

DEVELOPMENTAL
& BEHAVIORAL PEDIATRICS

NEWSLETTER

BOSTON
MEDICAL
CENTER

The Autism Program

A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

Hello December...

For our very last edition of 2023, we have compiled many great resources to help you navigate this very uniquely special time of the year.

From fun & jolly autism-friendly holiday events to a Winter Care Guide, the Autism Program has got you covered! Read on to learn more and **remember to click on each resource title to access more information!**

With the end of Year 2023 right around the corner, we wanted to take a moment and share our gratitude for all our wonderful families and friends. It is truly heartwarming to reflect on all we have experienced and accomplished together this past year - we supported and grew our community with all the unique strengths and perspectives brought on by each and every one of you. So, from the bottom of our hearts, we thank you all for this amazing year and are so excited to be here for you throughout the next! We hope that everyone's holidays, as well as the end and beginning of the year, are filled with so much joy, warmth, love and laughter!

Upcoming Autism-Friendly Holiday Events

Autism Eats is an amazing organization that hosts many autism & family-friendly restaurant events all year round, where families with autistic children can dine, socialize, and connect with others who share similar joys and challenges without any judgments - all behaviors are welcome!

Join them on **12/9** or **12/10** for a **very special brunch with Santa**, which will include a delicious holiday buffet in a private room!

Registration is required and financial assistance may be available.

Click here for 12/9 Boston event | **Click here** for 12/10 Lawrence event



Sensory-Friendly Winter Wonderlands

December 13th
5 pm to 6:30 pm
@ Needham, MA

Bundle up and join **Bierman Autism Centers** for a free soirée filled with all the holiday magic of the season!

Click here for more information & to register!

December 22nd
4 pm to 7 pm
@ Brockton, MA

Come and join **the Arc of Greater Brockton!** Enjoy refreshments, x-mas decorations, and most importantly a visit from Santa Claus!

Click here for more information!

Sensory-Friendly Christmas Shows

The Nutcraker

December 8th, 4 pm
@ Northampton, MA

Christmas Carol

December 17th, 1 pm
@ Worcester, MA



Winter Care Guide

With the temperature quickly dropping and Massachusetts' notorious winter winds returning, it is especially crucial for you and your family to stay as warm and safe as possible throughout the coming months. If you are looking for resources on heating your home, shelters, hot meals, and/or winter clothes - this guide was made for you! Click on each resource title to find more information.

Heating Support

Home Energy Assistance Program offers help with paying your **heating bills**, as well as heating system repair, replacement, and maintenance services for eligible households. Eligibility is based on household size and gross annual income - visit their website and call your local Energy Assistance Agency to find out more!

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's **energy expense** and is not eligible for state or federal energy assistance. Visit their website to find out about eligibility and how to apply!

Housing, Hot Meals & Winter Clothing

St. Francis House is a day shelter located in **downtown Boston**, open 365 days a year from 6:30 am to 3 pm. They provide all guests who walk through their doors with a warm meal, shower, clothes, housing and vocational support, mental health and clinical services, and so much more! They also operate supportive housing units for eligible individuals.

Women's Lunch Place is located in **downtown Boston** and provides free healthy meals, essentials including toiletries and feminine hygiene products, winter clothing, and other necessities to women in Boston experiencing homelessness, hunger, and poverty.

Friday Night Supper Program is located in **downtown Boston** and provides free nutritious and hot meals every Friday to anyone who would like some. No registration required & no questions asked! They also operate a clothing closet offering free clothing, shoes, and toiletries every second and fourth Friday of the month, from 5 pm to 6 pm.

St. John's Food for the Poor is located in **Worcester** and provides a not-so-typical community soup kitchen for anyone in need, where you can grab hot and nutritious meals five days a week from 7 am to 10 am. No questions are asked and all are welcome, including families & children! After the meal, each guest is invited to go to the "Free Food Table" and take home as much food as they want.

Franklin County Community Meal Program operates four free meal sites in **Greenfield, Orange, Turners Falls, and Northfield Massachusetts**, all offering hot meals for sit-down and takeout. Make sure to check each location's hours of operation prior to visiting!

Net of Compassion is located in **Worcester** and provides free & quality clothing and accessories for individuals and families through their Clothing Pantry, open every Wednesday from 1 pm to 4 pm.

ABCD offers assistance with winter clothing for infants and young children. Call (617) 248-6000 to access their resources or contact your nearest ABCD neighborhood location by visiting [this link](#) and clicking "Locations"!

Winter Care Guide

QR codes: How-To

If you are reading a hard copy, open the camera app on your phone and scan each QR code to visit the resource website!

Heating Support

Home Energy Assistance Program



The Massachusetts Good Neighbor Energy Fund

Housing, Hot Meals & Winter Clothing



St. Francis House



Women's Lunch Place



Friday Night Supper Program



St. John's Food for the Poor



Franklin County Community Meal Program



Net of Compassion



ABCD Clothing Assistance



Find ABCD Neighborhood Location

Resources



The Autism Program is continuing to support families in many ways both inside and outside of Boston Medical Center. Check out our website to learn more about the services, supports and programs we offer including our Autism Friendly Hospital Initiative, Teens Engaged as Mentors (TEAM) program, and our training offerings. We also have a huge resource library where you can access free information on a variety of topics such as safety, behavioral support, transition to adulthood, insurance and more!

<https://www.bmc.org/pediatrics-autism-program>

Do you have an idea for a future newsletter? Email us at.

autismprogram@bmc.org

with suggestions.

Clinic

Our clinicians are available for developmental evaluations, assessments and follow up. To connect with the clinical team, please call 617-414-4841 and follow the prompts for Developmental Pediatrics.



Our Clinicians

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ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. Please don't hesitate to reach out, and make sure to follow us on social media for more tips and information! **To unsubscribe, please reply by email with the word "stop!"**



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The Autism Program at Boston Medical Center



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