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FOR IMMEDIATE RELEASE

Illinois Center for Autism Introduces Social and Life Skills Training

Fairview Heights, Illinois, September 00, 2009 – Beginning in September, the Illinois Center for Autism (ICA) will offer a training series on, “Make Friends, Make It Appropriate, Make It Work.”

This 8-week course is designed to support individuals with Higher Functioning Autism, Asperger’s, Non-Verbal Learning Disorders and ADHD. It will use a step by step approach that includes modeling, coaching, reinforcement and many opportunities for implementation.

Elements of the social skills training include such topics as; recognizing and managing emotions, active listening and body language, basic conversation techniques, making and keeping friends, conflict resolution and problem solving, and understanding the unwritten rules in society.

This series has a total of eight sessions and is dedicated to two distinct age groups; adolescent and young adult, ages 15-19 and adults, ages 20 plus. The adolescent/young adults group will meet on Tuesdays and the adult group will meet on Thursdays from 6 p.m.until 7:30 p.m.

The cost for the series is \$400 and class size is limited to ten participants. The first class begins on September 29. 2009.

For more information or to register for this training, please contact ICA at 618-398-7500 or email us at training@illinoiscenterforautism.org. We are also accepting registrations for a session beginning in January.

The Illinois Center for Autism, located at 548 S. Ruby Lane in Fairview Heights, is a non-profit, community-based mental health treatment and education agency. For more information about these services or autism, visit the Illinois Center for Autism website at www.illinoiscenterforautism.org.