



# MONTHLY NEWSLETTER

DECEMBER  
2025



## A MESSAGE FROM THE DIRECTOR

As we move into December, I've been thinking a lot about gifts—not just the kind that go in a box with a bow, but the ones that show up as time, kindness, patience, and understanding. For our young adults and their families, these everyday gifts are often the most meaningful of all.

This season can bring a lot of questions: *Who do I buy for? What do I give? Am I doing it "right"?* For many young adults with autism, the social rules around gift giving can feel confusing or stressful. That's why, **in this month's newsletter, we've included a simple Gift-Giving Guide** to help make things clearer and kinder: who to buy for, how to pick or make a gift, and some easy phrases to use when giving or receiving presents.

My hope is that this guide does two things: 1) Gives our members confidence to participate in holiday traditions in a way that feels comfortable and achievable. 2) Reminds all of us that small, thoughtful gestures are more important than perfect wrapping or big price tags.

A handwritten note, a homemade treat, a favorite snack, a shared movie night—these are gifts, too. And honestly, the greatest gift we see in this community is the way you keep showing up for one another: riding along to events, cheering each other on, offering rides, support, and friendship.

Warm holiday wishes,



YAAS  
DIRECTOR  
**DARUS JUAREZ**



## HOLIDAY GIFT GIVING GUIDE

*For Young Adults with Autism*

Gift giving doesn't have to be confusing or expensive. Here are some simple guidelines:

- **Who to buy for:** Usually just close family, a few friends, and anyone in a gift exchange.
- **How much to spend:** Small is fine—around \$5–\$15 per person, or whatever fits your budget. Handmade gifts are great too.
- **Easy gift ideas:** Favorite snacks or candy, fuzzy socks, a mug with hot chocolate, a small puzzle, or a gift card.
- **Homemade ideas:** Drawings or art, baked treats, a favorite photo in a frame, or a “coupon” for a movie night or fun activity together.
- **What to say when you give a gift:** “I got this for you. Happy holidays!”
- **What to say when you receive a gift:** “Thank you, I appreciate it.”

\*\* If you'd like the more detailed guide, check out our blog post on the bottom of our home page at [yaasclub.org](http://yaasclub.org).



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