

Healthy Minds Healthy Body Institute

February 2018



Autism Spectrum Disorder

Autism spectrum disorder (ASD) is the name for a group of developmental disorders. ASD includes a wide range, "a spectrum," of symptoms, skills, and levels of ability.

People with ASD often have these characteristics:

- Ongoing social problems that include difficulty communicating and interacting with others
- Repetitive behaviors as well as limited interests or activities
- Characteristics that can be recognized in the first two years of life
- Characteristic's that interfere with the individual's adaptive skills (school, home, work)

Some people have mild symptoms while others are severely disabled. Treatments and services can improve a person's symptoms and ability to function. We are here to help!



Parent Workshop!

ASL interpreted

Join us to learn more about
your child with ASD

This workshop is for you!

February 21st, 2018

6:30-7:30pm

Registration is required and can be
found on the HMMHI website.
Childcare is not provided.

Registration is \$30

call: 925 484 0074
email: SmilingMinds@sbcglobal.net
web: HealthyMindsInstitute.org

Parent Information Series

January 24, 2018

ADHD:

Planning, organization and your child

February 21, 2018

Autism Spectrum Disorder

March 21, 2018

Family Stress Management:

What to do when you are losing control

April 18, 2018

Anxiety

Simple strategies that can help

May 16, 2018

IEP FAQ's:

Advocate for your child or do I need a 504?

June 20, 2016

Apraxia:

What exactly is that?

July 18, 2017

Relaxation & Mindfulness:

Ways "being in the moment"
can help your child/family

August 18, 2018

Executive functioning:

Simple strategies that can help

September 19, 2018

Internet technology: Protecting your
child/What parents need to know

October 17, 2018

"Is it bullying?"

November 21, 2018

Emotional Regulation: What can I do?

December 12, 2018

The importance of practice