

ASAT Program Workshop Catalog



Fall A

August 24 – October 2, 2020

The ASAT Program

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

Virtual Offerings During the COVID-19 Pandemic

As the world is being advised to self-isolate and social distance, we find it more important than ever to safely stay connected. During this time we will be offering virtual classes – allowing students to stay in their apartments or homes while they attend class and for staff to limit their time on CHSC campus. Classes that will be offered virtually are marked with a computer symbol (💻). Students currently in residence will still have an opportunity to attend in-person classes while adhering to hand washing and social distancing rules. In-person classes are designated with a hand symbol (👐). Students must wash their hands at the beginning of class and again when they return to their apartments. In person classes will be limited to 4 students or less. Students will practice social distancing in classroom spaces.

Registering for the First Time

To enroll in ASAT workshops, 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 workshops for the first time.

A few important notes regarding registration appointments:

- Registration sessions are required only for individuals new to the ASAT program at Chapel Haven Schleifer Center. If you have taken workshops 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 workshop 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.

Please contact Carolyn Gorman at 203-397-1714, ext. 163 or cgorman@chapelhaven.org to schedule a registration session or for additional information.

 **Morning Meeting**

Monday, 9:00 – 9:30 and/or Wednesday 9:00 – 9:30

Location: Virtual

Cost: \$45 each section, or included as part of F/T or P/T Day Programming

Description: Jump start your day in ASAT’s “morning meeting!” We could all benefit from a morning check-in. In morning meeting students will review plans for the day, check in with staff and peers, and identify what is needed to make the day (and week) a success.

 **Grocery Shopping/Meal Planning**

Monday, 10:00 - 11:00

Location: Classroom 1/Community, limited to 4 students at a time

Cost: included as part of F/T or P/T Day Programming

Description: In this course students will continue to hone procedures for managing their grocery shopping and meal planning. Students will be transported to the grocery store via van if and when it is safe to go in-person. Otherwise, students will utilize a grocery delivery service, making grocery lists with staff.

 **Walking Group**

Monday: 11:00 – 12:00

Location: Courtyard/Community, limited to 4 students at a time

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: In this course, on-campus students will meet outdoors for a walk around the neighborhood. Get your blood pumping with a brisk morning walk!

 **Mindfulness in a Virtual World**

Monday: 1:00 – 2:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

In this course, students will learn mindfulness strategies and practice a variety of different mindfulness activities (meditation, exercise, yoga, writing, etc.) This is a class to help feel grounded when there are so many things changing in the world around us.

 **Zoom and Groom: a Men's Self Care Group**

Monday: 2:00 – 3:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: This casual men's group will discuss everything from how to tidy up your beard to how to smell nice on a date. The class will focus on men's self-care. Staff will share tips and tricks to look and feel your best without leaving the house. Students who have taken this class before are encouraged to continue, new students are always welcome.

 **Typing and Data Entry**

Tuesday: 9:00 – 10:00

Location: Courtyard/Classroom 1, limited to 4 students at a time

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: In this course, students will develop their typing skills to facilitate vocational success. Practice will include entering a variety of data using multiple forms.

 **Hiking, Rain or Shine!**

Tuesday, 10:00 – 12:30

Location: Courtyard/Community, limited to 4 students at a time

Cost: \$225, or included as part of F/T or P/T Day Programming

Description: Students will take a number of intermediate fall hikes in surrounding CT towns. The class should expect to hike even in less than ideal weather – so dress appropriately! This class is limited to 4 students at a time. Separate groups will be formed for COS and residential students depending on enrollment numbers.

 **Creative Writing**

Tuesday, 1:00 – 2:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Students will learn the basics of what makes an interesting short story and will have ample time for writing and sharing ideas. By the end of the class, each student will have a completed writing piece to share.

 **Perspective Taking Games**

Tuesday, 2:00 – 3:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: In this online workshop, students will enhance their ability to take others' perspectives while playing games facilitated by the ASAT program's SLP. Students will review the fundamental concepts related to Theory of Mind, the importance of participating as a member of a group, and how to develop game strategy by taking another's point of view. Students will also examine the behaviors of sore losers and sore winners, and how-to strategies for managing one's emotions as a winner and a loser when playing games with others.

 **Study Group**

Tuesday and/or Thursday 1:00 – 3:00

Location: Virtual

Cost: \$180 per chosen day (\$360 for both days), or included as part of F/T or P/T Day Programming

Description: Students can utilize this staff supported time in small groups to work on assignments for college classes. Staff will assist in helping students develop study plans, editing papers, and performing research, as well as understanding due dates and managing assignments.

 /  **Puzzlepalooza!**

Wednesdays: 10:00 – 11:00

Location: Classroom 1, Virtual option

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: In this course, puzzle fanatics come together to enjoy their favorite hobby while socializing and building relationships with their classmates. Students who cannot attend in person will be able to do their own puzzle from home and join in via zoom to socialize.

