism Specialist for Vocational Rehabilitation Services (VRS) for 7 years, where she trains, consults, and supports VRS field staff state-wide, to improve supports and services for job-seekers within the autism community. Wells-Herzog is a member of the Minnesota Interagency Committee and the state Autism Council.

Eric Ringgenberg, AuSM’s Education Director, has a Bachelor’s of Science degree in Child Psychology from the University of Minnesota - Twin Cities and a master’s degree in Special Education - Autism Spectrum Disorders from the University of St. Thomas.

Jan. 14, 2020
Aldrian Psychology and ASD

Presenter: Sara Lahti, MA
Date: Tuesday, Jan. 14, 2020 from 7-9 p.m.
Location: Autism Society of Minnesota, St. Paul
INTERNET LIVE-STREAM AVAILABLE

There is a common myth that people on the spectrum are not socially interested. The truth is, many are socially interested but may not know where to begin. In this session, address this myth and learn a process on developing social interest, a key concept in Adlerian theory.

Sara Lahti is an AuSM therapist who has a passion for working with adults on the spectrum. She uses Adlerian and person-centered therapeutic techniques to help clients better understand themselves and their strengths. She works with clients on thought patterns and how they affect daily living and as well as helps clients develop social interest within themselves and their communities.

Jan. 28, 2020
Suicidality and ASD

Presenter: Joe Timmons
Date: Tuesday, Jan. 14, 2020 from 7-9 p.m.
Location: Lionsgate Academy, Shoreview

Organizations that support people with autism know that mental health issues can be difficult to diagnose and treat. Because of social isolation or limited communication skills, some individuals may be unable or unwilling to seek help when depression or anxiety becomes overwhelming. Learn about risk factors for suicide and examine ways to practice suicide prevention using community-based resources. This session fulfills the CEU requirement for educators.

Joe Timmons is a social worker and teacher who has worked with adults and adolescents with disabilities for more than 35 years. He supports strength-based approaches to helping others discover ways to find valued roles in their community.

Feb. 18, 2020
Preventing & Recovering from Burnout: Real World Self-Care

Presenter: Olivia James
Date: Tuesday, Feb. 18, 2020 from 7-9 p.m.
Location: Autism Society of Minnesota, St. Paul
INTERNET LIVE-STREAM AVAILABLE

Self-care is all the rage these days, but for most autistics, getting a manicure and taking a bubble bath isn’t going to cut it. Almost every autistic adult experiences burnout at some point in their lives. Learn how to incorporate preventative self-care that goes deeper than a bar of chocolate, and find out what you can do once you’ve already hit the point of burnout. There’s no magic wand, but there are tools that can help.

Olivia James is the Marketing and Communications Specialist at AuSM, a MN LEND Fellow, and an autistic woman diagnosed at 25. With the unique position of working at an autism organization, James has the ability to balance her professional life with her personal accommodations and share those lessons with other adults on the spectrum.

March 10, 2020
Supplemental Needs Trust Planning

Presenters: Rachel Schromen, JD
Date: Tuesday, March 10, 2020 from 7-9 p.m.
Location: Minnesota Independence College & Community, Richfield

Learn about best estate planning practices to protect and provide for those you love with autism. Obtain knowledge on estate planning basics, planning for guardianship of minors, and how to use Supplemental and Special Needs Trusts. With proper preparation and the appropriate legal documents, families can best plan for the protection and security of their loved ones, as well as plan for extending the longevity of their assets in providing such care.

Rachel Schromen is an estate planning and elder law attorney, and owner of Schromen Law, LLC located in St. Paul. Schromen works with families to plan for the security and protection of their children, providing guidance and expertise with Supplemental Needs and Special Needs Trusts.

March 31, 2020
Understanding SPED

Presenter: Eric Ringgenberg
Date: Tuesday, March 31, 2020 from 7-9 p.m.
Location: Autism Society of Minnesota, St. Paul
INTERNET LIVE-STREAM AVAILABLE
Navigating special education can be confusing due to unfamiliar words and acronyms and a complex process of requirements and criteria. Further, competing rights and needs can make it a challenge to collaborate effectively as a team. This AuSM Skillshop will help parents, guardians, and other stakeholders to gain a better understanding of special education, including the special education process, categories and criteria for qualification, common words and acronyms, and due process rights.

