

The Autism Programs

Family Compass Program

Seeking a Future Direction

April 12, 2018

New! Family Compass Program

The Family Compass Program will promote wellness activities and strategies, family partnerships, and non-judgmental social support to parents with individuals with Autism Spectrum Disorder. The intent is for parents to recognize that through wellness activities, their stress may be reduced making them more effective caregivers for their loved ones with special needs.

What? As part of the Family Compass Program, The Autism Programs will host a presentation on mindfulness by Michelle DuVal, MA, from The Mindful Center and a facilitated lunch discussion for parents to focus on their own wellness.

Where? This presentation will take place during the Imagine Autism Conference in 2018 at the Isleta Resort and Casino.

When? Thursday, April 12, 2018 from 10:00 AM to 1:00 PM

Who can participate? This presentation is specifically for parents of children with Autism Spectrum Disorder of all ages.

Why? Wellness for caregivers can reduce family stress and positively affect the entire family.

REGISTRATION IS NOW AVAILABLE!

<https://www.cdd.unm.edu/autism/programs/imagine.html>

What to do now:

1. [If you are attending the Imagine conference, you will still need to register for this program in order to attend but you will not be charged an additional fee.](#)
2. If you are unable to attend the Imagine Conference, you can participate in Family Compass (Mindfulness class and lunch) by paying \$15 and registering here:
3. Registration deadline for Family Compass is April 2, 2018. **Limited Space– Register Early.** There is no onsite registration for Family Compass.

If you have questions or need additional information, you can call 505-272-1852.