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## **FOR IMMEDIATE RELEASE**

### **New connections for adults across the autism spectrum**

December 12, 2019 – Meet Autism Home Base, a grassroots charity now serving the Peterborough area. The group, which started in Clarington has grown to support 165 members over the past seven years.

“Many adults on the spectrum experience profound social isolation, even more so once they age out of high school. For those who require intensive support, family caregivers often become isolated too,” says Judy Hanson, Founder and CEO. “We create opportunities for families to connect and network with peers through arts & culture, social, sports and recreation.

Peterborough families currently meet twice a month. One Sunday a month for a games group, and once a month for a community outing.

Autism Home Base plans to pilot arts, cooking and wellness programming over the next year too.

The group describes itself as family-driven, by families for families. Each family pays an annual membership fee of \$100 and takes on various roles such as organizing activities and hosting fundraisers.

The Peterborough expansion was made possible by a grant from the Peterborough Foundation and a recent fundraiser by Classy Chassis in Peterborough.

“Many of our members had simply stopped leaving the house because of the fear of failing or not fitting in,” says Hanson. “Thanks to Autism Home Base, members are active, out of the house, exploring their community, sharing resources and strategies. We are stronger together.”

In 2019, the group received a seed grant from the Ontario Trillium Foundation for a project that seeks to expand friendships beyond peers on the spectrum. AHB is searching for two Peterborough area Pals, volunteers over the age of 21, to join the group on Sunday afternoons twice a month between January and June.

Autism Home Base invites families and interested community supporters to call Karen at 289-278-3489 x3; visit them on-line at [www.autismhomebase.com](http://www.autismhomebase.com); or find them on social media @AutismHomeBase.

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