



It's going to get better. . . Really!

- Welcome
- You Tube Video - Autism Spectrum Disorder  
[www.youtube.com/watch?v=ouQHa-05J-w](http://www.youtube.com/watch?v=ouQHa-05J-w)
- Autism Statistics gathered from Center for Disease Control (CDC), Autism Speaks and miscellaneous reputable sites.
- Remember each of our children are alike and yet very different. "If you've met one person with autism, you've met one person with autism!" We do our best not to compare our children but see the value of networking as parents/caregivers in sharing our challenges, hopes and dreams in raising our children on the spectrum.
- Our April 23<sup>rd</sup> power point is available through [wwwvdn.org](http://wwwvdn.org)
- Discussion
- Take care of yourselves. You're the hub of the wheel and your family needs you. Take time for yourself even if it's 10 minutes alone in the bathroom. Do it! ☺

Next Meeting

June 25, 2020

Time and Place to be announced

Watch [wwwvdn.org](http://wwwvdn.org) website for details

Carla L. Nibler  
[carla.nibler@gmail.com](mailto:carla.nibler@gmail.com)  
(509) 520-2249

Angie Witt  
[p2p@wwwvdn.org](mailto:p2p@wwwvdn.org)  
(509) 540-9880

Candace Nelson  
[c.nelson885@gmail.com](mailto:c.nelson885@gmail.com)  
(509) 540-7092

