

# ASAT Program Workshop Catalog



**WINTER A**

**Nov. 16 – Dec. 22, 2020**

*No classes 11/25/20 – 11/27/20*

## **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](mailto: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 Mondays, \$30 Wednesdays 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.

 **Music Appreciation**

Monday, 10:00 - 11:00

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.

 /  **Holiday Décor and Gifts**

Monday: 11:00 – 12:00

Location: Classroom 1/ Virtual option available

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

Residential Cost: \$110, or included as part of F/T or P/T Day Programming

*(residential a la carte price includes material fee)*

**Description:** Students will make crafts for the winter holidays and learn what it takes to entertain friends and family in a festive atmosphere. They will also explore and compare their own family traditions, create homemade gifts for loved ones, and decorate for the holidays.

 **Perspective Taking in the Media**

Monday: 1:00 – 2:00

Location: Virtual

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

**Description:**

In this workshop, students will enhance their ability to take others’ perspectives by exploring point of view, as presented in various examples of mass media. Each week, students will view

and analyze images from pop culture, advertisements, sitcom video clips and movie scenes. Students will use contextual clues and read nonverbal communication signals to make predictions about the situation and how people are feeling. Participants will also learn to identify the motivation of a company, organization or individual and the persuasive language utilized in the clip or image.

 **Winter Walking Group**

Monday: 2:00 – 3:00

Location: Student Lounge/Community

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

**Description:** Even when the weather starts to get colder, it's important for us to get out and get some fresh air. Put on your mittens and layers and get out for a weekly winter walk!

 **Men's Group**

Monday: 3:00 – 4:00

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 all topics pertinent to men in 2020.

 **Hair Tutorials**

Monday: 3:00 – 4:00

Location: Classroom 1

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

**Description:** From blow-outs to braids, this class will explore all kinds of current hair fashions. Participants will need to bring or purchase their own brush, hair dryer, and hair elastics. To keep the class covid-safe students will be expected to utilize basic hair appliances and accessories independently.

 **Clean and Green**

Mondays: 4:30 – 5:30

Location: In apartments

Cost: \$110, or included as part of F/T or P/T Day Programming (*price includes material fee*)

**Description:** In this course, students will learn how to complete deep cleaning tasks using greener options like steam mops, vinegar, baking soda, essential oils, etc. Using fewer chemicals can be both healthy and rewarding. Enjoy a sparkling clean, sanitized apartment without the harsh side effects.

 /  **Mindfulness Through Yoga**

Tuesday 9:00 - 9:30

Location: Outreach/Virtual Option available

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.

 /  **Healthy Breakfast Options**

Tuesday: 10:00 – 11:00

Location: Cooking Classroom/ Virtual option available

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

Residential Cost: \$120, or included as part of F/T or P/T Day Programming

*(residential a la carte price includes material fee)*

**Description:** In this course, students learn to prepare a variety of breakfast foods, such as eggs, pancakes, French toast, oatmeal, smoothies, muffins, etc. Learn how to start your day with a healthy boost of energy!

 /  **Nutrition Analysis**

Tuesday: 11:00 – 12:00

Location: Classroom 1/ Virtual option available

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

**Description:** In this course, students will expand their understanding of nutrition. They will analyze their own nutritional intake, compare this to their personal goals, and make changes as appropriate.

 **Tales from the Trenches**

Tuesdays: 1:00 – 2:00

Location: Virtual

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

**Description:** Students will meet and interview a variety of people from the greater New Haven and Chapel Haven Community to learn about their job paths. The goal of this class is to develop realistic work expectations and understand that every vocational journey starts somewhere – you may be surprised what twists and turns that path may take!

 /  **Stress Management**

Tuesday: 2:00 – 3:00

Location: Classroom 3/ Virtual option available

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

**Description:** In this course, students will begin to develop the ability to regulate and manage their emotions. Specifically, students will manage negative emotions such as stress and frustration and cope with these in a way that allows for growth and development.

 **Virtual Game Club**

Tuesdays 4:00 – 5:00 pm

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.

