



University of California
San Francisco

STAR Center
for ASD & NDDs
Service Training Advocacy Research

First Steps – Together!

A Group for Parents of Children under 6 Recently Diagnosed with ASD

Tuesdays 4:00 – 5:30 PM

First Steps is a 6-week educational support group for parents who are in the early phase of their journey with their young child with ASD. The goal of the group is to provide parents with the latest research on important topics of interest in ASD, to inform parents of systems and supports in the community, and to provide an opportunity for parents to share their experiences with one another in a supportive environment.

In the group, parents will:

- ◇ Learn the basics of ASD: history, facts, statistics, and more
- ◇ Learn about different evidence-based interventions for ASD
- ◇ Learn strategies for boosting your child's communication and social skills
- ◇ Learn about important systems to navigate: regional center, school, health insurance, benefit programs, and more
- ◇ Develop personal goals related to weekly topics

The group is recommended for:

- ◇ Families interested in increasing their knowledge of ASD
- ◇ Families interested in meeting other parents of young children with ASD



For enrollment information and to see if the group is right for you, contact:
(415) 502-3500 or email: STAR@UCSF.edu
<http://star.ucsf.edu/>