



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# AUTISM MOVEMENT THERAPY



## ONEIDA FAMILY YMCA

Through cognitive re-mapping, Joanne Lara's successful Autism Movement Therapy® is an interhemispheric SENSORY INTEGRATION technique incorporating movement and music in collaboration with Positive Behavior Support (PBS) strategies to assist individuals with Autism Spectrum Disorders (ASD) in meeting and achieving their speech and language, social and academic IEP and ISP goals. This class helps both sides of the brain connect and work together typically improving language.

### Meet Our Instructor

Mikayla Manner, Autism Inclusion Specialist  
 SUNY Cortland Graduate , 2016  
 (315) 941-3204 (cell)  
 mikayla.manner@cortland.edu



Mikayla attended SUNY Cortland for four years studying Therapeutic Recreation. During her time at school she helped facilitate many after school programs in the Cortland community as well as a program at Onondaga Nation. Mikayla spent time in Belize paving, making The Belize Zoo the first accessible destination in the country. She has a passion for inclusion and is a part of the Inclusive Recreation Resource Center. She is a co-founder of the Inclusive Recreation Club on the SUNY Cortland campus. Mikayla received her level I & II certification in Autism Movement Therapy through the Herkimer ARC. She has a passion for working with children of all abilities with a special interest in Autism Spectrum Disorder.

### Testimonial

"We love the program! One little boy started the program at the end of June, he never spoke a word and would stand in the corner. Last class he actually sat and did circle time and said his name. His mom was in tears, she had only heard him say mom and dad. I can not thank Joanne enough for creating such a fantastic program. The kids love the class and I love seeing them improve every class!"

- Erica Matthews, Director The Autism & Movement Project-AMT Subhead

**Oneida Family YMCA**  
 701 Seneca Street  
 Oneida, NY 13421  
 315.363.7788  
 ymcatrivalley.org

**Sundays**  
 January 7th—February 18th  
 Registration December 12th—31st

<b>Ages 5-10</b>	<b>1:00—2:00PM</b>
<b>Ages 11—18</b>	<b>2:00—3:00PM</b>
Members \$40	Non-Members \$60
*Maximum of 6 participants each class	
<b>Private Sessions* Available By Appointment</b>	
45 Minute	Members \$45      Non-Members \$60

