



Autism
Community
Network

Family Empowerment Classes & Schedule

LIST OF OUR CLASSES

- Addressing Feeding Challenges of Picky Eaters
- Applications of Pivotal Response Treatment
- ASD & Adolescence
- Basic Strategies for Community Outings
- Early Childhood Growth & Development
- Including Siblings
- Introduction to Applied Behavior Analysis
- Introducción al Autismo
- Introduction to Autism
- Introduction to DIR/Floortime
- Introduction to Joint Attention
- Introduction to Pivotal Response Treatment
- Methods to Teach Functional Communication
- Promoting Social Skills in the Home & Community
- Safety & Wandering
- Strategies to Increase Independence in Daily Living Activities
- Teaching Play Skills
- Teaching Your Child to Request
- Toilet Training
- Understanding & Using a Sensory Diet
- Using Reinforcement Procedures
- Visual Supports Part I
- Visual Supports Part II



WHAT?

They are classroom style classes providing the educational tools necessary for families to maximize the potential of their child living with autism.

All Family
Empowerment
Classes are offered
FREE of charge!



WHEN?

Classes are scheduled on **Wednesday** or **Saturdays** from **9am-12pm (CT)**.



WHERE?

Classes are held at 4242 Woodcock Dr. Suite 101, San Antonio, TX 78228, **unless otherwise noted.**



WHO?

They're specifically designed for caretakers and loved ones of children (all ages) living with autism; including, but not limited to parents, grandparents, aunts, uncles and foster adoption parents. If you are a professional, paraprofessional, or student interested in our educational opportunities, see our professional training series.



TO REGISTER

Visit our Family Empowerment Classes Page to register for a class. Simply click the name of the class you wish to register for to start the process. Make sure to register at least 2 days in advance. If you're not registered and still would like to please call ahead to see if the class is still scheduled and/or has not reached capacity.



DON'T WANT TO ATTEND IN-PERSON?

Remote live video-conferencing is available for all classes using <http://www.zoom.us/>. When you register, make sure to select you will be attending via video-conference. One day prior to the training, you will receive an email with a link for the video-conference. To participate using this option, you **MUST** have a working webcam and microphone.



NEED A CLASS ON ANOTHER DAY?

Family members can request to have a class hosted on another day which better fits their schedule. To request an **On-Demand** Family Empowerment Class, please contact Adrianna Sanchez at adrianna@acn-sa.org.

Hands-On Caregiver Trainings

ACN offers a variety of hands-on training courses for caregivers interested in learning more about their child, their child's diagnosis and various research-evidenced interventions available to promote their child's development and behavior.

Who: Parents, primary caregivers, & family members of children up to 8yo with an autism spectrum disorder.

Cost: \$10 (Medicaid) to \$40 (Full Price) per hour - a sliding fee scale based on family income is available.

Applied Behavior Analysis

ABA is a scientifically-proven intervention to help children with autism. Parents enrolled in this hands-on course will **empowered to use ABA principles and procedures** in the home and community to decrease challenging behaviors in their child. Individual sessions are one hour long and take place over an eight to nine-week period with one of our certified Behavior Analysts.

DIR/Floortime™

Dir/Floortime™ focuses on supporting enhanced **relating and communicating** between children with autism and their caregivers. In this course, caregivers will discover the **power of relationship** and will learn more about their child's **social emotional development** and **individual processing strengths and challenges**. This eight-week course involves group and individual sessions with DIR® Floortime™ Certified Expert Clinician and Training Leader Carrie Alvarado, OTR, Ph.D. (c)

Sensory Processing

Many children with autism face sensory processing issues that cause challenges in behavior and daily life activities. Families enrolled in this course will be given the tools to develop an individualized sensory plan to meet the needs of their child's sensory system and decrease sensory-based behaviors, as well as improve their participation in daily activities. Families enrolled in this eight-week course will learn from Adrienne Gaither, OTR, C-SIPT.

More Than Words®

More Than Words® was designed specifically for parents of ages five and under on the autism spectrum. The program provides parents with the tools, strategies and support they need to help their children **reach their full communication potential and develop play skills** in the home. The twelve-week course will take place at ACN and in the home, as well as be taught by Marie A. Wilson, MS, CCC-SLP, who is Hanen-Certified in More Than Words®.

Family Empowerment Class Schedule

April 2018

13 - Strategies to Help Your Child Cope With Sensory Input
18 - Brighton Center: Special Education Support Services
25 - Brighton Center: Educational Series "Autism Supplement"

May 2018

1 - Methods to Teach Functional Communication
11 - Addressing Feeding Challenges in Picky Eaters
15 - Introduction to Autism

June 2018

5 - Introducción al Autismo
15 - Strategies to Increase Independence in Daily Living Activities
23 - On-Demand
26 - Decreasing Challenging Behaviors

July 2018

6 - Understanding & Using a Sensory Diet
17 - Introduction to Autism
21 - On-Demand
25 - Introduction to Pivotal Response Treatment

August 2018

1 - Improving Communication & Social Skills in Nonverbal children using strategies from Hanen More Than Words Program
8 - Brighton Center: Special Education Support Services
11 - On-Demand

Note: Introduction to Autism is offered every 2 months, and every 4 months in Spanish. Brighton classes every 6 months.

If you have any questions, please contact Adriana Sanchez at adriana@acn-sa.org or (210) 435-1000.



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