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

ATTEND AuSM’S 24TH ANNUAL MINNESOTA AUTISM CONFERENCE
April 24-27, 2019

NEW LOCATION!
MARRIOTT MINNEAPOLIS SOUTHWEST
5801 Opus Pkwy. | Minnetonka, MN

www.ausm.org

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www.ausm.org
Register for your spring and summer adventures today!

AuSM Social Skills classes and AuSM Summer Camps give youth and adults with autism fun, safe, and exciting experiences while they increase self-esteem, expand knowledge, and build friendships that last a lifetime.

AuSM Social Skills classes welcome those without an autism diagnosis or with communication differences who can benefit from extra support in areas including sensory processing, executive functioning, theory of mind, self-regulation, and emotional regulation. If an individual is able to participate safely in an AuSM Social Skills class but requires more support than 1:4 staffing provides, the individual may bring a Direct Support Professional. Call 651.647.1083 ext. 22 or e-mail education@ausm.org for more information. AuSM is committed to making your class experience positive and rewarding.

Spring Classes – PAGES 6-8
- AuSM On the Town Spring (ages 14-26)
- Let’s Get Growing at Gale Woods Farm (ages 8+)
- AuSM Monthly Birthday Celebration (ages 18+)
- AuSM Book Club (ages 14+)
- ComedySportz Improv Skills (ages 14-26)
- Como Zoo Tropical Rainforests (ages 13-18)
- Toneworks Rockin’ Springtime (ages 10-16)

Summer Classes – PAGES 12-17
- Como Zoo Global Adventures (ages 8-12)
- Como Zoo Intro to Animal Care (ages 13-18)
- Lowry Outdoor Adventure Skills (ages 13-18)
- Eastman Outdoor Adventure Skills (ages 13-18)
- Toneworks Camp Art for All (ages 10-21)
- ComedySportz Improv Skills (ages 14-26)
- MN Zoo Disguises and Surprises (ages 8-11)
- MN Zoo Ocean Commotion (ages 12-15)
- MN Zoo Zoo Crew and Zoo Design (ages 16-19)
- AuSM On the Town (ages 14-26)
- AuSM On the Town Adventure (ages 14-26)
- AuSM Artists at Mia (ages 11-18)
- AuSM Monthly Birthday Celebration (ages 18+)
- AuSM Book Club (ages 14+)

Summer Residential and Day Camps – PAGES 22-25
- Wahode Day Camps (two sessions, ages 6-12)
- Hand in Hand (four sessions, ages 9+)
- Discovery (two sessions, ages 10+)
- Headwaters Autism Adventure (one session, ages 13-17)

Counseling and Consulting Services – PAGE 28

Education and Training – PAGES 29-31

AuSM Sensory-Friendly Guide and Events – PAGE 35

Spring and Summer Activity Registration and Payment

Registration Opens Jan. 28, 2019 at 8 a.m.
Register online at www.ausm.org. Call 651.647.1083 or e-mail education@ausm.org or camp@ausm.org with registration questions. Classes and camps have maximum enrollments.

Class Cancellation Policies (see p. 22 for Camp Policies)
If a class is canceled or postponed, AuSM will notify you via phone or e-mail.

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 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.

Scholarships and Waivers
AuSM understands that programming can be difficult to fit into a budget. A limited number of scholarships are available and waivers may be accepted. Visit the AuSM website for more information about scholarships and waivers.

Check with your county case manager to learn if your selected class, camp, or program can be paid for under the Consumer Directed Community Supports (CDCS); Brain Injury (BI); Community Alternative Care (CAC); or Developmental Disability (DD) waivers.

AuSM is pleased to partner with Twin Cities Autism Foundation, Inc. to offer additional scholarship opportunities. Twin Cities Autism Foundation, Inc. provides financial aid to help families gain access to resources around them. For more information, visit www.tcautism.com/scholarship-app.

AuSM appreciates the support of the 2019 AuSM Summer Activities Catalog advertisers. AuSM does not endorse any commercial products, processes, or services.

Special thanks to Allegra Downtown St. Paul, the official print sponsor of the 2019 AuSM Summer Activities Catalog.
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+

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Call **952.548.8700** to get started.
HELPING FAMILIES FOR OVER 25 YEARS.

Accra provides support to families that need help in their homes for a loved one with a disability. We’ll help you navigate the different services available to you. PCA Choice is one of our services that allows you to choose a family member or friend to be your paid caregiver.

We accept major insurance plans; Medicaid and private pay. Call us and ask about the possibilities!

