



# NEWSLETTER

## AUTISM RESOURCE CENTRE LAHORE



The Autism Resource Centre Lahore (ARCL) was established in 2015 by Dr. Ahmad Faraz Bhatti, driven by a personal commitment to improving the lives of children with autism, inspired by his own experiences as a parent. As a non-profit organization, ARCL has become a beacon of hope for families navigating the challenges of autism. Led by Syeda Mehwish, the center prides itself on a team of highly educated and trained professionals, including therapists, educators, and support staff, who specialize in autism spectrum disorders. ARCL provides a wide range of services, including therapeutic interventions, personalized education plans, and skill-building programs, designed to help children reach their full potential. With its state-of-the-art facilities and a strong emphasis on innovation and care, ARCL has established itself as a trusted and leading institution for autistic children, ensuring their growth in a supportive and inclusive environment.

### Quarterly Highlights

- **July**
- **August**
- **September**

# Preview

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**2023 – July**

- Workshop Training with Staff & Parents
- Addressing Puberty Challenges in Autism
- Bakra Eid Celebration

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**2023 – August**

- Autism Pride Day: Pool Party Fun
- Workshop on Puberty and Adolescence in Autism
- Independence Day

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**2023 – September**

- Learning Through Experience: Three-Day Training Workshop
- ARCL at Trust School: Spreading Awareness on Neurodevelopmental Disorders



# Workshop on Reinforcement and Behavior Management

ARCL organized a comprehensive one-day workshop for staff members on "The Importance of Reinforcement, Reinforcement Strategies, and Behavior Management Techniques." Led by Dr. Mansur Choudry, the session provided valuable insights into the practical application of reinforcement strategies and effective behavior management. Through interactive discussions and hands-on activities, participants gained a deeper understanding of how to support children with autism. The workshop reinforced ARCL's commitment to professional growth and continuous learning, ensuring that staff members are equipped with the latest strategies to enhance their work. The session provided practical techniques to manage challenging behaviors and promote positive interactions in everyday situations, further strengthening the relationship between staff and children. We look forward to implementing these strategies in our daily practices to create a more supportive environment for the children at ARCL.



# **Guiding Parents: Training Workshop with Dr. Mansur Choudry**

ARCL conducted a specialized one-day training session for parents, focusing on reinforcement strategies and behavior management techniques. Dr. Mansur Choudry led an engaging discussion, providing parents with practical approaches to handling everyday challenges with their children. The session encouraged open dialogue, allowing parents to ask questions and share their experiences while receiving expert guidance. Practical demonstrations helped them understand how to implement these strategies at home. The workshop empowered parents with the knowledge and confidence to support their children more effectively. It also fostered a sense of community among the parents, as they were able to connect with others facing similar challenges and share insights. We believe this collaborative effort will strengthen the support system for both children and families.



# **Addressing Puberty Challenges in Autism**

Puberty brings unique challenges for children with autism, requiring tailored approaches to support their emotional and behavioral changes. To address this critical stage, ARCL invited Dr. Mansur Choudry for an in-depth discussion with the professional team. The session covered psychological, emotional, and behavioral transitions during adolescence and provided strategies to manage anxiety, aggression, and sensory sensitivities. The discussion emphasized early intervention and proactive planning to ensure a smoother transition through puberty. This session strengthened ARCL's approach to supporting families during this crucial phase of development.



# Joyful Bakra Eid Celebrations at ARCL

Eid is a time of celebration, and ARCL ensured that its children experienced the joy of the occasion in a meaningful way. The Bakra Eid celebration was designed to be inclusive and engaging, featuring sensory-friendly activities, festive decorations, and traditional treats. Children participated in interactive sessions where they learned about the significance of Eid while enjoying the festivities in a comfortable setting. The event created an atmosphere of happiness and togetherness, allowing children to celebrate in a way that suited their unique needs. This celebration also allowed us to integrate cultural traditions into our daily routines, making the children feel a deeper connection to their heritage. The day was filled with laughter, joy, and bonding moments, further strengthening the sense of community at ARCL.



# Autism Pride Day: Pool Party Fun

ARCL celebrated Autism Pride Day with a lively pool party, offering children a sensory-friendly environment where they could enjoy water-based activities. The event was designed to provide therapeutic benefits while promoting social interaction and motor skill development. The children engaged in structured and free-play activities, creating moments of joy and self-expression. Events like these highlight the importance of inclusive recreational opportunities, allowing children to experience fun in a way that suits their needs while fostering confidence and independence.



