**Chapel Haven, Inc.**

**ASAT Program**

**Course Catalog**

****

**March 28-June 5, 2016**

**Community Outreach Program**

**The ASAT Program**

The Asperger Syndrome Adult Transition (ASAT) Program at Chapel Haven provides an array of services to support individuals with Asperger’s and related diagnoses to live increasingly independent and productive lives. One component is our adult education program, which offers a range of courses to develop social and independent living skills, as well as for personal enrichment.

**Registering for the First Time**

To enroll in ASAT Outreach Classes, individuals must participate in a brief intake process to ensure that they will benefit from our programming. In brief, some of the expected criteria include:

* 18 years of age or older (sorry, no exceptions)
* Have a primary diagnosis of high functioning autism, ASD, Asperger’s Syndrome, PDD-NOS, nonverbal learning disability, or a related social communication diagnosis
* Able to participate effectively in a group classroom environment without individual support
* Does not require direct supervision or pose a danger to self or others

Registration appointments are required for anyone registering for ASAT classes for the first time. During your registration appointment, you can expect to meet with a member of the ASAT team for a brief discussion about our programming. Our team member will also ask questions to learn more about you. You will let us know what classes you are interested in, and we will review your selections to make sure that there is space available. You can take a brief tour of our campus to get an idea of where your classes will be held. It is required that the individual interested in attending classes attend the registration session. A parent or any other interested individual is also welcome, but cannot attend in lieu of the participant. It is estimated that the registration process will take about one hour.

A few important notes regarding registration appointments:

- Registration sessions are required only for individuals new to the ASAT program at Chapel Haven. If you have taken classes with us before or you are currently receiving other services from the ASAT program, you do not need to attend registration. You may simply complete the course enrollment sheet and drop it off.

- Please keep in mind that our residential students receive priority enrollment. Following their registrations, requests are processed on a first-come, first-serve basis. Some courses do fill up quickly, and may close. When possible, we will offer the most popular courses again in subsequent semesters.

Please contact Ginny Hodge at 203-397-1714, ext. 140 to schedule a registration session or for additional information.

**ASAT Community Outreach Program**

**Class Offerings**

**Introduction to Online Social Networking & Relationships**

Schedule: Thursday 1:00-2:00 **Cost: $125**

In this course, students will learn to use the internet for social networking. Students will learn safety tips for meeting others online, and will explore a variety of social networking websites. Social networking for friendship, professional and dating relationships will be explored. There will be further discussion on identifying others’ perspectives based on what is seen online, and on giving the intended impression to others.

**Stress Management**

Schedule: Wednesday, 11:00-12:00 **Cost: $150**

In this course, students will continue to develop the ability to regulate and manage their emotions. Specifically, students will manage negative emotions such as stress and frustration and cope with these in a way that allows for growth and development.

*\*\*This course is continuing from winter session. All students who were registered in winter session should also register for spring. Student not enroled for winter session may only register for spring with permission.*

**Dating and Sexuality**

Schedule: Thursday, 11:00-12:00 **Cost: $125**

Ever wonder how to approach that person you are interested in and strike up a conversation? How about asking that person out on a date? What’s considered appropriate flirting and dating behavior, and how do you recognize when someone has “crossed a line?” Learn how to establish boundaries in your relationships, from casual acquaintances to serious romantic partners. Hone your nonverbal communication so you feel and look more comfortable around others – groups and one-on-one! In this course, students will also discuss both the physical and emotional aspects of sexuality. Factual information, as well as concepts related to decision-making will be explored.

**Social Activity Planning Meeting**

**Schedule:** Sunday, 4:00-5:00 Cost: Free

In this weekly meeting students will discuss and plan social actvity offerings for the upcoming week.

**Transition Support Group**

Schedule: Wednesday 4:00-5:00 **Cost: $150**

Transitions can be both exciting and stressful. This course will help you to identify and react to any stressors you may experience over the next several months related to the transtion out of the residential program and into the next phase of your life! You will also develop a plan to continue to develop your independent living skills, as well as your social relationships.

**ASAT Productions**

Schedule: Monday/Wednesday, 10:00-2:00 **Cost: $600 for both days/$350 for one day**

This endeavor provides an opportunity for students to experience the rewards and challenges of a workplace environment. Students will intern in a start-up business that will digitize media (i.e. photos, slides, cassette tapes, etc) and will use computer programs to design and edit greeting cards for printing.

In some circumstances, with advisor and supervisor approval, students may register for less than a five hour shift. Credits will be adjusted accordingly.

