



Can you guess the country of this beautiful November scene?
See page 12 for the answer.

Community Connection

Autism Connections: a Pathlight program

Newsletter

Help Let's Dance support Autism Connections families!



Date: November 9, 2019, 6:30 p.m.

Location: Sheraton Springfield Monarch Place

You are invited to Pathlight's *Let's Dance*, the third annual dance competition and benefit (think "Dancing with the Stars"). Don't miss this evening's dancing and celebration to support Pathlight's programs, **including Autism Connections!**

Pathlight stars (people currently connected to a Pathlight program) are paired with a partner from the community. The dance team rehearses with a volunteer dance instructor to learn a dance routine they will perform the night of the event.

You can vote for teams, buy tickets, donate or learn more about the event here: <https://pathlightgroup.org/news-and-events/lets-dance-2019/>.

Want to get a little sneak peek of the dances being worked on for the big finale? Check out these videos: <https://www.youtube.com/playlist?list=PL3aSmXhW8No3ZYKS6ONS0gAp6DJUFtBrB>.

Your ticket **includes** food, free parking and the show of a lifetime! This is truly our mission in action — inclusion, community, and fun!



Date: April 2, 2019, World Autism Day!

Location: Sheraton Springfield Monarch Place

Save the Date for our annual Autism Conference! Our keynote speaker is award winning national speaker and best selling author Kerry Magro. We are also arranging an invitation-only dinner the night before the conference for Kerry to connect with a small group.

Breakout sessions in the morning and afternoon and Exhibitor Showcase hours will round out the day's schedule. Registration for exhibitors opens soon, including exclusive exhibitor/sponsor rates for special table placement. **Contact** us for information about sponsorships. Attendee registration will open in January. Educators have a new, reduced ticket price, and we will offer social media promotions for 2 free tickets each month leading up to the event.

Next year's conference is our 30th, and this year is Autism Connections' 30th year of providing services to western MA communities! We will highlight special memories to honor those 30 years in the months to come. Keep posted and **SAVE the DATE!**

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¡Hola! Hablamos español
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413.529.2428

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Pittsfield, MA 01201
413.443.4780

Our Mission: To help families, schools, professionals, agencies, and communities understand autism, promote the well-being of individuals with autism, and foster their inclusion in the community.

donate
Thank You!



NEWS & UPDATES

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Berkshire County Activities

Autism Collaborative of Berkshire County (ACBC), November 5

Lenox Memorial Middle and High School, Lenox, 8am-11:30am Info: 413.443.4780

ACBC meetings resume this November with an exciting new format of 3 half-day professional development opportunities throughout the year, spanning North, Pittsfield, and South counties. The first meeting is November 5 in South County and will focus on emergency preparedness and fire safety. [Email us](#) for more info or find the flyer [here](#).

Jason Dorval, an Autism Law Enforcement Training Consultant, and a father of a child who is on the spectrum will provide an overview of his training. Lili Dwight, founder of Galactic Smarties, will talk about adaptive fire alarm equipment. Members of the Collaborative will also share stories about how they have developed adaptive emergency plans. We will have samples of “To Go Bags” that families and professionals could use as a tool to calm an individual during an emergency.

The next professional development opportunities will be on March 6 at CIP in Lee, and then in May in North Adams.

Community conversation on poverty

Friday, November 15, 9:00 a.m.—1:00 p.m. Registration at 8:30 a.m. Berkshire Athenaeum, Pittsfield

Berkshire Community Action is sponsoring this conversation to hear your thoughts and ideas, which will help shape their work for the next three years. Lunch will be provided. For more information or to RSVP, contact Jeff Lowenstein, BCAC Director of Community Planning, at jlowenstein@bcacinc.org.

Classes at Autism Connections Pittsfield

Free Community Swim, all ages: Gladys Allen Brigham Center, Pittsfield on Thursdays, 6:00p.m.—7:00p.m. until May 2020. See the [flyer](#) for more info and call the center to register, 413-442-5174 x 25.

Navigating Social Nuances: This group meets on Tuesday and Thursday from 4:00p.m.–6:00p.m. at the AC office and is for young adults to explore social and interpersonal topics. October 8, 2019 through February 13, 2020. Contact [Regina](#) for more information.

