

along with

# Four Corners Families with Autism Support Group

present

# Self-Care: Ideas to support your loved one and yourself!

Virtual Podcast August 9, 2021 6:00 PM

#### **Panelists**

#### **Lynette Torivio**

Family Specialist, Parent Advocate

Works on the Autism and Provider Resource team supporting families in all areas related to ASD. Has expert experience navigating systems and

# **Mariah Montoya**

Coordinator of Recreational Service, Sibling Advocate
Works on the Autism+ team at the CDD to help create accessible
communities for all individuals through her lived experience and knowledge of ASD.

# Lisa Kalberg

MA, LPCC Education & Outreach Manager
As the manager of the Autism+ team at the CDD, Lisa works to create accessible communities for all individuals. She has experience working with transition aged youth, and she runs a life skills course for adults 18-30 called Thrive.

# **Tory Burns**

MA, LCSW Senior Program Therapist
Works on the Parent Home Training program at the CDD with families of young children diagnosed with ASD.

Tory has extensive knowledge in navigating systems, working with families, and

evidence based practices for autism.

You and your family are welcome to virtually attend! Meeting will be facilitated via

ZOOM by UNM Center for Development & Disability —Autism Programs. Contact the

CENTER FOR DEVELOPMENT & DISABILITY