 **Relationships Workshop**

Wednesdays: 10:00 – 11:00

Location: Virtual

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

**Description:** Students will examine how connections are made and relationships developed with others in our day-to-day, personal and professional lives. Students will apply the Social Thinking® concepts of “social memory,” “people files” and “Theory of Mind®” (perspective taking) to their personal and professional relationships, utilizing a variety of graphic organizers including the Relationship Continuum, Concentric Circles and the Friendship Pyramid. Students will learn how to utilize networking skills to build acquaintance relationships.

 **Full Body Fitness**

Wednesdays, 11:00 – 12:00 and/or Fridays, 12:00 - 1:00

Location: SAIL Gym/Virtual as necessary

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

**Description:** Join our trainer and wellness professional for a combo of stretching, resistance training, and cardio to improve strength, endurance and mobility.

 **Open Studios**

Wednesday: 1:00 – 2:00

Location: Classroom 3/ Virtual option available

Cost: \$60, 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.

 **Games for Visual Literacy**

Wednesday, 2:00 – 3:00

Location: Virtual

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

**Description:** C D  = See the bee

Do you remember figuring out word puzzles where images, letters and numbers are configured to represent an idiom or a sentence? In this workshop, students will play games and solve puzzles utilizing visual literacy skills. These skills utilize the power of observation, help us to separate details from “the bigger picture,” and assist us when interpreting messages and situations based on what we see. Honing visual literacy skills helps us to comprehend the meaning of hundreds of images we are exposed to every day.



### **Comfort Food and Comedies**

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 class will focus on healthier versions of your favorite comfort foods using an instant pot pressure cooker. We will then lower the pressure with some silly comedic movies in the student lounge. 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 comedies! The class will take place virtually over Netflix’s Teleparty in the event that a group can’t convene.



### **Post-Secondary and Career Options**

Thursdays 10:00 – 11:00

Location: Virtual

Cost: \$60, 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.



### **Book Club: Eliza and Her Monsters by Francesca Zappia**

Thursday, 11:00 – 12:00

Location: Virtual

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

**Description:** In the real world, Eliza Mirk is shy, weird, and friendless. Online, Eliza is LadyConstellation, anonymous creator of a popular webcomic called *Monstrous Sea*. Adventure unravels in this entertaining book about fandom, friendship and the communities that shape us.



### **App for That**

Thursday, 1:00 – 2:00

Location: Virtual

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

**Description:** There’s an app for everything these days! The focus of this course will be on apps that can make life easier. Discussion will focus on apps to help with organization, streamlining



daily living tasks, learning new things, and assisting with academic pursuits. Some time will be spent sharing “fun” apps that class members have discovered.

 /  **Study Group**

Thursdays 2:00 – 3:00

Location: Classroom 1/Virtual option available

Cost: \$60, 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.

 **Virtual Banking and Budgeting**

Friday: 9:00 – 10:00

Location: Virtual

Cost: \$60, 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 on an online platform. Staff will support students in creating their own weekly budgets and managing bank transactions.

 **Managing Free Time**

Friday: 10:00 – 11:00

Location: Virtual

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

**Description:** “Downtime” can be fun, relaxing, boring, exciting, or even productive. This class will aim to help you organize your downtime in a way that gives your life balance and helps you to become a healthier, happier, more independent adult. A focus will be made on reaching personal goals and utilizing down time in a way that propels you forward instead of holding you back. Discover new interests and talents you may not know you even had!

 /  **Peapod, Instacart and Online Grocery Shopping**

Friday, 11:00 - 12:00

Location: Classroom 3/Virtual option available

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

**Description:** Students will learn a variety of ways to order groceries online as well as techniques for making online ordering more efficient week to week. Grocery lists will be reviewed.

Participants are encouraged to put in their grocery orders during class for delivery for the following week.

 **College Readiness**

Friday, 1:00 - 2:00

Location: Virtual

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

**Description:** Have you been interested in college classes but not sure if you are ready? This class will focus on learning about the skills necessary to succeed in a college class – including academic strengths, writing, math, organization and executive functioning, social skills and safety. Some academic assessments will be included to establish academic skill level.

 /  **Holiday Cookie Swap**

Friday: 2:00 – 3:00

Location: Cooking Classroom/Virtual option available

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

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

*(residential a la carte price includes material fee)*

**Description:** Each week the class will make and freeze a holiday favorite. By the final week, the participants will have a delicious variety of holiday cookies that they can arrange into a cookie platter, perfect for gifting or entertaining!

 **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.