

NEURODIVERSE SOCIAL HOUR

AGES 16-35



**4 part hybrid
workshop**

Autism Alliance SoCal
Building Meaningful Lives

PART ONE

**NOV
9**

Virtual- Zoom 10:00am-12:00pm

- Being able to understand your diagnosis and what that means in the world.
- Understanding what it means to be a regional center client with a developmental disability.

PART TWO

Virtual- Zoom 10:00am-12:00pm

- Being able to identify ways you can use your diagnosis to advocate in different settings.
- Learning when to self-disclose your diagnosis.

**NOV
16**

PART THREE

In-person 12:00pm-2:00pm Pasadena area

**NOV
23**

- Etiquette for social situations. How to dress for different occasions.
- Grooming and Self-Care: Practicing and creating skincare routine (Live Demo) with Elise Duarte, Self-Advocate/Certified Makeup Artist.

PART FOUR

In-person 12:00pm-2:00pm Pasadena area

- Recap and practice skills learned.
- Social hangout: Light lunch, mingle and karaoke

**NOV
30**

WORKSHOP PRESENTERS

Meet Our Team



Lina Rodas Hurtado,
LCSW

Ms. Rodas is a bilingual (Spanish) bicultural Licensed Clinical Social Worker and psychotherapist currently working with children, adolescents, and adults in her private practice. With over 12 years of extensive training in the field of mental health and developmental disabilities. Prior to moving to private practice, Ms. Rodas worked for 10 years at Childrens Hospital Los Angeles within the Division of Adolescent & Young Adult Medicine's Behavioral Health Program in collaboration with USC Center for Excellence in Developmental Disabilities under the auspice of the Los Angeles County Department of Mental Health.



Elise Duarte
Certified Makeup Artist

Elise Duarte is a 19-year-old self-advocate on the autism spectrum. She has received several cosmetic certifications from the Michael Vincent Academy where she gained experience in runway makeup for Los Angeles fashion shows, including editorial, film, bridal makeup, hair artistry and airbrush. She has developed a passion for self-advocacy/peer advocacy and conducts workshops and is a public speaker. She serves on the Employment Committee at her regional center. Elise aspires to continue her advocacy in the disability community.



Enrique Duarte, IV
Bassist

Enrique Duarte, IV, is an immensely gifted and technically superb multi-instrumentalist, music director, singer, songwriter, musician on the autism spectrum. His passion and main instrument is the bass. He received his music degree in Jazz at Los Angeles City College. When he isn't performing, he is working on his fitness and also teaches beginning guitar. He serves on the Employment Committee at his regional center and has been active in the disability community as a self-advocate since 2009.

The workshop series is vendored by Lanterman Regional Center. It may be available to clients of other Regional Centers as well. Inquire with your Regional Center Service Coordinator.

Vendor# PD3625 - Subcode 10PG

Fee is a flat rate of \$400 for the four-part workshop series.

**Register at info@autismsocal.org
or Call/Text (818) 662-8847**