

FREE PARENT AND PROFESSIONAL CLASSES

WHO ARE WE?

ABC of NC is a nonprofit center dedicated to providing high-quality, evidence-based diagnostic, therapeutic, and educational services to people with autism spectrum disorder; ensuring service accessibility to individuals from any economic background; offering support and hope to families; and advocating for inclusion and acceptance.

INFORMATION

ABC of NC's parent/professional classes are free and open to the community. The classes are beneficial if you are waiting for services through ABC of NC or another autism service provider. Continuing education certificates are available to professionals upon request.

RSVP required at least one week in advance. To sign up for a class, visit <https://abcofnc.org/involved/calendar>, or contact Leigh Ellen Spencer at (336) 251-1180, ext. 120 or leighellen.spencer@abcofnc.org.

ABC of NC reserves the right to cancel classes if there are not enough participants.

The vision of ABC of NC is that all children with autism spectrum disorder reach their full potential through effective diagnostic, therapeutic, and educational services.

ALL CLASSES 9-11 a.m. at the SECU Autism Clinic at ABC of NC

JUNE

- 12 Reducing Challenging Behavior I**
Strategies for reducing frustration and increasing cooperation, accepting "no," first-then instructions, waiting, and transitions.
- 19 Reducing Challenging Behavior II**
Strategies for coping and calming, increasing adaptive behavior with social narratives and video modeling strategies, and accepting when things don't go as planned.
- 26 Diet Expansion**
Motivating children with autism to eat healthier foods.

JULY

- 10 Toilet Training Strategies**
Increasing success with toilet training.
- 17 Developing Play**
Strategies to expand interests and develop functional play routines.
- 24 Increasing Social Motivation**
Motivating children with autism to engage/interact with others.

AUG

- 7 Communication Strategies**
Increasing communication and understanding the communication of others.
- 14 Reducing Challenging Behavior I**
Strategies for reducing frustration and increasing cooperation, accepting "no," first-then instructions, waiting, and transitions.
- 21 Reducing Challenging Behavior II**
Strategies for coping and calming, increasing adaptive behavior with social narratives and video modeling strategies, and accepting when things don't go as planned.
- 28 Developing Play**
Strategies to expand interests and develop functional play routines.

SEPT

- 4 Diet Expansion**
Motivating children with autism to eat healthier foods.
- 18 Toilet Training Strategies**
Increasing success with toilet training.
- 25 Reducing Challenging Behavior I**
Strategies for reducing frustration and increasing cooperation, accepting "no," first-then instructions, waiting, and transitions.

OCT

- 2 Reducing Challenging Behavior II**
Strategies for coping and calming, increasing adaptive behavior with social narratives and video modeling strategies, and accepting when things don't go as planned.