Social Skills Gym Class: AC office, 4:00 p.m.—5:00p.m., [email Lizzie](#) for info.

Teen group: Fridays, [email Ben](#) for info.

Asperger's Support Group: Every third Wednesday of the month, 5:00 p.m.-6:00p.m., 18+. [Email Lizzie](#) for info.

New FREE community yoga class!

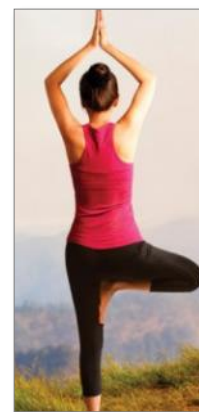
Wednesdays

November 20, 2019—January 29, 2019 4:00 p.m.—5:00 p.m.

Autism Connections

75 South Church Street, Suite 402 Pittsfield

Join Paula Boyajian for guided instruction in a supported yoga class for teens (16+) and adults with autism. This FREE class is also open to the community. The goal of



the class is to expose students to different types of relaxation methods using chair yoga as well as floor yoga and breathing exercises. Contact [Kelly](#) for more information or to register.

#thankful

Center News

Emergency Preparedness

As the cold weather arrives we start thinking about the possibilities of winter storms and power outages. New England is beautiful, but our winter storms can pack a punch, so it is always good to review our preparations before the storm season fully arrives.

The task of preparing for emergencies is a complicated process, and FEMA has organized a wide-range of suggestions in their [FEMA Emergency Preparations Brochure](#). This is a great starting point to give you an overview of the important topics.

Having a basic **emergency kit** prepared can make all the difference when a storm or power outage strikes. Here are some items that will be important to have on hand and all packed up in an easy to carry container. You may also want to keep an additional small kit in your car, since you don't know where you will be when or where you will need it. Here are the essentials:

- **Water:** Include at least three gallons per person, to last a total of three days.
- **Food:** non-perishable items for three days.
- **First aid kit:** Learn how to build a kit at www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html.
- **Medications:** Stock a seven-day supply of daily prescription drugs and over-the-counter basics.
- **Important documents:** Store deeds, leases, insurance policies, passports, medical information and other papers in a fireproof, waterproof container. You may also want to store electronic copies on an external drive or website.
- **Contact numbers:** Your support network, including family members, neighbors, doctors and insurance agents.
- **Cash:** ATMs may be down during power outages.
- **Printed local road maps:** The internet and global positioning system (GPS) may not be available.
- **Flashlight:** Don't forget batteries!
- **Radio:** Get one that is powered with batteries or a hand-crank.
- **Misc:** Extra eyeglasses and hearing-aid batteries; all device chargers; extra wheelchair batteries; copies of medical insurance and insurance cards; a full list of medications and contact information for doctors.

- **Pets:** food, water, collar with ID tag, medical records and other supplies for your pet or [service animal](#).
- **Download the FEMA app** to receive weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Make a Plan

After a storm or power outage you may not have access to a medical facility or even a drugstore for your family member with specific needs. It will be important to plan for the resources you use regularly, and what you would do if those resources are limited or not available. See the [FEMA guide](#) here. Additional planning steps could include:

- Contact your city or county government's emergency management agency or office. Many local offices keep lists of people with disabilities so they can be helped quickly in a sudden emergency.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about how you can prepare for its use during a power outage.
- Wear medical alert tags or bracelets.
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases, pictures or pictograms.
- Plan for distraction and calming activities. This may include handheld electronic devices loaded with movies and games (and spare chargers), sheets and twine or a small pop up tent to decrease visual stimulation in a busy room or to provide instant privacy, and toys that meet needs for stimulation.

Complete information is available on ready.gov. A good plan is to hope for the best, and prepare for the worst!

This article was written with information from FEMA, ready.gov, FDA, disabilityinfo.org, INDEX blog and The Red Cross

ACBC will hold the first professional development opportunity of the year on November 5 at Lenox Memorial Middle and High School in Lenox. Emergency Preparations will be the topic, with presentations from Jason Dorval, an Autism Law Enforcement Training Consultant and Lili Dwight from Galactic Smarties. See more information on the flyer [here](#), or on page 2 of this newsletter.

