



Saturday Parent Workshops

(Includes a program for kids ages 3 – 13)

6940 S. Holly Circle #107 | Centennial, CO 80112 | 303-773-3960 | www.connectusnow.org

Introducing: The Social Diet®

- Does your child struggle to fit in with peers?
- Does he/she miss out on parties and playdates?
- Does your child complain about not having friends?

This workshop provides an innovative approach and solutions to improving your children's social and emotional well-being.

- Gain new insights into helping your child become more socially connected and emotionally regulated.
- Learn the techniques for teaching your child "how to be" before teaching them 'how to do'.
- Discover new ways to communicate that promote problem-solving, flexibility and self-motivation.
- Acquire new tools for setting limits and boundaries
- Leave empowered and inspired to practice what you learned the moment you get home!

You'll learn techniques from the speaker and then break out into smaller discussion groups (based on age of children) and learn from other parents.

"Evolutionary, paradigm-shifting, mind-blowing and life changing!"

L. Parker, Parent

"Eye opening; breathtaking, shifting the focus from 'what should my child do', to 'what should I be doing'."

V. Sampson, Parent



Presenter: Dr. Stacy Goresko has been a certified autism consultant for the past 20 years and a personal coach since 2010. She has a Ph.D. in sociolinguistics and has presented her work nationally, as a speaker, trainer and educator. She is also the mother of two teenagers, including one on the autism spectrum.

Dr. Goresko's area of expertise is face-to-face verbal and non-verbal behavior and communication. She believes that a promising way to address social deficits is to create a *social diet* for each individual. In this workshop series, she'll present her pioneering work (soon to be book), **The Social Diet®**.

Held on the 1st Saturday in April-June

(Apr. 7th, May 5th, & Jun. 2nd)

9:00 a.m. – 12:00 p.m.

**The Arc of Arapahoe & Douglas
6538 S. Racine Circle
Centennial, CO 80111**

DENVER COUNTY RESIDENTS:

Thanks to a generous grant from RMHS, registration for each workshop is only **\$10 per family**.

Register for all 3 workshops up front for the discounted price of \$20 per family.

NON-DENVER COUNTY RESIDENTS:

Registration for each workshop is \$20 per family.

Register for all 3 workshops up front for the discounted price of \$40 per family.

Scholarships available, contact emily@connectusnow.org

Workshop is designed for adult family members or care-takers of children struggling with social and emotional skills. This includes children with ADHD, HFA, sensory, learning or other developmental challenges.

Kids ages 3-13 will join their peers in age-based groups led by our playful and fun-loving facilitators. They'll enjoy physical, creative and collaborative play in a friendly and nurturing environment.

Register online:

www.connectusnow.org/the-social-diet

Any questions? Contact Emily:

emily@connectusnow.org

or call (303) 773-3960.

Registration deadline will be 72 hours before each workshop.