Eric Ringgenberg, AuSM’s Education Director, has a Bachelor’s of Science degree in Child Psychology from the University of Minnesota - Twin Cities and a master’s degree in Special Education - Autism Spectrum Disorders from the University of St. Thomas.

May 2, 2020

Presenter: Becky Payne, MATCCC/SLP/HPCS
Date: Saturday, May 2, 2020; time to be announced
Location: St. David’s Center, Minnetonka

Nature is the perfect stimulating environment for both sensory seekers and sensory avoiders to assist in achieving ideal regulation for optimal functioning. Hippotherapy is the purposeful manipulation of equine movement to engage sensory, neuromotor, and cognitive systems to achieve functional outcomes. Horticulture therapy is the involvement of a person in garden- or plant-based activities to target social, educational, psychological, emotional, and physical outcomes. Led by an occupational and speech therapist, this presentation will provide insights and techniques for support using nature, hippotherapy, and horticulture therapy to encourage development and to address difficult behaviors that inhibit growth in independence.

Becky Payne has been a Speech Language Pathologist for 26 years. She founded Nature’s Edge Therapy Center, Inc. in 2001, a unique, non-profit rehabilitation center providing intensive speech, occupational and physical therapy on a ranch and using hippotherapy, animal-assisted therapy, and horticulture therapy as support strategies.

May 19, 2020
How to Find the Right Therapist for You

Presenter: Barb Luskin, PhD, and Olivia James
Date: Tuesday, May 19, 2020 from 7-9 p.m.
Location: Autism Society of Minnesota, St. Paul
INTERNET LIVE-STREAM AVAILABLE

Therapy can be a wonderful option for individuals with ASD looking for assessment and ongoing mental health support, but finding the right therapist can be tricky. Dr. Barbara Luskin and Olivia James, an adult on the spectrum, will discuss common difficulties and misunderstandings in the process. Learn how to find a provider who is a good fit, how to work with a therapist to have a positive therapy experience, and common challenges that clients face.

Dr. Luskin is a licensed psychologist who has worked closely with children and adults with ASD for more than 30 years in professional and home settings. She specializes in providing both assessments and counseling to individuals with ASD and those who support them.

Olivia James is the Marketing and Communications Specialist at AuSM, a MN LEND Fellow, and an autistic woman diagnosed at 25. With the unique position of working at an autism organization, James has the ability to balance her professional life with her personal accommodations and share those lessons with other adults on the spectrum.

JUNE 9, 2020
Helping Your Child with ASD Learn to Ride a Bike

Presenter: Alex Uhler
Date: Tuesday, June 9, 2020 from 7-9 p.m.
Location: Autism Society of Minnesota, St. Paul

Challenges with body awareness, balance and motor control, and hand-eye coordination can make riding a bike difficult. Learn a number of tips for successful bike riding including purchasing equipment, making bike adjustments, breaking down riding into smaller steps, clothing protection, practice makes perfect pedaling, staying positive and patient, and working toward the sense of independence and accomplishment that your child will experience when learning to ride his or her own bike.

Alex Uhler is an outdoor enthusiast with more than 40 years of bicycling experience.

Note: This AuSM Skillshop is limited to nine children, ages 5-12. Support adult and child attend together. Child should bring a bike and helmet.
True Friends offers life-changing experiences to individuals ages 5+ through day camp, over-night residential camp, and off-site adventure trips including:

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C.A.S.T. is an educational program by Stages Theatre Company that is dedicated to creating a safe, welcoming and comfortable environment for students with Autism Spectrum Disorder (ASD) and other sensory sensitivities.

Make new friends, explore deeper levels of communication and self-expression, creatively work on social skills, and develop acting skills and improvisation techniques.

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mail@mini-hops.com
**AuSM Autism Direct Support Certification**

AuSM’s Autism Direct Support Certification program is designed for professionals and caregivers who work with or support individuals with autism and want to provide better service and care. Individuals on the spectrum also are welcome and encouraged to attend for increased self-understanding and to share their unique perspectives.