Center News

Easthampton Holiday Party

December 6, 2019, 6:00 p.m. 8:00 p.m.

Eastworks Events Space (1st floor near Riff's)

116 Pleasant Street, Easthampton, MA

RSVP to Joyce Joyce.Paige@pathlightgroup.org



Save the Date for our Annual Holiday Family Party with our amazing sensory-friendly Santa!

We will have our usual array of karaoke, activities and pizza and snacks.

The party is all ages and family friendly, so come on in with the whole crew! RSVP to Joyce Joyce.Paige@pathlightgroup.org and download the flyer [here](#).

Pathlight Job Fair!

November 7, 2019, 9:00 a.m. 4:00 p.m.

101 Munson Street, Greenfield



Pathlight's upcoming Job Fair is offering same-day interviews!

Pathlight is looking for aspiring Direct Support Professionals who are compassionate, caring, reliable, and enjoy helping people with complex medical and behavioral needs, to work in the comfort of a residential home with five individuals. Jobs include full-time, part-time, and relief placements.

Open positions are in residential homes in Buckland, Gill, Greenfield, South Deerfield, Hadley, and Clarksburg. Find more information about salaries, job descriptions or the event on [Pathlight's facebook page](#).

Cheshire Fire Department Presentation

Berkshire Program Manager Erica Donovan and Autism Specialist Lizzy Flaherty held a training recently for the Cheshire Fire Department. Erica talked about autism and reviewed how fire personnel can help people with autism in an emergency. The room was full with attendees and feedback showed that the training was appreciated, relevant and beneficial to participants.



Contact us if you think your group or organization might be helped by a presentation or training by our autism specialists. Awareness is so important to building meaningful community relationships.

AFAM Anniversary Celebration

Autism Connections' Educational Advocate Nancy Farnsworth and Pathlight's Executive Director Ruth Banta attended AFAM's (Advocates for Autism of Massachusetts) recent



Nancy Farnsworth, Michael Borr (Chairman of AFAM), Jill Scibelli (parent), Ruth Banta

15th Anniversary Gala. The event celebrated the grassroots organization's effective advocacy to improve the lives of people of all ages on the autism spectrum disorder and their families. Visit www.afamaction.org to see the many great strides made by this group.

Easthampton Halloween Party

On October 25 we held our annual Halloween Party in the event space at Eastworks. There was an amazing turnout of families looking for a celebration in a safe space, with the option of activities or a quieter sensory area. See photos from this happening Halloween fest on our [facebook page](#).



WORKSHOPS/TRAININGS

ACBC Professional Development Opportunity*It's an Emergency!**November 5, 2019, 8:00 a.m. —11:30 a.m.**Lenox Memorial Middle and High School, Lenox, MA*

The first meeting of the ACBC season will focus on preparations for an individual with autism in an emergency. Jason Dorval, an Autism Law Enforcement Training Consultant, will provide an overview of his training. Lili Dwight, founder of Galactic Smarties, will talk about adaptive fire alarm equipment. Members of the Collaborative will share stories about how they have developed adaptive emergency plans. We will also have samples of "To Go Bags" that families and professionals could use as a tool to calm an individual during an emergency. RSVP to emailacbc@gmail.com.

DDS 101*Family Empowerment**November 12, 2019, 6:00 p.m. —8:00 p.m.**41 Russell Street, Hadley**RSVP: michelle.mendes@pathlightgroup.org*

This FREE workshop will focus on DDS Self-Direction services (how do self-direction principles apply to planning), Family Support services (what can Family Support provide to my family and what are the limitations) and Autism services (what support is available and how do I access it). Review the [flyer](#) for more information.

Northampton Pediatrics Parenting Workshops*Northampton Pediatrics**Sundays, 4:00 p.m. —6:30 p.m.**193 Locust Street, Northampton**RSVP: 413-517-2226 or email contactus@napeds.com*

November 10: Striking the Right Balance—How to Make Healthy Eating and Exercise a Part of your Busy Life with Jennifer Allen, Director of Wellness & Community Engagement at the Hampshire Regional YMCA and pediatrician, Kristen Deschene MD

December 1: When Worrying Takes Over—Managing Anxiety in your Child or Teen with Sharon Saline, PsyD and Jonathan Schwab, MD.

