# ASAT Program Workshop Catalog



# Spring B April 5 – May 14, 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 ( $\square$ ). 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, 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.

# <sup>™</sup>/<sup>□</sup> Meal Planning: A Balanced Plate

Mondays, 10:00 - 11:00 Location: Virtual, Classroom 1 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 the following week of healthful easy to prepare meals. They will create a grocery list and cooking plan with staff and utilize this list to purchase their groceries and prepare their meals throughout the week.

Generational Communication and Conflict in the Workplace
Monday: 11:00 – 12:00
Location: Virtual/Classroom 3
Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** This workshop is designed for students and community members who are employed or who are planning to enter the workforce in the near future. Never before have five generations been employed at the same time. This unique mixture of Gen Z, Gen Y (Millennials), Gen Xers, Boomers and Traditionalists create unique learning opportunities and team building as well as communication and workplace challenges. Participants will examine the key factors which influence different generations (e.g. current events, common values, experiences, etc.), and how these factors can impact individuals' communication and behavior at work.

# <sup>™</sup>/□ <u>My Career Plan</u>

Monday: 11:00 – 12:00 Location: Virtual/Classroom 2 Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** In this essential course, you will think about your career plan and the steps you will need to take over the next year to work towards your goals. You will create a document, which you will subsequently present at your next progress meeting, outlining your plan.

Hiking
Monday: 1:00 – 3:00
Classroom 1/Community
Cost: \$180, or included as part of F/T or P/T Day Programming

**Description**: While safely socially distancing, get outdoors and enjoy the spring weather by hiking a variety of trails throughout our region. We will explore a different area each week. A thought for this course: "Do not follow where the path may lead. Go instead where there is no path and leave a trail" - Ralph Waldo Emerson

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

**Description:** Students in this class will focus on their own unique styles for fashion, make-up and hair. An understanding of how to vary one's style and presentation in a variety of settings will be incorporated in this class.

#### <sup>™</sup>/ Body Positive Wellness Group

Monday: 4:00 – 5:00 Location: Virtual/Classroom 1 Cost: \$90 each weekday, or included as part of F/T or P/T Day Programming

**Description:** Are you working on a personal physical fitness goal and/or living a healthier life? Then this class is for you! This positive support group setting will help you to set goals, remain accountable and stay positive. This class will explore how a support system can help us improve our overall well-being both physical and mentally.

### <sup>™</sup> Weekly Recap

Mondays and Thursdays: 7:00 – 8:00 Location: ASAT Student Lounge 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.

### <sup>™</sup>/□ <u>Get to Know New Haven: History and Points of Interest</u>

Tuesday: 9:00 – 10:00 Location: Virtual/Classroom 1 Cost: \$90 or included as part of F/T or P/T Day Programming

**Description:** Whether you are new to New Haven, about to move here, would like to visit, or have been living here for some time, this class will give you a great overview of all New Haven has to offer. The class will focus on some of New Haven's most popular attractions from pizza to colleges, theatre, arts and entertainment. You will leave the class with a new knowledge of the history of all things New Haven and the best places to check out in person when it's safe to explore!

# $\%/\square$ Study Skills + Other tips for College Success Tuesday: 10:00 – 11:00

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

**Description:** In this course, students will learn the study skills needed to succeed in postsecondary educational pursuits. Students will develop the ability to take notes, manage assignments and prepare for exams.

Moving Meditation: Mindfulness Through Walking
Tuesdays: 11:00 – 12:00
Location: Courtyard/Community
Cost: \$90, or included as part of F/T or P/T Day Programming

**Description**: Enjoy the exercise and peace of quietly moving through the community with mindful walking. On warm weather days the class will complete outdoor walking meditations, during rainy or icy days, the group will benefit from mindful movements indoors. The class is limited to 5 people and will be reminded to socially distance when walking in the community.

# Meet and Eat Tuesdays: 12:00 – 1:00 Location: Courtyard/ASAT Student Lounge Cost: \$90, or included as part of F/T or P/T Day Programming

**Description**: Bring your bag lunch to this relaxed meet up. Join friends, old and new, for group lunchtime games, conversational topics, and fun activities. Currently open only to students living in the Chapel Haven Residences.

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Tuesday: 1:00 – 2:00 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 chessplaying 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.

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Tuesday: 2:00 – 3:00 Location: Classroom 1/ Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** Africa is the world's second-largest and second-most populous continent. Students with a history interest will enjoy this class exploring the continent of Africa and its rich history and culture.

Take a Break Night – Virtual Edition (Sarah) Tuesdays 4:00 – 5:00 pm Location: Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** An extension of last session's "Games for the Brain," this workshop is designed for students who want to play group communication and language games with peers in an online, socially relaxed format. Facilitated by the Speech-Language Pathologist, some of the former inperson Take a Break Night favorites will be played, such as "Who am I?" and "The Game of Things." Participants will be introduced to new online group games and challenges as well.

