

Understanding & Embracing Life on the Spectrum

2021-2022 Workshop Series featuring Patti Menzel



Patricia Menzel, a member of autism's "Lost Generation." She has over 50 years' experience as an autistic. While mostly verbal, she sometimes loses speech, and uses AAC as back-up. Her aim is to make some of autism's more enigmatic behaviors, such as wandering, bolting, sequestering, and self-injury more understandable from an autistic perspective, as well as sharing autism's strengths in a positive light. Patti uses mindfulness practices, sensory diet, and clean eating to manage her autism. She lives mainly independently with some supports. She thrives in a quiet wooded setting, enjoys Tai Chi, Zen Mediation, and time with her Service Dog.

All workshops will be held via Zoom from 6:00pm-8:00pm

\$25 per workshop or \$100 for entire series

Thursday September 30	The Challenges of Being Autistic, "Bright and Verbal!" A person's ability to communicate has been a defining characteristic of autism. Many correlate a person's degree of autism severity with their level of speech impairment. When an autistic is articulate, the assumptions, expectations, and misunderstandings of others bring unique challenges. This free presentation welcomes you to look deeper into the experience from an autistic perspective, so that through greater understanding, as well as more suitable strategies, warmer connections and positive life outcomes can be better supported for those who are autistic, bright and verbal.
Thursday November 18	Happy Square Pegs: Embracing the Strengths of Autism, While Sharing Positive Management Strategies for an Enriched Autistic Life. This presentation features a tale of transformation as we follow Patti's undiagnosed years, institutionalizations, and initial response to an autism diagnosis, to an awareness of the gifts of autism. This presentation describes the impactful supports and strategies which have greatly improved Patti's connection, communication, and functioning.
Thursday January 27	Inclusion Our Way: is a go-to guide, for going to places within community, and empowering those on The Spectrum to succeed. From preparing for agency outings in community, to social gatherings, to doctor's visits, to navigating job interviews, this insightful presentation provides actionable strategies for staying regulated and enjoying outings successfully. Disclosure of Autistic identity both in work and social contexts will be featured, as well as what optimal in-community support looks like. Join us for finding empowering ways to work with Autistic neurology to make outings in community accessible, and inclusion successful.
Thursday March 24	Ausome Connections: Ausome connections is a dynamic, engaging look into friendships on the autism spectrum. Designed by Autistic and self-advocate Patti Menzel, this richly informative presentation features Autistic insights on thriving with friendships, as well as offering practical strategies in empowering Autistic social skills. Come enjoy Ausome Connections, and learn how friendships contribute to an enriched Autistic life. Q & A session follows the presentation.
Thursday April 28	Ask the Autistic: This session will be driven by participants' questions. Patti offers honest, insightful, and eye-opening answers to the questions parents and educators have about what it is really like to live as an Autistic. Bring all of the questions you've always had but never asked.



For more information please contact Joanna Silverman, M.Ed. at 508-747-6686 x2704

jsilverman@pilgrimac.org