



IMMEDIATE RELEASE

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CLS Mom is Also an Author!

CANTON, MI. – July 24, 2007 – She is full of energy and quite bubbly considering she is working on no sleep. “I won’t kid you; I am tired all the time. Taking care of a child with a disability wears you out,” said mother, wife, and co-author, Dawn Ham Kucharski, who is promoting her first book, “*The Autism Book, Answers to Your Most Pressing Questions*”, co-written with friend and former health reporter for MSNBC, S. Jhoanna Robledo.

Dawn’s six-year-old son, Alex, has autism and is supported by Community Living Services. She decided to write the book two years ago, after she and her husband were told of Alex’s diagnosis.



“When doctors told us that Alex had autism, I did not know what to do. I became paralyzed and pretty much did not go out of my house for a year. In that year, my friend Jo asked me if there were any books out there that discussed autism and answered parents questions, to that I replied ‘no’, so Jho suggested we get busy and write a book.”

The book is a no-nonsense, comprehensive and easy to understand guide for parents who are just learning about autism and what it is all about. It also offers an invaluable 30-page resource guide so people can find out more information.

“I want people to know they can get through this and with early intervention, families will be able to understand what is needed to help their child live with their disability.”

Being a mom, wife, advocate and author, doesn’t allow for very much ‘me’ time, so how does Dawn relax and unwind? “Wow, what do I do for myself you ask? Let’s see, I like to escape into someone else’s world. I like to read and once a month I go out with other women and just laugh and have fun.”

The book which has been on the shelves just over a month, can be found at local bookstores or at amazon.com. Dawn can also be reached at alexsmom1@comcast.net.

My advice to parents, “You’re not alone. We wrote the book because I didn’t want someone sitting in their house for a year, afraid to go out and live life. There is help out there, just ask for it.”

Alex utilizes some of the supports and services offered through Community Living Services. CLS is a non-profit organization that promotes inclusion, full citizenship and a self-determined life for people with developmental disabilities. CLS provides supports and services to 2700 people in Wayne County and is funded through the Detroit-Wayne County Community Mental Health Agency. For more information, visit our web site at www.comlivserv.com.