



May is Mental Health Awareness Month

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Coaches' Cook-Off is a SLAM DUNK

April 25th we had our Coaches' Cook-Off event! Four basketball coaches including Coach Ryan Odom from Virginia Commonwealth University, Coach Chris Mooney from University of Richmond, Coach Nadine Domond from Virginia State University, and Coach Robin D'Onofrio from St. Gertrude's paired up with local chefs from restaurants like Brenner Pass with Chef Brittanny Anderson, Chef Chris Morina from Lilliann's Oyster Hall, Chef Leah Branch from The Roosevelt, and Chef Laine Myers from Oro to compete for the champion title.

We were able to raise around \$40,000 for our Career Readiness and Employment program to support autistic adults.



Chesterfield County Spring Into Wellness Fair

April 29th

Chesterfield County and Chesterfield County Schools hosted a Mental Health Resource Fair for Mental Health Awareness month that we were happy to attend!

The event was all about supporting the well-being of our community!

At Commonwealth Autism, we provide Information and Resources for the autism community through phone, live chat, and email.



Disability Inclusion Day at the Diamond

May 19th

On the 19th, The Diamond, the Squirrels Stadium is hosting a Disability Inclusion Day. We'll be setting up there and we can't wait to see everybody!

Parking will be \$8 at The Diamond

[Link to Free Tickets](#)



Two-time champions, Chef Brittanny Anderson and Coach Nadine Domond brought home the gold with their cider braised pork belly slider, spicy apple butter, pickled rhubarb, red cabbage slaw, on a pretzel roll.



Pictured: Two-Time Winners: Chef Brittanny Anderson and Coach Nadine Domond

First CR&E Graduation

May 17th

Graduation is coming up and we are so excited! Our first class of the Career Readiness and Employment interns are ready to find their dream jobs out in the Richmond community!

Graduation will take place at the Good Foods Grocery Cafe on May 17th at 2 pm.

Email us at: marketing@commonwealthautism.org to RSVP.

Teacher Appreciation Week

May 6th- 10th

We are so grateful for the amazing teachers in Virginia! Teachers inspire the next generation and so Good Foods Grocery will be sponsoring lunch for Grange Hall Elementary School students and staff.

GFG is supporting Bon Air Elementary schools Farmer's Market for teachers and Bon View School for Early Education for their teacher appreciation week.

Thank you, teachers!



Commonwealth Autism, 4108 East Parham Road, ,
Richmond, Virginia, 23228, United States, 804-355-0300

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