



ANCHORS AND SAILS: A FAMILY GROUP PROGRAM TO CHART THE COURSE TO ADULTHOOD WITH AUTISM

IF YOU ARE:

- A family caregiver of an autistic young adult (ages 18–26)
- Looking for a space with other families to navigate the transition to adulthood.

JOIN A VIRTUAL RESEARCH STUDY & CAREGIVER GROUP!

Possible weekly meeting options:
Mondays or Thursdays, 6:30–7:30 PM
September 21–October 29, 2026

*Final schedule will be based on what works best for participants.

PARTICIPANTS WILL HAVE OPPORTUNITIES TO:

- Explore ideas and resources to support everyday decision-making
- Connect with families on the same caregiving journey
- Experience time to focus on your own wellbeing
- Earn \$150

READY TO PARTICIPATE IN THIS STUDY?

Scan the QR code or visit the link to sign up!

<https://bit.ly/4pK7RSO>

QUESTIONS?

sqin38@wisc.edu
608-265-4057



*This study is led by Dr. Sang Qin from
the Department of Rehabilitation
Psychology and Special Education at
the University of Wisconsin-Madison.
Participation in this study is
completely voluntary.
All information will be kept
confidential.*