



## ***MONTHLY SUPPORT GROUP***

# **Mindfulness Based Stress Reduction for the Special Needs Family**

**Thursday, September 6, 2018**

**7:00-8:00 pm. Doors open at 6:45 pm.**

Note new location!

Wonder Years\*, 2850 Carol Road, York



Come join us for the first meeting of the new school year! We're excited to welcome guest speaker **Karen Jones** who will speak about the **Mindfulness-Based Stress Reduction for the Special Needs Family**.

**Karen** is a **Licensed Professional Counselor** and a **Mindfulness Based Stress Reduction (MBSR) Teacher**, who has completed the teacher development intensive training taught by senior staff from the Center for Mindfulness in Medicine, Health Care and Society in Massachusetts.

In her 25 years of providing therapeutic services, **Karen** has worked with a variety of populations and served in a variety of mental health settings, including community based outpatient programs, crime victim assistance, crisis management and critical incident response, college counseling, rehabilitation hospital and private practice. Karen has been teaching and practicing mindful meditation since 2008. In 2015, Karen began offering Mindfulness Based Stress Reduction programs at Cognitive Health Solutions, LLC.

Autism York will be serving light refreshments, and a door prize will be given away! No RSVP necessary. Our meetings are held on the first Thursday of the month September-November and January-May.

***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 Wonder Years. Any questions regarding Autism York Meetings, Events, or other offerings should be directed to Autism York at 717-801-1272 or e-mailed to [info@autismyork.org](mailto:info@autismyork.org). 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

## **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).

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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.