



## Autism Walk of Northwestern Vermont

**NORTHWESTERN  
COUNSELING**  
& SUPPORT SERVICES

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# Autism Walk

## of Northwestern Vermont



**Sunday, May 15, 2016**

Registration begins at 12:30 pm

Walk begins at 1:00 pm

**Collins Perley Sports & Fitness Center**  
St. Albans, Vermont

Organized by  
**NORTHWESTERN  
COUNSELING**  
& SUPPORT SERVICES

*\*In the event of unfavorable weather, this event will be moved indoors.*



## MARK YOUR CALENDAR FOR THE 3RD ANNUAL AUTISM WALK

Save the date for the 3rd annual Autism Walk of Northwestern Vermont, organized by Northwestern Counseling & Support Services (NCSS) on Sunday, May 15, 2016 at the Collins Perley Sports & Fitness Center - 890 Fairfax Road in St. Albans, VT.

The Autism Walk of Northwestern Vermont is a one mile walk in which anyone can participate without special training including, children, young adults and adults diagnosed with autism spectrum disorder (ASD), family members, friends, healthcare professionals, corporate teams and members of the community – all are welcome!

The walk promotes the rights of individuals with autism and encourages respect for their differences. Today, one in 68 children and 1 in 42 boys, are

diagnosed with ASD, according to the Centers for Disease Control. Autism is the fastest growing serious developmental disability in the U.S.

### DAY OF EVENT SCHEDULE

- 12:30 pm** Registration begins
- 12:55 pm** Pre-walk announcements and meet us at the start line.
- 1:00 pm** 3rd Annual Autism Walk
- 1:30 pm** Post-walk activities plus, complimentary food and beverage.
- All Day** Free face painting, sensory toys station, bowling station, music, information about NCSS' Autism Programming and other community supports.

### WHAT IS AUTISM?

The CDC defines ASDs as a group of developmental disabilities that can cause significant social, communication and behavioral challenges. Children with autism may have a serious lifelong disability. However, with appropriate treatment and training, some children with autism can develop independence in their lives. Parents support their children with autism in developing skills that use their strengths so they will feel good about themselves.

### NCSS SERVES CHILDREN AND ADULTS WITH AUTISM SPECTRUM DISORDERS

Given the sharp increase in ASDs and increased needs in the community, NCSS provides wrap around services to accommodate the entire spectrum.

### ARRAY OF AUTISM PROGRAMMING

The Children Youth & Family Services and Developmental Services (DS) Divisions collaborate to provide supports for children and families from birth to 22 years old through an array of programs. After age 22 years, the adult with autism will transition to other strengths based programs within the DS Division, where the unique needs of each individual are met.

The Developmental Services staff assists individuals to exercise their citizenship in a number of ways, and NCSS has several programs for adults with autism as they transition from school-aged to adulthood, including Adult Services, Camp Rainbow, Employment Services, Program for Adaptive & Expressive Arts (PAEA) and Shared Living Services to name a few.

### 2016 AUTISM WALK

**WHEN:** Sunday, May 15, 2016.  
Registration at 12:30 pm.

**WHERE:** Collins Perley Sports & Fitness Center - 890 Fairfax Road in St. Albans, VT.

**WHO:** Children, young adults and adults with Autism, family members, friends, healthcare professionals, corporate teams and members of the community – all are welcome!

**WHY:** The Autism Walk is a one-mile walk in which anyone can participate without special training.

### DONATE

Please make checks payable to:

**NCSS – Autism Walk**  
107 Fisher Pond Road  
St. Albans, VT 05478

If you'd like to make a contribution using a credit card, go to the link below and type 2016 Autism Walk in the comments section.

[www.ncssinc.org/support-us/make-a-gift](http://www.ncssinc.org/support-us/make-a-gift)

### Create a team!

Bring your family, friends, co-workers, class members, etc. and give back to your community. Enjoy the beauty of a Vermont spring day while raising awareness and promoting the acceptance and inclusion of people with ASD.