

# Milestones Parent Empowerment Network (MPEN)



## Creating & Sustaining Independent Leisure Skills

LEARN PRACTICAL STRATEGIES FROM PARENTS LIKE YOU ABOUT:

- ★ Assessing your child's interests
- ★ Finding social/recreational resources
- ★ Structuring "down time"
- ★ Developing supports to increase independence

### Two Convenient Locations!

#### EAST SIDE

**Date:** Wednesday, March 5  
**Time:** 6:30 - 8:30 p.m.  
**Location:** Shaker Family Center  
(the old Sussex School)  
19824 Sussex Road, Shaker Heights

#### WEST SIDE

**Date:** Tuesday, March 18  
**Time:** 6:30 - 8:30 p.m.  
**Location:** Grace Church  
7393 Pearl Road, Middleburg Heights

#### COST

\$10 in advance (*\$5 additional fee for walk-ins*) Scholarships are available.

#### REGISTRATION

Contact Nicole Herrera at [nherrera@milestones.org](mailto:nherrera@milestones.org)  
or 216.464.7600 ext. 106. **East-Side Deadline: March 3**

#### BRING THE KIDS!

Social/recreational program run by trained autism staff.  
Children ages 3 and up and typical peers welcome.  
\$10 per child (advanced registration required).



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