

UF Jacksonville CARD and FDLRS-MDC present:

Upcoming CARD Trainings/Events

- **Walking to the Beat of Our Own Drum-line**

July 1 & 15, 5:30 to 6:30PM. The drumline group is a dynamic program designed to enhance executive function skills, foster group cohesion, and promote overall social development in individuals with autism. Through the structured practice of drumming, participants improve their ability to plan, focus, and execute tasks. The collaborative nature of the drum line encourages teamwork and communication, building a strong sense of community and social connection among members. Location: UF Health Neurodevelopmental Pediatric Center, 6271 St. Augustine Rd. JAX, 32217. [Click here to register](#) for this group. For more information, please contact Brett.Walden@jax.ufl.edu.

- ****New** CARD Adult Resources and Support Group (online)**

July 2, August 6, September 3, October 1, 5:00PM to 6:00PM. 1st Wednesday of each month. Adults with autism spectrum disorder will have the opportunity to engage in facilitated social conversations via Zoom. [Click here](#) to register online. For more information please contact gwenivere.mauro@jax.ufl.edu.

- **Chill Club**

July 7 & 14. 1:00PM to 2:30PM. Chill Club is a supportive, small-group six-week experience designed to help kids ages 8–12 build emotional awareness, self-regulation skills, and confidence in social situations. Through games, movement, creative activities, and calming tools, participants will learn how to recognize their feelings, manage big emotions, and make positive choices—even when things get tricky. This group is especially helpful for neurodivergent youth who benefit from visual supports, predictable routines, and hands-on learning opportunities. It is best suited for children who can participate in a small group setting with some verbal communication skills and are able to engage with adult support and peer interaction. Each session blends fun with skill-building in a relaxed, inclusive environment where kids feel seen, safe, and successful. [Click here to register online](#). If you have any questions, please contact Gwenivere Mauro at Gwenivere.mauro@jax.ufl.edu

- **Rhythm on the Spectrum**

July 8, 22, & August 12, 26. 5:30 to 6:30 PM. This group offers young adults with autism within the age range of 18 to 22 years old, a supportive, creative space to explore self-expression, communication, and collaboration through music. Participants will engage in a variety of musical modalities including instrumental and vocal recreation, songwriting, lyric interpretation, improvisation, and guided discussions on song content and meaning. With music as the foundation, participants will strengthen their ability to connect with others, process emotions, and build a

greater sense of identity—all while having fun and making meaningful noise together. [Click here to register online](#). For more information please contact brett.walden@jax.ufl.edu.

- **Sibshops (online)**

July 16, August 20, September 17, October 15, November 12, December 10, begins at 5:30PM. Sibshop is a gathering of siblings across the ages to create community, build support and share in the stories that make us unique as the sibling of individuals with developmental, intellectual, social-emotional, and medical disabilities. Siblings will be able to join virtually at link provided. Ages 8 to 12 years of age. [Click here](#) to register online. For more information please contact chanel.baldwin@jax.ufl.edu.

- **After the Diagnosis: Social/Emotional Disorders (Parent Support Group)**

July 21, August 18, 5:30PM to 6:30PM. A Parent Support Group for families that have recently received a medical diagnosis for their child. This group will offer resources and guidance on “what to do next” and how to process your child’s diagnosis. Together, we’ll address the mixed emotions that often come with receiving a medical label. We’ll provide information that may be useful for the parent/caregiver as well as the whole family. The more the family understands the characteristics of your child’s diagnosis, the better the family can support the child. [Click here](#) to register. For more information please contact lotoya.odom@jax.ufl.edu.

- **Parent Support Group (online)**

July 23, August 27, September 24, October 22, November 19, December 17, 6:00 to 7:00 PM. A Parent Support Group led by the UF Health Jacksonville CARD and FLDRS-MDC clinician. It’s conversation-based with the goal of helping strengthen the relationship between child and parent, while learning about resources and supports from other parents with professional support. Parents will be able to join virtually from the comfort of their home. [Click here](#) to register online. For more information please contact chanel.baldwin@jax.ufl.edu.

- **MANSWERS: Men’s Group (age 17+)**

July 31, 6:00 to 7:00PM. Join our online men’s group, a supportive space where we discuss male-specific challenges, share experiences, and connect with others. Whether it’s navigating relationships, work, or personal growth, this group offers a safe, understanding environment to explore issues unique to men on the spectrum. (This is a VIRTUAL event). [Click here to register](#). For more information please contact elan.santiago@jax.ufl.edu.

- **Growing Girls (Ages 8-12 years)**

August 13, September 12, October 8, November 26, December 3, 5:30PM to 6:30PM. Growing Girls is a supportive group designed to help tween girls (8-12yo) with autism and related disabilities navigate the unique challenges of growing up. Through engaging activities and guided discussions, participants will learn about personal hygiene, making healthy choices, developing and maintaining friendships, and practicing essential social skills. To benefit fully from the program, participants should have a level of communication that allows them to express their needs and interact with others. [Click here to register](#). For more information please contact chanel.baldwin@jax.ufl.edu.