

The information overload can be a lot and trying to decipher the good from the bad is sometimes difficult.



negative consequences of

you did.

vaccination, or at least start a

conversation about it. You'll be glad

I know this time of year can be distressing for most of us due to the enormous media onslaught of pro-vaccination advertising. It seems everywhere you turn, there's a television commercial, radio ad, or in-store promotion about getting your flu shot, adult pertussis and now shingles vaccines at your local pharmacies.

Taking Care of Yourself

Check out the blogs \rightarrow

I know with everything we have to do on a daily basis, we may forget to take the time for ourselves, so we found some fantastic blogs that can give us that push to take care of ourselves a little more.

Perspective

Autism Does Not Own Me

Go-Go-Go!

Friend or Foe?

Mama Mac's Top Twenty Healing Ideas

Not By Chance

A Diverse Village

The People You Meet

Not Otherwise Specified

Sainthood or Motherhood? One in the Same

A Picture of Recovery

<u>Burnout</u>

PTSD and Autism

My Happiness Project

Lost: One Identity, If Found Please Call....,

Emotional Freedom Techniques

Heal Yourself, Heal Your Child

Don't Forget Your Oxygen

Malaysian Bone Broth recipe.

For A Dose of Inspiration...

 \leftarrow Check out the blogs

Last but not least, we have some wonderful, insightful and inspirational blogs that you can turn to if you need a little encouragement. All Thinking Moms are in this together, no matter what the disability or label, no matter the hurdle. If we want to effect real change, we have to be willing to throw down and get the job done! These blogs will inspire you to do just that!

Join us daily as we share with you our stories. From autism to recovery, and whatever happens in between. Into a future full of hope.





