

FOR IMMEDIATE RELEASE

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Local Teen Dance Open to Teens of All Abilities Feb. 13 in San Luis Obispo

The Winter Teen Dance will take place on Saturday, Feb. 13 from 7 to 9:30 p.m. at the Elks Lodge in San Luis Obispo, Calif.

SAN LUIS OBISPO, Calif. (Feb. 12, 2016) – The Central Coast Autism Spectrum Center (CCASC) invites teens ages 11-18 to its annual Winter Teen Dance. The purpose of this dance is to provide a night of fun for teens with and without special needs to gather in a safe and supportive environment. Volunteers will be present to help everyone feel welcomed and included at the event. The dance will take place on Saturday, Feb. 13 from 7 to 9:30 p.m. at Elks Lodge, 322 Elks Lane in San Luis Obispo. It will include music, dancing, snacks and a “Chill Room” with quieter activities, including games and arts and crafts. No RSVP is required. A \$5 donation is suggested but not required. Teens are invited to attend as participants or volunteers. For more information, to volunteer, or to make a tax-deductible donation, please contact Kim Richards at krichards@autismspectrumcenter.com or call 805.458.8063. Thank you to the sponsors who make this event possible: CCASC, Epic Entertainment, SLO Elks Lodge, Tidelands Counseling, and the Center for Autism and Related Disorders (CARD).

“Our quality of life is closely tied to having social connections and feeling a sense of belonging in the community,” reports Kim Richards, LMFT, CCASC’s teen and young adult program coordinator. “This dance is one way in which we work to provide a safe and friendly environment, void of judgment, for teens of all abilities to forget about their differences and have fun.”

Many teens with autism spectrum disorder (ASD) experience difficulty with social interactions, including developing and maintaining relationships. The goal of having a community dance is to provide a positive social environment for teens of all abilities to interact, share experiences, and make friends.

“After having the privilege of being involved in the previous teen dance, I can’t wait for the next one,” said Tyler Clark, CARD outreach coordinator. “It is a sublime feeling to be part of such a positive event in our community that includes so many people of varying abilities and backgrounds.”

CCASC is a local non-profit consisting of an all-volunteer board. One of the main focuses of CCASC this year has been increasing the number of social and recreational opportunities in our community. CCASC’s mission is to strengthen quality-of-life for individuals with autism

spectrum disorders, and the lives they touch, through compassion, commitment, and collaboration. CCASC hopes to bring together and empower individuals, families, and professionals for the purpose of improving the quality of life of those affected by autism spectrum disorders. In addition to teen dances, CCASC provides a quality summer camp (Camp Expedition), parent groups, family and social groups, young adult activities, and professional outreach. Just as CCASC aims to support families throughout their journey, CCASC will provide support, training, and education for professionals in our communities. For more information, please visit autismspectrumcenter.com.

Center for Autism Related Disorders (CARD) is a proud supporter of the upcoming teen dance and looks forward to collaborating with CCASC to provide additional resources to our autism community.

About Center for Autism and Related Disorders (CARD)

CARD treats individuals of all ages who are diagnosed with autism spectrum disorder (ASD) at treatment centers around the globe. CARD was founded in 1990 by leading autism expert and clinical psychologist Doreen Granpeesheh, PhD, BCBA-D. CARD treats individuals with ASD using the principles of applied behavior analysis (ABA), which is empirically proven to be the most effective method for treating individuals with ASD and recommended by the American Academy of Pediatrics and the US Surgeon General. CARD employs a dedicated team of nearly 2,000 individuals across the nation and internationally. For more information, visit www.centerforautism.com or call (855) 345-2273.

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