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SERVING PEOPLE STATEWIDE
www.accracare.org
Let's Get Growing at Gale Woods Farm
(Session 1 ages 8-12; Session 2 ages 13+)
Discover what is growing on the farm by planting in the greenhouse or gardens and visiting baby farm animals. Participants must be able to demonstrate self-care skills without assistance and independently follow directions and safety rules, including remaining with the group at all times. An autism specialist will support participants.

April 13, 2019: Session 1 (ages 13+)
meets from 1-3:30 p.m.
Registration Deadline: April 6, 2019

May 11, 2019: Session 2 (ages 8-12)
meets from 1-3:30 p.m.
Registration Deadline: May 4, 2019
AuSM Spring Social Skills

**ComedySportz Improv Skills (ages 14-26)**

Have fun while learning how to respond to the unexpected, engage in reciprocal interactions, and support fellow participants in moving a scene forward. No prior improv experience is necessary. Advanced class participants must be pre-approved by the instructor.

**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 6, 13, 20, 27; May 4, 11, 2019

**Location**
Center for Performing Arts
3754 Pleasant Ave. S., Minneapolis, MN 55409

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

**Registration Deadline:** March 30, 2019

Register online at www.ausm.org.

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**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 6:30-8:30 p.m.**

- Feb. 7, 2019
- March 7, 2019
- April 4, 2019
- May 2, 2019
- May 30, 2019
- Sept. 12, 2019
- Oct. 10, 2019
- Nov. 14, 2019
- Dec. 5, 2019

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

Register online at www.ausm.org.

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**Monthly Birthday Celebration and Game Night (ages 18+)**

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!

**Held Monthly from 6-7 p.m.**

- Feb. 20, 2019
- March 20, 2019
- April 17, 2019
- May 15, 2019
- June 19, 2019
- July 17, 2019
- Aug. 21, 2019
- Sept. 18, 2019
- Oct. 16, 2019

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

Register online at www.ausm.org.
Tropical Rainforests (ages 13-18)

Tropical rainforests hold the world’s greatest diversity of plants and animals. Learn why rainforests are so useful to humans and why it’s so important to protect them. See some unique plants and animals that are native to rainforests and learn how you can help rainforest conservation.

Saturdays from 10 a.m.-12 p.m.
Feb. 23 and March 2, 9, 16, 22, 30, 2019
*Note: The Feb. 23 session will include orientation from 9:30-10 a.m.

Location
Como Park Zoo & Conservatory
1225 Estabrook Dr., St. Paul, MN 55103

Cost Per Participant
AuSM Member: $275
Non-Member: $325

Registration Deadline: Feb. 16, 2019

Register online at www.ausm.org.

Toneworks Rockin’ Springtime
(ages 10-16)

Social skills participants will spend each week learning how to incorporate music, songwriting, visual art, photography, and GarageBand to create an original music video. Participants will be given a copy to take home.

Saturdays from 12-2 p.m.
May 4, 11, and 18, 2019

Location
Toneworks Music Therapy
8401 Golden Valley Rd. #301, Minneapolis, MN 55427

Cost Per Participant
AuSM Member: $150
Non-Member: $175

Registration deadline: April 27, 2019

Register online at www.ausm.org.
SPEND YOUR SUMMER AT MINNESOTA INDEPENDENCE COLLEGE AND COMMUNITY (MICC).

Learn Skills. Experience Life.

Summer Session 1: June 10–23
Summer Session 2: July 8–21

Our Summer Program consists of two overnight sessions to choose from and is designed for young adults ages 17–20. We seek to provide our participants with a taste of independence supported by our instructors and staff. Our experienced and diverse staff come from a variety of backgrounds; supporting health and wellness, social skills, and vocational experience. We work alongside our participants on the autism spectrum and with learning differences to:

- Create lifelong friendships
- Explore a variety of careers through industry site visits, speaking to professionals, and hands-on learning
- Gain and practice social skills and social engagement
- Practice independent living skills including laundry, cleaning, and cooking skills
- Learn general safety skills

To learn more about our Summer Program, admissions requirements, or to apply visit, miccommunity.org/summer

Contact us at 612.876.9409 or admissions@miccommunity.org.
A few weeks this summer can change learning for life.

Contact us to learn more.

(800) 300-1818
LindamoodBell.com
Adaptive Gymnastics, Dance & More!

Classes are designed to give kids and adults of all abilities a safe, fun and encouraging environment to learn about their bodies and how to move them. Independent and parent/para child classes are available for all age groups.

Schedules online at mini-hops.com for ages 3+!

mini-hops.com | 952-933-2452
mail@mini-hops.com
Global Adventures (ages 8-12)
Travel around the world, from the Arctic to Africa to Australia! At each stop, encounter amazing plants and animals and visit with the Como staff who care for them. Passport not required!

Five Consecutive Days from 9 a.m.-12 p.m.
July 8-12, 2019
*Note: The July 8 session will include orientation from 8:30-9 a.m.

