

# Leap into Life Series

## Emerging from the COVID-19 Pandemic with Knowledge, Independence, Togetherness & Empowerment.

An educational series brought to you, parents & professionals alike, by SOAR Fox Cities, WisconSibs & The Autism Society of Greater Wisconsin

### Balancing Me & You, the Old & New - Living Life in our "New Normal"

Join Dr. Jessie Schroeder, PsyD & Melissa Hammond from Genesis 360, Inc. to talk about what life looks like during and after the COVID-19 Pandemic. This dynamic duo will be focusing on caregiver self-care while caring for others. They'll be bringing tools to help you develop routines for yourself and your loved one while also learning how to establish new routines, especially when we have no choice (like during the last year, for instance).

**March 22, 2021 ~ 10:30am-12:00pm**

**REGISTER HERE - <https://bit.ly/30Phlle>**

### What Do I Bring with Me on the Transition Path?

Join Dan Krohn, Manager of Community Partnerships at TMG, and Kathryn Burish, a 25-year-old self-advocate that loves music, fashion, make-up, hanging out with friends & accessing all her community has to offer, to talk about how to plan for & live a self-directed life after high school. They'll share information, tools, and tips on how to develop the strong relationships, partnerships, clear communication, and supportive networks it takes to understand your, or your loved ones, strengths and interests.

**March 31, 2021 ~ 1:00pm-2:30pm**

**REGISTER HERE - <https://bit.ly/2Q3hajT>**

### Healthy, Safe and CONNECTED!

Join Sally Flaschberger, WI Board for People with Developmental Disabilities (BPDD), Shannon Webb, inControl Wisconsin, Inc., Ashley Mathy, Living Well Self-Advocate Leader & Entrepreneur, Nathaniel Lentz, Living Well Self-Advocate Leader, and Emily Savage, Living Well Self-Advocate Leader, to learn new or brush up on old ways to stay healthy, safe & connected to your community. Parents, Caregivers, and Professionals, you'll learn new ways to keep those you support healthy, safe & connected.

**April 6, 2021 ~ 2:00pm-3:30pm**

**REGISTER HERE - <https://bit.ly/3cPZOz1>**

### Getting Ready to Soar Back into the Community

Join Mandi Dornfeld, Human Development and Relationships Educator with the University of Wisconsin-Madison Division of Extension to talk about getting back into the community and to life after the last year. As in-person programming, respite, and gatherings with family and friends start up again, most of us are feeling varying degrees of fear, uncertainty, and impatience. Learn ways to increase resilience and acceptance of "what is" & increase your hopefulness of "what can be."

**April 12, 2021 ~ 2:00pm-3:30pm**

**REGISTER HERE - <https://bit.ly/3eD5MWm>**

~ PLEASE REGISTER FOR EACH SESSION INDIVIDUALLY, NO DEADLINE TO REGISTER ~

