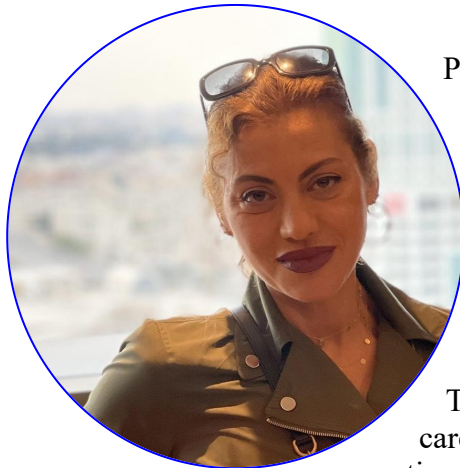


Abstract Title:-

Strategies for Parents of Children with ASD and Depression

Keynote Speaker – Ms. Rania Fakhro – BCaBA / LMSW / CBAA

Abstract:



Parenting a child with Autism Spectrum Disorder (ASD) can be emotionally and physically demanding, and these challenges can intensify when depression affects either the child, the parent, or both. Depression may impact communication, behavior, routines, motivation, and family wellbeing—often leaving caregivers feeling overwhelmed, isolated, and unsupported.

This workshop is designed to provide parents and caregivers with practical strategies to better cope with the emotional and psychological demands of caring for a child with ASD while navigating depression-related challenges. Participants will gain increased awareness of the connection between ASD and mental health, learn how to recognize warning signs of depression in both children and adults, and explore supportive tools that promote resilience and healthy coping at home.

The session also emphasizes self-care practices and realistic coping techniques for parents managing their own depression while continuing to support their child's development. By combining behavioral understanding with emotional wellness strategies, the workshop aims to strengthen parental confidence, reduce stress, and encourage healthier family functioning. Results.

Keywords:

ASD • Depression • Parent Training • Caregiver Support • Mental Health

Learning Objectives

By the end of this session, participants will be able to:

- Increase awareness of how depression can co-occur with ASD and affect the child and family system.
- Recognize common signs and symptoms of depression in both parents and children.
- Apply self-care strategies that support parental wellbeing and emotional stability.
- Practice coping techniques for parents managing their own depression while caring for a child with ASD.

- Gain tools and insights to better understand the complexities of ASD and depression and respond more effectively.

Short Professional Biography:

Rania Fakhro is a behavioral and mental health practitioner with over 20 years of experience supporting children and families affected by intellectual and developmental disabilities. Her professional background includes extensive work with individuals experiencing emotional and behavioral challenges, substance use concerns, eating disorders, and social and communication difficulties. She brings a combined perspective from behavioral support and mental health practice, focusing on empowering caregivers with practical strategies that strengthen resilience, wellbeing, and family functioning.