

ASAT Program Workshop Catalog



SUMMER A

May 18 – June 30, 2020

(No Classes May 25th)

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: Classroom 1/Community, *Virtual option available*

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

Description: In this course, students will identify a walking route and will walk for exercise in a small group in the Westville neighborhood. During the walking class, students will be expected to walk continuously, without stopping at local stores or eateries. Social distance and proper PPE during walks is expected. Virtual students will check in at the beginning of class and discuss their route plan with staff, they will also check in at the end of their walk to review their experience.

 **Disclosure II**

Monday: 1:00 – 2:00, *4 weeks **Runs June 1 – June 22*

Location: Virtual

Cost: \$60, or included as part of F/T or P/T Day Programming

This four week workshop is a continuation of the Disclosure workshop in the Spring B term. It is designed for students preparing to apply for paid employment or to college, or for students currently working and learning in these settings. The focus of Disclosure II will be learning how

to differentiate between indirect, partial and full disclosure, and how to utilize these different approaches. A portion of each week's session will be working individually with the Program's Speech-Language Pathologist to develop a list of reasonable accommodations anticipated in future work or college settings, and to develop a personal statement of disclosure for each workshop participant.

 **Transition Support Group**

Monday: 2:30 – 3:00

Location: Virtual

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

Description: Transitions can be both exciting and stressful, especially at this time of uncertainty and social distancing. This course will help you to identify and react to any stressors you may experience over the next several months related to the transition 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.

 **Nailed It! (a silly cooking competition)**

Monday: 3:00 – 4:00

Location: Virtual

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

Description: Modeled after the popular TV show of the same name, students will be asked to make their best replicas of fun and challenging food art using what they can find around their homes within a time limit. At the end of each class a side-by-side comparison of the goal project and the student's creation will be revealed. The class will vote to decide who's edible masterpiece is the winner (and who gets bragging rights).

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

Monday: 3:00 – 4:00

Location: Virtual

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

Description: Is your hair starting to look a little shaggy? Beard out of control? Maybe you've forgotten to shower because you haven't left the house in weeks. This class will focus on men's self-care during the current pandemic. Staff will share tips and tricks to look and feel your best without leaving the house.

 **Virtual Yoga for Mindfulness**

Tuesday: 9:00 - 9:30

Location: Virtual

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

Description: Want to start your day feeling refreshed and focused? This class will focus on getting your mind and body ready for the day. All moves can be modified to be done from a seated position if necessary. No yoga or mindfulness experience necessary.

 **PowerPoint**

Tuesday, 10:00 – 11:00

Location: Virtual

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

Description: This course provides instruction in basic and intermediate uses of Microsoft Powerpoint. This course is appropriate for those students who will require use of Microsoft Powerpoint for future educational or career goals.

 **WOW Them in Your Interview!**

Tuesday, 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, students will learn the expectations of the formal professional interview process. We will review the steps young professionals are recommended to follow: how to research job sectors and positions, how to introduce oneself to prospective employers, how to follow through with employment professionals and how to prepare for the interview so that the candidate impresses the interviewer and WOWs him/her. In the final weeks of this workshop, students will “dress the part” and participate in mock interviews with working professionals and will receive feedback from these experiences.

 **Virtual New Haven: History, Art & Culture**

Tuesday, 1:00 – 2:00

Location: Virtual

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

Description: Ever wonder why New Haven is called the Elm City? Have you visited the natural history and art museums? Do you know the fascinating history of Grove Street Cemetery? This class lets students experience the rich arts and culture scene of their very own city from the comfort of their homes.

 **Public Speaking**

Tuesday, 2:00 – 3:00

Location: Virtual

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

Description: In this workshop, students will learn strategies to improve one’s public speaking skills and how to research and prepare for public speaking events and opportunities. Participants will learn how to enhance one’s nonverbal signals and speech characteristics to engage the audience, and will speak in front of the group each week in an online forum. Students will participate in peer review activities, utilizing perspective taking skills to give and receive feedback in mature and constructive ways. *Students registered in Online Conversations in the Spring B Term are recommended to register for this workshop.*

 **Harry Potter Book Club: Harry Potter and the Chamber of Secrets**

Tuesdays: 3:00 – 4:00

Location: Virtual

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

Description: Are you a Ravenclaw or a Hufflepuff? In this course, students will discuss their opinions, likes and dislikes, and bond over a shared reading experience. Students will read Harry Potter and the Chamber of Secrets together throughout the course of this class. This is a continuation of the book club offered in Spring B but is welcoming to new participants.

