Sometimes it can feel like you are all alone...

*Need to talk but can’t attend one of the support groups? Look up "Autism Society of SE WI Group" and ask to join.*

Our groups offer supporters who understand what you are going through, giving you an outlet to interact, share your experiences and learn from others.

...we are here—you are not alone.

### Morning Coffee Parents’ Support Group

This is a time to share triumphs and frustrations while interacting with others who get the highs and lows of raising a child or supporting an adult on the Autism spectrum.

*Ida Winters is a parent of three boys, one who lives with autism spectrum disorder and two others who live with complex medical conditions. She serves as a Family Navigator and co-chair at The Next Step Clinic in Milwaukee. She is also a co-chair for the Milwaukee Coalition for Children's Mental Health (CCMH), and current LEND Trainee.*

### Parents’ Support Group

Join Lisa for camaraderie and conversation during a monthly gathering of parents and caregivers. Socialize and share while enjoying an hour of connection with others who truly understand. You may come away with new ideas and fresh perspectives!

*This group is facilitated by staff member Lisa Ridenour, MPH, who is a mother of three children, one who lives with autism spectrum disorder. She received her master's degree in public health from the Zilber School of Public Health with a focus on community and behavioral health promotion and is a staunch advocate in the community for those with special needs. Lisa is a long-time volunteer with Autism Society of Southeastern Wisconsin and has recently joined the team as Program Manager.*

### Parents of Spectrum Adults Support Group

Once your child is out of high school there is a whole new set of challenges that you face as a parent. Find the support you need with other parents who understand your journey.

**Details for the Parents of Spectrum Adults ZOOM Support Group Coming Soon.**

*Look up “ASSEW Parents of Adults” & ask to join.*

### Southeastern Wisconsin Autistic Navigators Support Group (SWAN)

Adults on the spectrum able to self-regulate/independently participate in activities without the assistance of a caretaker are welcome to attend. This group is ideal for those looking to meet people, practice social skills, and make connections with others in the adult Autism community. While not intended to be therapy, this group is a safe space for adults to engage and make connections.

*Zach Bella is a Ph.D. student in the school psychology program at the University of Wisconsin-Milwaukee. He has extensive research and clinical experience working with individuals on the Autism spectrum. Zach is passionate about being active in supporting the Greater Milwaukee community.*

### Café con Daysi—Latinos Unidos por Autismo Group

*This group is for all Spanish speaking parents, including parents of adults on the spectrum.*

(Conducted in Spanish) Join parents who are experiencing the strengths and struggles of raising a child with Autism. Come connect with others and have a place to share personal feelings and strategies. Learn about community resources that can help the family and receive support.

*This group is facilitated by Daysi Jiménez, parent representative on the Governor's Autism Council, clinical social worker in training, Autism Society SE WI employee, and proud Autism mom.*

*Look up “ASSEW Latinos Unidos por Autismo” & ask to join.*
## WHAT / WHERE / HOW TO REGISTER

### Morning Coffee Parents' Support Group

**VIRTUAL ZOOM**

Registration Required:
assew.org/morningcoffee
OR CALL 414-988-1260

### Parents' Support Group

**[VIRTUAL ZOOM - Listed in Teal]**

**[IN-PERSON - Listed in Plum - ASSEW Office]**

Registration Required:
assew.org/parentssupport
OR CALL 414-988-1260

### Parents of Spectrum Adults Support Group

**VIRTUAL ZOOM**

Registration Required:
assew.org/posasupport
OR CALL 414-988-1260

### Southeastern Wisconsin Autistic Navigators Support Group (SWAN)

**[VIRTUAL ZOOM - Listed in Teal]**

**[IN-PERSON - Listed in Plum - ASSEW Office]**

**REGISTRATION REQUIRED**
assew.org/SWAN
OR CALL 414-988-1276
OR EMAIL: swan@assew.org

### Café con Daysi

**Latinos Unidos por Autismo Group**

**[VIRTUAL ZOOM - Listed in Teal]**

**[IN-PERSON - Listed in Plum - ASSEW Office]**

Registration Required:
assew.org/spanishsupport
OR CALL 414-988-1273
OR EMAIL: Daysi@assew.org

### 24 Hour Support

**Facebook**

*Need to talk but can’t attend one of the support groups? Look up "Autism Society of SE WI Group" and ask to join.*

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### WHEN

#### First Thursday of the month.

9:30 - 11:30 a.m.

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#### Third Thursday of the month.

6:30 - 7:30 p.m.

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#### Fourth Thursday of the month.

3:00 - 5:00 p.m.

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If you have questions or would like more information, please call our office at 414-988-1260 or check our website calendar. Support groups are free of charge but do require registration. No child care available.

*Marketing Masters for Print/Program Flyers/Support Groups 2422*