



## **Believe in Possibilities**

### **Navigating Life as an Adult with Autism Spectrum Disorder**

October 1, 2010 - Oregon Convention Center, Portland, OR

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**7:30-8:30** Registration & continental breakfast

**8:45-9:30** Keynote address by Lee Grossman, President/CEO of Autism Society

**10:00-11:15** Break Out Sessions

- Managing Stress caused by Anxiety & Depression-Carol Markovics, Julie Glass
- Parenthood-Changing Roles-Lisa Lieberman
- Access to Post Secondary Education: An Overview-Elizabeth Johnson, Mt. Hood Community College & Melanie Gangle, University of Portland
- Alternative Medical Approaches-Rob Dramov
- Getting the Job and Keeping the Job-Paul See
- Enriching Social Connections-Peggy Piers & Veronica Sautter
- Sensory Issues-Deb Ferguson
- Navigating Agencies-Roger Meyer

**11:15-12:30** Lunch & Exhibition Hall

**12:30-1:30** Panel of adults with ASD: an interactive session and opportunity to hear from adults living with ASD and ask questions

Panel Members: Mary Minn Sirag, Jonathan Chase, Elesia Ashkenazy  
Moderator: Lisa Lieberman

**1:45-2:45** Panel discussion on housing & independent living

Susie Brame from Families Supporting Independence, Joe Wykowski from Community Vision, Jean Edwards from Edwards Center and Tim Olson from Fairview Community Housing Trust

Moderator: Gordon Teifel from Families for Independent Living

**3:00-4:15** Break Out Sessions

- Managing Stress caused by Anxiety & Depression-Carol Markovics, Julie Glass
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- Enriching Social Connections-Peggy Piers & Veronica Sautter
- Sensory Issues-Deb Ferguson
- Intimate relationships 101-Jody & Emilia Ramey

**4:30-4:45** Wrap Up-Lee Grossman & Genevieve Athens