



PAKISTAN CENTRE FOR AUTISM

A PROJECT OF



NEWSLETTER SEPTEMBER – DECEMBER 24

HIGHLIGHTS

OCTOBER

- BASIC LIFE SUPPORT TRAINING FOR EMPLOYEES
- PARENTAL SELF CARE- WEBINAR
- MENTAL HEALTH DAY ACTIVITIES
- CAMPUS DRIVES
- TEACHER'S APPRECIATION DAY
- AWARENESS SESSION FOR MOTHERS
- WORLD OT DAY CELEBRATION
- IBT TRAINING
- STAFF ANNUAL LUNCH

NOVEMBER

- CHILDREN'S DAY CELEBRATION
- OPEN HOUSE- MENTAL HEALTH DAY ACTIVITY
- CHILD NUTRITION & GROWTH- WORKSHOP
-

DECEMBER

- IBT TRAINING
- WORLD DISABILITY DAY - SEMINAR
- WINTER'S DAY CELEBRATION



BASIC LIFE SUPPORT TRAINING

BY PAKISTAN LIFE SAVERS PROGRAMME -AKU

Empowering the employees & caregivers, Pakistan Centre for Autism staff participated in a life-enhancing session on basic life support and bleeding control, equipping them to handle emergency situations with confidence. We appreciate the efforts of Pakistan life savers programme- Aku for making this vital training possible!



MENTAL HEALTH DAY AWARENESS CAMPAIGN

A series of activities were designed to address the mental health issues of employees, siblings, parents and caregivers of the individuals with autism.

A mother's self-care is instrumental in fostering a supportive environment for her child's growth. Pakistan Centre for autism, commemorated mental health day & arranged a Webinar, '**Parental Self-Care: Managing Stress and Burnout**,' conducted by Clinical Psychologist Ms. Tahira Anas. The participants gained valuable insights into stress management, burnout prevention, and prioritizing personal well-being for a healthier, happier family.



Beyond the spectrum: Strengthening sibling bonds "

Pakistan Centre for Autism's enlightening workshop on mental wellness, stress management, and emotional intelligence empowers siblings to become pillars of strength, guided by Dr. Fareeha Kanwal and her team from Hope and Cope Psychological Care Services. By prioritizing mental health awareness among siblings, we can break down barriers, promote empathy, and encourage open dialogue.

PRIORITIZING MENTAL HEALTH AT WORK PLACE

Mental health in the workplace is getting the attention it deserves. Pakistan Centre for Autism - PCA's insightful session, 'Prioritizing mental health at work: Self-care and well-being,' skillfully facilitated by Dr. Fareeha Kanwal, CEO of Hope Cope Psychological Services Centre, highlighted practical self-care and emotional regulation techniques for staff working with children on the autism spectrum.



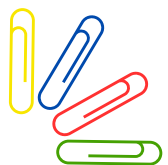
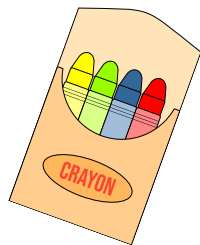
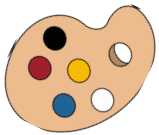


TEACHERS APPRECIATION DAY

As we reflected on Teacher's Day, we took the opportunity to shine a spotlight on a remarkable group of individuals who played a vital role in shaping the lives of our students: our special educators.

Special educators are not just teachers; they are advocates, mentors, and champions for students with diverse learning needs.

We express our heartfelt gratitude to our special educators for their unwavering commitment and passion. They inspire us with their ability to adapt lessons, develop individualized strategies, and foster a sense of belonging among all students. Their work often went unnoticed, but the impact they had on their students' lives was immeasurable.