WORKSHOPS/TRAININGS

Challenging Behaviors*Family Empowerment**December 10, 2019, 6:00 p.m. —8:00 p.m.**41 Russell Street, Hadley**RSVP: michelle.mendes@pathlightgroup.org*

Challenging behaviors are often difficult to interpret. This FREE workshop helps you find the behavior's source and establish reactions on your part that might elicit a better outcome. Autism Connections' Rhonda Setkewich leads this discussion and presentation.

MFOFC Family Leadership Series*Application deadline is November 3, 2019. Space is limited!*

The 2020 Family Leadership Series focuses on supporting families to advocate for their family member with disabilities to live in their communities as naturally and typically as desired. Training sessions take place from February –May in Holyoke, with one session at the Statehouse. Applications from adult family members of people with disabilities who are Department of Developmental Services eligible are encouraged.

Families who have completed the series have had a tremendous impact on systems change for families and individuals with disabilities in Massachusetts. Family members have been active in policy and decision making locally, regionally and statewide and some have decided to do legislative advocacy work. Some families have been involved in community organizing and advocacy on a local level. Others have used their new talents and skills to create change for their child with a disability and/or their families. Visit **MFOFC** for complete information about the training.

SUN

MON

TUES

WEDS

AUTISM CONNECTIONS
CALENDAR:
NOVEMBER 2019



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4

5

ACBC Quarterly Meeting
8:00—11:30
It's an Emergency!
Preparing for an emergency for a person with autism
Lenox Memorial Middle and High School, Lenox MA

Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

6

Social Skills Gym Class
Autism Connections
Pittsfield, 4:00pm-5:00pm

10

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Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

DDS 101 Workshop
Family Empowerment
41 Russell Street
Hadley, 6:00pm—8:00pm

13

Social Skills Gym Class
Autism Connections
Pittsfield, 4:00pm-5:00pm

Autism Connections Parent Support Group
5:30pm-7:30pm, Holyoke
CALL FOR INFO: 413-529-2428

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Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

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Free Community Yoga
Autism Connections
Pittsfield, 4:00pm -5:00pm

Social Skills Gym Class
Autism Connections
Pittsfield, 4:00pm-5:00pm

Asperger's Support Group
Autism Connections
Pittsfield, 5:00pm-6:00pm

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Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

27

Free Community Yoga
Autism Connections
Pittsfield, 4:00pm -5:00pm



THURS

FRI

SAT

Teen Group
5:30pm-7:00pm,
Meet at Autism Connections,
Pittsfield Office and proceed
to community activities

1

2

Pathlight Job Fair
101 Munson, St.
Greenfield, 9-4

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Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

Free Community Swim
Gladys Allen Brigham Center
Pittsfield, 6:00pm—7:00pm

Teen Group
5:30pm-7:00pm,
Meet at Autism Connections,
Pittsfield Office and proceed
to community activities

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**Pathlight's
Let's Dance!**
6:30 p.m.
Sheraton Springfield
Monarch Place

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Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

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Free Community Swim
Gladys Allen Brigham Center
Pittsfield, 6:00pm—7:00pm

Teen Group
5:30pm-7:00pm,
Meet at Autism Connections,
Pittsfield Office and proceed
to community activities

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Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

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Free Community Swim
Gladys Allen Brigham Center
Pittsfield, 6:00pm—7:00pm

Teen Group
5:30pm-7:00pm,
Meet at Autism Connections,
Pittsfield Office and proceed
to community activities

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Potluck Social
6:30pm-8:30pm
Milestones, 41 Russel St.
Hadley

Navigating Social Nuances
Autism Connections
Pittsfield, 4:00pm—6:00pm

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Free Community Swim
Gladys Allen Brigham Center
Pittsfield, 6:00pm—7:00pm

Teen Group
5:30pm-7:00pm,
Meet at Autism Connections,
Pittsfield Office and proceed
to community activities

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UPCOMING EVENTS

December

12/6/20
*Autism Connections'
Holiday Party, Easthampton*

12/10/20
*Challenging Behaviors
Workshop, Hadley*

February

2/29/20
*Challenging Behaviors
Workshop, Hadley*

March

3/6/20
*ACBC Professional
Development: CIP in Lee*

April

4/2/20
*30th Annual Autism
Conference*

EVENTS & CLASSES

Conferences

New England Inclusion Summit 2019:

Facing isolation in our communities

November 10, 2019, 9:30 a.m. – 6:30 p.m.

