

DEVELOPMENTAL
& BEHAVIORAL PEDIATRICS

NEWSLETTER

BOSTON
MEDICAL
CENTER

The Autism Program

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

Happy August!

Despite the sky-high temperatures we've been having, the summer season is slowly (but surely) beginning to set. And with that, there are many brewing changes. Between preparing for back-to-school, setting up new daily routines, and just tackling all the situations that arise each day, there are so many moving parts to our summer days!



Upcoming Events

8/3 Stars of the Spectrum Music Festival 2pm Quincy, MA

Join the Flutie Jr. Foundation for the nation's largest music festival, 100% by autistic artists & for the autism community! This festival will be sensory inclusive and will provide up to 4 free tickets if you are someone or a family member with autism!

Register for this event here!

8/14 Adaptive Water Safety Day 10am to 12pm Worcester, MA

Join us for a free water safety event designed specifically for children with ASD, ADHD and other special needs from age 4 to 18. Learn life-saving skills in a supportive environment and other helpful resources for parents, brought to you by Swim Angelfish & MA State Police Dive Team! Registration is required – please e-mail Sarah.Lamson@mass.gov.

Register for this event by sending an e-mail!

For this month's newsletter, we wanted to highlight some community resources that exist to assist you with some of those moving parts. Whether that can be connecting with a professional who can help, learning more about certain resources, and/or just enjoying a fun day with your family out in the community, keep reading to check it all out. Make sure to click each resource title to visit their website & learn more!

8/17 Back-to-School Celebration TD Garden in Boston, MA

Join the Salvation Army MA for school supply giveaways, health & fitness activities and more. Everyone who registers from grade K-12 will receive a backpack with essential school supplies & a warm winter coat!

Register for this event here!

8/23 Jam Time at the Natick Mall 8:30 to 10am Natick, MA

Join Autism Alliance for a free and fun-filled time with your child at Jam Time! Enjoy this sensory friendly children's indoor playgroup that will offer many exciting moments, such as climbing structures, play & bouncy houses, kiddie gym equipment and much more! A guardian must accompany the participant & this event is for children up to age 12.

Register for this event here!

Upcoming Events Cont.

8/24 Calmer Con 10am to 5pm Weston, MA

Calmer Con is a sensory-friendly comics and pop culture convention designed for autistic attendees & those with sensory processing and anxiety concerns. Just like a traditional "Comic Con", there will be artists, vendors, cosplayers, as well as many exciting activities like Jedi training, superhero academy, block building, an art area, and so much more! Free admission for those who register in advance.

Register for this event here!

8/24 A Fun Day at Deer Island 12 to 3pm Deer Island, MA

Join the Winthrop Commission on Disability and the Friends of Winthrop Beach for a free, fun-filled day celebrating accessible outdoor recreation at Deer Island. Family-friendly, accessible, and inclusive activities include: cycling with adaptive bikes, rides on pedicabs around the island, fishing lessons (bait, rod & reel ready for your lesson!), or cruise around the island on the MV Massachusetts! Registration is required.

Register for this event here!

8/31 Back-to-School Pop-Up 11am to 5pm Hyde Park, MA

Enjoy free food for kids (until 3pm), giveaway of over 100+ backpacks, fun lawn games, a bouncy house, arts & crafts activities, as well as bags of free groceries for families! There will also be many local vendors you can shop from. Registration is required to join this event.

Register for this event here!



Upcoming Workshops

Virtual:
Understanding the Autistic Profile of Pathological Demand Avoidance (PDA)
August 1st, 5 - 6pm

Virtual:
Sensory Self-Regulation Workshop for Teens
August 7th
5:30 - 6:30pm

In-Person:
Visual Systems Workshop with Make & Take Visuals
August 10th Taunton
10am - 12pm

Virtual:
Introduction to ASD for Families
August 19th
7 - 8:30pm

Virtual:
Managing Your Space for Teens
August 21st
5:30 - 6:30pm

If there are any topics related to ASD that you are interested in learning more about, just shoot us an e-mail & we'll make sure to keep an eye out!
Autismprogram@bmc.org

Resource: Support Groups

Support groups can be a great way to connect with others & those in similar situations as you. There are many ongoing virtual/in-person support groups across the state, each with its own topic/common ground. We recommend reaching out to your local Autism support center if you are looking for one near you! Here are few support groups meeting this month.

Employment for Autistic Adults (18+)

by AANE

August 8th

7 to 8pm

For Autistic Teens (15 to 19)

by AANE

August 10th

11 to 12:30pm

Let's Build a Village: Mom's Self-care

by Autism Alliance

August 15th

12 to 1pm



Family Support Programs

Project Able

Project Able connects **Chinese & Vietnamese** families in the Boston area to resources and support for their loved ones. They can support with translation/interpretation, referrals, support with filling out applications (DDS, SSI, MassHealth), IEP planning, and more.



Website



(617) 988-8132

Multicultural Autism Action Network

MAAN provides effective support & education for autistic individuals and their families, including a lot of great educational videos for **Somali/Oromo** speaking parents of autistic children (topics ranging from laws, special education, transition, etc).



Website



(612) 470-7003

Cape Verdean Association of Brockton

CVAB provides a wide range of services to the **Cape Verdeans** and other people residing in the Greater Brockton area. Services include assistance with various benefits & filling out applications, referrals, legal assistance, after school/summer programs, advocacy, etc.



Website



(508) 559-00

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

Marilyn Augustyn, MD

Arathi Reddy, DO

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Audrey Christiansen, MD

Sarah Canale, MD

Mary Ellen Killion, NP

Arielle Spellun, MD

Bridget Poznanski, PhD

Rachel Vuolo, MD

Selcen YarogluKazanci, MD

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. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information! **To unsubscribe, please reply by email with the word "stop!"**



[BMC.org/autism](https://www.bmc.org/autism)
Autismprogram@bmc.org



The Autism Program at Boston Medical Center



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