

Fall 2013 Parent to Parent:  
A Small Group Discussion Series for Mid-Journey Parents  
of Kids on the Spectrum (at least 2 years beyond initial diagnosis)

An opportunity to:

- build friendships and extend your support network
- gain information and resources from fellow parents
- help others by sharing your experience

Selected topics will include:

- Got Guilt?
- Isolation and Connection
- Coping with chronic grief; anti-misery planning
- Fostering my child's independence
- How and when do I tell my child about his/her ASD?
- Impact on self-image/life goals; cultivating an identity separate from "ASD parent"
- Impact of ASD on marriage
- Sibling Challenges

"Having the chance to interact with other parents who are in similar situations, to share experiences and receive practical help, can be of tremendous value."

- Stanley Greenspan, M.D.

Facilitator Bio

Elisa Hartman is the parent of a thirteen year old son with autism, first diagnosed at age two. She has designed and led small group parent discussions for the Kennedy Krieger Early Achievements Program and the BCPS Let's Grow Program. Ms. Hartman has Masters degrees from Brown University and Stanford University and worked as an educator in California for ten years before moving to Baltimore. She is currently the Vice Chair for Baltimore County SECAC and serves as a Court Appointed Special Advocate (CASA) for Baltimore County children.

Up to \$100.00 reimbursement is available to members of the Autism Society of Baltimore-Chesapeake following the completion of the series. For information on becoming a member, visit [www.baltimoreautismsociety.org](http://www.baltimoreautismsociety.org) or call 410-655-7933.

**When/Where:** Six Saturday mornings from 10:15-11:45 a.m., Sept. 7 & 21, Oct. 5 & 19, and Nov. 2 & 16 at VINES, 8600 LaSalle Road, Potomac Suite 107, Towson 21286

**Size:** Group limited to 7 participants

**Cost:** \$120.00, due at 1<sup>st</sup> meeting. A portion of the proceeds to be donated to the ASBC.

**How do I sign up?** To register, please contact Elisa Hartman at [ekhartman@aol.com](mailto:ekhartman@aol.com). All questions welcomed. Groups held twice yearly with ongoing open registration.