



KIND
THEORY



*In Bloom
In unity*



Planting Seeds for Safer Communities



NEWSLETTER FEBRUARY 2024

Planting Seeds for Safer Communities

As seasons change, we face new challenges, some of which might catch us off guard or not get the recognition they deserve. But when we talk about spring, we're talking about unity and kindness – the kind that brings us together, aligns our efforts, and defines the what we stand for at Kind Theory.

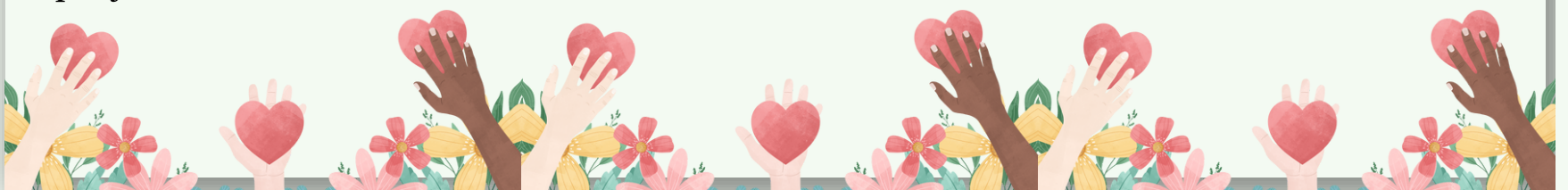
Kindness isn't something we just talk about; it is our driving force, and something we actively practice. **How beautiful it is to extend a helping hand?** We believe that even the smallest act of kindness can have a ripple effect.

In our mission to build a more compassionate world, we're working on some very important projects. One such program is the BSSC Safety program, where we work towards making the interactions between law enforcement and autistic individuals safe and respectful. We need YOUR support to make this successful.

As we move forward with our mission to strive harder, let's remember that kindness is our common language. It's what connects us and reminds us all of our shared humanity.

Together, let's talk more about the power of kindness and work towards a world where empathy, compassion, and understanding prevail.

Stay tuned to our social media space to get updates regarding all our events and projects.





January

Highlights

Excerpts From Featured Articles

MUSIC LEARNING

BY SWARIT GOPALAN

Presuming competence and coaching for motor skills should be the guiding principle of any music teaching involving our tribe. I started learning piano from a genuinely lovely teacher that simply didn't understand me or how I learnt. Every session ended up being a struggle and I had to give my everything to just keep my body together – and was not always successful. I lost motivation to learn.



Friendship

HASAN AHMED

I was sad but she was shaken. I was the only one around her. I noticed that my mom spoke to me even if she got no response from my side. I felt bad for her and curled up next to her.

Somehow, she heard me and told me words I had never heard before – “HASAN, YOU MAKE A GREAT FRIEND!”.

That minute I got every bit of hope that I will have a friend or two.



Podcast, Episode 3

Autism in the Media



Our third podcast episode took place on January 11th, featuring Jeff Owens as our guest and hosted by Jamie Shields.

We explored the intriguing topic of 'Autism in the Media.' You can catch the episode on our YouTube and Facebook page.

Podcast, Episode 4

Autistic Burnout

A graphic for a podcast episode titled "Autistic Burnout". It features a dark purple background with a white vine border. At the top is the Kind Theory logo. Below it, the text "GOING LIVE" is written in large white letters. Underneath, "Autistic Burnout" is written in white on a dark blue rectangular background. Two circular portraits are shown: on the left, Jamie Shields, a man with a beard wearing a black t-shirt with a unicorn and text, pointing; on the right, Dr. Laura Z. Weldon, a woman with dark hair smiling. A white audio waveform is positioned between the two portraits. Below the portraits, their names and roles are listed in white text on dark blue rounded rectangles: "Jamie Shields Host" and "Dr. Laura Z. Weldon Guest". At the bottom, the date and time are listed in white: "January 22nd 2024" and "12:00PM CST | 6:00PM BST | 1:00PM EST".

In our latest podcast episode, we discussed the topic of autistic burnout with our esteemed board member, Dr. Laura Z. Weldon, a neurodivergent naturopathic physician. We are extremely grateful to Laura and Jamie for their insightful discussion, shedding light on the reasons behind autistic burnout and effective coping strategies. You can watch the podcast on our YouTube and Facebook pages.

Stay tuned for the next episode.

BSSC SAFETY



We're super happy to tell you that our Building Safe and Supportive Communities (BSSC-Safety) Program is officially starting, and we're working hard to make this impactful and helpful for the entire neurodivergent community.

Thanks a lot to everyone who has helped us! We appreciate every response that came our way. Your thoughts and stories matter to us IMMENSELY. If you want to share something, send us a message at talktous@kindtheory.org.

Keep an eye on our Facebook, Instagram, and website kindtheory.org for updates.

YOU MATTER.

Welcome Our New BSSC Advisor



Jude Afolake Olubodun is a black, trans, late, diagnosed Autistic educator in transformative justice, community building, and self advocacy. Jude has been involved in grassroots movement work for over six years, grounding themselves in the intersections of Racial, Queer, Transformative, Restorative, and Disability Justice. He is a cofounder of the organization the Chattanooga Trans Liberation Collective, serving as a community Consent Mediator focusing on the need for resources, support, and accountability in situations where consent has been violated. He also serves as the Chief Decolonizing Officer of Neuroclastic, a coach through Autism Personal Coach, and a service provider for Mindful Behavior.