MENTAL HEALTH DAY

OPEN HOUSE

In recognition of Mental Health Day, we invited mothers of children with autism to a special event designed to promote mental well-being, connection, and self-care. This day was dedicated to celebrating the unique journey of motherhood while providing a supportive space to focus on mental health. Mental Health Awareness Day Open House at PCA-Johar was a truly empowering experience for mothers, offering a diverse range of engaging activities that fostered connection and growth. Attendees embarked on transformative journeys through meditation, Zumba, and uplifting 'Minute to Win It' games, complemented by enlightening quizzes on mental health topics and relaxation techniques. This extraordinary event provided a safe haven for mothers to share, learn, and thrive together. Our heartfelt gratitude to all who participated in this remarkable day of unity and support!

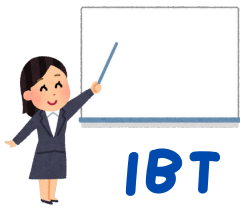


NOURISHING THE SPECTRUM

AWARENESS SESSION FOR PARENTS

Pakistan Centre for Autism recently held an informative session focused on nutrition and health for mothers of children with autism. The session emphasized the significance of a balanced diet, recognizing food sensitivities, ensuring proper hydration, creating mealtime routines, and actively involving children in food preparation.





The International Behavior Therapist (IBT) training commenced at Pakistan Centre for Autism with an insightful session led by Alliya Batool Haidery .

The skilled and knowledgeable interactive and practical approach of Master Trainer Ms Alliya Batool Haidery encouraged active engagement, equipping professionals with tools to implement impactful interventions. The session set a promising tone for a transformative journey of learning and empowerment.



Congratulations!





EXPOSURE VISIT OF STUDENTS OF BAHRIA UNIVERSITY AT PAKISTAN CENTRE FOR AUTISM

Empowering the next generation of mental health advocates, students from Bahria University's Institute of Clinical Psychology visited the Pakistan Centre for Autism, engaging with children and designing enriching art and craft activities to foster connection and understanding.



STAFF ANNUAL LUNCH

Pakistan Centre for Autism recently held its annual staff lunch, bringing together the dedicated team to relax and enjoy delicious food. The event allowed staff to strengthen their bonds and celebrate their hard work and achievements over the past year. It was a joyful occasion filled with laughter and stories, highlighting the importance of teamwork and the positive impact the PCA team has on the community.





WORLD OCCUPATIONAL THERAPY DAY

To commemorate World Occupational Therapy Day, a workshop shed light on the transformative impact of OT on children with autism, empowering parents with insightful knowledge and inspiring hope for a brighter future at Pakistan Centre for Autism.





CHILDREN'S DAY

CELEBRATION



Pakistan Centre for Autism in collaboration with KONPAL, celebrated Children's Day with a special event for children with autism. The day included fun activities like interactive games and creative art sessions, aimed at creating a supportive environment. Parents and caregivers participated, fostering community connections and highlighting the unique strengths of each child. It was a heartwarming occasion that reinforced the importance of acceptance and understanding, showcasing the Centre's commitment to the well-being of these remarkable children.



WORLD DISABILITY DAY

Celebration of International Day of Persons with Disabilities (IDPD) brought together Chief Guest Mr. Tarique Ali Talpur (Minister Social Welfare Department Sindh), Guest of Honour Farman Ali Tanwari – Regional Director DEPD Sindh and Dr. Farhan Essa – CEO Essa Laboratory, along with chairman ABAD House Ahmed Owais Thanvi, Dr. Saeed Ismail Chairperson Pakistan Center for Autism, Ms. Alliya Batool Haidery – CEO Pakistan Center for Autism and other distinguish guests. They addressed the challenges faced by persons with disabilities and emphasized the importance of their enclosure in society. The discussions focused on raising awareness and advocating for better support and opportunities for PWDs and children with learning differences to ensure their full participation and success within our communities. The seminar saw participation from a wide audience, including the general public and important stakeholders involved with PWDs and children with special needs.



WORLD DISABILITY DAY

PICTURE GALLERY





WINTER

CELEBRATION



Pakistan Centre for Autism organized a Winter's Day celebration to educate children about the winter season. A mother & child-oriented activity was held today to develop social and self-help skills. The children had fun decorating snowflakes, painting pots, making orange juice, decorating a snowman, and taking photos in a winter-themed booth.





HAPPY NEW YEAR

