



**JANUARY**

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1<sup>st</sup> -New Years

5<sup>th</sup> -Mom 2 Mom

12<sup>th</sup> -Teen/ Young Adult

Respite Respite

19<sup>th</sup> Organizational  
Development RETREAT-(OWCA)

21<sup>st</sup> -Martin Luther King Day

26<sup>th</sup> – Children’s Respite

**FEBRUARY**

s	m	t	w	t	f	s
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2<sup>nd</sup> Mom 2 Mom

4<sup>th</sup> -Spring Let’s Move Begins

9<sup>th</sup> Teen/ Young Adult Respite

16<sup>th</sup> -Embrace Our World  
Family Enrichment

23<sup>rd</sup> – Children’s Respite

**MARCH**

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2<sup>nd</sup>- Mom 2 Mom

9<sup>th</sup> Teen/ Young Adult Respite

16<sup>th</sup> -Embrace Our World Family  
Enrichment

23<sup>rd</sup> – Annual Parent  
Empowerment Conference

27<sup>th</sup> Spring Lets Move Ends

30<sup>st</sup> -Children’s Respite

**APRIL**

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**Autism Awareness**  
27<sup>th</sup> -Spring “Fun”draiser!



**MAY**

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4<sup>th</sup> -Mom 2 Mom- Mother’s  
Day Celebration

11<sup>th</sup> -Teen/ Young Adult  
Respite

25<sup>th</sup> – Children’s Respite

27<sup>th</sup> -Memorial Day

**JUNE**

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1<sup>st</sup> -Mom 2 Mom

3<sup>rd</sup> Summer Let’s Move Begins

8<sup>th</sup> -Teen/ Young Adult Respite

22<sup>nd</sup> – Children’s Respite

**JULY**

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4<sup>th</sup> -Independence Day

6<sup>th</sup> -Mom 2 Mom

13<sup>th</sup> -Teen/ Young Adult Respite

27<sup>th</sup> – Children’s Respite

24<sup>th</sup> -Summer Let’s Move Ends

**AUGUST**

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**Summer Planning**



**SEPTEMBER**

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2<sup>nd</sup> -Labor Day

7<sup>th</sup> -Mom 2 Mom

14<sup>th</sup> -Teen Young Adult Respite

28<sup>th</sup> – Children’s Respite

30<sup>th</sup> Fall Let’s Move Begins

**OCTOBER**

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5<sup>th</sup> -Mom 2 Mom

12<sup>th</sup> -Teen Young Adult  
Respite

19<sup>th</sup> -Embrace Our World  
Family Enrichment

26<sup>th</sup> – Children’s Respite  
Fall Let’s Move Continues

**NOVEMBER**

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2<sup>nd</sup>- Mom 2 Mom

9<sup>th</sup> -Teen Young Adult Respite

16<sup>th</sup> -Embrace Our World Family  
Enrichment

20<sup>th</sup> Fall Let’s Move Ends  
23<sup>rd</sup> Children’s Respite

**DECEMBER**

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**7<sup>th</sup> Holiday “Fun”draiser!**  
23<sup>rd</sup> -January 1<sup>st</sup> -Winter Break





## Program Descriptions

Family Support	Individual Support	Community Outreach
<p>➤ <b>SOAR</b> (<i>Seeking Opportunities to Acquire Resilience</i>) <b>Medical Family Guidance Program</b></p> <p>This medical care coordination and consultation program is for those who have a prior diagnosis of Autism Spectrum Condition. SOAR provides an assessment of family and individual wellbeing and linkages to therapeutic, medical and community resources that enrich family function and individual well-being.</p> <p>➤ <b>Respite Clubs</b></p> <p>Respite clubs are designed to be a socially stimulating time for participants and to provide a much-needed break for caregivers. Increasing social awareness, encouraging relationship building, and navigating our community are all basic foundations of these programs. Life and self-care skills are additional components of our program for older participants. OWCA has two respite club offerings- <i>“Our World, Our Time” for ages 3-13 years</i> and <i>“Our World Explorers” for ages 14-24 years.</i></p> <p>➤ <b>Embrace our World Family Enrichment Workshops</b></p> <p>Family Enrichment workshops offer recurring workshops for a basic understating of Autism and Special education. These are two essential topics that all caregiver must have knowledge of. There will also be additional workshops for male caregivers and behavioral supports.</p> <p>➤ <b>Mom 2 Mom Support Group</b></p> <p>Mothers are the back bone of their homes, but who supports them? This support group is a forum for empowering mothers towards better self-care as they care for others. Whether you are a seasoned mother or new to the autism journey, you are welcomed and have much to offer!</p>	<p>➤ <b>Autism Diagnostic Evaluations</b></p> <p>This 3-part medical evaluation is for children and youth that are exhibiting possible signs and symptoms of autism, that warrant further evaluation. A comprehensive medical history, ADOS evaluation (Autism Diagnostic Observation Scale) and evaluation for co-morbid emotional behavioral health conditions are a part of this extensive evaluation, which concludes with linkages to therapeutic, medical and community resources that enrich family function and individual well-being, regardless of whether a determination of autism is made.</p> <p>➤ <b>SOAR</b> (<i>Seeking Opportunities to Acquire Resilience</i>) <b>Behavior Enrichment Program</b></p> <p>Our behavior enrichment program is based on our current model of family guidance; however, it specifically focuses on behavior enhancement. Both an educational professional with certification in Applied Behavioral Analysis (ABA) and a physician medical consultant with expertise in the care of children with autism will work in collaboration to promote behavioral wellness.</p> <p>➤ <b>Let’s Move! Family Friendly Fitness Program</b></p> <p>This health and wellness program promotes strength, stability, motor planning and coordination. Participants have fun and increase their social awareness through exercise. Pre and post assessments of weight and BMI are a part of each 8-week session, which helps to promote accountability. A more comprehensive special- needs medical consultation can be scheduled at caregiver’s request.</p>	<p>➤ <b>Prince George’s County Special Needs Physician Support Program</b></p> <p>This program is a partnership between the Early Intervention program of Prince George’s County Maryland (also known as Infants and Toddlers) and our organization. It seeks to support pediatric and obstetric healthcare providers in the early identification of children with special needs and developmental differences. Professional development, referral support, and patient resources are integral parts of this program.</p> <p>➤ <b>Friends of One World! Fundraising Program</b></p> <p><b>WE NEED YOUR HELP and SUPPORT in realizing our vision and fulfilling our mission for the greater than 1,700 children and adolescents living with autism in Prince Georges County in our county!</b></p> <p>The One World Center for Autism, Inc. is a 501c3 grassroots non-profit serving individuals living with autism and other related special needs in Prince Georges County, Maryland. Our mission is to empower those living with autism through family support, community awareness, and individual therapeutic and medical services. Every gift makes a difference!</p> <p><b>Donate at <a href="http://www.worldforautism.org">www.worldforautism.org</a> or send your gift to</b></p> <p><b>One World Center for Autism 7401 Forbes Blvd, Suite A, Lanham, MD 20706</b></p>