

# MeMoves

Thursday, October 1<sup>st</sup>

12:00-1:30 at Developmental Services Center

Boardroom (parking in the rear)

6:30-8:00 at Stephen's Family YMCA

**We are honored to bring MeMoves to town for two presentations.**

MeMoves is a patented tool for self-regulation and emotional intelligence that uses an innovative combination of music, movement and the expressive features of emotion to fully engage the user. This easy to use interactive system has been widely praised by therapists, educators, parents, and researchers, as it has proven immensely effective in helping those of all abilities, and especially those with special needs like ASD, EBD, PTSD, anxiety/ depression, attention issues and other neurological challenges. In order to learn new things and navigate our way socially through the world our nervous systems must be calm and alert, we need to feel safe, and we need to be able to connect with other people. MeMoves activates the parasympathetic nervous system, resulting in a calm and attentive state, as it provides safety and affiliation for the user. Utilizing case studies, cutting edge research and real life anecdotes, this interactive presentation will provide best practices for implementing MeMoves in a variety of settings.

There will be two childcare options for the evening presentation only:

\* For children 6 weeks to 9 years, the YMCA offers a Child watch

\* For children age 8 and above there will be a Free Swim Water Program (max 6 children)

For anyone wishing to take advantage of childcare, you **MUST** pre-register by noon on Wednesday, September 30<sup>th</sup>. Email your child's name and age to: [teresa@autismillinois.org](mailto:teresa@autismillinois.org)

Questions or for more information, email: [teresa@autismillinois.org](mailto:teresa@autismillinois.org)

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