

Regulating emotions is challenging for people with ASD.

The CALM Compass will help.



## The CALM Compass

The CALM Compass is a practical parenting tool that has four directions for you to choose CONNECT, ARTICULATE, LIFT and MOVE.

Each of these directions points you toward specific skills and strategies you will use in everyday situations. How to:

- Respond to a meltdown
- Prepare and plan for problems
- Help mediate challenging transitions
- Strengthen your child's social and emotional skills



### How it works

This parent program can be accessed on a web browser. It includes video lessons, written text, worksheets, and more, to teach you positive and proactive parenting strategies.

Go at your own pace.

## Who is this program for?

You are a parent willing to learn how to communicate clearly with your child with ASD. You are looking for tangible solutions that will make a difference in your family from preventing power struggles to reducing stress.



### **Program Creator: Mitch Leppicello, LICSW**

Mitch holds a Master's Degree in Clinical Social Work and has 30+ years of experience providing mental health services for children, adolescents, and adults with Autism Spectrum Disorder (ASD). He helps parents and caregivers navigate the countless challenges associated with parenting individuals of all ages with ASD.

"Your approach to providing guidance to not just the child, but also the parents, helped both of us tremendously. You really inspired me and taught me valuable skills I still apply today. You truly made a difference in our lives and our success and I just wanted to take a moment and say thank you. "  
- Wendy R.



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### Online parenting program

for parents and  
caregivers of youth  
with ASD



Join our online community:  
[asdparentingjourney.com](http://asdparentingjourney.com)