



*Peggy Piers M.Ed.*  
**Newsletter**

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## News and Information:

### **New office space - More office hours - New groups - More resources**

**New office space:** In November 2010, I moved into an office at the new ARRO Community Center, **2360 SW 170<sup>th</sup> Avenue, Beaverton OR. 97006.** The Center adjoins the Tualatin Nature Reserve, and has a lovely outdoor area. (Look for the Project Pace sign.)

The new location provides expanded opportunities for groups, and more available hours to schedule appointments.

My practice still includes general counseling as well as individuals and families who are coping with "invisible disabilities."

Appointments may be scheduled in the Lake Oswego office by special arrangement.

### **NEXT "NOW WHAT?" SERIES**

A group for young adults with cognitive-social challenges.

**The next group** is scheduled for February 16<sup>th</sup>, 2011. The group will meet At the ARRO Center, on Wednesday evenings from 6:30 to 8:00 pm.

It will again be co-facilitated by Veronica "Roni" Sautter S.L.P.

### **FREE INTRODUCTORY MEETING:**

February 2, 2011, 6:30 pm.

PLEASE CALL/email TO LET US KNOW YOU WILL ATTEND. It helps our planning to know how many will be there.

For more information.

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### **Future Groups: Parent Seminars, Young Adult Recreation---Unplugged,**

**Parent Seminars.** Topics for discussion will include "Transitions and a parent's changing roll", "Managing Anxiety", "Finding Resources (a full-time hobby?)", "Safety and Supports." Family and support persons may suggest topics of interest. Day and time TBA

In the planning stage:

**Young Adult Recreation:** An evening of social contact, for young adults with cognitive-social challenges. Non-electronic games, activities. Electronics are great, but here's a chance to meet in a real rather than virtual setting. Facilitators available for support.

### **OTHER NEWS AND RESOURCES.**

**ARRO** Westside Community Center:  
<http://arroautism.org/>

**Full Life** (formerly Portland Supported Employment)  
<http://www.full-lifepdx.com/>

Full Life has a new program called **Tech St.** It is a job-preparation program for youth who are interested in HTML/tech related employment. I will be doing a cognitive-social component with them.

**NEW WEBSITE:** <http://peggypiers.com/>