

ELS FOR AUTISM

Virtual Counseling Group

IDENTIFYING SELF-CARE TECHNIQUES FOR PARENTS OF INDIVIDUALS WITH ASD



Identifying Self-Care Techniques for Parents of Individuals with ASD is a virtual counseling group for parents to come together to share stories and experiences about their lives and identify strategies for their own self-care.

About

- Discuss topics in an open group format.
- Learn strategies to assist with your child's challenges.
- Explore coping techniques to help you and your child Connect with other parents.
- Gain insight from trained practitioners.

Group Facilitator: Doreen Cammarata, M.S., LMHC



Program Schedule

- Virtual Sessions via Telehealth (Zoom) from 9 AM- 10:15 AM
- Dates TBD

Who Can Attend?

Parents of individuals with ASD.

Registration Details

Interested participants will need to schedule a 30-minute intake and complete all required document before beginning the program. Participation in the group will be available on a first-come, first-served basis (up to 8 participants).

Fee-Based Program

For more information or to apply, contact:

Doreen Cammarata, M.S., LMHC

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