

ASAT Program Workshop Catalog



WINTER B



January 4 – February 12, 2021

No classes 01/18/2021

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 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 2**

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. Students who have taken Music Appreciation in a previous semester are encouraged to join again and new students are also welcome.

 **Professional Communication and Relationships**

Monday: 11:00 – 12:00

Location: Virtual

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

Description: Students will examine how relationships are developed and maintained in our day-to-day, professional lives. Students will be introduced to “networking” and how to initiate professional relationships, and the importance of establishing and maintaining professional boundaries. Students will apply communication concepts learned in Relationships class to professional problem solving activities in this workshop.

 **Supporting Others – Pandemic Edition**

Monday: 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 learn to provide support to peers and to accept support from peers. There will be discussions regarding the shift during early adulthood from relying on families/educators for support to relying on friends/peers for support. The support group will include a special focus on mental health during the pandemic.

 **Community Safety 2021**

Monday: 2:00 – 3:00

Location: Virtual

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

Description: In this course, students will recognize actions that increase their safety in the community. They will identify potential dangers and ways to reduce the risk of these dangers. Special attention will be paid to tips for reducing the spread of germs and proper protocol in the community during a pandemic.

 **Chess Club**

Tuesday: 2:00 – 3:00

Location: Classroom 3/ Virtual

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

Description: Whether you like to play competitively or casually, get ready for some chess-playing fun! No chess experience necessary, staff will pair students up for a fun and educational chess playing experience. You are sure to walk away with working knowledge of the game and maybe even some new strategies.

 **The Power of Positivity**

Monday: 3:00 – 4:00

Location: Virtual

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

Description: Positive affirmations, quotes and uplifting stories can help us to change our moods, our minds, and even contribute to our success. This class will focus on using positivity to enhance our lives and visualize our goals.

 /  **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.

 **Transportation Options**

Tuesday: 10:00 – 11:00

Location: Virtual

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

Description: In this course, students will learn to plan for and access a variety of modes of transportation, including trains, airplanes and rides from Lyft, Uber, taxis and other modes of transportation. Due to the current pandemic restrictions, this class will be classroom based instead of venturing into the community.

 /  **Food Adventures**

Tuesday: 11:00 – 1:00

Location: Classroom 1/ Virtual option available

Cost: \$180, or included as part of F/T or P/T Day Programming

Description: In this course, students will learn to order delivery and takeout and will order food from a local food establishment. Each week we will encourage students to try a new food from a different restaurant in their area. Students will share their “food reviews” with the class after their delivery has arrived. Each student should budget approximately \$25 per class to cover the cost of their takeout. Students will learn the appropriate amount to tip and various ways of providing payment.

 /  **Deep Cleaning**

Tuesdays: 1:00 – 2:00

Location: Student Apartments/Virtual

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

Description: This class will focus on skills needed for seasonal/infrequent cleaning tasks such as defrosting a freezer or washing windows. Students should leave the class with a good idea of how to complete yearly cleaning maintenance in their own apartments/homes.

 /  **Mural by Mail**

Tuesday: 1:00 – 2:00

Location: Classroom 3/ Virtual

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

Description: Be part of a fun collaborative mural! Students will be mailed materials and instructions, as well as envelopes for return mailing. During the final week, the returned pieces will be put together to reveal one final masterpiece. Please commit to attending all 6 classes.

 **Self-Awareness and Self-Advocacy**

Tuesdays 2:00 – 3:00 pm

Location: Virtual

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

Description: In this course, each student will develop an awareness of his/her strengths and needs. Students will develop an awareness of how to self-advocate and obtain needed supports/assistance across a variety of settings.

 **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.

 **Electronic Communication**

Wednesdays: 10:00 – 11:00

Location: Virtual

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

Description: This workshop will review communication concepts important to successful electronic communication for young adults in a variety of settings. Particular focus will be on honing communication skills for professional settings (e.g. workplace, college, community). Topics reviewed include making a positive first impression, professional electronic communication (i.e. emailing, texting), asking for clarification, repetition of information and asking for assistance. Expectations of how others perceive our nonverbal communication and behavior during face-to-face and virtual (teleconference) conversations will also be reviewed.

