



Relationships, Sexuality and Intimacy for Adults on the Autism Spectrum



Virtual Series Hosted by Foothill Autism Alliance

Communication is something that individuals on the spectrum have to work on constantly to build relationships with their peers. However, there are many young adults on the spectrum who are ready to move to the next level of communication and wish to understand and practice building romantic relationships. Young adults need specific communicative tools to help guide them to success. This speaker series will essentially walk young adults through the stages of a romantic relationship and give them the tools to build these relationships on their own. If the goal for someone on the spectrum is to live without assistance and with autonomy, then understanding how to find love and companionship is an important part of that.

Our Speakers:

Amy Gravino, M.A., C.A.S. received her Masters degree in Applied Behavior Sciences from Caldwell College. Amy is a relationship coach and sexuality advocate. She is also the founder and president of Rutgers Center for Adult Autism Services. AmyGravino.com is the official site of A.S.C.O.T Consulting, LLC, an autism consulting and college coaching organization that offers consulting services



for professional organizations, schools, and parents, and college coaching services for students on the autism spectrum.

Andrew Jung, M.A., is an Associate Family and Marriage Therapist with a Masters in Counseling from the University of San Francisco. He is the Director of Programs for BLAST an organization providing Social Skills Training, Individual and Family Therapy. Andrew is a behavioral specialist working with individuals on the autism spectrum and their families for over 10 years. He conducts psycho-educational training for parents and social skills groups for children, teens and young adults on the spectrum. Andrew has also consulted with Foothill Autism Alliance and Spectrum League Social Club for adults.



A Six Session Workshop Series:

Session One- Having Autism in the Dating World **Sunday, November 1, 2:00-3:30 P.M.**

What does this mean for dating? When is the right time to tell people about my diagnosis? And, how do I describe the way Autism affects me? It is important to understand what Autism means to you, and how much you are willing to disclose to another person before getting into a relationship with them. It's also important to understand what you like, and if dating someone on or off the spectrum is right for you.

Session Two- Meeting People **Sunday, November 8, 2:00-3:30 P.M.**

Participants will explore socially acceptable ways of meeting people; focusing on common ways people meet. They will learn how to explore common interests, whether in person or through social media, such as Facebook. And they will learn how to create an online dating profile and "market" themselves to the gender of their choice. The pitfalls and dangers of online dating will be discussed, as well as suggestions for safely meeting people online.

Session Three- Sexuality & the Autism Spectrum **Lessons on Sex, Dating and Love COVID-19 Style** **Speaker: Amy Gravino, MA, CAS**

Session ONLY for PARENTS **Saturday, November 14, 2:00-3:30 P.M.**

Session ONLY for Adults on the Autism Spectrum

Sunday, November 15, 2:00-3:30 P.M.

As a woman on the spectrum, Ms. Gravino has a unique understanding of the needs of individuals with autism. She dispels some of the myths and misconceptions surrounding autism and dating and examines how individuals on the spectrum can find connections, especially in the era of self-isolation and Coronavirus. Strategies and resources to help parents begin conversations about relationships with their children will also be discussed. It's important for parents to understand how they can support their son or daughter's next steps in navigating adulthood.

Session Four- Flirting: Sending and Receiving Signals

Sunday, November 22, 2:00-3:30 P.M.

Participants will learn how this form of communication figures into the dating equation: how flirting is different than just talking, different styles of flirting, how to know if your flirting is working, and typical approaches that can work (which will include a list of phrases to say that are common and non-threatening.) Next they will discuss how to ask for a date: what to say if they say no, and what to say if they say yes.

Session Five - Meeting in Person (Dates 1-3)

Sunday, December 6, 2:00-3:30 P.M.

This session will help participants understand what a typical date looks like and learn how to have a successful date. Strategies will be taught, such as learning typical non-verbal feedback behaviors that can show you if what you are doing is successful. Safe places that are common will be suggested for first date locations, and easy non-intrusive talking points will be shared. Understanding if the date is going well and how to ask for a next date will also be discussed.

Session Six- When it's a "Relationship"

Sunday, December 13, 2:00-3:30 P.M.

Participants will learn how to understand if the relationship is working out: is the person compatible with you, when do you meet his/her friends and family, how to read the signs that it is or isn't going well, and conflict resolution skills if there are disagreements. They will also discuss reasons why relationships end, how to pick-up on verbal and non-verbal cues, and how to appropriately let go and move on.



Register

You must register to be a part of this series. Register [here](#)

Where

All sessions will be held on Zoom. The Zoom meeting information will be sent out to registrants before each session.

Cost

Flat Fee of \$365.00 for the workshop series.

The workshop series is vendored by Lanterman Regional Center. Talk to your Service Coordinator. It may be available to clients of other Regional Centers as well. Inquire with your Regional Center Service Coordinator.

Vendor # PD3625



Contact FAA if you have any questions

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