

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 autism spectrum disorder (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.

- 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 a trained practitioner.

Group Facilitator:

Doreen Cammarata, M.S., LMHC



Program Schedule

- **Location:** Virtual Sessions via Zoom
- **Time/Day:** Select Tuesdays from 12:15 - 1:00 pm
- **Dates:** 10/7/25, 10/14/25, 11/4/25, 11/11/25, 12/2/25, & 12/9/25

Who Can Attend?

Parents of individuals with autism who are Florida residents

Registration Details

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

Cost: \$300 for the series. To inquire about insurance coverage or financial assistance, please contact accounting@elsforautism.org

For more information or to apply, contact:

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