



# SEPAC NEWS!

September, 2009

Questions about Lakewood's SEPAC or any of the events listed in this newsletter? Please contact Marie Arenz at [darrell86@netzero.net](mailto:darrell86@netzero.net).

## *TESSERA Presents: Restoring Hope 2009—A Conference for Families Living with Autism, October 15<sup>th</sup> from 7:30 to 4pm*

**Topics include:** Effective behavioral interventions, sleep disorders, biomedical interventions, medications; Successful school/family partnerships, evidence-based school practices, positive behavior supports, social skills training; Maintaining your marriage, handling challenging behaviors, parents as long term care providers, families facing hard choices; Transitioning to employment, housing options, risk and safety skills

**Location:** Hyatt Regency Bellevue, 900 Bellevue Way NE, Bellevue

**Cost:** Conference Only (early bird) \$75; Conference & Luncheon (early bird) \$150; Conference Only (after 9/23) \$100; Conference & Luncheon (after 9/23) \$175. Scholarships available.

**Honoring Caregivers Luncheon:** Join us to honor a caregiver who has made a difference in the life of a child with autism. More information at: [www.tessera.org/luncheon.html](http://www.tessera.org/luncheon.html) For more information & to register for the conference, please visit: [www.tessera.org/conference.html](http://www.tessera.org/conference.html)

## *All-Aboard Offering Reading and Spelling Classes for Adults with Disabilities*

Reading and spelling classes are being offered at the All-Aboard office located at 2507 Broadway in Everett, 9:30-11am on Mondays, Wednesdays, Thursdays and Fridays. The cost will be \$249.00 per month which includes all materials. Some scholarships are available. All-Aboard also offers an arts and crafts class on Fridays from 11am-2pm. The cost is \$50 per month and partial scholarships are available. For more information, call 425-327-5533 or check out their website at [www.aboardus.org](http://www.aboardus.org)

## *Autism Career Planning Conference: Help Young Adults with ASDs Transition to Careers!*

October 21-22, 2009 at the Double Tree Hotel, SeaTac. **Cost:** Two Day Professional: Through Sept. 21 - \$175; After Sept. 21 - \$205. One Day Professional: Through Sept. 21 - \$125; After Sept. 21 - \$140. Two Day Parent or Young Adult: \$120; One Day Parent or Young Adult:

\$80. Details are available on the following site: [www.SpectrumTrainingSystemsInc.com/Conferences.html](http://www.SpectrumTrainingSystemsInc.com/Conferences.html)

## *Shining Stars Dance Classes for Children with Special Needs!*

The Monroe Dance Studio is pleased to announce "Shining Stars", a special needs dance class. No matter what your child's disability, they are sure to have a fun-filled experience and learn about the basic fundamentals of dance. Each class consists of warming up and stretching, doing various dance steps across the floor, learning short dance routines to family friendly music, singing songs, and occasionally arts and crafts. Punch card will cost \$40.00 and contain 10 dance classes. All proceeds from this class will be donated to various charities and organizations to help children. Classes will be held every Saturday at 11:00am at The Monroe Dance Studio. Please e-mail or call Kara Neuman with any questions about this program: [MissKaraN@hotmail.com](mailto:MissKaraN@hotmail.com) or 425-563-8588. The Monroe Dance Studio is located at 119 E Main St, Monroe. [www.themonroedancestudio.com](http://www.themonroedancestudio.com).