



ASAT COURSE CATALOG

Fall Session 2025

September 15, 2025 – December 19, 2025

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. Please see below for important dates, policies and contact information.

Fall Session 2025 REGISTRATION

- Fall Session begins Monday, September 15, 2025
- Add/drop Period: Monday, September 15, 2025 – Friday, October 3, 2025
- Fall Session ends Friday, December 19, 2025
- Course Registration should be completed by Friday, September 5, 2025
- No Classes- Thanksgiving Break November 24, 2025 – November 28, 2025
- No Classes- Winter Break December 22, 2025 – January 2, 2026

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
- 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 or Christy Chandler at cchandler@chapelhaven.org.

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

Marvelous Mondays: CORE 1st & 2nd Years

Monday, 9:00-10:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: Let's start the week off with a mindful and motivated mindset. Students will stretch, do some basic yoga, go for a walk, check in on their emotional wellbeing and play some fun mindfulness games. This is a fun way to kick off the week! ***Residential and Extended COS students only!**

Grocery Shopping: CORE 1st Years

Monday, 10:00-12:00

Location: On Campus

Cost: \$390, or included as part of F/T Residential & Day Programming

Description: Do you have everything you need for a successful and productive grocery trip? This group check-in before grocery shopping is designed to serve as a reminder to bring your grocery bags, grocery cart, bus pass, list, and money. In this course students will continue to hone procedures for managing their grocery shopping, shopping based on their list, staying within a 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.

SCC in the Workplace: CORE 2nd Years

Monday, 10:00-11:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: This class is designed for second year students in the program and for students entering the workforce. Students will learn how to utilize perspective taking skills at work for successful interactions and as a powerful communication tool. Various social expectations at work and "hidden" rules of the workplace will be examined and discussed. Students will be introduced to developing healthy professional relationships and how to identify, respect and maintain "boundaries" at work. Some classes will be conducted in a virtual meeting format; students interested in honing their professional presentation for Zoom and other remote meeting formats are encouraged to register for this class.

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Assessing Financial Goals: CORE 2nd Years

Monday, 1:00-2:00

Location: On Campus

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

Description: In this course, students will begin to identify their personal financial goals, discussing both long term and short term goals, and develop a plan to achieve those goals.

Introduction to Perspective Taking: CORE 1st Years

Monday, 1:00-2:00

Location: On Campus

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

Description: In this introductory workshop taught by the Speech-Language Pathologist, students will enhance their ability to take others' perspectives during classroom activities and discussions. Students will be introduced to theory of mind concepts and the importance of thinking about another's point of view when communicating. Students will identify socially expected and socially unexpected behaviors and make predictions about social consequences if the messages and signals are modified. Students will identify and understand why certain social behaviors and verbalizations can alienate others or enhance their relationships.

Current Events

Monday, 2:00-3:00

Location: On Campus

Cost: \$180, or included as part of F/T Residential & 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.

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Community Gardening

Monday, 3:00-4:00

Location: On Campus/Community

*****This class will be 6 weeks: 9/15, 9/22, 9/29, 10/6, 10/20, 10/27**

Cost: \$140 or included as part of F/T Residential & Day Programming

Description: Interested in learning how to garden, but not sure where to begin? This is the class for you! At first, you will learn what can grow in this climate, learn what is easy to grow as a seed versus a small plant and then plan out what you would like to grow. After planning, you will then be able to access a local garden to cultivate plants, vegetables and flowers. ***Limited spots available**

Transition Planning & Budgeting: CORE 2nd Year

Monday, 3:00-4:00

Location: On Campus/Community

*****This class will be 6 weeks: 11/3, 11/10, 11/17, 12/1, 12/8, 12/15**

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

Description: This class will introduce students to a spreadsheet method for tracking cost of living expenses. Students will be expected to start and maintain their own spreadsheets with the intention of using them to track expenses and pay bills when they begin to live independently. This course is designed for students who plan to move out into the community within the next six months.

Morning Meeting: CORE for Residential

Tuesday, 9:00-10:00

Location: On Campus

Cost: \$195 Included as part of F/T Residential & Day Programming.

Description: Morning meeting is a check-in time for each student to think and share how they are feeling and what is on their mind. During this morning meeting, students will discuss social recreation activities, budgeting goals and any programming needs that may arise throughout the day.

