

Self-Nurture: Taking Care of Yourself When Your Child Has Autism

Come to this open forum to discuss how you handle stressful situations. Practical strategies for coping with stress will be discussed. Participants will be encouraged to share experiences about how they maintain energy, enthusiasm, humor, and a positive outlook on life. The entire family benefits when parents can manage the challenges and enjoy the good times. This discussion will enhance your mind, body, and spirit.

Presented by Suzanne Buchanan, Psy.D., BCBA
Autism New Jersey's Clinical Director

Morris County
Thursday, April 30, 2009
6:45 PM—8:15 PM
Mt. Olive Public Library
202 Flanders-Drakestown Road
Flanders, NJ 07836

To Register: Mail or fax the completed form to Autism New Jersey, attention **Vanessa Falcon**, or complete an online form at **www.autismnj.org**.

*Please completely fill out this form to ensure the timely processing of your registration.
Confirmation and directions will be mailed or e-mailed to you prior to the workshop.*

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HOW DID YOU HEAR ABOUT THIS WORKSHOP?
