

The Lighthouse Voc-Ed Center and The Family Support Network Presents:

**The 2nd Annual
Grace Curtis “Stand Up and Be Counted” Day**

A day of laughter, learning, and appreciation for those who work with people with disabilities!



**Monday, March 24, 2008
9 a.m. to 3:30 p.m.**

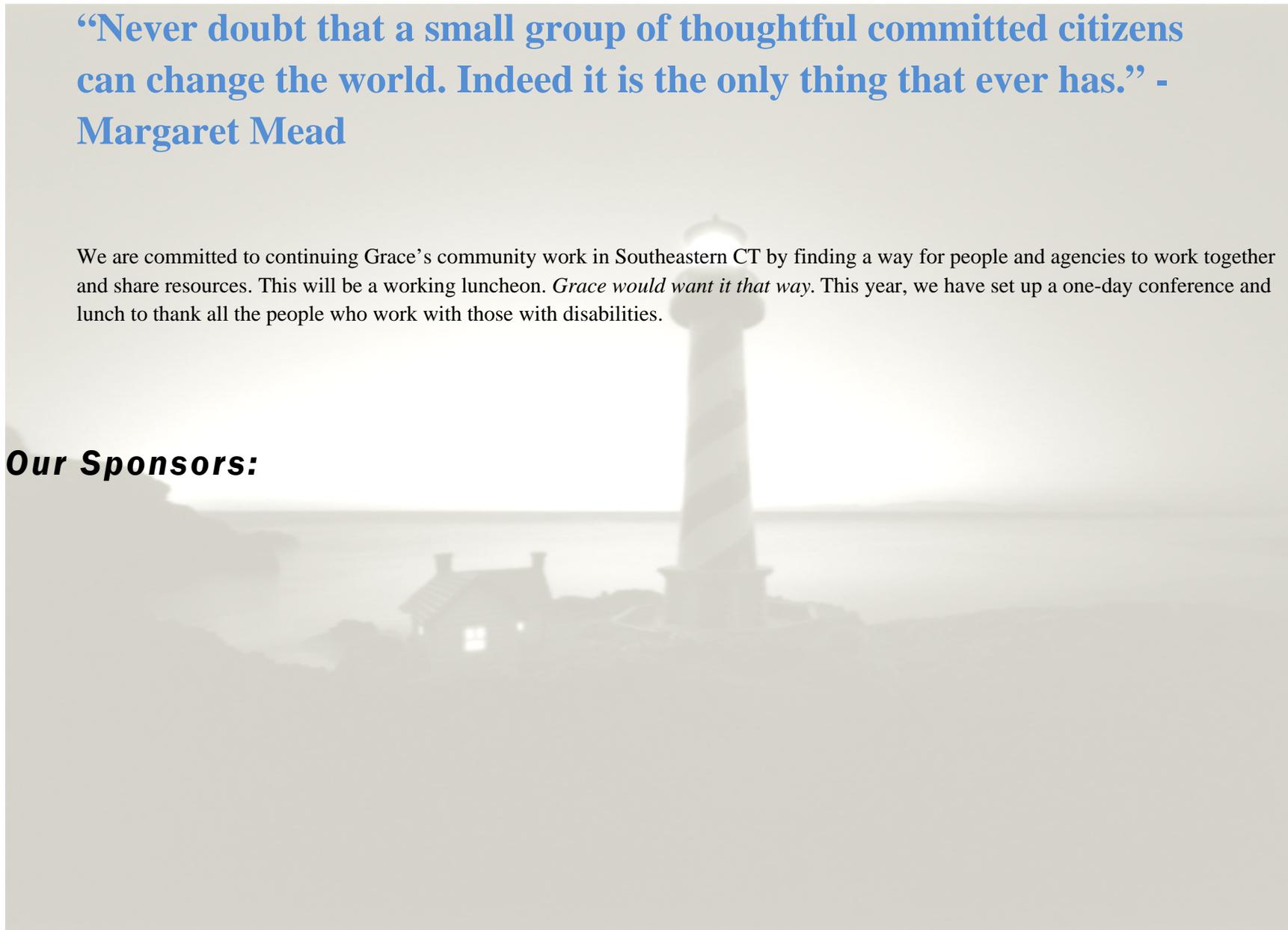
Beat the stress, learn a little, and laugh a lot!

Join Us

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has.” - Margaret Mead

We are committed to continuing Grace’s community work in Southeastern CT by finding a way for people and agencies to work together and share resources. This will be a working luncheon. *Grace would want it that way.* This year, we have set up a one-day conference and lunch to thank all the people who work with those with disabilities.

