



## Thrift Store Update!

**Our move in date has been pushed back to April 1st....stay tuned!**



The thrift store will be revitalized into the Fly Brave Emporium - new and used finds.

New: includes space for local artists to sell their works such as soaps, candles, accessories, clothing, art, etc.

Used: will include gently worn clothing, shoes, accessories, home goods, vintage finds, and small pieces of furniture. We also envision a “Boutique Corner” for consigned goods.

Our clients have created a cool theme for the coffee shop, and we look forward to unveiling that soon.

Both businesses will be run by our clients to serve as hands-on skills/employment training programs.

If you would like to donate, you can share your kindness through our Donate button on the homepage of [flybrave.org](http://flybrave.org).

## Message from Vanessa, Founder

We are so excited to see our mission to fruition in building a space that brings our clients and community together.

The building needs a lot of love and we plan to host two community service project days to fix it up. We will post a google sign-up sheet when we secure the dates.

We are in need of equipment and supplies and our clients are working on a wish list to share in the near future.

**We have reached capacity with store donations and are not able to accept any more at this time.**

We are unable to accept large items such as couches, beds, hutches, entertainment centers, televisions, desks, or like items until we configure the space. We received several of these items at the donation drive and do not have room for more at this time. We will post donation drive dates with acceptable items once the space is laid out.

Thank you for your continued support.

## Online Merchandise Updates

**Be sure to continue to check out our new merchandise in our online store!**

Store link:

[Home | Fly Brave - Peace. Love. Autism. \(bigcartel.com\)](http://Home | Fly Brave - Peace. Love. Autism. (bigcartel.com))



## Acknowledgments and Gratitude

### **Fly Brave Community**

Thank you to our community for the massive donation drive and volunteering to organize and sort the abundance of donations we have received!



### **Balance Dance Project**

Balance Dance Project is an inclusive dance company in the Tahoe Park area of Sacramento. Their parent volunteers built a covered outdoor stage during the pandemic to allow students to continue doing what they love. Heather Singletary, the owner, invited Fly Brave clients to enjoy a free hip hop class on a Sunday afternoon. It was FANTASTIC and they had so much fun learning the choreography. If your child is interested in learning various styles of dance, visit their website for class schedules at

<https://www.balancedanceproject.org/>





## Fly Brave's Amazing Board Members

*Fly Brave is a collaboration of wonderful volunteers and the center of that are some amazing Board members. We are interviewing Board members so we can learn more about their roles and how they help build the programs we love!*



### **Kristy Seltzer, Community Outreach**

Kristy has been involved with Fly Brave for almost 4 years! She serves as the Community Outreach Director. Her outreach position means she is responsible for setting up and overseeing community programs such as the Sacramento Food Bank where Fly Brave clients donate their time to sort food donations for people in need. Kristy is also the founder of the beloved Improv program.

Her favorite thing about Fly Brave is that it gives “opportunity and an outlet to a group of people that sometimes I think get overlooked and aren’t necessarily included in a lot of things. I love how inclusive Fly Brave is and Vanessa’s open arms policy. I love that!”

In her spare time, she cycles, enjoys reading, and has even rowed in the past. She lives at home with her two daughters, Lizzie and Emily, and her husband, John. We are so grateful for Kristy’s help in building the Fly Brave program. “Kristy is really nice and kind when she helps with Improv”, says Ana Demas, a client with Fly Brave, and “I learned she did cool things like rowing”.

**Interviewer:** Ana Demas

## CLIENT CORNER

**Lizzie Seltzer** is a long-time member of Fly Brave and started high school this year. In December she met remotely with a CSU, Monterey Bay graduate to talk about their Science Illustration program. Lizzie showed her some of her science comics and the graduate said Lizzie was already on her way to becoming a science illustrator! In addition to her busy academics, Lizzie started teaching a Yoga class that took place during the last Run Club. This was a great way for clients to participate in a safe and socially distant exercise activity. Thank you Lizzie for leading this great class!





**Article by Lisa Louis with  
HikingAutism.com, San Francisco, CA**

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Almost a year into pandemic restrictions, I find myself reflecting on unexpected challenges and highlights.

My nonverbal autistic son Sean had recently aged out of the school system and was lucky to get a spot in an adult day program near our home in San Francisco. Just as he was getting used to his new supportive environment, things closed down.

Once virtually housebound due to extreme neurosensory challenges, with hard work and intuitive helpers, Sean got out in the world by expanding his horizons one hiking trail at a time.

His progress resulted in [HikingAutism](#) a site we created to share San Francisco Bay Area hikes and uplifting insights for other families facing similar challenges, along with anyone else who appreciates the lift of being outdoors in nature.

Health and safety restrictions mean we are temporarily unable to lead other local families on hikes face-to-face, yet we continue sharing new hikes with others online, and occasionally stumble onto other people and organizations who motivate us.

What an inspiration to discover The Fly Brave Foundation and the amazing community you've built to do so much good. Your amazing story helps us do what we encourage our friends in the autism community to do: Keep putting one foot forward!

Lisa Louis is a translator, author, autism mom, and creator of [HikingAutism](#) .



**Ardent For Life Magazine**

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Thank you Ardent For Life magazine for sharing our story and featuring t-shirt artists in our Art & Design program along with their collection available at Elk Grove Vitamins in Elk Grove, CA.

You can read about Vanessa in the *Community Corner* on page 12 and our story on pages 32-33.

[Click here to read about us Ardent for Life Winter 2021 by Ardent For Life - issuu.](#)

**Working with the Sacramento  
Sheriff's Office**

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We partnered with the Sacramento Sheriff's Office in 2018 to co-train officers about Autism. We've been on hiatus during the pandemic and this month we were back in the classroom implementing four training programs. Our clients and guest speakers gave in-depth presentations alongside Vanessa and Deputy Sheriff Cathy.



Stay Tuned

**We have teamed up with ASD Career Pathways in Redwood City, CA, to offer a free webinar via Zoom.**

*"Employability for Autistic Individuals"*  
*"Rethinking Autism"*

**We will email a flyer with details when the date/time has been secured.**