Intro to Animal Care (ages 13-18)
The well-being of Como's animals is extremely important. Learn about the valuable work zookeepers do daily including nutrition, animal training, enrichment, exhibit upkeep, and animal first aid, and then try some of these tasks firsthand. Do you have what it takes?

Five Consecutive Days from 9 a.m.-12 p.m.
July 29-Aug. 2, 2019
*Note: The July 29 session will include orientation from 8:30-9 a.m.

Outdoor Adventure Skills (ages 13-18)
Lowry and Eastman Nature Centers
Explore forest, pond, and prairie habitats! Build a survival shelter with other campers. Start a campfire using different techniques and make s'mores. Meet resident animals. Gain skills to navigate and overcome obstacles in the forest. Make friends and practice communicating your needs during safe, fun, off-trail adventures away from the comforts of home. 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 remaining with the group at all times.

Lowry Nature Center
Four Consecutive Days from 9 a.m.-12 p.m.
June 18-21, 2019
Register for Class #5LNC5215-01

Location
Lowry Nature Center
7025 Victoria Dr., Victoria, MN 55386

Eastman Nature Center
Four Consecutive Days from 9 a.m.-12 p.m.
July 16-19, 2019
Register for Class #5ENC5205-01

Location
Eastman Nature Center, Elm Creek Park Reserve
13351 Elm Creek Rd., Osseo, MN 55369

Cost Per Participant Per Session
$115

Lowry Registration Deadline: June 11, 2019
Eastman Registration Deadline: July 9, 2019

Register online at www.ausm.org.
Toneworks Camp Art for All (ages 10-21)

Participants will work together to create an original theatre production from beginning to end and experience every aspect of a collaborative art project. Rotations include creating costumes, designing scenes, building props, writing original music, and writing the dialogue. Each rotation is led by a teaching artist with more than five years of experience working with youth of all ages and ability levels. The final performance will be open to the public on July 26 at 2:30 p.m.

Participants must bring their own lunches. Snacks will be provided; however, if you have special dietary needs, please provide your own snacks.

Five Consecutive Days from 9 a.m.-3 p.m.
July 22-26, 2019

Location
To Be Announced

ComedySportz Improv Skills (ages 14-26)

Have fun while learning how to respond to the unexpected, engage in reciprocal interactions, and support fellow participants in moving a scene forward. Each skill can be applied to everyday life as you learn to open yourself to creativity and new ideas, while having fun and making friends. No prior improv experience is necessary. Advanced class participants must be pre-approved by the instructor.

Beginner Class Meets Five Consecutive Days from 2-4 p.m.
Advanced Class Meets Five Consecutive Days from 4:30-6:30 p.m.
July 29-Aug. 6, 2019

Location
To Be Announced

Cost Per Participant
$325
Note: Registration for this class will open in April 2019. Watch AuSM’s website for more information.
Registration deadline: July 15, 2019

Register online at www.ausm.org.

Cost Per Participant

AuSM Member: $310
Non-Member: $335

Registration Deadline: July 22, 2019

Class dates and times are subject to change. Visit AuSM’s website for the most up-to-date information.

Register online at www.ausm.org.
Minnesota Zoo Summer Camps (ages 8-19)

Disguises and Surprises (ages 8-11)
For animals, a good disguise or sudden surprise comes in handy every day. What’s the secret behind animal “tricks” like playing dead, rolling into a ball, and showing off? Discover how animals are designed to be masters of deception.

Five Consecutive Days from 8:30-11:30 a.m.
June 17-21, 2019

Ocean Commotion (ages 12-15)
Welcome to a world of constant change! Meet the creatures of this wonderful watery world and explore their awesome abilities to survive and thrive—despite all the commotion.

Five Consecutive Days from 1:30-4:30 p.m.
July 15-19, 2019

Zoo Crew and Zoo Design (ages 16-19)
If you’re interested in working at a zoo, then this camp is for you. We will explore a day in the life of our animal care staff and other exciting careers. Learn how zoo exhibits are designed and plan your own zoo exhibit with the help of our design experts. Come join the crew!

Five Consecutive Days from 8:30-11:30 a.m.
Aug. 5-9, 2019

Location
Minnesota Zoo
13000 Zoo Blvd., Apple Valley, MN 55124

Cost Per Participant
$325

Registration Deadline Disguises and Surprises: June 10, 2019
Registration Deadline Ocean Commotion: July 8, 2019
Registration Deadline Zoo Crew and Zoo Design: July 29, 2019

Register online at www.ausm.org.
The Minnesota Zoo also offers scholarships for participants. To learn more, visit their website: www.mnzoos.org/scholarships.

