

Community Education Service



Improving emotional health and well being

Navigating the Social Network Super Highway

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Having social networks is part of who we are as human beings. They play a significant role in most areas of our daily life. For adolescents and adults with autism, creating and maintaining meaningful social connections can often feel difficult, confusing, and overwhelming. This presentation will focus on the importance of developing and maintaining connections throughout your community. We will discuss how to build networks across a variety of contexts including school, work, and recreation. The discussion will also identify strategies that can be used to support the growth of social connections across in-person situations as well as in the digital world.

FREE Webinar

**Thursday February 13, 2020
6:30 - 8:30 PM**

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