

## MEETUP GROUP PARENT/CAREGIVERS - MASTER RESOURCES LIST

### Connections/Parental and Caregiver Resources

- AANE Boston - Online resource, Asperger's Autism Network, offers online parent conferences - <https://www.aane.org>
- Asperger's Experts - do workshops in the Seattle area, adult with Autism who runs it - <https://www.aspergerexperts.com>
- Arc of Snohomish County – Mother's and Father's Groups mentioned - <https://arcofkingcounty.org/services/information-and-family-support.html>
  - Snohomish County Arc Father's Network - father's of kids/adults with autism, high medical needs kids at times, once a month, third Thursday of the month
- Arc of King County – Sib Shops for siblings - <https://arcofkingcounty.org/community-calendar.html/event/2016/12/09/kindering-sibshops-bothell/125488>
- Washington Autism Alliance & Advocacy (WAAA) - <https://www.facebook.com/WashingtonAutismAllianceAdvocacy/>
- Autism Moms of Seattle - <https://www.facebook.com/groups/autismmomsseattle/>
- Wives and Partners of Aspies - <https://www.facebook.com/aspiewives/>
- John Gottman – relationship help and advice - <https://www.gottman.com>
- Brene Brown books and videos - help with navigating vulnerability, parenting, anxiety, and shame - <https://brenebrown.com/>

### Social Skills/Regulation

- Game to Grow - Kirkland, Dungeons and Dragons game for kids from 10-22, helps with social regulation - <https://gametogrow.org>
- PEERS Program - <https://www.theseattleclinic.com/peers>

- Casey's Clubhouse – Leslie Fields mentioned - <http://caseys-clubhouse.com>
- Wally's Club - <https://www.wallysplaygroups.com>
- Zones of Regulation – Cognitive Behavioral Approach to teach self-regulation - <https://www.zonesofregulation.com/learn-more-about-the-zones.html>
- Howard Glasser's Nurtured Heart Approach – *Transforming the Difficult Child* (book) and other resources - <http://difficultchild.com/>
- Rosemary White Clinic Social Skills groups - <https://rosemarywhitepediatricservices.com>
- Bothell Pediatric and Hand Therapy Social Skills group - <https://www.bpandht.com/social-skills/>
- Creative Dance Center – offers “Brain Dance” summer camps and classes - <https://www.creativedance.org/about/braindance/>

### **Complementary Medical Therapies**

- Rosemary White Clinic in Shoreline - offer food therapy, DRD (sensory therapy), developing skills with addressing the cause first (rigidity, etc.), see kids up to 21 years old, DIR floor time, positive experiences at this clinic by participants - <https://rosemarywhitepediatricservices.com>
- Natalie Pascale Boisseau - acupuncture other healing therapies - <http://innateradiance.com/>
- Center for Healing Neurology – neurologic issues, tremors, seizure, post-concussion - <https://www.centerforhealingneurology.com/>
- Brain NW: Brain Health Recovery – post-concussion - <https://www.brainnw.com/>
- The Tomatis Method – Listening therapy that improves motor, emotional and cognitive abilities – locations in Seattle and Eastside - <https://www.tomatis.com/en>
- Butterfly Pediatric OT – Mansi Dahlal OTR/L works with Primitive Reflex integration, emotional regulation and executive function challenges - <https://www.butterflyped.com/>

## **Counseling/Psychology/Psychiatry**

- Ben Young - Mindful Therapy of Mountlake Terrace - <https://www.mindfultherapygroup.com/providers/ben-young>
- Aliisa Breisch - Mindful Therapy of Mountlake Terrace - <https://www.mindfultherapygroup.com/aliisa-breisch-psyd>
- Dr. Justin Steffener - Everett Clinic in Mill Creek - <https://www.everettclinic.com/physicians/justin-steffener-0>
- Adrienne Da Silva PsyD - Seattle (Eastlake) - <https://www.adriannedasilva.com/>
- Ed at Northshore Youth and Family Services in Bothell - anxiety, educational, expressing and feeling emotions - <https://www.northshoryouthandfamilyservices.org/index.html>
- Dr. Lorant – Everett Clinic - psychiatry, medications - <https://www.everettclinic.com/physicians/zsolt-lorant>
- Carolyn Bohnen – Cascade Counseling Monroe - [http://www.cascadecounselingmonroe.com/Carolyn\\_Bohnen.html](http://www.cascadecounselingmonroe.com/Carolyn_Bohnen.html)
- Catherine Stafford – Nurtured Heart Approach, Mill Creek - <http://www.nuturemyheart.com/>
- Gabe Gomez – Puget Sound Psychotherapy – collaborative problem solving - <https://pugetpsychotherapy.com/seattle-therapist/therapist-1.php>
- Dr. Nick Weiss - <https://drnickweiss.net/>
- Nicole Bain PhD at Evergreen Neurodevelopmental Center LLC – Lynnwood - <http://www.endc.org/index.html>

## **Pediatricians/Diagnostic and Intervention Programs**

- Dr. Gabriel Berson MD – Swedish Edmonds - <https://www.swedish.org/swedish-physicians/profile.aspx?name=gabriel+berson&first=gabriel&last=berson&title=pediatrician&city=edmonds&id=158786>

- Dr. Annie Reese MD – Richmond Beach Pediatrics – <http://richmond-pediatrics.com/about-us/our-doctors/#annie-reese>
- Deonne Brown Benedict NP – Charis Clinic - <https://charisclinic.com/about/>
- Wonderland Kids – nonprofit with developmental assessment and early intervention programs - <https://wonderlandkids.org/>

### **Television and Streaming**

- Steven Universe - rocks, gems, social learning skills - <https://www.youtube.com/channel/UC5yaRAqKKYYApdr326HQnsg>

### **Apps (iPad or iPhone)**

- Sago Mini Apps - <https://sagomini.com/en/>
- AvoKiddo Apps - <https://avokiddo.com/>
- Toca Boca Apps - <https://tocaboca.com/apps/>
- CoWriter - to help with issues with communicating through language, almost like auto-correct for writing, creating documents, sentences, and emails - <https://itunes.apple.com/us/app/co-writer/id674099732?mt=8>
- Next Dollar Up - <https://itunes.apple.com/us/app/next-dollar-up/id516660045?mt=8>

### **Podcasts**

- Horrible Histories - <https://www.funkidslive.com/podcast/horrible-histories-on-fun-kids/#>
- Useless Information - <https://podcasts.apple.com/us/podcast/useless-information-podcast/id272824755>
- Found - <https://wonderly.com/shows/found/>

### **Camps/Activities**

- Camp Korey Autism Weekend - <https://campkorey.org/event/autism-family-weekend/>
- Joni & Friends – Oregon – 5 days of kids playing 1 on 1 - <https://www.joniandfriends.org>
- Edmonds 312 Boy Scouts Group - information Autism training for older scouts, learning about helping younger scouts with ASD; interest-led education, focused on older scouts leading the younger - <https://www.troopwebhost.org/Troop312Edmonds/Index.htm>
- Living Wisdom School in Lynnwood – offers summer camps and other enriching activities - <https://livingwisdomschoolwa.org/>
- Dandylyon Drama – offers classes and camps for ASD - <https://dandylyondrama.org/>
- Mountlake Terrace Community Center AquaKids – classes and adaptive pool experiences - <https://www.cityofmlt.com/1795/Aqua-Kids>