The Campus @ 384 Harvard Street, Brookline

New England Yachad, in partnership with The Ruderman Family Foundation Presents the Inclusion Summit. The one-day conference will gather organizations, local leaders and members of the community to discuss how we can create inclusive environments, for people of all abilities and all ages (kids, adults, seniors), that break down isolation and loneliness and create real friendships through recreation and social activities. Visit the [event site](#) for more information.

Autism in the Workplace

November 13, 2019, 3:00 p.m. —5:30 p.m.

Ruth's Chris Steak House, 45 School Street, Boston

Learn how [CAI](#) Autism2Work and local organizations are breaking down the barriers and hiring talented individuals on the autism spectrum.

Gain actionable strategies to build an autism to work program, learn best practices for hiring adults on the autism spectrum, and network with other organizations interested in diversity and inclusion programs. Visit the facebook [event](#) and RSVP to the [event site](#).

The Arc of Massachusetts 2019 Transition Conference: Charting the Life Course during transition years

Saturday, November 16, 2019

College of the Holy Cross, Worcester, MA, Fee based,

[Register and workshops](#)

This full day conference will feature the [LifeCourse Frameworks and Tools](#) from the Institute for Human Development at the University of Missouri at Kansas City. Co-founder and parent Jane St. John will lead us through the frameworks and tools to use in transition planning. The conference will also welcome families of teens and adults ages 12-26.

Conferences

AANE 2019 Daniel W Rosenn Connection Conference

November 16, 2019, 8:00 a.m. —4:30 p.m.

Best Western Royal Plaza Hotel & Trade Center

181 Boston Post Rd. W, Marlborough, MA 01752

[REGISTER](#) and information, FEE based

This conference is for adults on the spectrum, parents, and professionals, and will include:

- 14 breakout sessions / 2 workshops options
- Continuing education credits for professionals
- Information tables highlighting local community resources and programs
- Opportunities to connect and network

RTSC's 8th Annual Making a Difference Conference for SESP, Foster/Adoptive and Kinship Caregivers & Professional Partners

November 19, 2019, 8:00 a.m. – 4:00 p.m.

Best Western Royal Plaza Hotel & Trade Center

181 Boston Post Rd. W, Marlborough, MA 01752

[REGISTER](#) and information, FEE based

Making a Difference is RTSC's annual statewide conference that presents a range of topics related to the education and support of some of the most vulnerable students in the state. The theme this year is *Navigating the Special Education Process with a Trauma Lens*. This conference provides a unique opportunity for attendees to learn and network with each other, child welfare professionals, and RTSC staff. It also provides an opportunity for us to acknowledge and show appreciation for dedicated support provided by our SESP (Special Education Surrogate Parents) volunteers and others.

Planning a Life, Transition

December 6, 2019, 8:30 a.m. —4:00 p.m.

Merrimac Public Library, 86 West Main Street

Merrimac, MA, [REGISTER](#) and information, FEE based

This is a one-day conference that offers transition-related information and resources for families, educators, and professionals who work with students that have IEPs. The one-day intensive conference is a condensed version of the regular two-day conference.

Webinar

AANE: Neuropsychological Evaluations for Neurodiverse Individuals

November 20, 2019, 10:00 a.m. –11:30 a.m., \$25
[REGISTER](#) and more information

Participants will learn when is the “right time” to request a neuropsychological evaluation and how results from a neuropsychological evaluation are used to support neurodiverse individuals at school, at work, and at home.

