



We attended the Abilities Workshop when our son was about 3 years old and can assure you that it is the single best thing, we did for ourselves during what was an ever-darkening time in our life as missed milestones, hopelessness, and doctor bills were really beginning to stack up.

Each week we looked forward to the fantastic speakers who gave us invaluable guidance on how to become the best advocates for our son Colton. Not only did we make lasting connections, but also learned about state offered services and scholarships, proper diet and nutrition, personal finance tools for the special needs family, and many more topics.

Although it's been 4 years already, not a day goes by where some element of something or someone we were exposed to at the Abilities Workshop doesn't play a role in our journey. However, as parents who know exactly how it feels to be scared and alone after a diagnosis, the best thing we received at Abilities, was the gift of hope.

Whether it was the smiling face of a fellow special needs parent you met the week prior, or the inspiring stories of the founder and her guest speakers, or the sheer amount of life changing information provided, we left each session feeling full of more than just the fantastic snacks