



# MANAGING MELTDOWNS: KEEPING COOL WHEN YOUR KIDS CAN'T

Managing meltdowns can be very difficult, whether they occur at home or in the community. In this workshop, parents will learn:

- Useful strategies to reduce the number of meltdowns
- Tips on calming down a stressful situation
- Ways to keep children safe when meltdowns occur

**Join us for a conversation with Bonnie Graham, LMSW Program Coordinator Autism Family Center, to learn valuable techniques to prepare for, react to, and prevent meltdowns.**



**Wednesday,  
January 25<sup>th</sup>  
7:30 PM  
SIS Library**



**About our speaker:**

**BONNIE GRAHAM** is a Licensed Master Social Worker who received her degree from Fordham University's Graduate School of Social Services. She has worked with children, adults, and families affected by Autism Spectrum Disorders and other developmental disabilities for almost 10 years. She is currently the Program Coordinator of Westchester Jewish Community Services Autism Family Center and sees clients for individual and group therapy.

Questions? Email: [catherinevinci@hotmail.com](mailto:catherinevinci@hotmail.com)

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