Sensory-friendly

Special Needs Ministry, Holiday Book Reading, Free

December 7, 2019, 1:00 p.m. – 3:00 p.m.
 First Congregational Church, 306 Chicopee St., Chicopee

Sensory story time with local children’s author Cheryl Malandrino. Cheryl will be reading her book, Christmas Kindness. This book is geared for ages 4 through 8. For more information visit [here](#).

A Christmas Story

December 7, 2019, 2:00 p.m.
 Theater at the Mount, Mount Wachusett Community College, \$10

Whereas other public performances might frown upon a lot of movement or loud reactions, it will be fully embraced and supported during this performance. More information [here](#).

The Nutcracker, Pioneer Valley Ballet

December 13, 2019, Doors open at 3:30 p.m.
 Academy of Music Theater, 274 Main St., Northampton
 Tickets \$20 plus fees

Family Friendly/Sensory Safe Nutcracker – Join Clara as she battles the Rat King to save the Nutcracker Prince, then travel through the enchanted Snow Forest and beautiful Kingdom of Sweets. More info and tickets [here](#).

Family and community events

Thanksgiving Potluck

Tuesday, November 19, 2019, 5:30 p.m.-7:00 p.m.
 Bridge Family Resource Center, 101 University Dr, A3

Please bring a special dish to share with the group. Contact Anne Barnes at 413-549-0297 x 6566 for info.

Festival of Trees 2019: Heroes Preview Party

Friday, November 15, 2019, 5:30 p.m.-7:30 p.m.
 Berkshire Museum, 39 South St., Pittsfield
[RESERVE TICKETS](#) and more info

A celebration of those who inspire us featuring more than 100 dazzling, decorated holiday trees. The Festival is on view from November 16, 2019—January 5, 2020. [More](#)

Young Adults

Potluck Social/Video Game nights, FREE

November 22, Milestones, 41 Russell Street, Hadley
 6:30 p.m.-8:30 p.m., (all ages)

Music, food, karaoke and video games. Call 413-585-8010 for more information.

Winter Party, FREE

December 6, Milestones, 41 Russell Street, Hadley, 6:30 p.m.-8:30 p.m., (all ages)

Fun and fancy clothes (semi-formal attire) are encouraged! Music, dancing and gaming. Call 413-585-8010 for more information.

Milestones, 41 Russell St., Hadley, MA

Recreational programs for young adults. See catalog [here](#).

Children and Teen Activities

Whole Children, 41 Russell St., Hadley, MA

Recreational programs for children and teens. Fall session starts September 30. See catalog [here](#).

Additional activity resources

Springfield JCC, Springfield: social and recreational enrichment programs for children/teens/adults with social challenges, cognitive delays, and physical limitations.

CHD: adaptive recreational opportunities in the greater Springfield area. View calendar [here](#).

CSO: The Bridge Family Resource Center: [Amherst calendar](#) for November.

413 Mom: [November calendar](#)

AANE: The Asperger/Autism Network: [November Calendar](#)

