

ASAT Program Workshop Catalog



Fall B

October 5 – November 13, 2020

No classes 10/12/20 and 11/11/20

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.

 **Visual Literacy**

Monday: 11:00 – 12:00

Location: Virtual

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

Description: Based loosely on work pioneered by the Toledo Art Museum, this course will use the study of elements of design and composition to expose hidden messages and meaning in non-verbal communication. In this workshop, students will explore how visual literacy enhances one’s ability to comprehend messages and situations based on the image presented to the viewer. Students will learn to use context as a basis for communicating messages and ideas through a variety of visual modalities. These modalities include body language and nonverbal communication signals, object language, sign and symbol language and abstract language such as logos and graphic art.



Fitness Club

Monday: 1:00 – 2:00, Wednesday 10:00 – 11:00, Friday 1:00 – 2:00

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

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

Description: In this course, on-campus students will meet to discuss their fitness and nutrition goals, exercise and keep each other accountable. Students will take part in weekly personal challenges and share their struggles and successes. We can all use a little group motivation, especially after quarantine! Students who sign up are encouraged to participate in all 3 classes each week as their schedules allow.



Problem Solving Processes

Monday: 1:00 – 2:00

Location: Virtual

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

Description: In this course, students will explore processes, both formal and informal, to solve problems and set goals. Students will be exposed to a variety of examples of problem solving tasks and will begin to apply the process to problems and decisions in their own lives.



Men's 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 meet weekly to support each other and discuss common issues that men on the spectrum experience.



Women's Style and Presentation

Monday: 2:00 – 3:00

Location: Classroom 1

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

Description: In this course, students will explore skin care, hair products, make-up, and clothing choices for a variety of settings. Staff and students will work together to create looks for work, dates, and every day.

 **Staging for Online Interviews**

Tuesday: 9:00 – 10:00

Location: Virtual

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

Description: In this course, students will learn how to put their best faces forward in an online video format. When you're preparing for an interview online, there are many new considerations. The background, lighting, and seating are just a few. Learn more in this interactive, experience based class.

 **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.

 **Study Group**

Tuesday 1:00 – 2:00 and/or Thursday 10:00 – 11:00

Location: Virtual

Cost: \$90 per chosen day (\$180 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, edit papers, and perform research, as well as understand due dates and manage assignments.

 **Civics and Citizenship**

Tuesdays: 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 develop an understanding of local, state and national laws and ordinances. They will understand their basic rights and discuss how to assert these

rights. They will be introduced to legal and judicial processes, and well as sources of government-supported assistance that are available to them and to others.

 **Virtual Game Club**

Tuesdays 4:00 – 5:00 pm OR Friday 10:00 – 11:00 am

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.

 **Weekly Recap**

Tuesdays: 7:00 – 8:00

Location: Virtual

Cost: free to residents

Description: This evening gathering is a time for on-campus students to meet as a group and connect. All residents are expected to participate. Students will debrief about their weeks, receive ASAT news and information, play games and bond with classmates.

 **Social Problem Solving**

Wednesdays: 11:00 – 12:00

Location: Virtual

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

Description: This workshop is designed to develop students' problem solving skills in social situations. Social problems involve our interactions with others across settings, and how to respond during these interactions in a variety of ways, based on predicted social outcomes. Social problem solving scenarios will be presented and "solved" by the group, utilizing the problem solving process and reciprocal conversational skills. Group discussions are an essential element of this workshop, and student participation is expected and encouraged.

Prerequisite: Problem Solving Processes or an SCC Conversation class or workshop.

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

Wednesday, 1:00 – 2:00

Location: Virtual

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

Description: This workshop is a second in a series co-taught by the ASAT program SLP and CBT. The first four weeks will focus on how information is presented to the public regarding the upcoming election: at the presidential, state and local levels. Students will develop their flexible thinking and perspective taking skills to examine, research and discuss opposing political views and other current events in a virtual group format. Anxiety management and emotional regulation surrounding these topics will be highlighted. This workshop is designed for graduates and students who have completed at least one year in the ASAT program's social communication and cognitive behavioral therapy coursework.

 /  **Digital Photography**

Wednesday, 1:00 – 2:00

Location: Classroom 1/Community, Virtual Option

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.

 **Dinner and a Documentary**

Wednesdays: 4:30 – 7:00

Location: CHSC Courtyard/ CHSC Resident Lounge

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

Description: A twist on our popular “dinner and a movie” class; this workshop will focus on the fascinating genre of documentaries! 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 documentaries! Students will plan the meals and with the instructor and utilize new skills in planning for dinners with friends.

 **Time Management**

Thursdays 9:00 – 10:00

Location: Virtual

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

Description: In this course, students will learn to manage their time in order to effectively participate in Chapel Haven activities, vocational, educational, social and independent living activities.

 **Creative Writing**

Thursday, 11:00 – 12:00

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.

 **Cooking for One**

Thursday: 1:00 – 3:00

Location: Classroom 1/Cooking Classroom/Apartments

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

Description: In this course, students will learn to prepare meals for 1-2 people and learn to adapt recipes for smaller numbers. This course will be part classroom learning and part hands-on meal preparation.

 **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.*

 /  **The Art of Letter Writing**

Friday, 11:00 - 12:00

Location: Classroom 3/Virtual option available

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

Description: Writing handwritten letters can be both a visual and literary art form. This class will explore letters and their importance throughout history. Students will write and send a letter each week to a family member or friend. Both the artistry and words of the handwritten letter will be explored. Students should purchase a book of first class stamps for this class and have a pen and stationary including cards or paper and envelopes ready.

 **Lunch and Leisure**

Friday, 12:00 - 1:00

Location: ASAT Lounge

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

Description: Bring your lunch and enjoy it with friends while sharing and exploring your favorite past times. Maybe even pick up a new hobby or 2! Students will eat lunch at separate tables in the lounge area. Staff will facilitate a discussion about how we spend our free time (movies, art, and reading to name a few). Activities will be available to try with classmates.

 **Advertising and Consumer Awareness**

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 develop an awareness of the types of techniques advertisers use to attract customers. Students will differentiate between accurate and inaccurate information, judge the reliability of information and begin to recognize ‘scams.’

 **COS Board Games**

Friday: 3:30 – 4:00

Location: Community Outreach or Courtyard

Cost: Free to COS students

Description: Join us for small group, socially distanced competitive and non-competitive fun! Students must meet in the courtyard prior to class to receive covid-screening. They will be required to wash hands prior to the start of class and wear masks and social distance for the duration.

 **Residential Board Games**

Friday: 4:30 – 5:00

Location: ASAT Lounge or Courtyard

Cost: Free to Residential students

Description: Join us for small group, socially distanced competitive and non-competitive fun!

 **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.