Jude finds his most fulfilling role is being the father to two gender non conforming, neurodivergent children who started him on his path of self discovery and the need for building community that is grounded in healing, accessibility and understanding. Jude combines his life experience with education within disability advocacy and restorative healing practices to bring new possibilities to our current framework of care, moving away modes of dehumanization and isolation, but towards liberatory practices to bring forth self reliance and interdependence. Working towards the foundation for mutual liberation

THANKYOU, JD Finish Line



We are extremely grateful to JD finishline foundation for believing in US! Your support is not just a gamechanger but the key to realizing everything we've tirelessly worked for over the past two years at Kind Theory. From working endlessly on transformative projects and now launching the BSSC Safety program, we've received support that's beyond our expectations. With the generous support from Finishline, we couldn't have asked for more. Our goal is to make significant changes in the justice system, preventing distressful incidents resulting from police or law enforcement interactions with autistic individuals. This support can help us achieve what we are aiming to achieve for so long. From the bottom of our hearts, a heartfelt thank you, JD Finishline Foundation. Your belief in our mission helps us move forward in making a meaningful impact. We appreciate this support immensely.

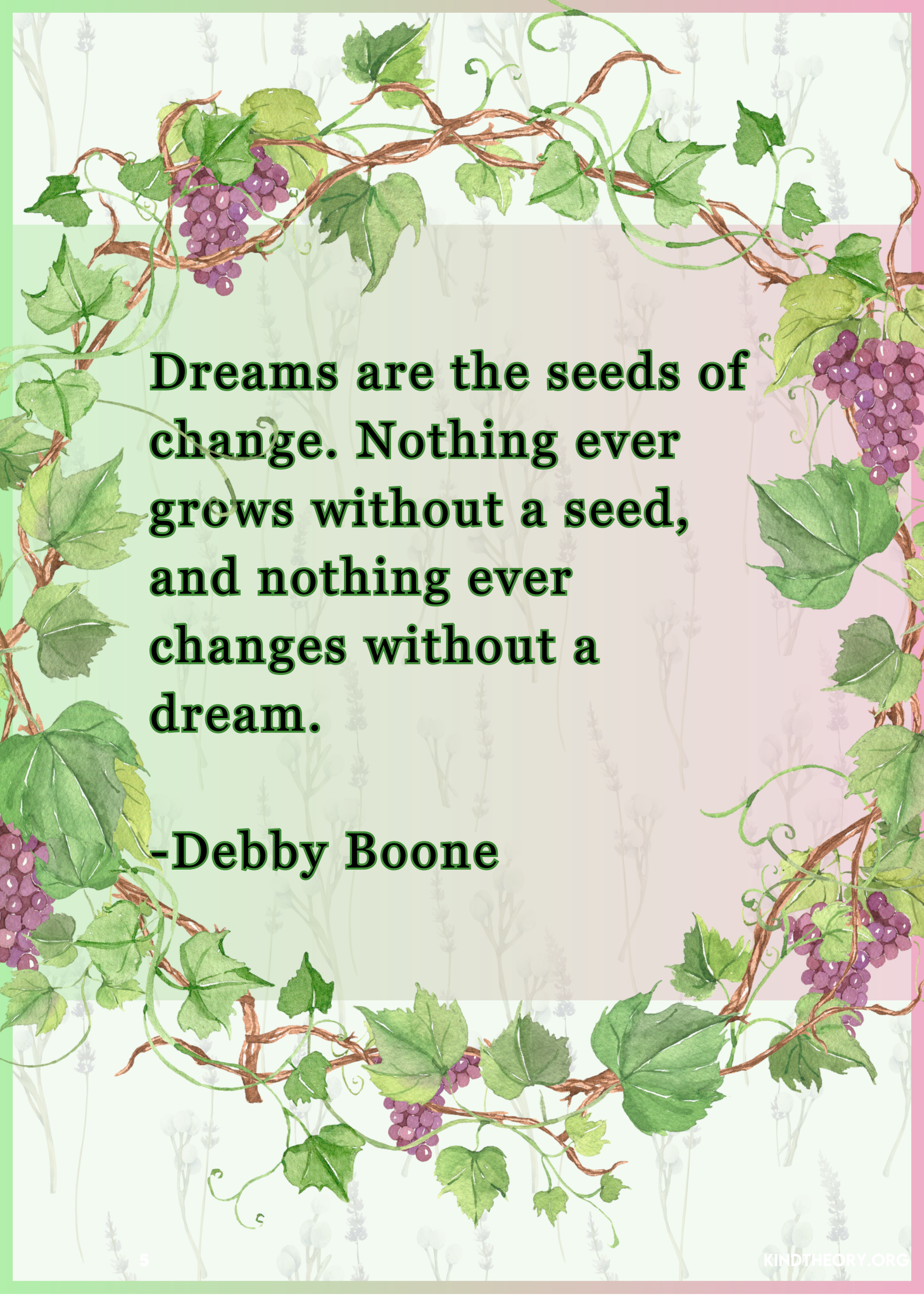
The background features a repeating pattern of lavender sprigs and green foliage. The lavender flowers are a soft purple, and the greenery is a muted sage green. The pattern is set against a light cream background. A horizontal band of a slightly darker green color runs across the middle of the page, behind the text.

Upcoming Events

Book-Reading with
Chris Bonnello



Stay Tuned



**Dreams are the seeds of
change. Nothing ever
grows without a seed,
and nothing ever
changes without a
dream.**

-Debby Boone