ASAT Program Workshop Catalog



SUMMER B July 13 – August 21, 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 (\square). 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 (V). 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 <u>not</u> 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 <u>cgorman@chapelhaven.org</u> 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.

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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.

Summer Stretch Monday: 11:00 – 12:00 Location: Classroom 1/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 light aerobic and stretching activities. Enjoy the sun and stretch those muscles!

Assessing Financial Goals

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 begin to identify their personal financial goals and develop a plan to achieve these.

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.

Bardening for Mindfulness

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: Can you tell a vegetable from a weed? Have you ever planted something from seed? Learn some gardening tips while spending some quality time in the great outdoors. Clear your mind and foster a love of plants!

Summer Style and Presentation

Tuesday, 10:00 – 11:00 Location: Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

Description: This course will assist students in assessing their current wardrobe, storing items that are seasonal, and learning about how to look good while staying cool. During the summer, our style choices change with the weather. What does this mean for work and home? This could include a change of hair style and event he way we treat our feet!

Virtual Open Studios

Tuesday, 11:00 – 12:00 Location: Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

Description: An open studio is a studio or work room that is open to all, where artistic or creative work can be viewed and created on your own or collaboratively. During open studio times, you will be working on your own creative projects from home. Self expression is encouraged, and those without ideas will be given assistance in coming up with original meaningful projects. A time will be reserved at the end of each class to discuss the artwork as a group.

Music Appreciation

Tuesday, 1:00 – 2:00 Location: Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Students will explore music's various genres and styles in order to gain a deeper understanding and appreciation for all types of music. The workshop will explore both music introduced by the instructor as well as the student's musical preferences with a focus on learning the history and context of each piece.

ASD Work Stories

Tuesday, 2:00 – 3:00 Location: Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

Description: This class will explore a variety of stories and videos describing the work experiences of a variety of people with an ASD diagnosis. Class discussion will explore each story and what went well and what didn't. The focus will be on learning about what it means to have ASD in a workplace and how to maximize one's own personal strengths for success.

Harry Potter Book Club: Harry Potter and the Chamber of Secrets (continued) 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 Summer A but is welcoming to new participants.

Breakfast Basics
Wednesdays: 10:00 – 11:00
Location: Virtual
Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Cereal everyday can be boring. There are certain breakfast cooking skills every young person should have in their repertoire, from how to scramble an egg, to how to make a perfect pancake. This class will cover all the basics of making your favorite breakfast dishes. Students will be give recipes and ingredients lists ahead of class time so that they can cook along from home.

WOW Them in Your Interview: Part 2!

Wednesday, 11:00 – 12:00 Location: Virtual Cost: \$90, 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 1. Students will continue to learn the expectations of the formal professional interview process. Mock interviews with working professionals will continue and students will receive feedback from these experiences. Students must be given special permission from the instructor to attend this class.

First Aid Wednesday, 1:00 – 2:00 Location: Virtual Cost: \$90, 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 1. Students will continue to learn the expectations of the formal professional interview process. Mock interviews with working professionals will continue and students will receive feedback from these experiences. Students must be given special permission from the instructor to attend this class.

Apartment Management and Bill Pay

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 learn how to manage the ins and outs of apartment living including things like trash pick-up, utilities, rent arrangements and bill pay. *Instructor approval is required.*

Grill & Chill
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 fun casual grilling 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. After eating students will be encouraged to join a small social activity or lawn game.

🔜 Virtual Job Lab

Thursdays 10:00 – 11:00 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.

Pandemic Safety and Community Accessibility
Thursdays: 11:00 – 12:00
Location: Classroom 1, limited to groups of 2-4 students
Cost: \$90 or included as part of F/T or P/T Day Programming

Description: As safety protocols are constantly changing and the state goes through multiple levels of re-opening we need to adjust the way we interact in our community. There is a new set of safety protocols and a new set of social norms. This class will help on-campus students to learn the new rules and social nuances of navigating the greater New Haven community (in-person as allowed). Students currently on campus are encouraged to take part.

Post Secondary and Career Interests

Thursday: 1:00 -2:00 Location: Virtual Cost: \$90 or included as part of F/T or P/T Day Programming

Description: In this course, students will discuss their areas of interest/ability and explore how these interests/abilities related to post-secondary education and career options. Students will understand the types of post-secondary education available. They will begin to explore the level and type of education/training required in general career areas of interest.

Deep Cleaning

Thursday: 2:00 – 3:00 Location: Classroom 1/Apartments Cost: \$90, or included as part of F/T or P/T Day Programming **Description:** In this class, students will learn a variety of cleaning tasks that need to be performed periodically to maintain a clean and healthy living environment. The first part of this class will be instruction in particular skills, and the second part will be completing the tasks discussed in class. This class is will be especially helpful for students planning to move from their apartments in the fall. It will help to prepare their apartments for the move and to get a refresher on how to perform these tasks in their new spaces.

[™]/□ <u>Summer Eats</u>

Thursday: 3:00 – 4:00 Location: Classroom 1/Cooking Classroom OR Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Eating for the season is both cost effective and healthy! This class will explore simple recipes that utilize the bounty of the summer months. Recipes will also feature foods that won't heat up the kitchen. Summer salads and simple stir frys are just a few examples. Virtual students will be given recipes and ingredients lists ahead of class time so that they can cook along from home. Residential students will have the option to join the cooking class in small groups.

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

Friday 10:00 – 11:00 Location: Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Join in a virtual game of Fibbage or "Monster Seeking Monster"! 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. Space is limited to 6 students.

Couponing and Comparison Shopping Friday, 11:00 - 12:00 Location: Virtual / Classroom 1 Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Are you getting the best deals at the grocery store? Can you be saving even more with manufacturer's coupons of online coupon codes? What is a rebate? This class will focus on getting the most for your money online and in store. Complete challenges to see who in the class is the ultimate saver! Residential students will have the option to join the class in small groups.

Packing and Planning Friday: 1:00 – 2:00 Location: Apartments Cost: \$90, or included as part of F/T or P/T Day Programming

Description: Students will work hands-on with staff and peers to procure packing boxes, sort and pack belongings and create a general moving plan. This class is important for any student moving into the community or changing apartments over the next few months. Students who are not moving but could use apartment re-organiztion may also benefit from this class.

Screen Play Writing

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 learn about the elements of dynamic theatrical writing. They will then work as a class to write their own group screen play in the genre of their choice. As the screen play comes together, the group will practice read throughs and make edits to perfect their writing. Student's will be challenged to think through the lense of each character to add to the plot.

🖐 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.