

**New
Location**



Parent Connect Warrandyte

Five week group for Mums with
children newly diagnosed with Autism

**EXPLORING DIAGNOSIS, CHANGE,
RELATIONSHIPS, EVERYDAY LIFE
CHALLENGES, STRENGTHS, BOUNDARIES,
SELF ESTEEM & SELF CARE**

**MONDAY 4 FEB
MONDAY 11 FEB
MONDAY 18 FEB
MONDAY 25 FEB
MONDAY 4 MARCH**

TIME: 10AM-12 NOON @ WARRANDYTE COMMUNITY

CHURCH, 57 YARRA ST

FACILITATED BY CHARLINDA PARSONS, OCCUPATIONAL THERAPIST

**To request an Expression of Interest form,
please email info@spectrumjourneys.org.au**

**AS THIS IS A SERIES,
ATTENDANCE IS REQUIRED AT
ALL SESSIONS**

**THIS GROUP HAS
BEEN SUPPORTED
BY:**

Warrandyte
Community Bank Branch

 **Bendigo Bank**

**HURSTBRIDGE
OUTREACH
PROGRAM**



ADVOCACY & PARENT SUPPORT PROGRAM

**For Parents of Children on the Autism
Spectrum**

**This program consists of 5 sessions and is designed for
Parents of children 12 years and younger on the Autism
Spectrum**

Session topics will include:

What is Advocacy, building partnerships, working well
with teachers & schools and attending school meetings


*Places are limited & only available to parents of children with Autism.
Attendance is required at all sessions of this series.*

**Commencing: Monday 11th February 2019
(following sessions - 18/2, 25/2, 4/3, 18/3)**

10am-11:30am Hurstbridge Community Hub

**To register, please email carlyh@spectrumjourneys.org.au
for an expression of interest form**

**PROUDLY
SUPPORTED BY:**

Hurstbridge, Diamond Creek, Eltham,
Doreen & Mernda **Community Bank**[®]
branches and Kinglake branch
 **Bendigo Bank**

Introducing Pathological Demand Avoidance



Embrace · Equip · Empower

Pathological Demand Avoidance (PDA) is a diagnostic subgroup of the Autism Spectrum first suggested by researcher and clinician Dr Elizabeth Newson in the 1980s. While PDA is now clearly affirmed by the UK's National Autism Society and recently referred to by Australia's own Autism Clinical Research Centre, it is yet to be recognized world-wide. Whenever a new categorisation is suggested, it is only natural that it sparks critical debate amongst professionals. But what has driven this category has clearly come from a gap in knowledge, identified by families for whom the ASD label for their child, just "doesn't quite fit".

The drive for new diagnostic labels should never be the "final step", but rather a new name means a new approach - one that serves to include what is valuable, while excluding what is pointless at best, or harmful at worst. This is the over-riding message from the lead researchers and advocates for PDA in the UK. This seminar is open to anyone wanting to know more about PDA.

This Workshop includes:

- An overview of the rationale for considering PDA;
- The diagnostic criteria;
- Understanding the underlying mechanisms;
- The reported impact on families; and
- What professionals currently know works.



This workshop has been supported by the Valley Group of Bendigo Bank Community Branches

Presenter: Sonia Street, Psychologist

Date: Tuesday 22nd January 2019

Time: 7pm – 9pm Doors open at 6:30pm for registrations

Price: \$15 for Parents/Carers
\$20 for Professionals
All Professionals receive a Certificate of Participation

Location: Gallienne Room, Eltham Community & Reception Centre

To book your ticket: <https://www.eventbrite.com/e/pathological-demand-avoidance-tickets-52074381878>

Spectrum Journeys Inc is a not for profit community service that aims to equip & encourage early childhood educators, teachers, future professionals & families as they support children on the Autism Spectrum to flourish. For more information, see Spectrum Journeys Inc on Facebook or visit our website

Inc. No: A0058931G ABN: 90282551903 DRG Donation Approved Address: 15/286-288 Maroondah Hwy, Chirnside Park VIC 3116

www.spectrumjourneys.org.au

Understanding Challenging Behaviour in the Classroom Workshop



Are you a Teacher, Integration Aide, studying teaching or someone who is keen to learn more about supporting children with Autism in your classroom?

This engaging and practical workshop for Primary Teachers, new Graduates and Education Support Staff will provide you with strategies for the classroom. This workshop will include:

- Understanding challenging behaviours and possible triggers
- Communication and behavioural strategies to enhance learning
- Classroom strategies
- Confidentiality and collaboration to support a child
- Practical Strategies
- Question time