# **Breaking Barriers: Workshop on Puberty and Adolescence in Autism**

ARCL organized an informative workshop on puberty and adolescence in autism, providing a platform for parents and professionals to discuss the challenges faced during this stage. Led by Dr. Mansur Choudry, the session covered physical, psychological, and emotional changes during adolescence, along with strategies to prepare children for puberty and manage problem behaviors. The discussion focused on fostering emotional regulation and self-awareness while equipping caregivers with the knowledge needed to provide effective support. This workshop reinforced the importance of open conversations and proactive approaches in navigating adolescence for children with special needs. We also emphasized the significance of early intervention and the role of professionals in providing guidance throughout the adolescent years. The session created a space for collaboration, helping parents and professionals work together to develop personalized strategies for each child.



# Independence Day Celebrations

ARCL commemorated Independence Day with a patriotic celebration, honoring the sacrifices made for the country's freedom. The event featured national songs, a flag-hoisting ceremony, and engaging activities designed to help children understand the significance of independence. The atmosphere was filled with unity and national pride as students and staff participated in various interactive sessions. The celebration served as a reminder of the country's rich history and the importance of fostering a sense of belonging and respect for national values.



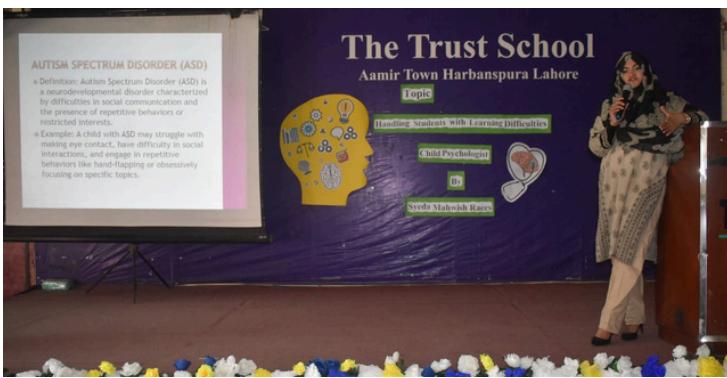
## Learning Through Experience: Three-Day Training Workshop

ARCL conducted a three-day training workshop focused on Applied Behavior Analysis (ABA) techniques, reinforcement strategies, and social skill development for children with autism. Led by Director Syeda Mahwish Raees, the workshop provided hands-on exposure to key areas such as prompting and fading techniques, attending skills, and effective reinforcement methods. Participants engaged in case studies and practical exercises, enhancing their ability to apply these techniques in real-life scenarios. This initiative underscored ARCL's dedication to professional development and improving support for children with special needs.



# ARCL at Trust School: Spreading Awareness on Neurodevelopmental Disorders

ARCL was honored to be invited to Trust School, Amir Town Branch, where Director Syeda Mahwish Raeis delivered a session on neurodevelopmental disorders, learning difficulties, and effective management strategies. The discussion aimed to equip educators with the knowledge needed to support children with special needs in academic settings. As a symbolic gesture of collaboration, she was invited to plant a guava tree in ARCL's name, marking a memorable moment of partnership. The visit reinforced the importance of inclusive education and the collective responsibility of schools and organizations in creating supportive learning environments.





**AUTISM**  
AWARENESS

## AUTISM AWARENESS MESSAGE

Not all individuals with autism communicate in the same way. Some may use words, gestures, or assistive devices. What matters most is patience, understanding, and the willingness to listen in different ways. Just because someone is nonverbal doesn't mean they have nothing to say. We need to create more inclusive communication methods to ensure every voice is heard.

## OUR VISION

The Autism Resource Centre aims to become nationally and internationally acknowledged Centre with the distinction of implanting Quality services combined with outstanding outcomes through conducive learning environment, experienced staff, efficient, and friendly management.

## OUR MISSION

The mission of the Autism Resource Centre (ARC) Lahore is to support individuals with autism and their families by providing education, therapy, and resources. We aim to develop each child's potential, improve their quality of life, and prepare them for integration into mainstream schools, fostering a better understanding of autism across communities.



# Support Us



Your support can transform lives at ARCL. Every donation helps us provide a safe, empowering space where children with autism can thrive. Together, we can offer quality education, life-changing therapies, and a brighter future for these incredible kids. Join us in this journey of hope and possibilities—because every child deserves a chance to shine. Donate now and make a lasting impact!

## DONATION DETAILS

### CONTACT US:

**042 35248222 | 0300 9579526 | 0303 6655444**

### BANK DETAIL:

**Account Number: 0000 0000 1478 4462 MCB Bank,  
wapda Town Lahore.**