

# Youth Programs



## FAMILY RELAXATION FOR FAMILIES OF ASD (AUTISM SPECTRUM DISORDER)

- CAROL BEATY-NOWACKI

NEW!

As an "autism family" there is very little time for relaxation. Allow this class to be an hour where you and your child can work on trying to connect and relax. Art, yoga and meditation for both you and your child in a calm, quiet, low light atmosphere. Breathing techniques and stretching of the body are good for you and your child. Anyone in the family is welcome. This will be an introductory session.

**WHO:** Families with an autistic child  
**WHERE:** Village Community Center  
**WHEN:** Tuesdays, June 7, 14 & 21 (3 classes)  
**TIME:** 7:00 p.m. - 8:00 p.m.  
**COST:** \$50 per family  
**NOTE:** Limited to 5 families.

## BABYSITTER TRAINING - EPIC TRAINING

This class teaches the role and responsibilities of a babysitter and includes skills in: accident prevention, first aid, and abdominal thrusts for choking victims. Each student will receive a workbook and a certification card upon completion. Students need to bring their own lunch and a self-addressed stamped envelope to class.

**WHO:** Ages 11-15  
**WHERE:** Village Community Center Ingham Room  
**WHEN:** SESSION I: Friday, June 24  
SESSION II: Wednesday, August 3  
(Ingham Room or 4B)  
**TIME:** 9:00 a.m. - 2:00 p.m.  
**COST:** \$50 per participant, per session  
**NOTE:** A minimum of 10 is needed.

## HOME ALONE SAFETY - EPIC TRAINING

Not sure if your child is ready to stay home alone yet? This class is designed to teach children who are home alone the importance of behaving responsibly. Topics include: basic first aid tips, what to do when a stranger comes to the door, internet safety and how to react during a variety of emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you and your child.

**WHO:** Ages 7-12  
**WHERE:** Village Community Center, Senior Lounge  
**WHEN:** Wednesday, August 31  
**TIME:** 9:00 a.m. - 11:00 a.m.  
**COST:** \$24 per participant  
**NOTE:** A minimum of 10 is needed.

## LEGO CLUB... NERF WARS... AFTERSCHOOL SPORTS... COOKIN' AND MOVIN'

Keep an eye out for our upcoming after school activities in September. We will be featuring fun and exciting activities for kids of all ages. Kids will be able to hang out and play with friends in a fun and safe environment.

COMING THIS FALL!!!

NEW!



Kids' Zone  
AFTER SCHOOL