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.
AuSM On the Town (ages 14-26)

Build social and independent living skills while riding the train. Each week, meet at the Minnesota Council of Nonprofits and take the Green Line or walk to a different location for a new activity. Destinations may require additional mobility (walking 10 minutes or less). Locations are subject to change.

Twin City Model Railroad Museum – June 19
668 Transfer Rd. #8, St. Paul, MN 55114

Xcel Energy Center Tour – June 26
199 W. Kellogg Blvd., St. Paul, MN 55102

Mill City Museum – July 10
704 S. 2nd St., Minneapolis, MN 55401

St. Paul Saints Game – July 17
360 N. Broadway St., St. Paul, MN 55101

Midway YMCA – July 24
1761 University Ave. W., St. Paul, MN 55104

To Be Announced – July 31

Class Meets on Wednesdays from 1-4 p.m.
June 19-July 31, 2019 (no class July 3)
*Note: The June 19 session will include orientation from 12:30-1 p.m.

Drop Off and Pick Up Location
Minnesota Council of Nonprofits
2314 University Ave. W., St. Paul, MN 55114

Cost Per Participant
AuSM Member: $285 (includes T-shirt and activity fees)
Non-Member: $310 (includes T-shirt and activity fees)

Registration Deadline: June 12, 2019
Register online at www.ausm.org.

AuSM On the Town Adventure (ages 14-26)

Get ready for adventure! Each week enjoy a different physical activity in a supportive, fun environment.

Note: This class will require staying with the group, ability to navigate street crossings, and listening to instructors at all times. Some activities will require special equipment (provided by the location unless otherwise indicated) and/or signed liability waivers. Participants must have their own transportation to and from each site. Locations are subject to change.

Harriet Alexander Nature Center – July 11 (hiking)
2520 Dale St. N., Roseville, MN 55113

Wayzata Yacht Club – July 18 (Adaptive Sailing Adventure)
1100 Eastman Ln., Wayzata, MN 55391
*NEW* Come sail with us on Lake Minnetonka aboard a 23-foot sailboat. Enjoy gliding across the lake propelled by the wind. Our U.S. Sailing Association Certified Instructors who specialize in adaptive sailing instructions will help you safely steer the boat and trim the sails.

Fort Snelling – July 25 (fishing)
200 Tower Ave., St. Paul, MN 55111

Minneapolis Bouldering Project – Aug. 1 (climbing)
1433 W. River Rd. N., Minneapolis, MN 55411

Minnehaha Falls – Aug. 8 (biking)
4801 S. Minnehaha Dr., Minneapolis, MN 55417

Class Meets Thursdays from 1-3 p.m.
July 11-Aug. 8, 2019
*Note: The July 11 session will include orientation from 12:30-1 p.m.

Cost Per Participant
AuSM Member: $285 (includes T-shirt and activity fees)
Non-Member: $310 (includes T-shirt and activity fees)

Registration Deadline: July 3, 2019
Register online at www.ausm.org.
AuSM Summer Social Skills

AuSM Artists (ages 11-18)

Be inspired by the art in galleries and make your own masterpieces in the studio while practicing social skills and making friends. Learn about different media, from air-dry clay to acrylic paints. This class will be co-taught by Mia art instructors and an AuSM education specialist.

Five Consecutive Days from 9:30 a.m.-12 p.m.
Aug. 5-9, 2019
*Note: The Aug. 5 session will include orientation from 9-9:30 a.m.

Location
Minneapolis Institute of Art
2400 Third Ave. S., Minneapolis, MN 55404

Cost Per Participant
AuSM Member: $230
Non-Member: $260

Registration Deadline: July 29, 2019

Register online at www.ausm.org.

Northern Minnesota Adventures Coming Soon!

Duluth

The Autism Society of Minnesota is working with the Lake Superior Zoo and the Great Lakes Aquarium to create some exciting social skills classes for youth with autism in the Duluth area this summer. More information will be available soon!

www.ausm.org
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!

Registration Deadline: One week prior to scheduled dates.

Held Monthly from 6:30-8:30 p.m.

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Location
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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.

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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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Individual sessions and adaptive lessons at our locations in Minneapolis, Apple Valley, Chanhassen and White Bear Lake. Group classes in Minneapolis. All ages and needs.

Call Jessica Nagel, Music Therapy Administrator, at 612-767-5509 to schedule a 20-30 minute placement interview, or start the online registration process at www.macphail.org.
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Lions United is a new kind of training center, designed specifically to prepare people with disabilities for exceptional performance in individual competitions, team sports and life, especially people with autism, down syndrome and cerebral palsy. We’re dedicated to Special Olympics’ Project UNIFY and Unified Sports®, which means we bring people of all abilities together to strengthen individuals, relationships and communities.

