

FSU Center for Autism & Related Disabilities

Meet-Up Mondays

Discussion and Strategies for Adult CARD Clients



Join CARD Consultants for weekly one hour virtual meet-ups to discuss topics affecting adults with autism. Participants will also have a chance to chat with other adults on the spectrum about their successes and challenges. This series is for adults (18 and up) who are registered with FSU CARD.

Topic Schedule

November-Mental Health (7th, 14th, 28th)

January-Social Media (9th, 23rd, 30th)

March- Interviews/Job Skills
(6th, 13th, 20th, 27th)

May- Maintaining a Household/Financial Literacy
(1st, 8th, 15th, 22nd)

July- Nutrition (10th, 17th, 24th, 31st)

September- Dating/Friendships (11th, 18th, 25th)



FSU CARD is dedicated to providing individuals with autism or related disabilities, their families, and professionals who work with them, free consultation, resources, and educational support to build knowledge, confidence, infrastructure, and sustainability within the community.



Mondays

Beginning November 7th

6:30 p.m. EST / 5:30 p.m. CST

Zoom Video Conference

Email Allison at aleatzow@fsu.edu

Register <https://bit.ly/3TmbbT3>