

Special Programs

Project Lifesaver

Project Lifesaver provides an extra layer of security for children and adults living with their families who have a history of wandering from their caregivers. Wristbands that house transmitters enables law enforcement to locate a missing individual. Project Lifesaver is a partnership between the WJCS Autism Family Center and the Westchester County Department of Community Mental Health and Public Safety.

Autism Spectrum Baseball Program

In partnership with the Miracle league of Westchester, the Autism Family Center sponsors baseball teams for children, ages 5 – 12, who are on the autism spectrum. Players are assigned “Buddies,” trained to understand ASD, who guide them through the game to ensure fun and success. Games are played in the spring and fall at “The Miracle Field” in Hartsdale. This collaboration is made possible through the Sports for Youth Fund of UJA–Federation of New York.

Parent Management Training Group

This evidence-based, short-term group teaches parents how to minimize oppositional, aggressive, and antisocial behaviors. Parents and caregivers will learn new ways of understanding their child’s behavior as well as practicing skills and techniques for effectively handling their child’s problem behaviors.



Learning Opportunities

Wellness Series

Our Wellness Series focuses on topics of interests to families. Workshops in this series may be informative as well as experiential. The goal of the series is contribute to a family’s overall wellness.

Lifespan Series

The Lifespan Series offers parents of similarly aged children the opportunity to network and share resources. Workshops focus on topics that affect families through the lifespan.



The WJCS Autism Family Center welcomes families who either live or work in Westchester. The non-sectarian program is supported with funds from UJA Federation of New York.

Contact Information

Bonnie Graham, LMSW, Program Coordinator
(914) 761 – 0600 ext. 228
bgraham@wjcs.com

Lisa Weinstein, Care Manager
(914) 761 – 0600 ext 225
lweinstein@wjcs.com

Patricia L. Grossman, LCSW, Program Director
(914) 949 – 7699 ext 355
pgrossman@wjcs.com

The Autism Family Center

845 North Broadway
White Plains, NY 10603

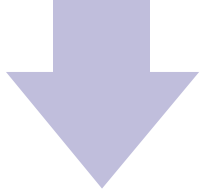


Autism Family Center



A Program of
Westchester Jewish Community Services
Supported by
UJA-Federation of New York

Strengthening lives...Shaping futures
www.wjcs.com



Who We Are

The Westchester Jewish Community Services (WJCS) Autism Family Center (AFC) is a community of individuals of all age groups and families (parents, grandparents, extended family, spouses and siblings) living with or impacted by an Autism Spectrum Disorder. Individuals with ASD can find a variety of programs and services to meet their needs. Family members can join on a formal and informal basis to build emotional and social supports as they face the challenges of autism. The AFC also offers a centralized information and referral resource.



What We Offer

The Autism Family Center continuously strives to meet the needs of our families. We offer a range of activities, including:



Therapeutic Opportunities

Therapeutic Social Skills (TSS) Groups

TSS helps children, ages 6 – 15, diagnosed with an Autism Spectrum Disorder (ASD) with social/emotional growth and development. The goal is to teach essential social skills and provide a supportive atmosphere in which youngsters can practice their skills. In collaboration with the Seaver Center of Excellence at Mt. Sinai School of Medicine, TSS follows an established curriculum utilizing the most current research in the field. Concurrently run, professionally-led Parent Support Groups offer parents and caregivers the opportunity for respite, networking, and support.

Family Advocacy (FAD)

FAD is a social, recreational skills-based group for adolescents on the autistic spectrum and their families. Meeting weekly in a club-like format, participants engage in experiential activities that enhance social, recreational, and independent living skills. Weekly professionally guided parent groups offer education, formal and informal supports, networking, and problem solving opportunities. FAD is supported by the J.E. and Z.B. Butler Foundation.

Information and Resources

The Autism Family Center provides a bi-monthly, comprehensive newsletter that details events and resources for Westchester County and its surrounding areas related to Autism and other developmental disabilities.



Social Opportunities

The Breakfast Club (Ages 30+)

For adults diagnosed with Asperger's Syndrome, members of the Breakfast Club come together to connect around common issues and interests in a relaxed, non-threatening environment. Each meeting includes breakfast and relevant discussions.

The Supper Club (Ages 18+)

This informal yet structured social club offers young adults diagnosed with Asperger's Syndrome the opportunity to improve communication, develop connections, and reinforce strengths. The Supper Club enjoys dinner and a structured activity.

Mother/Daughter Night (Ages 10 – 17)

A special group where mothers and daughters get to enjoy each other's company while building relationships, improving social skills, and allowing parents to network. Each night includes a light snack and structured activity.