 /  **Full Body Fitness**

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

Location: SAIL Gym/Virtual as necessary

Cost: \$90 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. Class will be taught in-person or virtually based on CDC guidelines.

 **Play Reading**

Wednesday: 11:00 – 12:00

Location: Virtual

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

Description: Students will rehearse and read several short plays, focussing on improving their acting chops!

 **Introduction to Internet Safety**

Wednesday: 1:00 – 2:00

Location: Virtual

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

Description: This course provides instruction in basic safety principles when using the internet for tasks such as email, social media, websurfing, shopping and even dating. Students will learn to protect their personal information and to recognize the validity of information presented on websites.

 **Personal Newsletters as a Communication Tool**

Wednesday, 2:00 – 3:00

Location: Virtual

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

Description: Now more than ever, maintaining regular communication with our friends and family is very important to increase our happiness and improve our overall mental health during a period of extended isolation. In this hands-on workshop, students will learn to create newsletters for their family and friends which highlight aspects of their lives during the pandemic. Students will be provided with electronic templates which they will access on a computer to use during class time to create their newsletters. Participants will learn basics of graphic design and improve their visual literacy in this workshop. Students will hone their writing skills and will be expected to share their newsletters with their families and friends, developing a new way to communicate with one's social network.

 **Healthy Meals and The Mandalorian (Season 1)**

Wednesdays: 4:30 – 7:00

Location: CHSC Resident Lounge

Cost: included as part of F/T or P/T Day Programming (residential only!)

Description: Check out this binge-worthy series, The Mandalorian, while enjoying time with friends and eating a wholesome well-balanced dinner. Residential students won't want to miss this!

 **Job Search Processes**

Thursdays 10:00 – 11:00

Location: Virtual

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

Description: In this course, students will learn the steps involved in searching for/applying for jobs.

 **Book Club: Eliza and Her Monsters (Part 2) by Francesca Zappia**

Thursday, 11:00 – 12:00

Location: Virtual

Cost: \$90, 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 web comic called *Monstrous Sea*. Adventure unravels in this entertaining book about fandom, friendship and the communities that shape us. Students who participated in part one of this book club are encouraged to continue – please note that new students would be starting halfway through the book.

 /  **Community Service Exploration**

Thursday, 1:00 – 3:00

Location: Virtual

Cost: \$180, or included as part of F/T or P/T Day Programming

Description: In this modified version of our typical community service class, you will be completing a number of at home 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.

 **Men's Group**

Thursday: 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.

 **Virtual Banking and Budgeting**

Friday: 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 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.

 **Poetry Slam**

Friday: 10:00 – 11:00

Location: Virtual

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

Description: A poetry slam is a competition arts event, in which poets perform spoken word poetry before a live audience and a panel of judges. In this non-competitive version, students will write and perform original poetry as well as look at a number of interesting poems by more seasoned poets.

 **Psychology**

Friday: 11:00 – 12:00

Location: Virtual

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

Description: Learn the fundamentals of psychology and human behavior. This class will help your understanding of behavior and you'll learn the many theories that explain the complexities of human interactions. The class will introduce theorists and contributions of Pavlov, Skinner, Freud, and many more.

 **Study Group**

Thursdays 2:00 – 3:00

Location: Virtual

Cost: \$90, 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.

 /  **Souper Recipes**

Friday, 1:00 - 3:00

Location: Classroom 3/Virtual option available

Cost: \$180, or included as part of F/T or P/T Day Programming

Description: When you think of winter food, do you picture settling down with a warm cozy bowl of soup and a piece of crusty bread? Maybe chili and a corn muffin? This class will teach you six delicious soup recipes to feed you and your family and warm your soul.

 **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.