

## THE CONNECTION FORMULA

All services at The Friendship Network are based on The Connection Formula. The goal is to see life from the person on the spectrum's point of view first.

Then help is offered in clinically sound ways to improve the quality of their life.



The Connection Formula®

## FOUNDER AND EXECUTIVE DIRECTOR



**Nancy Swanberg, MS, LMHC** founded The Friendship Network in the Spring of 2004. Nancy is a licensed mental health counselor and also has degrees in vocational rehabilitation counseling. She provides direct counseling and vocational services and oversees these programs.

Nancy is author of *The Connection Formula: How to Autism-ize Your Thinking and Become Your Child's Lifeline*.

## SERVICES FOR PEOPLE ON THE SPECTRUM AGES 5-25, THEIR FAMILIES

*and the community*

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a nonprofit organization

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## Socialization Groups

The Friendship Network's socialization group sessions are offered four times a year for children, teens and young adults. Groups are geared towards increasing social independence and improving social skills while also encouraging a positive sense of self. What makes the Friendship Network so unique is the group leader's training in the Connection Formula and ability to maintain a socially accessible environment. Group members are provided the rare opportunity to increase social confidence, experience genuine acceptance, develop true friendship and expand ever important relational skills.

## Counseling

Clinicians at the Friendship Network are sensitive to the challenges that individuals on the Autism Spectrum and with other social learning challenges face in daily life. Children, teens and young adults are provided with high quality counseling to address their concerns and increase daily functioning, independence, and happiness.

## Vocational Services: Ages 18-25

The Friendship Network has recently expanded into both hands-on (Reel Life Skills for Autism and community internships) plus classroom training for "soft skills" vocational training. Many people on the spectrum have a hard time keeping a job even when they have the work-related "hard skills." The "soft skills" include professional communication and interaction skills necessary for success in the work place.

## Consulting

### Schools

Public, private, and 766 schools who have students on the spectrum consult with The Friendship Network on individual students. They also use our service for in-house trainings and workshops.

### Families

Family members and extended family members consult with Friendship Network staff to gain insights, support and guidance via short-term, psycho- educational sessions.

### Counselors

Clinical supervision is offered for other counselors working with client on the spectrum.