# ♥/ □ Spring Crafts

Wednesday 10:00 – 11:00 Location: Classroom 1/Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** Celebrate the colors of Spring with some fun and simple springtime crafts. A supply list for virtual students will be provided.

### SCSU "Social Hour"

Wednesdays: 11:00 – 12:00 *(Ending May 5, 2021)* Location: Virtual Cost: included as part of F/T or P/T Day Programming – Advising Placement

**Description**: This exciting class is offered in collaboration with the Social Communication Disorders department at Southern Connecticut State University. Chapel Haven students will be grouped with SCSU undergraduate student peers for an hour of activites and games promoting social connection. *Please note that this class runs for 5 weeks, ending on May 5<sup>th</sup>. Limited to eight participants.* 

# ♥/ ■ <u>Study Group</u>

Wednesdays: 1:00 – 2:00 Location: Virtual/Classroom 2 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.

#### Transition Series: Locating Housing

Wednesdays, 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, students will learn about the types of housing available and will follow steps to locate housing to live in following graduation. This course is designed for students who will soon be transitioning to their own independent living arrangements. Advisor placement.

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Wednesday, 2:00 – 3:00 Location: Cooking Classroom / apartments/ Virtual option also available Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** Students will make a recipe of their choice with staff assistance during this designated cooking time. Individual or very small group instruction will be provided based on the number of students enrolled. *Please note: All participants are expected to purchase their own ingredients for class. Limited to 4 participants* 

💻 Men's Group

Wednesday: 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 pertinant to men in 2021.

# ♥/ ☐ Civics and Citizenship

Thursday: 9:00 – 10:00 Location: Classroom 1/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.

# ♥/ ☐ Typing and Data Entry

Thursday: 10:00 – 11:00 Location: Classroom 2/Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** This class will focus on typing skills and data entry skills needed for office work environments. Students will leave with a good estimate of the number of words per minute they can type, and, with practice should see improvement during the course of this 6 week session.

Book Club: With the Fire on High by Elizabeth Acevedo
Thursday, 11:00 – 12:00
Location: Virtual
Cost: \$90, or included as part of F/T or P/T Day Programming

**Description:** From the *New York Times* bestselling author of the National Book Award-winning title *The Poet X* comes a dazzling novel in prose about a girl with talent, pride, and a drive to feed the soul that keeps her fire burning bright. Please note that students new to the book club would be starting partway through the book, but an overview of the beginning will be provided.

# ♥/ □ Spring Salads

Thursday, 12:00 – 1:30 Location: Cooking Classroom /Apartments/Virtual Cost: \$150 per hour, or included as part of F/T or P/T Day Programming

**Description:** This class will focus on the fresh bright flavors we associate with the spring season. A variety of salads, from a classic house salad to a greek orzo salad will be prepared and enjoyed.

#### <sup>™</sup>/ <u>Weird and Wonderful Science</u>

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

**Description:** Students in this engaging hands-on class will learn the science behind some incredible chemical reactions. Join your friends for some fun and fascinating science expirements!

# <sup>™</sup>/□ Sign Language 102

Friday: 9:00 – 10:00 Location: Classroom 1/Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description**: Students who have taken the beginner sign language class can expand on their skills with this slightly more advanced sign language course.

80's and 90's Entertainment and Trivia
Friday: 10:00 – 11:00
Location: Classroom 1/ Virtual
Cost: \$90, or included as part of F/T or P/T Day Programming

**Description**: Explore classic 80's and 90's television and movie clips, songs, toys and pop culture. Test your knowledge of 80's and 90's trivia in a nastolgic blast from the not-so-distant past.

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Friday: 11:00 – 12:00 Location: Classroom 3/ Virtual Cost: \$90, or included as part of F/T or P/T Day Programming

**Description**: An art journal is a place to express yourself freely through writing and illustration. Explore some examples of Art journaling and start a journal practice of your own in this handson, visually-focused workshop. Participants should have some basic art materials at hand and a favorite-sized blank journal to work in.

# <sup>™</sup>/□ <u>Banking and Budgeting</u>

Friday: 1:00 – 2:00 Location: Classroom 1/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. Staff will support students in creating their own weekly budgets and managing bank transactions.

# <sup>1</sup>/<sub>b</sub> The Spring Garden

Friday: 2:00 – 3:00 Location: Classroom 1/Courtyard Cost: \$90, or included as part of F/T or P/T Day Programming

**Description**: End your week with nature! Some say it is therapeutic to have your back in the sun and hands in the dirt. Work with staff and fellow students to beautify your campus, start some vegetables, and even create your own personal window gardens!

# $\overset{\ref{W}}{>}$ <u>Laundry</u> Each residential student will be assigned a specific time.

Location: Rossman Building 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.