



THE CENTER FOR AUTISM
& NEURODEVELOPMENTAL DISORDERS



Just for Girls! Health, Hygiene & Puberty

You can never be too prepared for what life will bring you as a young woman. These education classes focus on what the child and parent should expect as girls become adolescents. The transition into the teen years can be difficult and exciting for girls with autism spectrum disorder and their families. Let our experienced team teach and guide you through the process.

Class Dates:

Wednesday, January 17th, 24th, 31st, & February 7th, 2018

Time: 4:30-6:00pm

Cost: \$80.00 per participant. Scholarships available upon request for families in need of financial assistance.

Location: The Center for Autism
2500 Red Hill Avenue Suite 100
Santa Ana, Ca 92705

For information or to register, contact our Education & Training Coordinator at centertraining1@uci.edu or call 949-267-0471.

Parent/caregiver participation is required during weeks 1 and 3

For girls ages 12-16

Week 1: Understanding your body: Being healthy, knowing your style

Week 2: Hygiene, all parts clean

Week 3: Your body changes, puberty

Week 4: Caring for your menstrual cycle, pimples, and shaving

* Registration is required

* **Payment is due on or before Wednesday, January 10, 2018**

*Space is limited to 10 students

* 48-hour cancellation notice will be provided by The Center if classes are rescheduled