

# Hope for the Holidays:

A Series of Ideas to help us Celebrate and not Stress over Winter Break



For more information and to register go to

<https://cyshcn.waisman.wisc.edu/hope-for-the-holidays/>



December 2  
12:00-12:45pm

## This is Supposed to be Fun! Navigating the Winter Holidays, Autism, and your Extended Family

It's supposed to be the "most magical time of the year," and yet, the combination of holiday expectations, having a child with autism, and navigating family relationships can lead to stress, worry, and disappointment.

Presented by Erin Thomson, LCSW

## Winter Break – Preparing for and Navigating Transitions and Changes in Routine

Breaks from school can involve various transitions and changes in routines.

Presented by Alyssa Walsh, licensed psychologist



December 9  
12:00-12:45pm

## Winter Break – Moving, Sensing and Feeling

Winter break and the holidays can be a fun-filled time- but for those with autism, this time can be challenging.

Presented by Jen Bluske, Occupational Therapist



December 16  
12:00-12:45pm

If you have any questions, please contact Sonja at 608-265-8955