



FOR IMMEDIATE RELEASE

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Contact: Patricia Wigney, Executive Director of Bridgeway House, 541.345.0805,
patricia@bridgewayhouse.org

Bridgeway House Announces Comprehensive Essential Skills Program for Youth with Autism

Eugene, Ore. –Bridgeway House introduces SHAPE (Sexuality, Health, And Personal Exploration), a new program for youth with autism that will launch in January 2015. SHAPE is designed to provide sexuality, personal safety, and hygiene education as well as build relationship skills and encourage personal exploration to help youth with autism increase their self-awareness, self-acceptance, and self-esteem.

“We are very excited about this innovative and much-needed program that will help create healthy bodies and minds in youth with autism,” said Bridgeway House’s Executive Director, Patricia Wigney. “The different facets of the SHAPE program will improve the students’ self-care skills. Students will gain increased self-confidence and self-esteem which will help prevent bullying and abuse which are more prevalent in children with autism.”

In collaboration with Kick for Autism, Taekwondo classes are provided as part of the SHAPE program. Training in martial arts helps individuals with autism to reduce stress, improve social skills, and build confidence.

Bridgeway House is hosting a parent information and registration meeting for SHAPE on Thursday, November 13th at 6:30pm at Wesley United Methodist Church in Eugene. Childcare will be available. For more information, contact Patricia Wigney at 541.345.0805 or patricia@bridgewayhouse.org.

About Bridgeway House

Bridgeway House (www.bridgewayhouse.org) is a nonprofit organization that was founded in 2002 to offer developmental therapies, enrichment courses, and support to children and families of all income levels with autism and related disabilities. Bridgeway House’s therapeutic programs are designed to help this diverse and ever-increasing group of children meet the challenges of autism and help their families with the emotional, financial, and social challenges they face. Services include therapies, social skills groups, summer camps, parent skills groups, family social events, an annual theatre production, and a private school for children with autism. Bridgeway House offers scholarships for all their programs so they are affordable to families from all walks of life. For more information, contact Patricia Wigney at patricia@bridgewayhouse.org or 541.345.0805 or visit www.bridgewayhouse.org.

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