

MGH Aspire Services Woburn SEPAC 2023

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MGH Aspire

www.mghaspire.org



Helping children, teens and adults on the autism spectrum achieve success.

- Program of MassGeneral Hospital and MassGeneral for Children.
- Supporting individuals with Asperger profiles in the areas of self-awareness, social competency and stress management.
- Multi-disciplinary approach in small, well-matched peer groups.
- Locations in Lexington, Newton and Westwood; and over 60 employer sites in the Metro-Boston area.

- Academic-Year Social Groups and Special Events
- Summer Programming
 - Teen summer programs (ages 14-18)
 - Adult summer groups (ages 18+)
- Parent Groups and Workshops, Parent Coaching
- College Coaching
- School Consultation and Professional Development
- **Aspire Works Internship Program**
- **Corporate Consultation**
 - **Neurodiversity Consultation, Trainings and Performance Coaching**
- **Career Coaching**


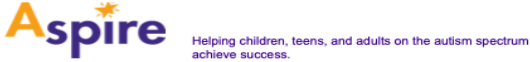
Summer Explorations

- Dates: 7/5/23-8/11/23
- Ages: 14-19
- Locations: Newton
- Curriculum: adulting, stress management, social competency, goal setting
- Activities: field trips, boating, ropes, cooking, group electives
- Travel training, money management, community living skills

Summer Transitions

- Dates: 7/5/23-8/11/23
- Ages: 16-22
- Locations: Lexington
- Curriculum: college exploration, adulting, stress management, social competency, goal setting
- Activities: work placement, field trips, group electives
- Work experience, adulting skills, college transition

- Individualized coaching service
- Students aged 14-22 years
 - *Pre-college students:* collaboratively work with teens and parents to set personal goals for college and explore programs supportive of neurodiverse students
 - *College students:* collaboratively work on goals and needs in the following areas:
 - ✓ Making connections on campus
 - ✓ Strategies to improve executive function and adulting skills
 - ✓ Skill building in the area of self-advocacy
 - ✓ Facilitating access to supportive services
 - ✓ Support for wellness and mental health needs.



Personalized Parent Coaching

Details:
Parent Coaching consists of 50 minute private sessions (in person, or by phone). Additional follow-up sessions are available as needed. In person sessions meet at our Lexington office or virtually.

Cost:
\$150 - Each 50-minute session

Aspire supports the diverse needs of all our participants and families. Our private and personalized parent coaching sessions provide an opportunity to collaborate with our Aspire specialists about your child's specific needs at home or in the community. Our goal is to provide you with support and strategies to help your child progress and achieve success.

Examples of common parent coaching goals:

- To improve the structure of your routines (mornings, homework, bedtime)
- To better understand your child's cognitive profile
- To learn about disclosure; how to speak with your child about their diagnosis and identity
- To help your child generalize their social skills at home or in the community
- To better support your child's stress management at home and in school
- To develop and practice independence at home or in the community
- To increase the effectiveness of parent-teacher communication and collaboration
- To develop self-care strategies and routines

Parent Testimonial:
"Working with you helped me learn the strategies I needed to feel better about supporting my son at home and in the community. Because of our time together, I finally feel like I understand what's happening for my son and we're all so much happier and making the kind of progress we had hoped for."

*Price effective June 2022

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Spring workshops:

- Fostering Healthy Technology Habits
- Preparing for Transition to Life After High School
- Talking About Sexuality with Your Teens and Pre-Teens
- Autistic Burnout
- Understanding the Intersection of Gender Identity and ASD

Summer Training:

Build Your ASD Parenting Binder

- To learn more about MGH Aspire:
 - Visit www.mghaspire.org
 - Email us at mghaspire@partners.org
 - Call us at **781-860-1900**
- To join our digital mailing list:
 - Text **mghaspire** to # **22828**
- Follow us on Facebook, Instagram and LinkedIn: **@mghaspire**
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