

# Let's Stay Connected!

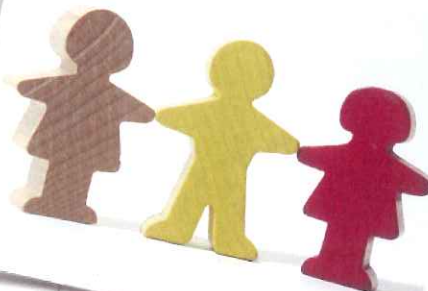
No one wants to be alone on this autism journey...  
and it can feel that way often.

You never know  
how **STRONG** you are  
until being **STRONG**  
is the only  
choice you have



**AUTISM**

First, you must  
understand the diagnosis,  
before you can truly  
understand the individual.



## How???

Here in NH there are many families that have accounts on Facebook, and we are using that venue to stay connected with other parents living with autism.

If you already have an account, please join one or more or all of the groups listed to the right. If you do not- it's really easy to create one, and with what we are dealing with

**day after day,**  
**year after year,**  
**decade after decade,**

we can help each other, support each other, share resources and create the best lives possible for our children and our selves.

NH Autism Group

Autism Support Group of Manchester NH

The Autism Network of the Greater Seacoast NH Area

Housing Options for ASD&DD Adults in NH

Autism Support Group of SW New Hampshire/Southern VT

NH Parents of ADULTS with Autism Spectrum Disorders

New Hampshire Family Voices

Autism Parent Support Group of Derry and Surrounding Areas

Single Parents of Children with Special Needs

Plymouth & Lakes Region Parent Networking Group

NH ABLE

Easter Seals NH Autism Family Network

**If you do not see a group that will fit your needs, consider creating one!**

If you have any questions, find one of us (below) on Facebook under the name listed:

Kara Murray Stanley (Laconia)

Elizabeth A. Webster (Manchester)

Jenn Drew Pineo (Littleton)