



## Judson Center Autism Connections-Oakland Spring 2009 Services

### Trainings and Special Events

#### Spring 2009 Services

- **The Specific Carbohydrate Diet (SCD) Presentation:** 7-9pm, \$5
  - "The Specific Carbohydrate Diet (SCD): Going Beyond GFCF for Better Results" Presented by Cheryl Steinberg
  - Tuesday, March 17th  
*The Specific Carbohydrate Diet (SCD) is a highly successful scientifically-based dietary healing protocol. This program has shown dramatic results and recovery from the exploding epidemics of autism, ADD, ADHD, Asperger's, learning challenges, digestive disorders, depression, asthma, and allergies. Participants will learn the best way to begin the transition to the SCD program. They will be given a full overview of what the food program entails and how to begin to implement it. Please RSVP to 248-837-2047.*
- **Babysitting Training Workshop:** Saturday, 10:00am-12:30pm, \$10
  - April 25th OR May 9th  
*Come and learn how to be the best babysitter for a child with autism! As the incidence of autism is on the rise, it is important for babysitters to be trained in the unique needs of children with ASD. This training is open to the general public.*
- **Biomedical Support Group:** 3rd Tuesday, 7-9pm, \$5
  - April 21st and May 19th  
*Many individuals have found biomedical interventions to be amongst the most helpful in lessening anxiety, increasing focus and overall well-being. Session goals are introductory level on a variety of topics for informational (not prescriptive) purposes. RSVPs required in advance by calling 248-837-2047. RSVPs will not be taken after noon of the day preceding the lecture.*
- **GFCF Cooking Class:** 1st Tuesday, 7-8:30pm, \$25 per class plus \$10 for materials
  - May 5th and June 2nd  
*GFCF Cooking Class is designed for both individuals who are new to the diet or veterans just looking for new recipes! The primary focus of this group will be to assemble simple GFCF recipes and share cooking tips. Please bring 4 small containers to bring home samples.*

- **GFCF Shopping Trips:** Mondays, \$30/person

- Monday, April 6th: Whole Foods Rochester, 9:30-11am
- Monday, April 20th: Good Food Company East, 10-11:30am

*Thinking of starting the diet but concerned it is too limiting? Been doing the diet but need some new ideas? Join us for guided shopping! A twelve year veteran of the diet will walk you through local grocers, offer tips on school lunches, and be on hand for your specific questions. Space is limited.*

- **Nick Dubin & Talmer Shockley Book Signing:** 7pm, FREE

- Friday, May 15th

*Join authors Nick Dubin and Talmer Shockley as they present their new books! Both will give a brief talk and then do a brief book signing. Additional books will be available to purchase the night of the event.*

***Asperger Syndrome and Anxiety*** by Nick Dubin

*Many people suffer from feelings of stress and anxiety in their everyday lives. For people with Asperger Syndrome (AS), this stress can be particularly difficult to manage. On a daily basis people with AS must fit into a world that seems totally foreign to them and this can increase feelings of alienation and anxiety, making life's challenges especially hard to cope with. The first book on anxiety written specifically for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. As a person with AS who has struggled with feelings of anxiety and learnt how to overcome them, Nick Dubin shares his own tried and tested solutions along with up-to-date research on stress management for individuals with AS, including a chapter on Cognitive Behavioral Therapy (CBT). Dubin explores the key problem areas that can lead to anxiety for people with AS such as lack of social skills, difficulties establishing romantic relationships and uncertainty about employment. "Asperger Syndrome and Anxiety" provides real solutions to a common problem and is essential reading for anyone with AS who has trouble managing stress. The book will also be of interest to family members, teachers and other professionals working with individuals with AS.*

***The Love-Shy Guy Survival Guide*** by Talmer Shockley

*For many people, romantic and sexual relationships are complex and cause feelings of anxiety. For people who are love-shy, this anxiety is so overwhelming that it can make finding a partner feel like an impossible dream. Although relatively unrecognized, and therefore often undiagnosed, love-shyness is a condition which causes an intense phobia of romantic and sexual situations. This book is designed to help Love-Shys overcome this fear and allow themselves to meet, date, and eventually maintain romantic relationships with members of the opposite sex.*

- **ABA Training Workshop:** MORE DETAILS TO COME!

**New services are being added all the time! Please check our website for the most current information!**