Call us at 651-955-2821 or visit lionsunitedfitness.com/autism

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- Security Cameras

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- Powerlifting
- Sport Training
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NOW ENROLLING FOR SUMMER

PROGRAMS for Teens & Young Adults with AUTISM

Social Development & Emotional Regulation Program
Helping adolescents and teens with high-functioning Autism or a related diagnosis build social skills and regulate strong emotions

Thrive Independent Living Skills
A group for young adults with high-functioning Autism or social deficits to gain independent living skills for growth and success into adulthood

Chill Skills Activity Club
An interactive activity and game club to help teens improve social interaction, understanding, emotional regulation and mindfulness

FREE GIFT!
Register by March 31, 2019 and receive a free therapy ball!
1 gift per child; Mention this ad and referral code: PPGASD

Contact Us for Program Dates and Registration
specialtyprograms@plymouthpsychgroup.com • 952-444-2099 • www.plymouthpsychgroup.com
AuSM Summer Camps (ages 6+)

Make 2019 a summer to remember!

AuSM camps are tailored for youth and adults with autism. Parents and caregivers can rest assured knowing that their campers are being cared for by highly trained, experienced staff, while campers make memories that last a lifetime. AuSM camps are available for individuals ages 6 and up who are AuSM members. Camp offerings include a day camp where campers arrive each morning and leave each afternoon, and two residential camps where campers stay several days and nights. Camp activities are subject to change. Due to the high demand for residential camps, campers may attend only one week of residential camp. Campers may attend one or both sessions of Wahode Day Camp.

To be eligible for camp registration, you must be a current member of AuSM. AuSM reserves the right to assign campers to the camp that best matches the camper’s needs. If the appropriate camp is full, the camper will be placed on the wait list for an opening. If no opening is available, the deposit will be refunded. If you have questions about which camp best suits your camper, please contact AuSM at 651.647.1083 ext. 16 or e-mail camp@ausm.org.

AuSM Summer Camps Registration Tips

Registration for 2019 AuSM Summer Camps opens Jan. 28, 2019 at 8 a.m. Camp session registrations are limited, and camps are expected to fill. We encourage you to register early. Save money and secure your camp session by registering on or before March 29, 2019.

Convenience fees will be charged per payment by credit card. To avoid the credit card convenience fee, you can pay by check. Checks can be mailed or brought in to AuSM’s office at 2380 Wycliff St. #102, St. Paul, MN 55114.

Waivers
Check with your county case manager to learn if your selected camp can be paid for under the Consumer Directed Community Supports (CDCS); Brain Injury (BI); Community Alternative Care (CAC); or Developmental Disability (DD) waivers.

Scholarships
AuSM is pleased to partner with Twin Cities Autism Foundation, Inc. to offer additional scholarship opportunities to the Minnesota autism community. For more information and to apply, visit www.tcautism.com/scholarship-app. AuSM also has scholarships available for camps and social skills classes. Visit AuSM’s website to complete an AuSM Scholarship Application Form. AuSM Scholarship Applications for AuSM Summer Camps are due March 29, 2019.
Wahode Day Camps (1:2 support)

Session 1
July 8-12, 2019; 9:15 a.m.-3 p.m. (males and females, ages 6-12)
4 days at Camp Butwin in Eagan, 1 day at the Minnesota Zoo

Session 2
July 22-26, 2019; 9:15 a.m.-3 p.m. (males and females, ages 6-12)
4 days at Camp Butwin in Eagan, 1 day at the Minnesota Zoo

Campers may attend one or both sessions of Wahode Day Camp. Wahode is Dakota for “explore.” Each session runs Monday through Friday and offers many ways to discover, grow, and have fun. Campers will experience activities including swimming in an outdoor pool, horseback riding, use of a ropes course and climbing tower, group games, hiking, sensory crafts, and gross motor activities led by a registered occupational therapist, music groups led by a board-certified music therapist, boating, and sports.

Program staff and camp directors have many years of experience working with individuals with autism, and counselors receive intensive training prior to camp. Campers must provide their own lunch and transportation. Campers will have four fun-filled days at Camp Butwin and will spend one day exploring the Minnesota Zoo (Thursday of the camp week). Alternative programming at Camp Butwin will NOT be available for the day at the zoo. Transportation will be provided to and from the zoo; campers should be dropped off and picked up at Camp Butwin all five days. This camp is ideal as a first step toward, or in addition to, attending one of AuSM’s residential camps.

Wahode Day Camp Location
Camp Butwin, 945 Butwin Rd., Eagan, MN 55123

Cost Per Session
$725; $775 if you register after March 29, 2019

Staff-to-Camper Ratio: 1:2
Medical Physical Required: No

Visit AuSM’s website or call 651.647.1083 ext. 16 for scholarship information.