Our Sponsors:



SPEAKERS

Mimi Donaldson



For over twenty years, Mimi has captivated audiences from the Fortune 100 to the just plain fortunate. She's won acclaim for her rousing keynote speeches, compelling workshops, and in-house training programs. She holds a Bachelors Degree in Speech and Dramatic Arts from the University of Iowa, and a Masters Degree in Education from Columbia University. For 10 years, she was a staff Human Resources Specialist with Walt Disney Company, Northrop Aircraft, and Rockwell International. Mimi has recently been a visiting professor at Harvard University's Center for Public Leadership at the Kennedy School of Government. Mimi Donaldson is co-author of *Negotiating for Dummies*, published by John Wiley & Sons. It has been published in six languages and has sold over 1 million copies worldwide. Her new book is *Bless Your Stress: It Means You're Still Alive!* Published in April, 2006, has garnered much publicity and great client reviews.

John Elder Robison



Look Me in the Eye: John Elder Robison's Book About Life with Asperger's Gives Us a New Perspective on Autism
John Elder Robison lived the first forty years of his life unaware that he had Aspergers Syndrome, a form of autism. His brother, Augusten Burroughs, wrote about him in *Running with Scissors*, and in his subsequent bestsellers. Now, Robison has written his own memoir, *Look Me in the Eye: My Life with Asperger's*, which is receiving critical acclaim from the press, and major support from the autism community; based on pre-orders alone, it is already a bestseller. Burroughs says, "Growing up, my brother was the storyteller in the family." *Look Me in the Eye* proves him right. Beautifully written, Robison's book is being hailed as a breakthrough that could reshape the way we understand people who live with autism. (A rare condition only a generation ago, autism is now diagnosed in one in every 94 newborn boys in America.) John Robison survived an awkward childhood, escaped his abusive parents, toured America with the rock band KISS (he engineered their flame-breathing guitars), designed toys for Milton Bradley, and now runs a multi-million dollar car specialty shop. In his talks, full of compassion and humor, he recounts his utterly fascinating life experiences, and shows us how people with autism can overcome—and even use—their so-called limitations to lead fulfilling lives.

PROGRAM

9:00 a.m. - 10:00 a.m.

Registration and Breakfast

Vendors (In Separate Room)

10:00 a.m. - 10:30 a.m.

Welcome

April Dipollina & Kathy Greene

Opening Prayer

Rev. Lee Ireland

10:30 a.m. - 12:00 p.m.

Bless Your Stress It Means You're Still Alive

Mimi Donaldson

There's good news and bad news about stress; the only stress-free zone that exists is a cemetery--for the residents, that is! If you can *feel* your stress it means you're still kicking, ticking, and clicking! In other words, a bad day alive beats the heck out of a good day dead! The spill of stress can be contained, controlled, cleaned up, and converted into positive energy. To manage everyday stress, people must learn to identify their own stress "triggers" - the little things that set them off. Next, they must delve deeper to discover why things bother them - the "war" within - worry, anger, and resentment, that causes the stress response. Mimi will help you see the stress triggers coming and respond to them effectively. This entertaining and informative session will educate you, enlighten you, enliven you, and give you the inspiration you need to take control of your stress load before it controls you!

12:00 p.m. - 1:30 p.m.

Lunch

PROGRAM cont.

1:45 p.m. - 3:15 p.m.

Look Me in the Eyes

John Elder Robison

Look Me in the Eye: John Elder Robison's Book About Life with Asperger's Gives Us a New Perspective on Autism John Elder Robison lived the first forty years of his life unaware that he had Aspergers Syndrome, a form of autism. His brother, Augusten Burroughs, wrote about him in *Running with Scissors*, and in his subsequent bestsellers. Now, Robison has written his own memoir, *Look Me in the Eye: My Life with Asperger's*, which is receiving critical acclaim from the press, and major support from the autism community; based on pre-orders alone, it is already a bestseller. Burroughs says, "Growing up, my brother was the storyteller in the family." *Look Me in the Eye* proves him right. Beautifully written, Robison's book is being hailed as a breakthrough that could reshape the way we understand people who live with autism. (A rare condition only a generation ago, autism is now diagnosed in one in every 94 newborn boys in America.) John Robison survived an awkward childhood, escaped his abusive parents, toured America with the rock band KISS (he engineered their flame-breathing guitars), designed toys for Milton Bradley, and now runs a multi-million dollar car specialty shop. In his talks, full of compassion and humor, he recounts his utterly fascinating life experiences, and shows us how people with autism can overcome—and even use—their so-called limitations to lead fulfilling lives.

3:15 p.m. - 3:30 p.m.

Closing Remarks

April Dipollina & Kathy Greene

Closing Prayer

Rev. Lee Ireland

Directions to Mystic Marriott Hotel

From I-95, Traveling Northbound

Take I-95 North to Exit 88. At the end of the exit ramp, take a left onto Rte. 117. The Mystic Marriott is ahead on your right.

From I-95, Traveling Southbound

Take I-95 South to exit 88. At the end of the exit ramp, take a right onto Rte. 117. The Mystic Marriott is ahead on your right.

Coming March 23rd 2009:

We have already booked two great speakers for our 2009 annual conference. Our speakers will be Lianne Willey, editor of Autism Spectrum Monthly and motivational speaker and author, Loretta Laroche! We look forward to seeing you there.

