2025 Parent Support Group Calendar

June 17th Understanding ABA: Basics and Benefits

- Explaining the core principles of ABA.
- How ABA therapy can help children with autism and other behavioral challenges.

July 1st Positive Reinforcement and How to Use It Effectively

- Understanding reinforcement and how to apply it to reinforce positive behaviors.
- Examples of effective reinforcement strategies at home.

July 15th Consistency in ABA Therapy: Strategies for Parents

- The importance of consistency across all environments (home, school, etc.).
- Tips for maintaining consistency when implementing ABA strategies.

July 29th Incorporating ABA Techniques into Everyday Life

- Practical ways to use ABA techniques at home, school, and in the community.
- Ideas for turning everyday situations into learning opportunities.

August 12th Setting Realistic Goals for Your Child

- How to create measurable and achievable goals based on your child's needs.
- How to track progress and celebrate successes.

August 26th Advocating for Your Child in the Education System

- How ABA principles can be used in school settings.
- Working with IEP teams and school staff to incorporate ABA strategies.

September 9th Handling Transitions (e.g., Home to School, School to Social Settings)

- Preparing your child for transitions and managing challenges related to change.
- How ABA strategies can ease transitions and ensure smoother changes.

September 23rd Managing Challenging Behaviors

- Techniques for addressing behavior
- Preventive strategies and how to respond when difficult behaviors occur.

October 7th Fostering Independence Through ABA (Focus on daily living skills and community integration)

- Teaching self-care and daily living skills using ABA techniques.
- Supporting your child in becoming more independent and self-sufficient.

October 21st Managing Sibling Relationships

- Supporting siblings who may have difficulty understanding the child in ABA therapy.
- Fostering positive sibling interactions and minimizing conflict.

November 4th Parent Self-Care and Burnout Prevention

- Recognizing signs of burnout and stress as a parent of a child in ABA therapy.
- Tips for self-care, managing expectations, and staying emotionally healthy.

November 18th 2025 Preparing for the Holidays

- Strategies to minimize stress during the holidays
- How to manage the environment and implement proactive strategies during the holiday season

December 2nd Social Skills Development Using ABA

- Teaching social skills like making eye contact, initiating conversations, and understanding social cues.
- Encouraging interactions with peers and managing social challenges.

December 16th Preparing for Outings

- Proactive strategies to ensure smooth outings
- Tips and tricks
- Managing PBs in the community setting