

# Community Education Service



*Improving emotional health and well being*

## Thriving and Autism Tips Tricks and Strategies for Success

**Dr. Heather M. Brown, Associate Professor, Department of Educational Psychology, University of Alberta**

She is also an autistic professional who studies autism. Her [AIDAN lab](#) aims to uncover strategies to support the academic achievement and overall well-being of autistic children, youth and adults. By doing so, her research is poised to empower autistic individuals to be more self-confident in their neurodiversity and to develop a better understanding of the factors that most support their well-being at home, work and school.

We all have an intuitive notion of what it means to live well, or what it means to thrive, or what human flourishing looks like. But figuring out what thriving looks like for us personally is a really hard question to answer. If you are autistic, that question might be even harder to figure out. This is often because even well-intentioned advice and strategies were developed by non-autistic researchers and tested with non-autistic participants and thus are not always helpful.

In this workshop, Dr. Brown will present findings from research conducted primarily by autistic researchers themselves, in which they examined the constructs of wellbeing and quality of life for autistic individuals. By drawing on the lessons from the neurodiversity movement and personal experience, she will also present tips, tools, and strategies for learning to Thrive. The importance of (a) presumed competence and autonomy; (b) sparks, flow, and special interests; and (c) positive identity, belonging, and connection will specifically be considered.

## FREE Webinar

**Thursday, February 10, 2022  
6:30 - 8:30 PM**

[Register](#)

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Sinneave Family Foundation** and the **University of Alberta**.