SUPPORT GROUPS

GROUP NAME	GROUP DESCRIPTION	MEETING DETAILS	CONTACT/MORE INFO
AMHERST			
Clinical & Support Options (CSO) Parent Support Group	For parents of children/youth with high functioning autism (Asperger's). Come share your experience, learn about resources, and hear from experts in the field. Childcare available. This is a parent led support group.	1st Saturday of the month 10:00am-11:30am Bridge Family Resource Center 101 University Dr, Suite A3, Amherst	Group meets on Saturdays. Childcare available, refreshments served. Please call 413.549.0297 x6501 with questions.
ATHOL			
Autism Caregiver's Support Group	This is a monthly support group for parents, caregivers, grandparents and siblings of autistic children. RSVP is required.	4th Sunday of the month, 6:00pm-8:00pm, Athol Memorial Hospital, The Hillis Board Room 2033 Main St., Athol	Please contact Amanda Gallant at Amanda.gallant@heywood.org with questions or to RSVP.978-257-5143
North Quabbin Caregiver's Resource Group	A caregiver's self- facilitated gathering to engage conversation, share resources and ideas, and network. The group is free, and open to any caregiver who supports a person with intellectual or developmental disabilities	3rd Wednesday of the month, 6:00pm-7:30pm, United ARC, 361 Main Street	Refreshments will be provided. RSVP is not required, but is helpful for planning purposes. Call Alice Young at 413-774-5558, x1047.
CHICOPEE			
HOPE Autism Support Group	This group is designed for parents and caregivers of family members on the autism spectrum to meet and talk with others that are on the same journey in a positive and confidential environment.	Group meets on the 2nd Friday of each month. .	For more information or to RSVP, please contact Cathy at camorgado@verizon.net .
GREENFIELD			
Special Needs Family Alliance	This support group is a new, very committed and welcoming group for anyone who is caring for a loved one with a disability, no matter the age. The group's goal is providing support, advocacy, education and resources	3rd Thursday of each month, 10:00am. Pathlight Office, Greenfield Corporate Center, 101 Munson St., Greenfield	For more information please call or email Caroline Wenck at 413-585-8010 x122 or carolinewenck@pathlightgroup.org
HOLYOKE			
Autism Connections Western MA Support Group	This support group is open to all family members of children and young adults with autism. The group is designed for parents and other caregivers to come together for support and to share information.	2nd Wednesday of the month 5:30pm-7:30pm MCS 260 Westfield Road, Holyoke	Email Linda Manning at wynne92@aol.com for RSVP and more info. Childcare is offered and requires a reservation one week in advance. 413.529.2428.
Parent/Professional Advocacy League	Moving Forward: Our Journey. A group for empowering families through transition planning.	Please contact PPAL for locations and times.	For more information visit www.ppal.net
Rainbow Support Group of Western Mass.	This group provides support and info to individuals with intellectual challenges who identify as gay, lesbian, bisexual, transgender or those who are questioning.	Fourth Wednesday of the month. Western Mass Training Consortium 187 High Street, Suite 2303, Holyoke	For more information, call Ness at 413-997-4205 or emailed at nbellini@wmtcinfo.org .
Leadership Through Advocacy (LTA)	Come have your voice heard, learn and develop skills to speak up for yourself, grow individually and make the world better by participating in legislative advocacy.	First and third Wednesday of the month, Holyoke Community College, Frost 309 5:30-7:30pm	For more information, call Ness at 413-997-4205 or emailed at nbellini@wmtcinfo.org
LENOX			
Parents/adult family members of adults on the spectrum (AANE)	This parents of adults support group series is designed for parents/adult family members of adults with Asperger/autism profiles. Through this group, parents can build an ongoing connection with a small community of other parents to create an environment where parents of adults can ask questions, voice their concerns and frustrations, and acknowledge hard-won victories. Space is limited and registration closes on October 1.	1st Thursday of the month 6:30pm-8:00pm Office of Liz Roberts, 69 Church Street, Suite 4, Lenox Fee for all 10 sessions is \$120, 2nd person \$60.	Register and find more information here or email Stephanie.Birkdale@aane.org with questions.

