

Chapel Haven ASAT Program

Course Catalog – Winter 2016

November 28th, 2016 – March 10th, 2017



Community Outreach Services

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.

Winter 2016 Class Offerings

Entertaining Friends

Schedule: Friday, 2-3

Fee: \$150

In this course, students will learn to entertain friends in their home, for both formal and informal events. Students will explore a variety of types of events that they may want to host. They will learn the expectations involved with having others in their apartment, will learn how to ensure that everyone has fun, and will also explore how to respond if a guest is behaving in an unexpected way.

Technology Skills

Schedule: Tuesday, 1-2

Fee: \$150

In this course, students will explore how to use a technology in safe and competent manner. From managing minor issues that arise when using technology to how to safety community and navigate when using the internet.

Managing A Home

Schedule: Wednesday, 11-12

Fee: \$150

In this class, students will learn the skill needed to manage a home. From organization to minor home repairs.

Locating Housing

Schedule: Monday, 3-4

Fee: \$150

In this course, students will learn about the types of housing available and will follow steps to locate housing to live in the New Haven area.

Achieving Financial Self-Sufficiency

Schedule: Wednesday, 2-3

Fee: \$150

In this course, students will plan for their own future financial self-sufficiency. They will explore the sacrifices/benefits of reducing their dependence on their parents or other sources of aid.

Geography

Schedule: Wednesday, 3-4

Fee: \$150

In this course, students will develop an awareness of history of the greater New Haven area and will develop an increased awareness of both local and world geography.

Career Lab

Schedule: Monday (9-2), Friday (9-2)

Fee: \$475/class,

This endeavor provides an opportunity for students to experience the rewards and challenges of a workplace environment. Students will participate in a variety of endeavors that will assist students with learning and enhancing employment skills. This class will also offer time for students to work on creating and enhancing their resume, offer time for job/volunteer searching and support students with preparing for interviews.

Academic Workshop (ACA 110)

Schedule: Tuesday, 10-12

Fee: \$225

This course simulates a college-level class. In this course, students will demonstrate the academic, organizational and social communication skills necessary for success in a college course. Additionally, students will benefit from an opportunity to explore accommodations that are beneficial.

Fitness

Schedule: Tues/Thurs 2-3

Credits: \$45/hr

Students will use the Chapel Haven gym to work-out and take steps to maintain a healthy lifestyle.

Typing

Schedule: Wednesday, 1-2

Fee: \$95

In this class, students will complete lessons each week that will allow them to practice and enhance typing skills

Book Club

Schedule: Wednesday, 1-2

Fee: \$95

In this class, students will choose a book to read and meet for weekly discussion to explore themes and ideas in the selected book

Chess

Schedule: Wednesday, 3:00– 4:00

Fee: \$95

Students of all levels are welcome in the chess class. Instruction will be provided to those who need it, and all will have the opportunity to play friendly games of chess in a low-stress environment.

Souper Recipes

Schedule: Wednesday, 5-7

Fee: \$350

In this class, you will learn recipes perfect for the cold weather of a Connecticut winter! The focus of this class will be on soups and hot beverages. You will learn at least one recipe each week and will have a chance to sample the results (Includes cost of ingredients)