Hand in Hand (1:1 support)

Session 1
June 23-28, 2019 (males, ages 19-23; females, ages 19-26)

Session 2
July 28-Aug. 2, 2019 (males ONLY, ages 15-19)

Session 3
Aug. 4-9, 2019 (males, ages 24+; females, ages 27+)

Session 4
Aug. 11-16, 2019 (males, ages 9-14; females, ages 9-18)

All four sessions of Camp Hand in Hand are held at Camp Knutson, north of Brainerd in Crosslake, Minn. on a peninsula between Trout Lake and Lower Whitefish Lake. This serene camp location features beautiful woodland settings with modern air-conditioned cabins and bathrooms. All of Camp Knutson’s facilities have been either newly renovated or recently built, including the addition of a large recreation center. Nutritious meals are served in a group dining room. Activities include swimming, boating, geocaching, tubing, horseback riding, fishing, crafts, archery, nature exploration, biking, and music groups led by a board-certified music therapist. Activities focus on social interaction and communication. The camp also offers a small ropes course, paddleboats, and canoes for additional fun. Evenings include bonfires and other fun activities. Each week of camp has 35-40 campers, divided into six groups determined by age, gender, and interests.

AuSM-trained camp counselors and experienced program staff carefully plan and maintain a well-run, relaxed, and rewarding camp experience.

Camp Hand in Hand Location
Camp Knutson, 11148 Manhattan Pt. Blvd., Crosslake, MN 56442

Cost Per Session
$1385; $1585 if you register after March 29, 2019

Staff-to-Camper Ratio: 1:1—attending to individual camper needs
Medical Physical Required: Yes

Register online at www.ausm.org.
Camp Discovery (1:4 support)

Session 1
June 16-21, 2019 (males and females, ages 18+)

Session 2
June 23-28, 2019 (males and females, ages 10-17)

Camp Discovery is ideal for individuals with Autism Spectrum Disorder who will enjoy a summer camp experience with a high degree of structure and small group activities. Campers should be able to positively interact and safely participate within small groups, as this camp provides 1:4 support and does not offer 1:1 support.

Camp Discovery is held at True Friends/Courage North, a beautiful 100-acre facility on Lake George near Bemidji, Minn. Campers will stay in cabin groups of eight, according to age, gender, and interests. Cabins have restrooms and electricity. Campers will enjoy their meals in a dining hall or on an outdoor deck.

Camp activities include swimming, kayaking, canoeing, hiking in Itasca State Park, arts and crafts, nature experiences, recreational games, live action role-playing games, and more. Camp Discovery also includes special evening activities. Campers participate in small group discussions and activities that focus on special interests and making a connection with others. Adults with ASD work as mentors, providing empathetic, positive role modeling throughout the week.

Camp Discovery Location
True Friends/Courage North, 37569 N. Courage Dr., Lake George, MN 56458

Cost Per Session
$1250; $1450 if you register after March 29, 2019

Staff-to-Camper Ratio: 1:4

Medical Physical Required: Yes

Register online at www.ausm.org.

Headwaters Autism Adventure (1:3 support)

Aug. 2-9, 2019 (males and females, ages 13-17)

In collaboration with AuSM, True Friends/Courage North offers this exciting trip, tailored to the needs of teenagers with autism. While camping, canoeing, biking, and hiking through beautiful north-country terrain, campers will develop communication, leadership, and wilderness survival skills. The program will begin with two days of preparation and team-building at Camp Courage North. Then, as they explore Itasca State Park and the surrounding Paul Bunyan State Forest, campers will have the opportunity to delve into special interests such as: animal tracking, plant identification, shelter building, outdoor cooking, history, or nature art. Campers should be able to tolerate 1-3 hours of moderate exercise at a time. Please apply for this program directly through True Friends/Courage North. Those registering for Headwaters Autism Adventure and new to AuSM will receive a complimentary year-long AuSM membership.

Headwaters Autism Adventure Location
True Friends/Courage North, Lake George, Minn.

Cost Per Session
$2,170

Register online at www.truefriends.org/camp.

Call True Friends for more information at 952.852.0101.