Presenter: Sonia Street, Psychologist

Date: Wednesday 23rd January 2019

Time: 9:30am – 12:45pm Doors open at 9:10am for registrations

Price: \$50 inc GST
Certificate of Participation included

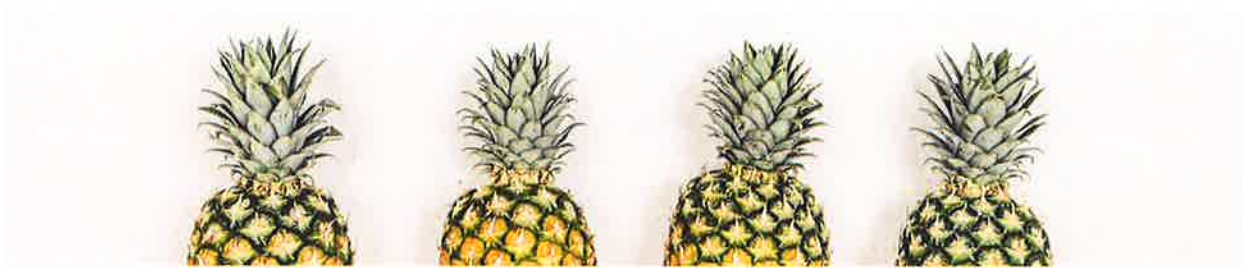
Location: Mooroolbark Salvation Army – 305 Manchester Road, Mooroolbark 3138

To book your ticket: <https://www.eventbrite.com/e/understanding-challenging-behaviour-in-the-classroom-tickets-52376754282>

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New Address: 15/286-288 Maroondah Hwy, Chirnside Park VIC 3116

www.spectrumjourneys.org.au



Fussy Eaters Workshop



This workshop is for **parents and carers** who are keen to hear practical strategies, ideas and encouragement on supporting your child to learn how to eat and to overcome fussy eating. Presented by Charlinda Parsons, Occupational Therapist and Alicia Frost, Occupational Therapist, you will gain ideas and practical strategies to try with your child.

This workshop will explore:

- Managing food restrictions e.g. white diet
- Setting up successful family meal times
- Practical strategies for introducing new foods
- Understanding the steps to eating
- Understanding why your child is a fussy eater

Presenters: Charlinda Parsons and Alicia Frost
Occupational Therapists

Date: Saturday 16th February 2019

Time: 9:30am – 11:30am with doors open from 9:10am

Price: \$25 including GST

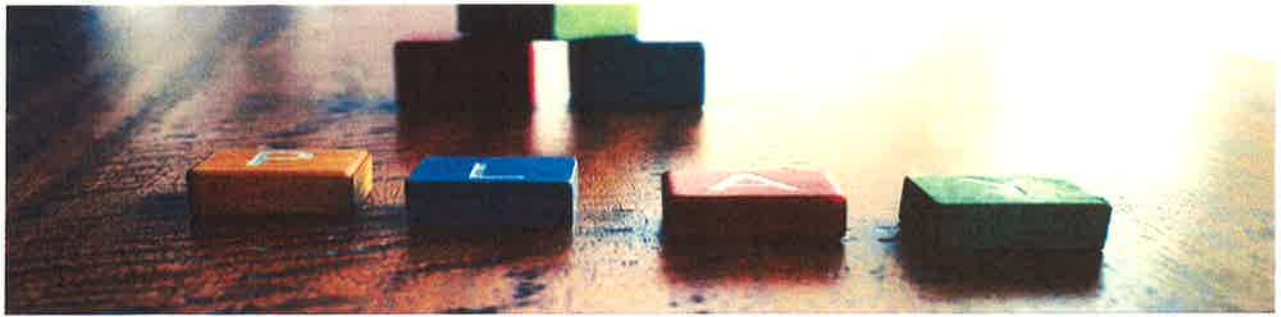
Location: Mooroolbark Salvation Army Corps – 305 Manchester Road Mooroolbark

To book your ticket: <https://www.eventbrite.com/e/fussy-eaters-workshop-tickets-52458591058>

www.spectrumjourneys.org.au

Subscribe to the SJI Newsletter for Workshop Updates

<https://spectrumjourneys.org.au/contact>



Warrandyte Thriving Families Workshop

This workshop is for **parents and carers** who are keen to hear practical strategies, ideas and encouragement on supporting your family to thrive.



For many families, home is far from a haven from the rush of life. Instead, it's a war zone where parents are stretched and often pushed to breaking point. This leaves many parenting to survive rather than parenting to make their household thrive. Join Paediatric Occupational Therapist, Hannah Gamble as we explore keys to establishing a positive family culture in your home. Thriving Families is for all and includes strategies to support siblings of children with additional needs.

This workshop will explore the ingredients of love, affirmation, and boundaries. You will learn how to parent from your value system, create a calm home environment, foster an attitude of gratitude in your kids, develop family rituals, nurture your own needs, integrate sensory support into each day and much more.

Presenter: Hannah Gamble, Paediatric Occupational Therapist
Thrive Occupational Therapy for Kids

Date: Tuesday 19th March 2019

Time: 7pm – 9pm with doors open from 6:30pm

Price: \$15 including GST (tickets only available online and not at the door)

Location: Warrandyte Community Church, 57 Yarra Street Warrandyte

To book your ticket: <https://www.eventbrite.com/e/warrandyte-thriving-families-workshop-tickets-53370370214>

www.spectrumjourneys.org.au

*For more details, visit the Spectrum Journeys
Facebook Page and join the Thriving Families Event
Page for updates*



*This workshop has been generously supported by the
Warrandyte Community Branch of Bendigo Bank*