



Autism Empowerment
Accept, Enrich, Inspire, Empower™

Programs and Services

Autism Empowerment is focusing our efforts on developing and providing quality resources that can be utilized by autism spectrum travelers, their families and caregivers in both the short and long term. We seek to be a source of support for those in all ages and stages of life. All programs and services that are developed promote the four foundational pillars of our organization, **Accept, Enrich, Inspire & Empower**.

As a startup non-profit organization founded in 2011 by a Vancouver, WA family with 3 spectrum travelers, we are in the process of funding and developing these programs and services both locally and nationally. Here is a sampling of what we are offering now and hope to be offering in the near future.

Autism Empowerment Support Network - Whether you're on the spectrum or related to someone on the journey, we want to provide the opportunity for quality support with peers and mentors. We will be creating online and in-person groups in the AE Support Network that we intend to reach all demographics. For example, our planned Dad's Support Group will allow men to freely share challenges, obstacles and successes in an informal setting while gaining new resources and also providing the opportunity for additional quarterly bonding outings with the family member(s) they support. In addition to group meetings and small informal gatherings, we are developing webinars and an online radio show so that we can bring those in the local community together with those around the world.

SW Washington / Portland Metro Resources - On our website we have links to a wide range of programs, services and professionals in the local area that serve those with autism spectrum disorders. We are expanding our directory weekly and eventually plan for it to be nationwide.

Autism Empowerment Social Media - We promote awareness, acceptance and advocacy through Facebook, Twitter, blogging, YouTube, a variety of social media channels and online support groups and communities.

Autism Empowerment Access To The Arts - We are planning an annual **Autism Empowerment's Access to the Arts Festival & Expo** which provides a positive arts experience in open house format to those on the autism spectrum and their families. Subjects covered will likely include: drawing, painting, sculpting, theatre, music, dance, filmmaking, computer art design and creative writing. We also plan to invite established and aspiring artists on the autism spectrum to display their work.

The next part of our program is providing **monthly Access to the Arts** nights with a different theme for each month. With each part of our program, we plan to have sensory break areas, respite care for parents, buddies for program attendees and an opportunity for parents and caregivers to have an autism support group meeting or social get-together.



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Autism and Scouting - Skills for Life! The scouting movement takes many forms worldwide and has the opportunity to benefit individuals on the autism spectrum in a variety of ways. We help provide training and support to leaders in a variety of scouting organizations locally, nationally & internationally using the Accept, Enrich, Inspire, Empower foundational pillars. We are also helping support and found Cub Scout Pack 2, the first ever Sensory-Friendly / Special Needs Cub Scout Pack in Vancouver.

Autism Empowerment Let Your Light Shine - This program will focus on the third of our four foundational pillars, **Inspire**. We will be sharing regular online content through blogging, videos and articles with stories of inspiration, motivation and courage from those in the autism community. We hope to eventually develop a newsletter or online magazine.

Autism Empowerment Resource Library - One of our continual works in progress is the development of a resource library of articles, videos and tools to enrich, inspire and empower those on the autism spectrum to reach their highest potential. In addition to Autism Empowerment created content, we will also be including local, regional, national and international resources that provide assistance to those with autism spectrum disorders.

Autism Empowerment Mentoring Program - This program is currently in development and seeking funding. Using the four foundational pillars of Accept, Enrich, Inspire and Empower, we seek to provide mentoring for individuals, families, professionals and service providers. As this program grows, we eventually would like to fund the Autism Empowerment Center of Excellence that provides support, guidance and shared learning throughout the lifetime.

If you are interested in participating in any of the above programs, please let us know so that we can contact you with more information.

We also welcome and need your support! If you, your employer or anyone you know would like to donate, fund-raise or volunteer for any of the above projects or if you have other suggestions for programs that are relevant to the autism community, please contact us!

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P.O. Box 871676, Vancouver, WA 98687

(360) 852-8369 - <http://www.autismempowerment.org>

info@autismempowerment.org

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