Visit AuSM’s website or call 651.647.1083 ext. 16 for scholarship information.
OPEN TO ANY AGE

FiND Network: A statewide network to connect to resources and research opportunities.
  • Who can participate: Individuals with or without neurodevelopmental disorders, family members and professionals.
  • Participation includes: Online registration takes 5 to 10 minutes. Visit find.umn.edu

SPARK: Largest autism study in the US, designed to speed up research and advance our understanding of autism to help improve lives.
  • Who can participate: Any individual with a professional diagnosis of ASD and their family members
  • Participation includes: Online registration can be completed in 30 minutes, and DNA collection kit is sent directly to your home. Visit SPARKforAutism.org/UMinnesota

1-3 YEARS OLD

Gastrointestinal Health and Neurodevelopment: A study to examine the differences in the gut and microbiome of individuals with and without developmental disorders.
  • Who can participate: Children with or without a developmental disability
  • Participation includes: Completion of questionnaires and collection of a fecal sample (approx. 30 min)

8-17 YEARS OLD

Neurobehavioral Functioning in Youth (NFY): A study to learn more about brain functioning in youth.
  • Who can participate: Individuals with ASD, Tic Disorders, ADHD, OCD; and their healthy peers
  • Participation includes: Completion of computer tasks (approx. 2 hours) that are designed like games while parents complete several questionnaires.

12 YEARS AND OLDER

Brain Training and tDCS: A study examining cognitive brain training along with transcranial stimulation (tDCS) on symptoms of compulsivity and impulsivity.
  • Who can participate: Individuals with ASD, ADHD or OCD between 12-17 years old
  • Participation includes: 5 brain training visits within 7 days and 3 monthly follow up calls

Cognitive Training: A study to find out more about a new computer based cognitive training program.
  • Who can participate: Individuals with ASD 12-35 years old
  • Participation includes: computer-based training games played over several weeks (approx. 10 to 14 weeks).

Questions on any of these opportunities? Want to participate? Call 612.625.8448 or email us at JacobLab@umn.edu

AUTISM RESEARCH OPPORTUNITIES
FROM THE JACOB LAB AND THE UNIVERSITY OF MINNESOTA
Wouldn't it be great if everything fell perfectly in line? Finding your path in life can be challenging. We provide resources and support for young adults making big life decisions. We change stumbling blocks of life into stepping stones towards success.
The Autism Society of Minnesota’s highly trained 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 with autism 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 consult with therapists, group home staff, community organizations, employers, day training and habilitation groups, and other professionals who work with individuals with autism to help with general training or to offer issue-specific strategies.

**Support Groups**
AuSM offers free monthly support groups to meet the needs of the community including: Caregivers of Kids with ASD, Adult Family Member with ASD, Independent Adults with ASD Social Support Group, LGBTQIA Adults with ASD, and Women with ASD.

Visit [www.ausm.org](http://www.ausm.org) for more information.

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An app that saves lives
The Vitals™ App is a FREE app, partnered with the Autism Society of Minnesota, designed to help individuals with various conditions and disabilities communicate with first responders and service providers in real-time - enabling safer interactions, peace of mind and greater independence.

**Learn more at:** thevitalsapp.com

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**Sign up for FREE today!**  **Text: Vitals To:** 797979
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. This in-depth, 15-hour course will give practical solutions for supporting people on the spectrum.

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. Identify tools to support clients and loved ones in different situations.

Spring 2019 Session
Mondays from 6-9 p.m.
March 4, 11, 18, 25; April 1, 2019

Summer 2019 Session
Monday-Friday from 9 a.m.-12 p.m.
June 10-14, 2019

Fall 2019 Session
Fridays from 9 a.m.-12 p.m.
Sept. 13, 20, 27; Oct. 4, 11, 18, 2019

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.

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.
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, March 23, 2019 from 10 a.m.-3 p.m.
(bring own lunch)
Cost for One or Two Family Members/Caregivers
   AuSM Member: $50; Non-Member: $75
   Registration Deadline: March 16, 2019

**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, Feb. 9, 2019 from 10 a.m.-3 p.m.
(bring own lunch)
Cost for One or Two Family Members/Caregivers
   AuSM Member: $50; Non-Member: $75
   Registration Deadline: Feb. 2, 2019

**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, May 11, 2019 from 10 a.m.-3 p.m.
(bring own lunch)
Cost for One or Two Family Members/Caregivers
   AuSM Member: $50; Non-Member: $75
   Registration Deadline: May 4, 2019

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

Register online at www.ausm.org.

Registration

Register for the Life with Autism series online at www.ausm.org. Call 651.647.1083 ext. 22 or e-mail education@ausm.org with registration questions. 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.
AuSM Skillshops
AuSM Skillshops are mini-workshops designed for individuals with autism and their parents, caregivers, family members, and support staff. AuSM Skillshops also are a valuable professional development resource for educators and therapists who work with individuals affected by autism. Listings in green indicate those AuSM Skillshop topics tailored for adults on the spectrum, but all are welcome to participate. Visit www.ausm.org for more information and to register.