 **Virtual Baking Group**

Wednesdays: 10:00 – 12:00

Location: Virtual

Cost: \$150, or included as part of F/T or P/T Day Programming

Description: Develop a love for baking in this fun relaxed online baking class. Bake alongside of staff to create scrumptious cookies, cakes and pies. You will get to try a variety of great recipes and eat tasty treats! A recipe list will go out prior to class so you can have ingredients ready to cook along.

 **Virtual Job Lab**

Group 1: Wednesdays 1:00 – 2:00 **and/or** Group 2: Thursdays 11:00 – 12:00

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.

 **Introduction to Community Living**

Wednesdays: 2:30 – 3:30

Location: Virtual

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

Description: Students who will be living in the Greater New Haven community will use this class to begin to understand the expectations of being an independent community member during their first months and year on their own. This includes setting up utilities, social and financial supports, planning meeting times with support staff, creating their own daily and weekly schedules, etc. *Instructor approval is required.*

 **Summer Grilling Options**

Wednesdays: 5:00 – 7:00

Location: CHSC Courtyard

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

Description: On-campus students should expect to participate in this summer-themed cooking class. Each student will plan to purchase a grillable item with their weekly groceries and bring it to this group grilling class. Students will learn how to safely operate a grill and proper cooking temperatures for a variety of items.

 **“Helping Hands” - Community Service Projects**

Thursdays: 9:00 – 10:30

Location: Classroom 1, limited to 4 students (*inquire about virtual options*)

Cost: \$135 or included as part of F/T or P/T Day Programming

Description: In Helping Hands, you will complete a number of on campus projects to help others and beautify your community. This class is designed to allow students an opportunity to get to know the community they live in, and to give back through volunteer work. In addition, students will spend some time reflecting after each weekly assignment to think about their interest in jobs or careers that involve the kinds of tasks they completed that week. This class will be held in-person, but there may be some opportunities for off-campus students to participate remotely.

 **Art for Relaxation**

Thursday: 1:00 -2:00

Location: Virtual

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

Materials Fee: \$35

Description: This class focuses on using art as a way to relax and be mindful. The class will involve a number of projects using specially chosen materials. Materials will be mailed to you (or safely dropped off to local participants) after registration. No special skills necessary! You're encouraged to sign up if you have an interest in art, but you do not need to have any special art skills.

 **Virtual Dinner Prep**

Thursday: 2:00 – 3:30

Location: Virtual

Cost: \$135, or included as part of F/T or P/T Day Programming: Advising Placement Only

Description: Designed for distance learners, this class aims to keep up your cooking skills while you are at home! Prepare easy meals along with CHSC staff in real-time and impress the whole family! A list of recipes and ingredients will be sent out to enrolled students before the start of class so that students can be prepared to cook along from their own kitchens.

 **Banking and Budgeting**

Friday: 9:00 – 10:00

Classroom 1

Cost: 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.

 **Virtual Game Club**

Morning Group: Friday 10:00 – 11:00, **OR** Afternoon Group: Friday 1:00 - 2:00

Location: Virtual

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

Description: Join in a virtual game of scrabble or chess! A variety of online games will a social focus will be explored. 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. Please choose one of the two offered times. Space is limited to 6 participants in each group.

  **Outdoor Photography**

Friday, 11:00 - 12:00

Location: Meet in classroom 1, *virtual option available*

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

Description: Attention Photographers, Wanna-Be Photographers, and Admirers of Photography! Come join us in this digital photography class. You will have an opportunity to enjoy and discuss a variety of photographs and hone your own skills in digital photography while exploring your neighborhood. Distance learners have the option to check in with staff at the beginning of class to plan their walking route and then share their photos at the end of class.

 **Virtual Theatre Games**

Friday: 2:00 – 3:00

Location: Virtual

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

Description: In this course, students will use the theatre to explore their social environment. Students will be involved in games, role playing and improvisation acting. All levels are welcome.

 **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.