



# ***MONTHLY SUPPORT GROUP***

## ***“Handling the Stress of Raising a Child with Autism & How to Take Care of Yourself”***

**Thursday, February 4, 2016**  
**7:00-8:00 pm. Doors open at 6:45 pm.**



St. Matthew Evangelical Lutheran Church\*, 839 West Market Street, York

Please join us for an informative evening as we welcome the autism support team from Meadowlands Behavioral Health.

Speakers **Karen Ahern, MS**, **Ed Briercheck, MS**, and **Frank Stanko, MS** will be presenting information and answering questions on various services available to families that have a child on the spectrum and what to do when roadblocks arise.

Ms. Ahern is a Licensed Behavioral Specialist and the director of the Autism Program at Meadowlands; Mr. Briercheck and Mr. Stanko are both Licensed School Psychologists. Together they offer many decades of experience in their field and enjoy helping families and working with individuals on the spectrum.

Autism York will be serving light refreshments. No RSVP necessary. Our meetings are held on the first Thursday of the month January—November.

***Child care is provided by at least two professional staff who are experienced with children on the autism spectrum. When possible, children will be separated into two different rooms by age groups. We encourage older children to bring handheld games, books or homework. Autism York will not assume responsibility for any lost or broken devices. If a child exhibits behaviors that are not easily redirected by the staff, parents may be called from the meeting to come help their child.***

*\*Autism York is not affiliated with St. Matthew Evangelical Lutheran Church. Any questions regarding Autism York Meetings, Events, or other offerings should be directed to Autism York at 801-1272 or e-mail to [info@autismyork.org](mailto:info@autismyork.org), not the church staff. The views expressed by guest speakers do not necessarily represent the views of Autism York.*

### **OUR MISSION**

The mission of Autism York is to provide support to individuals on the autism spectrum, their parents, families and friends. Our group exists for the sole purpose of providing support in a safe and friendly environment. It is the intention of Autism York as a group to promote understanding and respect of all families and the choices they make regarding therapies and interventions. Through this group we will offer opportunities for families and individuals on the autism spectrum to learn, grow, and develop relationships that help guide one another through this journey.

### **CONTACT US**

For more specifics about individual meetings or events, or to sign up for our e-mail notification list, please visit our website at [www.autismyork.org](http://www.autismyork.org), call us at 717.801.1272, or e-mail to [info@autismyork.org](mailto:info@autismyork.org).

Autism York is a 501 ( c ) ( 3 ) organization as provided by the IRS.