 **Fake News and Current Events: Discussion and Coping Strategies for the Times**

Wednesday, 11:00 – 12:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: In this online workshop co-taught by the ASAT program SLP and CBT, students will utilize their flexible thinking and perspective taking skills to examine, research and discuss the

pandemic, current events and the upcoming presidential election. Particular focus will be placed on how to manage one's anxiety and emotions when discussing and viewing news stories about these topics. This workshop is designed for graduates and students who have completed at least 1 year in the ASAT program's social communication and cognitive behavioral therapy coursework. Prerequisites include: Introduction to Perspective Taking, Introduction to Nonverbal Communication, at least one Conversation workshop, and at least two courses in Stress Management.

 /  **Home Repairs**

Wednesday, 1:00 – 2:00

Location: Apartments/ Virtual Option

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: In this course, students will learn to perform basic home repairs, as well as seasonal/infrequent cleaning tasks. Students who cannot attend in person will be able to do their own projects at home and join in via zoom to receive instruction.

 **Wow Them in the Interview 3**

Wednesdays: 2:00 – 3:00

Location: Virtual

Cost: \$90 per group, or included as part of F/T or P/T Day Programming

Description: This online workshop will be a small group continuation of WOW Them in Your Interview Part 2. Students will learn the expectations of the formal professional interview process, particularly how to present oneself during "virtual" interviews and online meeting platforms, such as Zoom. Students will be interviewed by working professionals and will receive feedback on their interview performance. Students who have not taken the previous "Wow Them in Your Interview" workshops must receive special permission from the instructor to register for this course. *Instructor approval is required.*

 **Dinner and a Movie**

Wednesdays: 4:30 – 7:00

Location: CHSC Courtyard/ CHSC Resident Lounge

Cost: included as part of F/T or P/T Day Programming

Description: On-campus students should expect to participate in this fun casual cooking class. This class will offer a combination of socializing, cooking tasty meals, and watching movies! Students will plan the meals and movies for each week with the instructor and utilize new skills in planning for dinners with friends. Come prepared with favorite meal idea and movie suggestions!

 **Virtual Job Lab**

Thursdays 9:00 – 10:00

Location: Virtual

Cost: \$90 per group, or included as part of F/T or P/T Day Programming

Description: This course will provide students the opportunity to work on job searches, job applications, resumes and other related tasks. Students should come to virtual job lab with tasks to complete. Staff will be available to assist , but students are expected to be generally self-directed in their efforts.

 **List Your Life**

Thursdays: 10:00 – 11:00

Location: Virtual

Cost: \$90 or included as part of F/T or P/T Day Programming

Description: Making lists can be a simple executive functioning task or a life-changing exploration of self. Students in this class will join in a variety of list-making activities, some serious, some fun, some just plain silly. Come to class with an open mind and an empty notebook.

 **Lawn Games**

Thursday: 11:00 -12:00

Location: Chapel Haven Courtyard

Cost: \$90 or included as part of F/T or P/T Day Programming

Description: Croquet anyone? On campus students can join in a variety of fun outdoor lawn games from bocce to basketball, croquet to cornhole.

 **Book Club**

Thursday: 1:00 – 2:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Students will decide as a group on a short novella or book to read and discuss as a group. Students will take turns reading and have lively staff-supported discussions about the topics their chosen book covers.



Banking and Budgeting

Friday: 9:00 – 10:00

Classroom 1

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: In this course, students will learn the skills needed for basic day-to-day banking and money management tasks. Staff will support students in creating their own weekly budgets and managing bank transactions. At this time, this course is for on-campus students only and will address banking needs during the current pandemic environment. *Instructor approval is required.*



Virtual Game Club

Friday 10:00 – 11:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Join a variety of online games with a social focus. Students will pair up or join small groups to play a variety of online games in real time. Many game options will require a smart phone. Space is limited to 6 students.



Film Exploration

Friday, 11:00 - 12:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: From popular films to those by independent film makers, this class will explore a large variety of genres and sub genres. Students will leave class with wider knowledge and appreciation of the world of films.



I Want It!

Friday: 1:00 – 2:00

Location: Virtual

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Need a new phone? Car? Boat? With big purchases like this it can be difficult to even know where to start! This class will discuss goals, large and small, help students to break them into smaller steps, prioritize, and make an action plan to get what they want. The focus will be on saving for big purchases and how to determine exactly what it is that we want and how to get it!

 /  **Pumpkin Spice and Everything Nice**

Friday: 2:00 – 3:00

Location: Virtual/Cooking classroom

Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Fall flavors conjure up thoughts of cinnamon, spices, baking, and getting cozy. This virtual baking class will include all of the above. A recipe list will be sent in advance so everyone can stock up on cinnamon and other necessary ingredients. Students who are on campus will have the option of attending in-person in small groups in our cooking classroom.

 **Laundry**

Each residential student will be assigned a specific time.

Location: Rossman Building and 48-50 Emerson Street

Part of F/T Programming only

Description: In this course, students will continue to hone procedures for managing their laundry. Staff will continue to periodically check in with you during these times to provide support if needed. Please note that once your time has been assigned, it is not flexible. The laundry room is used by many other students and you will be required to complete your personal laundry in the time that is allotted.