



Where are you on your journey? Resources for Autistic Teens

SOCIAL

Friend in Me – Partners disabled teens with neurotypical student volunteers. The “buddies” meet online once a week to talk and play games.

<https://www.friendinmegroup.org> Email: info@friendinmegroup.org

SUPPORT

Association for Autism and Neurodiversity (AANE) – Offers social and support groups, as well as life coaching. Most programs are offered virtually. Many services are fee-based, but financial aid is available.

<https://aane.org> Schedule a free phone call or complete email form on website.

Email: info@aane.org

FACEBOOK GROUPS

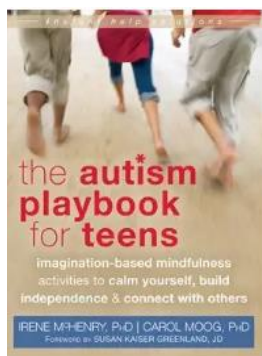
Autism Teens and Adults of NJ

Autism Support Group for Teens, Young Adults, and Parents

A REAL Autism Support Group for Teens, Adults, and Parents

EBOOKS AVAILABLE THROUGH HOOPLA

Hoopla is an app that can be downloaded onto a tablet or smartphone. It's compatible with Apple, Android (6.0+), and Kindle Fire devices. You must have an Ocean County Library Card, and less than \$25 in fines, to use **hoopla**.



The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, & Connect with Others by *Irene McHenry and Carol Moog*.

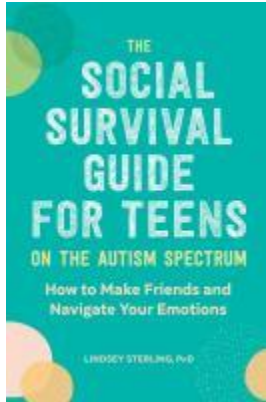
This book offers a unique, strengths-based approach to help teens with autism spectrum (including Asperger's Syndrome) develop social skills, strengthen communication, and thrive.

BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY



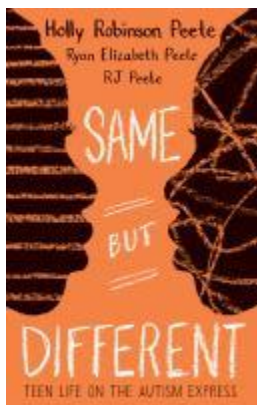
Living with Autism by *Megan Atwood*. YA 616.85882 Ster.

Living with Autism features fictional narratives paired with firsthand advice from a medical expert to help preteens and teenagers feel prepared for dealing with autism during adolescence.



The Social Survival Guide for Teens on the Autism Spectrum: How to Make Friends and Navigate Your Emotions by *Lindsey Sterling*. YA 616.85882 Ster.

Social situations can feel mysterious or tricky to navigate-and if you are on the autism spectrum, they can feel overwhelming. The Social Survival Guide for Teens on the Autism Spectrum unlocks socialization secrets and helps you understand your feelings. Learn how to handle situations like managing anxiety, starting a conversation, understanding sarcasm, and dealing with conflict.



Same But Different: Teen Life on the Autism Express by *Holly Robinson Peete*. YA Peete.

Through the alternating stories of twins Callie and Charlie, their fictional counterparts, teenagers Ryan Elizabeth Peete and RJ Peete discuss what it is like for RJ as a teenager with autism and Ryan as a teenager with an autistic sibling.

2/21/2024