



Variety's Autism Resource Center is proud to present

## Grandparents Surviving & Thriving

A workshop for grandparents of children on the autism spectrum.

By Sonia Voynow, LCSW

HOSTED BY  
Elwyn Seedlings  
3300 Henry Avenue  
Philadelphia, PA 19129



FREE!!!  
Great for aunts &  
uncles too!

**September 22nd, 2010 from 6:00-8:00PM**

If you are a grandparent of a child on the autism spectrum, your support can be invaluable to your son or daughter and their family. But understanding autism can be difficult. Your grandchild's symptoms and therapy may be confusing. You may be concerned about your child, and wonder how you can be of help. It can be difficult to know how to best spend quality time with your grandchild.

**Topics of Discussion will include:**

- Practical aspects of caring for a child on the autistic spectrum
  - Common stressors and hot buttons
  - The impact of the diagnosis on your family
  - Coping with emotions and finding balance

**To register, please send an e-mail to [autism@varietyphila.org](mailto:autism@varietyphila.org) or call Marissa Tabak at (267) 261-2113.**

Variety-the Children's Charity of Greater Philadelphia is a 501(c)3 non-profit organization dedicated to supporting individuals with disabilities. For more info please visit [www.varietyphila.org](http://www.varietyphila.org)

**About the Presenter:** Sonia Voynow is a psychotherapist who maintains a private practice in Narberth. A parent of a child with ASD, she helps parents and family members struggling with the challenges of raising a child on the autism spectrum. Her services include groups for parents and grandparents; as well as individual, couples and family therapy. In addition, she speaks and writes widely on topics to support those families loving and raising kids with special needs.