

"With exquisite detail and consummate honesty, Laurie shares with us the unremitting challenges and ultimate rewards of raising her 17-year-old son with severe autism. You will live alongside Laurie and her family and will understand her exhaustion, her frustration and her deep abiding love."

—Emily Perl Kingsley, Parent, Advocate, Former Sesame Street Writer, and Former Board Member for the National Down Syndrome Congress

LAURIE HELLMANN

SPEAKER | AUTHOR | PODCAST HOST

Throughout her entire life, Laurie Hellmann has assumed the role of caregiver, advocate and leader, so it comes as no surprise that she immediately jumped into action to navigate the challenging world of autism and share what she's learned with others when her first born, Skyler, was diagnosed with severe, non-verbal autism in 2006. Laurie's 24-year professional career in the healthcare industry combined with her 20 years of personal experience as a parent caregiver to a young adult son with profound needs has made her a sought-after speaker and thought leader whose empowering message and uplifting perspective opens minds and soothes souls.

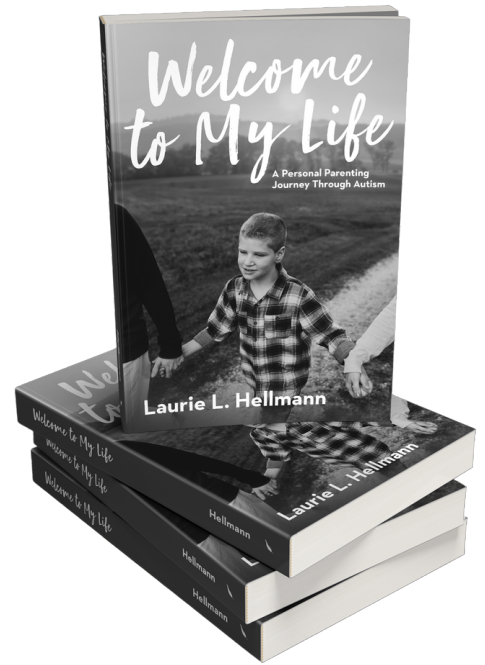
Laurie is a self-professed "warrior mom" whose honesty, humor and authenticity have connected her to families, medical professionals, therapists and, frankly, everyone she meets. Through her podcast, "Living the Sky Life — Our Autism Journey," her book, *Welcome to My Life: A Personal Parenting Journey Through Autism*, and her advocacy work, volunteerism, and speaking, Laurie is continually making a lasting impact in the autism community and beyond.



Candid, Vulnerable, Informative, Inspirational

From Laurie L. Hellmann—an autism warrior mom and rising star in the world of special-needs advocacy—comes a book that gives voice to the voiceless. When her son, Skyler, was three years old, he was diagnosed with severe, non-verbal autism. *Welcome to My Life: A Personal Parenting Journey Through Autism* is a courageous memoir written with the intent that others might finally understand what families face when raising a child who relies on parental assistance for every need.

From page one, *Welcome to My Life* delivers on its promise to place you squarely in Skyler's life, surrounded by mom and dad, Laurie and Josh, and superstar sister, Kendall. Detailed sensory descriptions take you to doctors' appointments and trick-or-treating, to Qdoba and the kitchen table, to the bathroom for another "pull-ups" change, to family gatherings, to the Autism Center, and to conversations and internal dialogue so authentic that you'll feel like you're part of the family too.



"This is an amazing and emotional story about love, hope, faith and advocacy. Laurie pours her heart out in an attempt to tell her story and, in doing so, helps so many others. *Welcome to My Life* is a book you'll want to read more than once. It will be a blessing to so many!"

—Kelly Davis, Autism Mom, @GrowingUpSteven

Inspire your team, organization or members.

Hire Laurie as a speaker for live and virtual audiences of all sizes on topics including shifting perspective, resilience, advocacy, inclusion, marriage, mental health and belief in a higher purpose.

Take a journey with Laurie and explore:

- How her son's diagnosis shook and then restored her faith
- The realities of navigating divorce, co-parenting and new love when your child has special needs
- The emotional and physical toll of countless medical and behavior treatments
- The effects of autism on sibling relationships
- Why laughter is good medicine for all



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