

Join a community of families for a FREE virtual learning series

Family ECHO: Autism, supported by Autism Speaks, is a virtual learning program offering free, real-time access to autism and behavioral experts. Through a series of 75-minute online sessions, you will learn to engage and build skills around:

- Understanding and managing severe and distressing behaviors
- Building support for you and your family
- Anxiety and autism
- ADHD and autism
- Transition to adulthood
- Making decisions with your care team

Eligible attendees: family members and caregivers of an autistic child or adult



<https://bit.ly/FamilyECHO>

For questions email: autismcarenetwork@nationwidechildrens.org



Family ECHO: Autism

Date	Session Topic	Description
September 21 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	While you Wait: Don't Wait - Get Moving	Learn how to get things moving if you are placed on waitlists. Registration now OPEN
October 12 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	Anxiety and Autism	Session will review managing anxiety in ASD, effective evaluations used to assess anxiety, and behavioral and medication-based treatment options.
October 26 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	Irritability and Challenging Behavior: Part I Skills vs Pills Discussion	Managing irritability and promoting emotional regulation at home and community settings.
November 16 4:00 – 5:15 pm <i>Eastern Standard Time</i>	Family Support: Healthy Thinking and Quality Team Based Care	Session will discuss leading and managing healthcare teams while finding time to take care of you and your family.
December 7 4:00 – 5:15 pm <i>Eastern Standard Time</i>	Transition Part I: Moving out of Pediatrics	Learn effective strategies for transitioning to adult healthcare. Session will also focus on puberty and the importance of psychological and emotional well-being for adolescents during this phase of life.
January 25 4:00 – 5:15 pm <i>Eastern Standard Time</i>	Irritability and Challenging Behavior: Part II Medical Discussion	How to rule out medical conditions that may impact behavior and identify best practices when incorporating medication into treatment plans.
February 8 4:00 – 5:15 pm <i>Eastern Standard Time</i>	RUBI: Part I	RUBI is a therapy-based approach often used to manage challenging behaviors in children with autism, leading to happier and healthier lives. This session will discuss the RUBI approach to behavioral therapy and parenting to prevent and reduce disruptive behaviors in children.
March 1 4:00 – 5:15 pm <i>Eastern Standard Time</i>	RUBI: Part II	Parenting to teach new skills and the RUBI approach to behavioral therapy.
March 22 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	Transition: Part II Building Momentum for Adulthood	This session will begin the discussion on how to build independence, social opportunities, and leisure skills for adult years. Additional topics will include guardianship, housing and how to manage all of this!

All sessions are 75 minutes and begin at 4:00pm Eastern Time (see note below). Please use the time **zone converter** to identify session time based on where you live and use Columbus, Ohio as the location.

<https://www.timeanddate.com/worldclock/converter.html>

NOTE: Eastern Daylight Time (EDT) is a North American time zone in use from the second Sunday in March to the first Sunday in November during Daylight Saving Time (DST). Eastern Standard Time (EST) is used during the remainder of the year.