

## **Meeting Thursday June 20, 2019**

June 20, 2019, 6:30-8:30 pm

Burnaby Public Library, McGill branch

4595 Albert Street, meeting room

Free Parking at Library



## **Square Peg Society final meeting before our summer break!**

### **The theme for this meeting is: “Past Experiences, Present Realities, & Future Aspirations”**

Our guests, John Woods, Certified Relationship & Sexuality Educator, and Colleen Fuller, Clinical Counsellor, will begin by introducing themselves to you, and will speak briefly about the workshops that they will facilitate for Square Peg Society in the fall. I will be sending content and registration information about these programs later this week.

Then we will delve into our theme. We want to look at our “**Past Experiences**”, about how stressful childhood experiences can carry forward, possibly becoming barriers in our present lives. We want to think about our “**Present Realities**”, and how we can learn to live in the present moment, and finding joy in small moments and successes. Finally, we want to hear about your “**Future Aspirations**”, and consider realistic goal setting and how to build the motivation and the strategies needed to achieve our goals.

### **This meeting is for all ASD adults and their families – we want to hear from you!**

**John Woods, BA, University of Manitoba.** John has worked in the community living sector since 1992, and with Burnaby Association for Community Inclusion (BACI) since 1997. In 2014, John completed BC’s Options for Sexual Health’s Certified Sexual Health Educator Program. <https://www.optionsforsexualhealth.org/> Currently, John manages “**Real Talk**”, <http://real-talk.org> and also works for [Options for Sexual Health](#) in their Clinical Services department.

**Colleen Fuller is a Registered Clinical Counsellor, B.A. Psychology, UBC, Masters of Counselling Psychology, City University.** Colleen’s Master’s thesis was on the high stress levels experienced by the parents of children with ASD, and has given seminars on parenting neuro-diverse children, and on self-care and burnout, and on understanding Autism (for Counsellors). In her current practice she works with a number of ASD adults.

**RSVP: [joetteheuft@gmail.com](mailto:joetteheuft@gmail.com)**