



The Autism Programs

Teen/Young Adult Sibling Compass

The Teen/Young Adult Sibling Compass Program will promote wellness activities and strategies, sibling connections, and non-judgmental social support to siblings with individuals with Autism Spectrum Disorder. The intent is for siblings feel support from other siblings and gain tools for self-care.

What? As part of the Teen/Young Adult Sibling Compass Program, The Autism Programs will host a presentation on mindfulness by Claudio Barrientos, from The Mindful Center, and a facilitated dinner discussion about the sibling experience

Where? This presentation will take place at the *Flying Star Conference Room, 10700 Corrales Rd NW, Albuquerque, NM 87114*

When? February 11, 2019 from 5:00 PM to 8:00 PM

Who can participate? This presentation is specifically for teen/young adult (14-26 y/o) siblings of people with Autism Spectrum Disorder

You can confirm your spot now!

What to do now:

1. If you are interested in attending the Sibling Compass and dinner, please send an email to Somer Wright at SDWright@salud.unm.edu. and include the following information:
 - All names of those attending
 - All attendees email and mailing addresses
 - Meal preference such as vegetarian, gluten free, etc

Confirmation **deadline** is for Sibling Compass is Thursday, February 7, 2019. **Limited Space– Confirm Early.**

For further information call: 505-274-2811
Or Email: Lisa Kalberg at lkalberg@salud.unm.edu