Cost Per Participant
- AuSM Member: $25
- Non-Member: $40
- AuSM Member with ASD: $10
- Current Student: $10

Suicidality and Suicide Prevention
Jan. 22, 2019 from 7-9 p.m.
Location: Lionsgate Academy, Minnetonka

Positive Behavior Interventions and Supports
Feb. 12, 2018 from 7-9 p.m.
Location: University of St. Thomas, Opus Hall, Room 321

Neurodevelopment and ASD: What Does the Research Say?
Feb. 26, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Estate Planning and ABLE Accounts: What You Need To Know
March 12, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Register online at www.ausm.org.

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
June 25, 2019 from 6-8 p.m.
July 23, 2019 from 2-4 p.m.
Aug. 24, 2019 from 10 a.m.-12 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 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 Spectrum Disorder (ASD) 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-tailored autism training and consulting, contact AuSM’s Education Department at education@ausm.org or call 651.647.1083 ext. 22.

Evaluations and Assessments
March 26, 2019 from 7-9 p.m.
Location: Lindamood-Bell

What Autistic People Wish You Knew
May 14, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Supplemental Security Income: Am I Eligible?
June 5, 2018 from 7-9 p.m.
Location: Autism Society of Minnesota

Helping Your Child with ASD Learn to Ride a Bike
June 11, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Register online at www.ausm.org.
Fraser is Minnesota’s largest and most experienced provider of autism services.

www.fraser.org
Check out our Special Needs Issue in May, our Education Issue in October and our On Behavior column in every issue, plus tons of content every month geared toward Twin Cities families!

612.825.9205 | mnparent.com

Comfort Autism Center
Amazing results, one child at a time.

Center based ABA therapy for children with autism.

comfortautism.com  651.644.2440  info@comfortautism.com
True Friends offers life-changing experiences to individuals ages 5+ through day camp, over-night residential camp and off-site adventure trips including:

• Headwaters Autism Adventure
• Autism Sensory Splash
• Camp C.A.M.P
• And so many more experiences!

*True Friends offers financial assistance and accepts a variety of waivered funds.

Contact us today at registration@truefriends.org or by calling 952.852.0101.

Learn more at www.truefriends.org.
AuSM’s Guide to Sensory-Friendly Minnesota

Introducing AuSM’s Guide to Sensory-Friendly Minnesota, a reference tool and planning guide for families and individuals with autism and other sensory sensitivities. Learn why sensory-friendly events and activities are important, find recommendations for creating sensory-friendly events and activities, read personal stories, and check out the calendar guide of sensory-friendly community events and activities that unite our community. This new guide is available in printed form from AuSM and online at www.ausm.org.

AuSM 2019 Events and Fundraisers

**March 3, 2019**
**Steps for Autism in Minnesota**
Steps for Autism will feature the state’s largest annual autism resource fair, fun games, the 3rd annual AuSM Flash Dash presented by Accra, and a huge opportunity to join this awesome community in raising dollars to support local programs and services. Southdale Center, Edina.

**April 24-27, 2019**
**24th Annual Minnesota Autism Conference**
The Minnesota autism conference benefits teachers, educators, doctors, clinicians, therapists, psychologists, as well as parents, caregivers, and individuals on the autism spectrum. NEW LOCATION: Marriott Minneapolis Southwest, Minnetonka.

**April 26, 2019**
**AuSM Fun & Games Gala**
AuSM’s 5th annual gala celebration to raise money for and celebrate our local autism community. NEW LOCATION: Marriott Minneapolis Southwest, Minnetonka.

**July 13, 2019**
**AuSM Connections Jigsaw Puzzle Competition**
Put your jigsaw puzzling passion to the test! Gather your friends and family into teams of up to four that will compete for the fastest puzzle completion time. Mall of America Rotunda, Bloomington.

**Aug. 5, 2019**
**AuSM’s 24th Annual Golf Classic**
During AuSM’s 2019 golf fundraising event, participants play a round of golf on a pristine course, place silent auction bids, and enjoy delicious food in support of individuals with autism in Minnesota. The Royal Golf Club, Lake Elmo.

**Sept. 21, 2019**
**AuSM Self-Advocacy Summit**
The 2nd Annual AuSM Self-Advocacy Summit will include a keynote presentation and breakout sessions featuring topics including mental health, executive function, sensory needs, employment, relationships, and more. This event is for adults with autism by adults with autism. NEW LOCATION: Union Depot, St. Paul.

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**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!

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**SECOND SATURDAYS**
You have an AuSM community.

The Autism Society of Minnesota offers a place to learn, access services, and develop skills that enhance your life. AuSM membership connects you to a common community that acts without judgment, nurtures potential, advances knowledge, and supports inclusion and appreciation.

To learn about AuSM’s member benefits and become an AuSM Member today, call 651.647.1083 or visit www.ausm.org