



ASRC
navigating the spectrum

AUTISM
SERVICES & RESOURCES
CONNECTICUT



Winter 2019 Learning From Our Littles

Schedule is subject to change due to circumstances beyond the control of ASRC. In the event of illness or inclement weather, playgroup will be rescheduled.

Location: 2360, 101 N Plains Industrial Rd # 2, Wallingford, CT 06492

Time: Saturdays 10am-11:30am

January 18th #1- Welcome Back Class

January 26th No Group...ASRC Training for Instructors and Mentors

February 2nd #2- Postural Control and Muscle Coordination

February 9th No Group...ASRC Training for Instructors and Mentors

February 16th #3- Wear Red Day - Fine Motor Control (Pincer Grasp)

February 23rd #4- Gross Motor Skills - Jumping/Running

March 2nd #5- Sensory Processing and Modulation

March 9th #6-Day Light Savings Time Beginning - Number Activities

March 16th #7-Wear Green Day - Sensory Processing Continued

March 23rd #8- Welcome Spring - Self Care/Independence

March 30th #9- School Readiness Tasks

April 6th #10- Sensory/ "Brain Breaks"

April 13th #11- YOGA

April 20th #12- Egg-citing Obstacle Courses and Egg Hunt



fb.me/LearningFromOurLittles

Or message us at: m.me/LearningFromOurLittles

Contact Information: Rachel.Varvatsis@gmail.com or (860)922-3803 *texting okay.*

Autism Services and Resources Connecticut (ASRC)

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