Certification training objectives: identify how people with autism think; understand how differences in thinking lead to differences in behavior; understand how different tools/interventions address the strengths and challenges of ASD; and identify tools to support clients and loved ones in different situations.

### Location

Autism Society of Minnesota  
2380 Wycliff St. #102, St. Paul, MN 55114

### Cost Per Participant

$260  
A group discount is available for three or more participants from the same organization. Contact AuSM to register a group of three or more participants for the same session.

### Register online at www.ausm.org.

This certification program also is available for groups of 15 or more at your specified location. Contact AuSM at 651.647.1083 ext. 22 or e-mail education@ausm.org for more information.

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**Fall 2019 Session**  
Fridays from 9 a.m.-12 p.m.  
Sept. 13, 20, 27; Oct. 4, 11, 2019

**Winter 2020 Session**  
Saturdays from 9 a.m.-3 p.m.  
Jan. 11, 18, 25, 2020

**Spring 2020 Session**  
Monday-Friday from 6-9 p.m.  
March 2, 9, 16, 23, 30, 2020

Sessions are limited to 15 participants. Licensed professionals may submit documentation from the AuSM Autism Direct Support Certification program to licensing boards for Continuing Education Unit (CEU) consideration.

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**AuSM Autism Training**

Your brother. Your daughter. Your student. Your neighbor. Your customer. Your client. With a prevalence rate of 1 in 42 in Minnesota, autism is the fastest growing disability in our state.

As a business owner, organization member, educator, or direct support professional, you encounter individuals with autism everyday. By learning more about the diversity of the autism spectrum, you’re taking proactive steps toward support, acceptance, and inclusion.

For more information about AuSM’s custom autism training and consulting, contact AuSM’s Education Department at education@ausm.org or call 651.647.1083 ext. 22.
AuSM Life with Autism Series

AuSM’s Life with Autism Series offers information and strategies to individuals with autism, parents, caregivers, family members, educators, and the community through engaging, age-focused classes led by autism experts. Participants also learn about available services and resources while contributing to the direction of topics covered.

**Childhood (18 mos.-10 yrs.)**
Obtain information about autism in early childhood and elementary-age years, including support strategies for communication and daily living skills, how to address challenging behaviors, and more. Learn about the differences between medical and educational diagnoses, how to access services across environments, and discuss how and when to disclose your child’s diagnosis.

- **Saturday, Nov. 16, 2019 from 10 a.m.-3 p.m.**
- **Saturday, March 21, 2020 from 10 a.m.-3 p.m.**
  (bring own lunch)

**Cost for One or Two Participants**
- AuSM Member: $50; Non-Member: $75

**Adolescence and Transition (11-21 yrs.)**
Learn about the unique needs faced by adolescents and young adults with autism and their caregivers. Topics will cover a range of issues such as puberty, hygiene, and sexuality; social skills and reciprocal relationships; privacy and safety concerns; and how best to prepare for and support the transition into adulthood.

- **Saturday, Oct. 5, 2019 from 10 a.m.-3 p.m.**
- **Saturday, Feb. 8, 2020 from 10 a.m.-3 p.m.**
  (bring own lunch)

**Cost for One or Two Participants**
- AuSM Member: $50; Non-Member: $75

**Adults (18+ years)**
Join this session to learn about the impact of autism on adults, regardless of where their strengths and needs lie along the autism spectrum. Obtain information about independent living; advocating for and accessing supports and accommodations; employment and workplace issues; self-determination and strategies for inclusion; and more.

- **Saturday, Dec. 7, 2019 from 10 a.m.-3 p.m.**
- **Saturday, May 9, 2020 from 10 a.m.-3 p.m.**
  (bring own lunch)

**Cost for One or Two Participants**
- AuSM Member: $50; Non-Member: $75

**Location of Life with Autism Series**
Autism Society of Minnesota
2380 Wycliff St. #102, St. Paul, MN 55114

**Register online at www.ausm.org.**

The Life with Autism series is structured to meet your needs, and AuSM can bring the classes to your community, to school districts, or to places of employment. If you are interested in having a Life with Autism Series presented at your venue of choice, please contact AuSM at 651.647.1083 ext. 22 or e-mail education@ausm.org.