GROUP NAME	GROUP DESCRIPTION	MEETING DETAILS	CONTACT/MORE INFO
NORTHAMPTON			
Valley ADHD Parent Support Group	This group is for parents and caregivers to receive ADHD information and support. It is a place where you can be heard and not be judged.	First Monday of the month, 6:30-8:00pm Northampton Area Pediatrics 193 Locust St.	For more information call 413-584-8700 x226
Northampton Women's Drop-In Support Group	Support group for women with Autism, ages 18+. This free group is being offered by the Asperger/Autism Network (AANE).	Second Monday the month, Forbes Library, 20 West Street, Next dates 11/4/2019, 12/9/2019, 1/13/2020	For more information or to join this group, contact Stephanie Birkdale at stephanie.birkdale@aane.org .
Wire Monkey Mama's Coffee Club	A bi-weekly meetup and solidarity circle like grand, step, foster, and any mama who cares for a child.	Every other Monday evening 6:00pm-7:00pm, 1 Market Street,	At The Roost in Northampton. For more information, text Yoshi at 413-347-2517
PITTSFIELD			
Asperger's Support Group of the Berkshires	This group is for individuals with Asperger's syndrome to come together and offer friendship, fellowship and support.	Wednesdays, 5:00pm-6:30pm Group will meet in various locations.	Please contact Elizabeth Flaherty at 443.4780 x16 or Elizabeth.Flaherty@pathlightgroup.org to RSVP.
Berkshire Teen Group	This group is for teens and young adults who live in Berkshire County and are on the autism spectrum. The group meets regularly for conversation and community based activities.	Will meet regularly, every other Friday evening, throughout the community.	Please contact Kelly Summers at Kelly.summers@pathlightgroup.org or 413.529.2428 x121 for monthly group schedule and outing details.
SPRINGFIELD			
Impact Center Support Group	A monthly support group for parents and caregivers of youths' with social/emotional/behavioral challenges. El Support Network en colaboración con Gandara ofrece un grupo de apoyo mensual para padres y cuidadores de jóvenes con problemas sociales / emocionales y de	English Group: 1st Friday of the month 12pm-1:30pm Grupo Español-Y el tercer Viernes de 10am-11:30am 41 Taylor Street, Springfield	For information and to RSVP, please contact Cynthia Santiago at csantiago@wmtcinfo.org or 413-218-5055 Informacion de RSVP: Cynthia Santiago at csantiago@wmtcinfo.org
Self Advocacy Network (SAN)	Come have your voice heard, learn and develop skills to speak up for yourself, grow individually and make the world better by participating in legislative advocacy.	2 nd and 4 th Monday of every month, 11 Wilbraham Rd, 2 nd floor in the SC@N 360 Conference room, 5:30pm-7:30Ppm	For more information, call Ness at 413-997-4205 or emailed at nbellini@wmtcinfo.org
WESTFIELD			
Support Group for Adults with Asperger's Syndrome	This group is an opportunity for support and discussion among adults on the autism spectrum. We provide a "safe space" and as such are not recommended for friends and family members except in a support role.	Building Autistic Community, Inc 507 Southampton Road #1	For more information, contact the group at info@bacautism.org or call BAC at 413.359.0222.
WILLIAMSBURG			
Support Group for Adults with Asperger's Syndrome	This group is an opportunity for support and discussion among adults on the spectrum. We provide a "safe space" so this is not recommended for friends and family members except in a support role.	Building Autistic Community, Inc. 507 Southampton Road #1 Westfield, MA	For more information, contact the group at info@bacautism.org or call BAC at 413.359.0222.

ONLINE SUPPORT GROUPS

GROUP NAME	GROUP DESCRIPTION	DATES/TIMES
Online Healthy Relationships Support Group Series	In this group, post high school adults (18-35 years old) will share stories about the ups and downs of relationships, including the unique challenges of navigating relationships when one is on the spectrum. First Sunday of the month.	11/3, 12/1, 1/12, 2/9, 3/8, 4/5, 5/3 7:00 pm—8:30 p.m. INFO

Please confirm group information with the contact person before attending any group for the first time as information may change.

Autism Connections
A Program of Pathlight, Inc.
116 Pleasant Street, Suite 366
Easthampton, MA 01027

RETURN SERVICE REQUESTED



New Zealand

2019 November Edition

Community Connection

Autism Connections: a Pathlight program

Newsletter

Save the Date for a Berkshire Autism Initiative Fundraiser!

Just as we are emerging from winter, join us on February 29, 2020 at Berkshire Hills

County Club at 7:00 p.m. We will warm up and say goodbye to the heart of winter to the tunes of "America's Dance Band" **The Heartbeats!** Stay tuned for details about sponsorship opportunities and ticket information. We hope to see you there and dance the night away!



Otto's Kitchen Comfort in Pittsfield

Thank you to Otto's Kitchen and Comfort for holding a benefit "Burger Friday for Autism Connections" on September 20. We appreciate the community connection and awareness that was created, and of course the funds that were donated!



Pittsfield Elks Lodge #272



Deb Cobb and the Elks Lodge in Pittsfield chose Autism Connections as the beneficiary of their recent fundraiser. Thank you so much for thinking of us, and thank you to Erica Donovan, our Berkshire Program Manager for all of her hard work in making community connections!

♥ Thank you to our amazing supporters ♥