



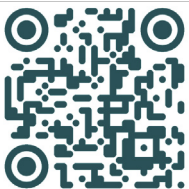
Autism is a journey ... don't take it alone. Adults on the Spectrum need support, friendship and camaraderie just like everyone else. We are here for you and can help you find activities and a group that will welcome you, just as you are.

GOALS:

- Connect adults living with Autism
- Share experiences and learn from others
- Have an accepting group to help you celebrate life's milestones and support you when things are tough



Looking for other great programs and events? Check out the offerings on our Family Programs flyer as well.



Become a member today!
Scan the QR code with your phone camera to link to our membership application.

2025 ADULTS ON THE SPECTRUM PROGRAMS CALENDAR



SWAN Program

Where: Virtual and In-Person

When: First and Third Wednesday of the month | 6:30 - 8:30 p.m. | In person
Second Wednesday of the month | 6:30 - 8:00 p.m. | Virtual

Registration: www.autism-united.org/swan or call 414-988-1276 or email swan@autism-united.org
Fee: FREE to Autism United of Wisconsin Members*

*All SWAN members both current and new must be members of Autism United of Wisconsin. Memberships include receiving our email newsletter, updates on program/workshop invitations first, access to Members Only events, and can be paid for with your IRIS funds or other waivers.

MEETING TOPICS:

Date	In Person/ Virtual	Topic	Meeting Time	Location
February 12	VIRTUAL	Goldhmong Vang: Marquette 'On Your Mark' Program - Jobs and Schooling	6:30 – 8:30 PM	VIRTUAL
February 19	IN PERSON	Independence First - Understanding Social Cues	6:30 – 8:00 PM	AU Office
March 5	IN PERSON	Healing Harmonies Group-Music Session	6:30 – 8:00 PM	AU Office
March 12	VIRTUAL	Exploring Your Autistic Identity w/ Becky, Session 2: The Joy of Being Yourself	6:30 – 8:00 PM	VIRTUAL
March 19	IN PERSON	Easter Seals with Ashley: Self Employment Information	6:30 – 8:30 PM	AU Office
April 2	IN PERSON	Advocacy for Autism Month - Work on Group Project	6:30 – 8:30 PM	AU Office
April 9	VIRTUAL	Independence First - Relationships	6:30 – 8:00 PM	VIRTUAL
April 16	IN PERSON	Goldhmong Vang: Marquette 'On Your Mark' Program - Jobs and Schooling	6:30 – 8:30 PM	AU Office
May 7	IN PERSON	Independence First - Dating 101	6:30 – 8:30 PM	AU Office



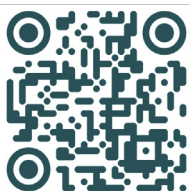
FREE Support Group for Professionals on the Spectrum

Join us for an In Person or Virtual support group the fourth Wednesday of each month. Meeting is held virtual via Zoom or in person at Independence First.

Upcoming Topics:

- February 26 - Identifying a hostile work environment
- March 26 - Autistic Burnout
- April 23 - Toxic: Toxic Relationships in the Workplace
- May 28 - General Support Group Session
- June 25 - Disclosing Your Autism at Work
- July 23 - Networking
- August 27 - Advocating For Yourself in the Workplace
- September 24 - Autism Professionals Mixer (in-person only event)
- October 22 - Negotiating Your Salary

To RSVP (seats are limited) and to request accommodations, contact Peter Lucas at 414-226-8379 V/Relay or PLucas@independencefirst.org



Become a member today!

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3720 N. 124th St., Suite O • Wauwatosa, WI 53222

414-988-1260 • autism-united.org