

December 13, 2024: Meeting Notes

Attendees: Cindy Myers – PAVE; Heidi Suarez – Peds NW; Jodi Duke; Kelly Manz – Mary Bridge; Kimberly Adams – SSP2P; Peter Jung – PAVE, Self-Advocate; Melia Hughes – Kitsap County Parent Coalition; Sarah Jones – PAVE; Sarah Loucks – Behavior Bridges; Tasha Le – Self-Advocate & Parent

Meeting Goals: To strengthen and coordinate the existing resources through building authentic relationships in the South Puget Sound area that serve our community. To identify and further clarify the unmet needs of our community and help develop resources to meet those needs. To provide comprehensive information regarding needed support for our community throughout the lifespan.

Meeting Agenda:

- Welcome/Introductions
- Community Roundtable Discussion – Strategies for Supporting Your Autistic Loved Ones During the Holidays
- Community Resource Sharing

Guest Speaker/Presentation Information:

In December we gathered and had a robust discussion on *Supporting Your Autistic Loved Ones During the Holidays*. The group shared many ideas and practices that help to alleviate stress for families during the holiday season, including the importance of planning and setting boundaries with family to managing anxiety and expectations during school breaks. The team also discussed the idea of creating a sensory-friendly environment for autistic individuals during holiday events. Peter Jung and the PAVE team shared an article from their website [*Creating Joyful and Inclusive Holidays: Comfortable Social Spaces for Neurodivergent Individuals During the Holidays*](#).

[Click here to see all guest presenter videos on our website!](#)

Community Resource Sharing:

All resources and events shared during our meetings can always be found on our [website!](#)

- [Behavior Bridges:](#)
- PAVE: <https://wapave.org/calendar/>