

Online program to improve your child's cognitive flexibility, planning, and organizing

Program Eligibility:

- Parent/caregiver of an elementary or middle school-aged child with ASD
- Able to participate in a nine-week online program
- Willing to fill out measures online throughout program participation

The Center for Autism and Related Disabilities (CARD) is offering families in the community an opportunity to participate in a program for parents of children diagnosed with autism spectrum disorder at no cost. The *e-Unstuck and On Target Course for Parents* (Cannon et al., 2018; Kenworthy et al., 2014) is an evidence-based online program designed to help parents better understand their child's behavior and executive functions. Executive functions include skills such as responding flexibly, regulating emotions, and planning/organizing tasks. The program includes tips and tools to increase your child's cognitive flexibility. Because the entire program is online, you can participate from the convenience of your own home!

As part of this program, you will be asked to:

- Complete all modules of the *e-Unstuck and On Target Course for Parents* over nine weeks
- Participate in 30-minute, weekly group coaching sessions for nine weeks
- Fill out online questionnaires throughout participation

All participants will receive access to the online program before participating.



If you are interested in participating, please complete the following survey and a CARD staff member will be in touch with you shortly:

<https://www.surveymonkey.com/r/CARDOOnlineProgram>