



CIGNA
2009-2010 Autism Parent Education Series

This series of telephone seminars will help you better understand physical, mental, and emotional growth in children who may display symptoms of developmental disorders like Autism and Asperger's Syndrome.

The seminars are free, and there is no registration required. They are open to any parent or caregiver interested in learning more about Autism and Autism Spectrum Disorders. You can attend any or all seminars.

TOPICS:	
The PDD spectrum: What are Autism and Asperger's Syndrome?	September 17, 2009 8:00-9:00 pm EST
My child is autistic - Where do I go from here?	October 22, 2009 8:00-9:00 pm EST
Stress on families with a PDD-diagnosed child	November 12, 2009 8:00-9:00 pm EST
Sibling issues in a PDD family	December 17, 2009 8:00-9:00 pm EST
Tips for daily family life - Haircuts, hygiene, and doctor's visits	January 14, 2010 8:00-9:00 pm EST
Making friends/play dates - Helping your child connect to the outside world	February 11, 2010 8:00-9:00 pm EST
Safety concerns and self-injurious behavior	March 11, 2010 8:00-9:00 pm EST
Caregiver relief: Ways to take care of yourself while taking care of your PDD-diagnosed child	April 15, 2010 8:00-9:00 pm EST
Planning for summer: Routine changes and activities	May 13, 2010 8:00-9:00 pm EST

Seminars will be given by health advocates from the CIGNA Autism team. To listen to a seminar, call toll-free **1.888.892.6703** at the scheduled time. When prompted for a passcode, enter **164265**.

Can't make the seminar but still want the information? Seminars will be available by podcast after the live presentations. Please visit: www.itstimetofeelbetter.com/know_stuff/audio

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