

FOR IMMEDIATE RELEASE

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CONNECTICUT AUTHOR AND AUTISM PROFESSIONAL ALISHA SIMPSON-WATT RETURNS TO BARNES & NOBLE FOR WEEKEND BOOK SIGNING AND STORYTIME

MANCHESTER, CT — August 18, 2026 — Connecticut author, autism professional, and speaker Alisha Simpson-Watt will bring her children's book, *It's Okay, Mattie: A Story About Autism, Big Feelings, and Learning to Cope*, to Barnes & Noble at The Shoppes at Buckland Hills for a special weekend of book signings and Storytime events on **Saturday, August 22, and Sunday, August 23.**

Simpson-Watt will meet with families, readers, educators, and community members throughout the weekend and sign copies of *It's Okay, Mattie*, a story created to help children understand autism, big emotions, self-regulation, and the importance of acceptance.

Weekend Event Schedule

Saturday, August 22

11:00 a.m.–2:00 p.m. — Author Book Signing

2:00 p.m. — Storytime

Sunday, August 23

12:00–2:00 p.m. — Author Book Signing

2:00 p.m. — Storytime

The events will take place at:

Barnes & Noble — Buckland Hills Mall

The Shoppes at Buckland Hills

270 Buckland Hills Drive, Suite 1024

Manchester, Connecticut

The Barnes & Noble event listing describes the gathering as a local author book signing for *It's Okay, Mattie*, with Storytime following at 2 p.m.

It's Okay, Mattie follows Mattie as she navigates autism, big feelings, and the challenges of learning how to cope. Through Mattie's story, children and families are invited to see autism through a lens of understanding, acceptance, and compassion.

For Simpson-Watt, the book reflects both her professional experience supporting autistic children and families and her work as an advocate, speaker, and autism professional.

“Children deserve to see themselves represented in stories, but they also deserve stories that help others understand them,” said Simpson-Watt. “*It’s Okay, Mattie* is about reminding children that their feelings are okay, that being different is okay, and that they deserve to be understood and accepted for who they are.”

The weekend events offer families an opportunity to meet a local author, learn more about the story behind *It’s Okay, Mattie*, have their books signed, and participate in Storytime.

Simpson-Watt is the founder of Collaborative ABA Services, LLC and is a Licensed Clinical Social Worker, Board Certified Behavior Analyst, and Licensed Behavior Analyst. Her work focuses on autism services, parenting, advocacy, and creating more compassionate and inclusive experiences for children and families.

Media/Event Information:

The Barnes & Noble event page: <https://stores.barnesandnoble.com/event/9780062212396-0>

About *It’s Okay, Mattie*

It’s Okay, Mattie: A Story About Autism, Big Feelings, and Learning to Cope is a children’s book that explores autism, emotional regulation, and acceptance in an approachable and relatable way. The book encourages children to recognize and express their feelings while helping families and communities better understand the experiences of autistic children.

<https://www.amazon.com/dp/B0GML2LH3Z?lv=shuf&channelId=520&plpRedirect=mhFallback>

About Collaborative ABA Services, LLC

Collaborative ABA Services, LLC is an accredited behavioral health practice providing Applied Behavior Analysis (ABA) Therapy for children and adolescents ages 2–18 with autism spectrum disorder and related developmental needs. Founded by Licensed Social Worker and Board-Certified Behavior Analyst Alisha Simpson-Watt, the practice integrates ABA therapy with an interdisciplinary approach to support families and children in achieving meaningful growth and independence through collaboration, compassion, and advocacy.

<https://collaborativeabaservices.com>