



ASAT COURSE CATALOG

Summer A 2023

May 15, 2023 – June 23, 2023

Hello,

Below you will find the course catalog for the ASAT Program. Individuals should look over this catalog for courses they are interested in, and then speak with their Advisor to request classes.

Once all class requests are received, Program Directors will approve, and confirmations will go out. Please see below for important dates, policies and contact information.

Summer A 2023 REGISTRATION

- Summer A Term Begins Monday, May 15, 2023
- Summer A Term Ends Friday, June 23, 2023
- Course Registration should be completed by Friday, May 12, 2023
- No Classes on Monday, May 29, 2023 – Memorial Day Observance

ADD/DROP

The first week of the term is designated as the Add/Drop period, during which time a student may enroll in or drop a class. A student may drop out of a class during this time without being billed.

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

QUESTIONS

ASAT Courses: Please direct questions to bnadeau@chapelhaven.org

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.

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.
- *For scholarship opportunities, please reach out to Catherine Sullivan DeCarlo at cdecarlo@chapelhaven.org.*

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Mindfulness through Movement II: CORE First Years

Monday, 9:00-10:00

Location: On Campus

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

Description: In this class, we will continue to 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 days, the group will benefit from mindful movements indoors.

Grocery Shopping: CORE First Years

Monday, 10:00-12:00

Location: On Campus/Community

Cost: \$180 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, shopping based on their list, staying within budget, and practicing relevant money-saving techniques. If you are not sure whether you should be enrolled in a grocery shopping class or not, check with your advisor to see if you have met the criteria to be exempt from this class.

Communication Concepts: CORE First Years

Monday, 1:00-2:00

Location: On Campus/Community

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

Description: This workshop will review communication concepts important to successful communication for young adults in a variety of settings. Topics will include elements of nonverbal communication, making a positive first impression, professional electronic communication (i.e. emailing), asking for clarification, repetition of information and requesting assistance, among others. **Advising Placement**

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Men's Group

Monday, 2:00-3:00

Location: On Campus

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

Description: This casual men's group will continue to meet to discuss all topics and activities pertinent to young men and their everyday lives.

ASD Work Stories: CORE 1st & 2nd Years

Monday, 3:00-4:00

Location: On Campus

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.

LGBTQI Space

Monday, 4:00-5:00

Location: On Campus

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

Description: A positive, supportive, trustworthy and respectful place for all lesbian, gay, bisexual, transgender, queer, and intersex (LGBTQI) students and allies to gather. In this space, we will explore resources, culture and affirmation for all identity statuses. This is a student-led space.

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Weekly Recap

Monday, 7:00-8:00

Thursday, 7:00-8:00

Location: On Campus

Cost: Included as part of F/T or P/T Day Programming. For on-campus residential students only!

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.

The Big Picture II: CORE First Years

Tuesday, 9:00-10:00

Location: On Campus

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

Description: In this class, we will continue to break down the different facets involved in trying to solve problems and why it is important to take on an increasingly larger role in finding solutions.

Edgerton Community Gardens

Tuesday, 10:00-11:30 **First Years**

Thursday, 4:00-5:30 **Second Years**

Location: Edgerton Park

Cost: \$150 per session, or included as part of F/T or P/T Day Programming

Description: This will take place primarily at The Edgerton Community Gardens, where the ASAT program & CLP has a shared garden plot. Students will learn about gardening, while actively tending to the plot.

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Financial Literacy: CORE First Years

Tuesday, 2:00-3:00

Location: On Campus

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

Description: Having an understanding of basic financial concepts and applying these skills to one's own life is important to being financially literate. In this class, students will expand their knowledge of financial concepts and terms associated with debt management, credit, spending and saving to help them make better financial decisions.

Art for Sensory Exploration

Thursday, 3:00 – 4:00

Location: On Campus

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

Description: Art techniques that focus on using your senses will be explored in this workshop. Touch, smell, sound, sight, and even taste! Get ready to get messy! Explore textures, temperatures, and sounds. Relax with aromatherapy art exercises and get inspired by music.

Bus Transportation with Transfers: CORE 1st & 2nd Years

Tuesday, 4:00-7:00

Location: On Campus/Community

Cost: \$270, or included as part of F/T or P/T Day Programming

Description: In this course, students will have the opportunity to continue practicing their bus skills. Students will continue following the Transit app, demonstrating appropriate behavior and interactions on the bus, identifying the correct stop, and transferring lines as needed. **This is for any residential student who has passed their non-transfer assessment.**

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Current Events

Wednesday, 9:00-9:30

Location: On Campus

Cost: \$45, or included as part of F/T or P/T Day Programming

Description: Students will review what is going on during the week in the news in the community, state, country, and world. Staff will provide articles and stories for discussion, but students will also have a chance to share news stories of interest from the week.

VITAS Volunteering

Wednesday, 9:30-11:30

Location: On Campus

Cost: \$225, or included as part of F/T or P/T Day Programming

Description: At this supported volunteer site, students will learn how to complete a variety of office tasks. One of the tasks the students will be participating in is preparing bereavement mailings. Students will have had to complete an application and training prior to the placement. This can be done with staff if not completed already.

