



MONTHLY SUPPORT GROUP

Nutrition & Feeding Strategies



Thursday, April 6, 2017

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

The Jewish Community Center*, 2000 Hollywood Drive, York

Join us as our guest speaker **Julie Stefanski** discusses nutrition and feeding challenges, issues that are often present in those on the autism spectrum. She'll touch on ways to improve nutrition, supplements, mealtime behavior changes, and specialized diets for autism and ADHD.

Ms. Stefanski is the Registered Dietician at Leg Up Farm and Leg Up Farmer's Market. She's also taught at York College of Pennsylvania and specializes in gastrointestinal disorders and pediatric nutrition.

Autism York will be serving light refreshments. 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 the Jewish Community Center. 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, not the JCC. 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, call us at 717.801.1272, or e-mail to info@autismyork.org.

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