

# The Fly Brave Foundation

## Upcoming Events

Please see our webpage for more details

Volunteer at the Sacramento Food Bank! Come help us sort food from 9am-11am (Must be 10 years or older)

2/12/18, 5/14/18, 8/13/18, and 11/12/18

Jewelry Workshop at Eskaton Senior Living Community! Come make jewelry and a new friend at the Senior Living Community from 3:30-4:30pm

2/16/18, 3/9/18, 4/13/18

Sky High Sports Social Group! \$5 for 3 hour jump session and \$2 for Sky High socks, 3-6pm

2/6/18, 3/6/18

Fly Brave's Got Talent! A talent show showcasing individuals with autism and other developmental

disabilities and their siblings (see page 3 for more details)

4/14/18

3rd Annual Autism Prom Night! **We are looking for 20 escorts and buddies for Prom. Please contact us if you're interested! We are also in need of volunteers for decorating!** 6-9pm at St. Elizabeth of Portugal Church, 1817 12th Street, Sac - \$15 per prom star (up to 3 chaperones per guest are free)

4/28/18

Fly Fit! 5-week Fitness Program with the Elk Grove Police Department! Located at Albani Middle School 9140 Bradshaw, Elk Grove



Weds. 6pm-7pm on 3/7/18, 3/14/18, 3/21/18, 4/4/18, 4/11/18

Sat. 9:30-10:00am on 3/10/18, 3/13/18, 4/17/18, 4/14/18

**Registration for the Talent Show, Prom Night, and Fly Fit is required!**

**Please see [www.flybrave.org](http://www.flybrave.org) for links to register**



@flybrave4autsim



facebook.com/flybravefoundation



etsy.com/shop/FlyBrave

[www.flybrave.org](http://www.flybrave.org)

## Employment Training Program

Fly Brave is in the process of becoming vendored with Alta Regional to set up an employment training program.

Once our application has been approved, we will be looking for a space to set up shop!

In the beginning, our clients will be learning office management, computer, customer service, jewelry making, and customized t-shirt making skills.

We hope to partner with local businesses to set up

internship opportunities that lead to employment.

If you have any leads on commercial spaces for rent, please let us know! We are hoping to be close to public transportation.

## Social Skills Through Improv

Last year we piloted Fly Brave's first Social Skills Through Improv program and it was a huge success! It was a 10-week program that ended with a final showcase at the Coloma Community Center. The program was made possible by a grant from the ABS Foundation.



Our pilot program focused on gaining social skill necessary for interacting in the workplace.

Since our pilot program was such a success and we have had many requests to continue the program, we are trying to do just that!

Instead of having the program for 10 weeks, we are looking to expand the program for a longer duration.

We will continue to work on developing social skills through the fun and spontaneous art of Improv.

Once we have the program details finalized, we will let the community know and begin sign-ups.

We are always looking for volunteers that would like to assist during the program, so if this is something you may be interested in, please let us know!



## February Birthdays



Luke 2/6

Nicholas 2/28

## Family Spotlight

Each month we will highlight a Fly Brave community member who is near and dear to our hearts.

This month we are putting our Fly Brave spotlight on Kristina Bowden of Kristina Kares. Kristina is kind, funny, helpful, always wears a smile, and our resident New Kids on the Block fan!

Kristina is a wonderful artist, and donates the profits she receives from selling her artwork through Kristina Kares to Autism Speaks, Mason Fluty, and Strong as Steele.

This year for Kristina's birthday, she asked for donations to Fly Brave! What a generous young woman!

Kristina is always trying to

spread Autism awareness for herself and others, wants everyone to be loved, and everyone to have friends. We couldn't agree more Kristina!

If you are interested in Kristina's artwork, you can follow her on Facebook at Kristina Kares.

We love you Kristina!

**NEW KIDS  
ON THE  
BLOCK**

## Letters From Laima

February is the heart month. The month of love. The month when we close our eyes and say, "I love you... **no** matter...."

This February, lets make love matter. Lets connect our hearts with our brains and watch the change. Watch them both expand and develop.

Norman Doidge, M.D. and Payne Bryson, PH.D. have been doing some amazing research on neuroplasticity; which means the brain can heal and change at any age. Sure there are optimal ages for brain development, but across the board, researchers are finding that the brain can heal and develop at any age.

So ten years ago when your doctor said your son or daughter had developmental delays. You as a parent had to learn to live with it.

And you kept saying, "I love you no matter...."

Today love does matter. Love demands effort in order for there to be change and growth with in our children. Healing happens all the time.

How does the brain change? Dr. Payne describes five things that need to happen for our brains to grow and heal:

\*focused attention

\*massive amount of practice

\*unlearning old ways

\*novelty

\*exercise

This year Fly Brave will be providing all of the above in their different activities. Start out with the February 10<sup>th</sup>, Swim Event and watch your love bloom and change.

**Laima Druskis, special education teacher**



## Fly Brave's Got Talent

### Calling all performers!

Fly Brave is showcasing individuals with autism and other special needs, and their families, OF ALL AGES, on April 14, 2018, in Fly Brave's Got Talent. The performance will be held at the Sierra 2 Center in the

24<sup>th</sup> Street Theater.

If you do not have a talent, we will teach you one on the date listed below. The talent show is also open to family members. Family members are welcome to perform their talents solo or in a collaborated performance.

If you have any questions, please email us at

[flybravesgottalent@gmail.com](mailto:flybravesgottalent@gmail.com).

## Save the Date

**March 3, 2018**

**Show us your talent  
2:30-5:30 pm**

This is an opportunity for performers to show us their talent. Performances should not exceed 5 minutes.

St. Elizabeth Catholic Church  
Downstairs in the Church Hall  
1817 12 Street, Sac, CA 95814

**March 10, 2018**  
**Learn a talent  
2:30-5:30 pm**

If you would like to perform but do not have a talent, we will teach you one to perform in the show.

St. Elizabeth Catholic Church

Catholic House next door to the church  
1817 12 Street, Sac, CA  
95814

**April 7, 2018**  
**Rehearsal  
2:30-5:30 pm**

St. Elizabeth Catholic Church  
Downstairs in the Church Hall  
1817 12 Street, Sac, CA  
95814

**April 14, 2018**  
**Talent Show  
5-7pm**

Sierra 2 Center  
In the 24<sup>th</sup> Street Theater  
2791 24<sup>th</sup> Street  
Sacramento, CA 95818

We are offering a run through dress rehearsal the morning of the performance for those who would like practice on-stage prior to the show.

