



Newsletter

February 2016

What's News?

With the new year already in February, we hope to be able to settle in to more of a routine here in the office in Nightcliff.

We have filled our Administration Officer's Position and welcome Kate to the team, and this will mean that the office can be open for business for set hours each week. Kate has experience in not only administration, but also with autism in her family knows first hand the joys and struggles that can bring too. Pop in and say hello anytime on;

Wednesday to Friday 9.00am—5.00pm

Saturday Morning 9.00am—12.00am



Striving for Understanding,
Opportunities & Valuing
Differences

WE'RE ON THE WEB!

WWW.AUTISMNT.ORG.AU



Autism Northern Territory Inc.

Shop 19/159 Dick Ward Drive
Coconut Grove, NT 0810

PO Box 94
Nightcliff, NT 0814

Phone: (08) 8948 4424
E-mail: autismnt@autismnt.org.au

Who's in Charge?

Do you feel like you are constantly firefighting rather than parenting?

Has your child ever.....

Hit you?

Thrown things at you?

Damaged things?

Grabbed you?



Defied you?

Yelled at you?

Lashed out?

Hurt their siblings?

Who's in charge? Is an 8 week course that helps give you techniques to become more assertive and regain control, and develop safety plans.

Starting TERM 2 in the Palmerston area

Contact Kate on: helpinghandparenting@gmail.com

Committee Information

Committee members

Cherie Vance
Deanna Francis
Debby Mauger
Jacqueline O'Reilly
Louise O'Shaughnessy
Rob Perry
Mark Owens
Melissa Heywood.

Other Autism Events

- My Child and Autism with Autism SA Sat 20th February 9 am
- Traffic Jam in my brain @ Palmerston Fri 18th March 9am
- Autism Training Sensory Detective with Nelle Francis: Wed 4th June 9 am



Getting to know families new to the Top End!

Cherie, Michelle and Debbie manned the stand at the DCO information day, welcoming new (and old) Defence Force families to the Top End.

The event happens each year and showcases what's on offer through the year, as well as services for families offered locally.

Have you received your child's sports voucher?

There is a huge range of activities your child can do. From Pilates to swimming, judo to cadets, there is something for everyone.

Google Sports Voucher NT and get the whole list.



Save the date!

Saturday 16th

April 2016

Autism Walk

Sunset park,

Nightcliff Jetty

Volunteers Needed!

Autism NT are always on the lookout for Volunteers to assist with fundraisers.

Each fundraising event will have a committee member allocated,

If you have any fund raising ideas, suggestions or just want to be part of the fun,

please email;

autismnt@autismnt.org.au

Could you run a social group, or have a great idea for one?

Email the office and let us know!

Do you have fun fundraising ideas?

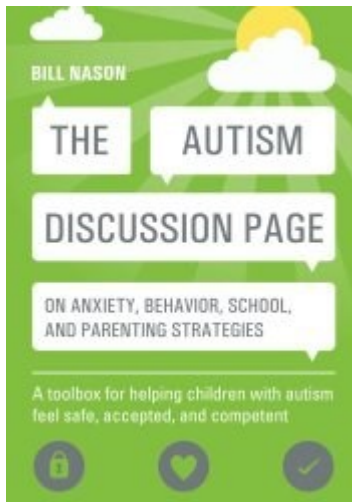
Are you able to Donate to support Autism NT?

Or, Would you like to sponsor Autism NT?

Contact us and be a part of our amazing team!

Book corner—which one are you going to borrow?

Did you know that the office in Nightcliff has a library of books and resources that you can Borrow for a month free of charge?



Bill Nason runs the Autism discussion Page on Facebook which has over 40,000 likes to date.

He is a mental health professional with over 30 years' experience in the field of developmental disabilities, specializing in individuals with multiple severe behaviour challenges. He currently works as supervisor or consultant services for a community behavioural health agency in Flint Michigan, USA and contracts with Oakland University's Centre for Autism to run sports programs for children with autism.



The Autism Discussion Page on Anxieties, behaviour, school and parenting strategies.

A tool box for helping children with autism feel safe, accepted and competent.

This book compiles posts from the popular online Autism discussion page to provide simple and effective strategies for helping children with autism spectrum disorders to feel safe, accepted and competent.

This volume covers anxiety and stress, challenging behaviours, stretching comfort zones, discipline and school issues.



The Autism Discussion Page on the core challenges of Autism.

A toolbox for helping children with autism feel safe, accepted and competent.

This book compiles posts on the popular Autism discussion page to provide simple and effective strategies for helping children with autism spectrum disorders to feel safe, accepted and competent.

This volume focuses on the core challenges faced by those with autism in the areas of: cognitive, sensory, social and emotional

Proud Sponsors



Parent Support Groups

Palmerston Parent Support Group 10 am

Community Room of MLA Lia Finocciaro
Palm Plaza (next to MVR), Palmerston

Monday 29th February 2016
Monday 30th May 2016
Monday 25th July 2016
Monday 29th August 2016
Monday 26th September 2016
Monday 31st October 2016
Monday 28th November 2016

Darwin Parent Support Group 7 pm

Community Room of MLA Ken Vowles
Shop 3, Rapid Creek Shopping Centre

Wednesday 9th March 2016
Wednesday 13th April 2016
Wednesday 11th May 2016
Wednesday 8th June 2016
Wednesday 10th August 2016
Wednesday 14th September 2016
Wednesday 12th October 2016

Teacher Support and Information Groups

Teacher Support and Information Group 7pm

Autism NT, Shop 19 Nightcliff Shopping Centre

*Please book your attendance on
EventBrite before the evening.*

Tuesday 8th March 2016
Tuesday 27th April 2016
Tuesday 24th May 2016
Tuesday 9th August 2016
Tuesday 6th September 2016
Tuesday 25th October 2016
Tuesday 22nd November 2016

Social Groups for High Functioning Autism Students

Technology Group

Ages 7 and over
Cost \$50 per term

Darwin: Thursday at Leanyer
Primary 3.30—5.30pm

Palmerston: Monday at Driver
Primary 3.30—5.30pm

Secret Agent Society

Cost \$500 per term
Ages 7—10

Please contact the office for
more details

Exercise Group

Ages 7 and over
Cost \$50 per term

Darwin: Wednesday at Wulagi
Primary 3.30—4.30pm

Palmerston: Tuesday at
Roseberry Middle 4.30—5.30pm

Book Now

Call (08) 8948 4424
autismnt@autismnt.org.au



Do you know someone who could run a great social group for us?

Have you got an idea for a group that you would like to see?

Let us know what you would like, and we will look into the possibility of running the group, if members would be interested in attending, we have someone to run it and a venue!

Email autismnt@autismnt.org.au