Grilling 101: CORE 1st & 2nd Years

Wednesday, 1:00-2:00 **2nd Years**

Thursday, 5:30-6:30 **1st Years**

Location: On Campus

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

Description: 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. Students are encouraged to socialize during their meal time.

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Deep Cleaning: CORE First Years

Wednesday, 2:00-3:00

Location: On Campus

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.

Transition Support Group: CORE Second Years

Wednesday, 3:00-4:00

Location: On Campus/Community

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

Description: Transitions can be both exciting and stressful. This course will help you to identify and react to any stressors you may experience over the next several months related to the transition out of the residential program and into the next phase of your life! You will also develop a plan to continue to develop your independent living skills, as well as your social relationships.

Social Rec Planning Meeting

Wednesday, 4:00-4:30

Location: On Campus

Cost: Included as part of F/T or P/T Day Programming and Free to Community Members

Description: Students will work with staff to plan the upcoming weekend's social activities. Part of this session will be looking up activities, presenting them to the group and then voting on when to offer the selections presented. **This is required for all residential students.**

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Communication Games: CORE 1st & 2nd Years

Wednesday, 4:30-5:30

Location: On Campus

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

Description: This workshop will be a combination of outdoor team and communication games as well as board and other competitive games where you will use your nonverbal communication skills, perspective taking skills and Higher Order Thinking (“HOT”) skills during play of the games. Social communicative competency (“SCC”) lessons on how to self-regulate emotions related to losing and winning and maintaining sportsmanlike behavior with teammates and opponents will be woven into this workshop. ***Limited Spacing; COS MEMBERS CAN ALSO REGISTER . SEE SLP FOR PLACEMENT**

Sci-Fi Series

Thursday, 9:00-10:00

Location: On Campus

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

Description: Boldly go into the world of science fiction! In this class, students will analyze and discuss various types of works of science fiction including books, comic books, TV shows, movies, video games and board games.

Beardsley Zoo Volunteer Site: CORE 1st Years

Thursday, 10:00 – 12:30

Location: On Campus/Beardsley Zoo

Cost: \$225, or included as part of F/T or P/T Day Programming

Description: In this course, students will be volunteering at the Beardsley Zoo. Students will be participating in activities like cleaning animal enclosures, yard work outside the exhibits and stocking the gift shop. This course is designed for students to explore the community they live in and to give back through volunteer work.

***Limited space**

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Weekly Newsflash

Thursday, 1:00-2:00

Location: On Campus

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

Description: Join us as we create a weekly newsletter sharing important news stories for all to read. Be sure to bring your laptop to class each week as this will be a class project to complete each week.

Home & Personal Safety: CORE 1st Years

Thursday, 2:00-3:00

Location: On Campus/Community

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

Description: In this course, students will continue to discuss what it means to have and live in a safe home and how being aware of your surroundings applies to our daily lives.

Writing Club

Thursday, 2:00-3:00

Location: On Campus

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

Description: Creative Writing Club provides students the opportunity to gather with peers to explore, discuss, read and create writing samples. Students will be able to participate in writing activities and exercises, offer tips and information about the process and share their work.

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Fitness Sampler

Thursday, 3:00-4:00

Location: On Campus/Community

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

Description: This course allows you to explore a range of fitness opportunities available at Chapel Haven. Some activities will be selected by the instructor and some by the class participants. You will be encouraged to reflect after each class on your reaction to the activity.

Coffee Shop Tours

Friday, 9:00-10:30

Location: On Campus/Community

Cost: \$135, or included as part of F/T or P/T Day Programming

Description: Whether you're a coffee aficionado or you prefer tea and a muffin, there is a spot in New Haven for you! This class will make a weekly visit to one of the many locally owned coffee shop establishments in New Haven. From Blue State to Pistachio, we are sure you will find a place you love! Some shops are within walking distance, and some are a short drive. Bring a little spending money to treat yourself to a coffee.

Meal Planning: CORE First Years

Friday, 10:30-11:00

Location: On Campus

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

Description: In this course, students will plan healthful, easy to prepare meals for the upcoming week. They will create a grocery list based on their weekly budget and utilize this list to purchase their groceries and prepare their meals throughout the week.

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Banking and Budgeting: CORE First Years

Friday, 11:00-12:00

Location: On Campus

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.

Community Exploration Scavenger Hunt: CORE 1st Years

Friday, 1:00-3:00

Location: On Campus

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

Description: Every community is special and has a story to tell. This community scavenger hunt gives you fun ways to begin exploring the different pieces that make-up your community. The scavenger hunt will be explored by utilizing the non-transfer city bus.

Meal Planning/Banking & Budgeting: CORE Second Years

Friday, 3:00-4:00

Location: On Campus

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

Description: In this course, students will learn to plan healthful, easy to prepare meals for the upcoming week. They will create a grocery list based on their budget and utilize this list to purchase their groceries and prepare their meals throughout the week. Students will also apply 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.

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Summer Smoothies

Friday, 4:00-5:00

Location: On Campus

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

Description: Summer is the perfect time for a frosty and delicious healthy smoothie! Students in this class will learn to mix and match a variety of fruits and vegetables to create healthy summer smoothie drinks.