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**Understanding Autism and Best Strategic Practices**

Learn common characteristics of individuals with autism. Obtain valuable insight on best practices to support people with autism and related disabilities.

**Class Dates and Times**
- Sept. 23, 2019 from 6-8 p.m.
- Nov. 21, 2019 from 4-6 p.m.
- Jan. 20, 2020 from 2-4 p.m.
- March 14, 2020 from 10 a.m.-12 p.m.
- May 4, 2020 from 6-8 p.m.

**Cost**
- $25 AuSM Member
- $40 Non-Member

**Location**
Autism Society of Minnesota
2380 Wycliff St. #102
St. Paul, MN 55114

**Register online at www.ausm.org.**
AuSM Membership

Whether you are a family with a child who is newly diagnosed, an adult on the spectrum, an educator who serves individuals with autism, or a business that wants to learn how to better serve customers with autism, AuSM provides you with resources and services you need to help you accomplish your goals. Your AuSM membership also guides your path into the autism community, helping you find the most comfortable way to participate and grow.

- Member-only rates on classes, AuSM Skillshops, workshops, and other programs
- Discount registration for annual Minnesota autism conference
- AuSM Summer Camps for members only
- One complimentary AuSM Skillshop per year – $40 value
- Access to AuSM Lending Library
- AuSM Connections, twice per month e-mail newsletter
- Advocacy updates and alerts

**Basic AuSM Membership**

- $60 Household: 2 adults and children or grandchildren, ages 21 and under
- $40 Educator/Professional: individual membership for professionals
- $20 Person with ASD: individual membership for adults over 21

**Group AuSM Membership**

- $150 Non-Profit: includes memberships for employees
- $350 Corporate: includes memberships for employees

Visit www.ausm.org or call 651.647.1083 to become an AuSM Member today!

**Sensory Friendly PERFORMANCES**

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Navigating MSP Airport (Held Monthly)
Take an airport practice run. Navigating MSP Airport is held monthly. Participation is free, but advance registration is required.
Location: Minneapolis/St. Paul International Airport

September 21, 2019
AuSM Self-Advocacy Summit
This event will include a keynote presentation and nine breakout sessions featuring topics such as mental health, executive functioning, sensory needs, employment, relationships, and more. This event is for adults with autism by adults with autism.
Location: Minneapolis Marriott Southwest, Minnetonka, Minn.

October 12, 2019
AuSM Pumpkin Patch Trolley
Experience the thrill of riding a trolley, spend time with autism families, and pick a perfect pumpkin.
Location: Union Depot, St. Paul

January 27, 2020
AuSM Camp and Summer Social Skills Program Registration Opens
AuSM day and residential summer camps are developed specifically for individuals with autism. Campers are cared for by highly-trained, experienced staff, while everyone makes memories that last a lifetime. AuSM Summer Social Skills classes foster self-awareness and self-esteem while participants learn how to make friends and have fun.

March 1, 2020
Steps for Autism in Minnesota
Steps for Autism in Minnesota 2020 is going to be bigger, more exciting, and raise more dollars than ever for the Minnesota autism community. Fundraise to celebrate inclusion and appreciation of those with autism in Minnesota.
Location: Southdale Center, Edina, Minn.

April 24, 2020
AuSM’s 6th Annual Gala Celebration
AuSM’s gala will bring the Minnesota autism community together for fantastic food, drinks, games, a silent auction, and a celebration of those serving as true inspirations to individuals affected by autism.
Location: Minneapolis Marriott Southwest, Minnetonka, Minn.

July 11, 2020
AuSM Connections Jigsaw Puzzle Competition
Put your jigsaw puzzling passion to the test during the 3rd annual AuSM Connections Jigsaw Puzzle Competition held at the Mall of America and supported by PuzzleTwist®. Gather your friends and family into teams of four that will compete for the fastest completion time.

Visit www.ausm.org for the latest community events and AuSM fundraiser information.
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To learn about AuSM’s member benefits and become an AuSM Member today, call 651.647.1083 or visit

www.ausm.org.

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