**Advanced Computer Trouble Shooting**

**Schedule:** Wednesday, 1:00-2:00 **Cost: $125**

This course will provide student with opportunities to perform advanced computer troubleshooting and repair. This course is for students who already have a well-developed computer skills and may be considering pursuing a career in the computer field.

**Garden Group**  **Cost: $150/day**

Schedule:

* Tues 2:00-4:00
* Thur 2:00-4:00
* Sat 10:30-12:30 (this time will be adjusted during weeks when students participate in a monthly community harvesting and caretaking event at Edgerton Gardens)
* Sun 2:00-4:00

Our main project this spring will be planting an ASAT vegetable crop at the Edgerton Gardens in New Haven. The produce from this garden will be shared with the Chapel Haven campus. This class will include transplanting, watering, tending to the garden and effectively communicating with individuals in the community and with each other. Students are expected to wear sunscreen and work clothes, and to independently pack a snack and water. Get ready to roll up your sleeves and have some fun in the sun.

**Personal Style and Presentation**

**Schedule:** Friday, 2:00-3:00 **Cost: $125**

This class will examine various ways one can present him or herself in a variety of settings. Students will understand how what we wear and how take care of our bodies has an impact on how others think of us. Discussion will also be on how different settings require different presentations. Students will also be exposed to proper hygiene practices, people and places to help us with our personalized looks, and proper clothes care.

**Cooking for One** **Cost: $175 \*price includes purchase of ingredients**

Schedule: Monday, 5:30-7:00

In this course, students will plan their weekly meals and will learn to prepare meals for one person. This will include adapting recipes, and preparing quick and simple foods.

**Mapping the Future**

Schedule: Wednesday 5:00-6:00 **Cost: $125**

In this course, students will explore the possibilities for their futures after graduation from Chapel Haven or transition into an apartment. They will consider factors including education, career, living arrangements, recreation and family relationships.

**Board and Card Games**

Schedule: Tuesday, 3:00-4:00 **Cost: $75**

Enjoy board and card games with your peers and staff. There will be staff led games and students will also have a chance to introduce and share games of choice.

**Comics**

Schedule: Monday, 2:00-3:00 **Cost: $125**

In this class, students will learn the history of comics in, as well as basic skills and vocabulary necessary to analyze works of comic art.  The course will begin with lessons tracing the history and evolution of the comic book.  Students will also have the opportunity to share their reviews and analysis of comics, and present any comic art or scripts that they may be completing.  ​

**Veggie Palooza**  **Cost: $105 \*cost includes purchase of ingredients**

Schedule: Tuesday, 4:00-5:00

When you hear the words "fruits and veggies" does it conjure up unpleasant images? Do you find it hard to eat a variety of fruits and veggies during the week? Do you feel uninspired brainstorming creative ways to prepare fruits and vegetables? If so, this class is for you! Every week, students will explore fun and healthy recipes that involve fruits and vegetables as the primary ingredients. During the final week of classes, students will attend a "Veggie Palooza", where staff and students will share their favorite fruit and vegetable dishes. Participants must be willing to prepare a variety of recipes every week in class, but can decide what they would like to sample.

**Evening Fitness Cost: $45/hour**

Schedule: Tuesday/Thursday, 6:00-7:00

During this class, you will have a chance to participate in a number of different fitness activities including but not limited to basketball shoot around, evening walks, use of the Chapel Haven fitness room, soccer kick around sessions, etc.

**Hiking**  **Cost: $150**

Schedule: Friday 10:00-12:00

Celebrate the warm spring weather by hiking a variety of trails throughout our region. We will explore a different area each week. The first week will be an on-campus meeting to discuss expectations for the course. A thought for this course: "Do not follow where the path may lead. Go instead where there is no path and leave a trail" - Ralph Waldo Emerson

**Art Journaling**

Schedule: Sunday 1:00-2:00 **Cost: $150**

Art Journaling is about expression, both written and visual. An art journal is a space for questions that may not have answers, a place for thoughts that may otherwise not have a home, and a safe container for your emotions. It can also be a place to play with art materials and enjoy the art process. It is a place where you can turn off your inner critic, experiment and make mistakes. The class will include samples of artist's journals and a variety of assignments to enhance your own process of exploration.

**Chess**

**Schedule:** Friday 3:00 – 4:00 **Cost: $75**

Chess originated in the 6th century and has become one of the most popular and well known games worldwide, earning it the nickname “the Game of Life.” Whether you are a beginner interested in learning how to play, a novice looking to get better, or an adept player looking for a challenge, you are welcome to join the Chess class.