

Regulating emotions is challenging for people with Autism.

The CALM Compass will help.



## How it works

This digital toolkit 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.

## Navigating Autism & Neurodiversity

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

## Who is this program for?

You are a parent willing to learn how to communicate clearly with your child with Autism. You are looking for tangible solutions that will make a difference in your family to prevent power struggles, improve communication, and reduce stress.



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

Mitch holds a Master's Degree in Clinical Social Work and has 35+ 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 Autism.

"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.



# The CALM Compass

## Online Parenting Program

for parents and caregivers navigating Autism and Neurodiversity

Join our online community:  
[thecalmcompass.com](https://thecalmcompass.com)