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

Goodwill Volunteer Site: CORE 1st Years

Tuesday, 10:45-12:15

Location: On Campus

Cost: \$390 Included as part of F/T Residential & Day Programming.

Description: In this course, students will be volunteering at the local Goodwill. Students will be exploring various retail and interpersonal skills. This course is designed for students to explore the community they live in and to give back through volunteer work.

Home Maintenance & Repairs: CORE 2nd Years

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: Living on your own comes with a lot of responsibilities; learning how to do everyday tasks, versus tasks that need to be done seasonally or infrequently. In this course, students will be able to perform basic home repairs such as how to shut the water off on a running toilet or checking and changing the batteries of a smoke and CO detector. Learning how to maintain and repair various things in the home independently is a skill that needs continual growth.

Nutrition Analysis: CORE 1st Years

Tuesday, 2:00-3:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & 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.

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Men's Group

Tuesday, 3:00-4:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: This casual men's group will meet to discuss all topics pertinent to young men and their everyday lives; from personal hygiene to relevant topics associated with their peer group or potential romantic relationships.

Weekly Recap

Tuesday, 7:00-8:00

Thursday, 7:00-8:00

Location: On Campus

Cost: Included as part of F/T Residential Programming

Description: This evening get together is a time for on-campus students to meet as a group and connect. Students will debrief about their weeks, discuss ASAT news and information, play games and bond with their peers. ***For on-campus residential students only!**

SCC in the Morning: CORE 1st Years

Wednesday, 9:00-10:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: During this morning meeting class facilitated by the SLP, mini social communication lessons will be embedded in communication games to enhance comprehension and generalization of skills learned in the broader social communicative competency ("SCC") curriculum.

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My Career Plan: CORE 1st Years

Wednesday, 10:00-11:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: In this course, students will work on skills needed to be a member of today's workforce. Students will focus on resume building, draft a cover letter and discuss what to wear to an interview.

Time Management: CORE 1st Years

Wednesday, 11:00-12:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & 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.

Deep Cleaning: CORE 1st Years

Wednesday, 1:00-2:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & 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.

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

Stress Management: CORE 1st Years

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: In this course, students will continue 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.

Social Recreation Planning Meeting

Wednesday, 3:00-3:30

Location: On Campus

Cost: Included as part of F/T Residential, Day Programming and free to Community Members

Description: Students will work with staff to plan the upcoming weekend's social activities. Students will look up activities, present them to the group and vote on when to offer the selections presented.

Open Gym

Wednesday, 4:00-4:30 – Group A

Wednesday, 4:30-5:00 – Group B

Location: On Campus

Cost: \$98 per group or included as part of F/T Residential & 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. ***Limited spots available!**

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Take a Break Night: CORE 2nd Years, Ext.COS & COS

Wednesday, 3:30-5:00

Class Dates: 10/1, 10/15, 10/29, 11/12, 12/3

Location: On Campus

Cost: \$150, or included as part of F/T Residential & Day Programming

Description: This class will meet every other Wednesday in the fall term starting October 1st. The SLP will facilitate communication games and team building games in a less structured setting, so that students can enhance their socialization with graduates of the program and develop their conversation and group communication skills. Learning how to control one's impulses during the play of game, managing emotions when winning or losing and encouraging and complimenting others in a group setting will be highlighted.

***Limited spots available**

Chess Club

Wednesday, 6:00-7:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: Whether you like to play competitively or just for fun, get ready for a solid game of chess. Experience is not necessary. Staff will pair students up for a fun and educational chess playing experience. Students will be sure to walk away with working knowledge of the game.

Cultures Around the World

Thursday, 9:00-10:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: In this class, we will discuss and research different cultures all over the world. We will talk about different cultures, foods, religions, etc. that are connected to that location. We will cook/bake something as a class that we have researched.

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Morning Movement: CORE 1st Years

Thursday, 10:00-11:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: Looking for a way to jumpstart your morning? Join ASAT's Morning Movement class! In this class, students will be able to go for a walk around the CHSC neighborhood. As summer starts to wind down and fall creeps in, students will notice the leaves change, the air gets crisp and winter is settling in. **This class will not take place during inclement weather, if and when the sidewalks are not cleared of snow.

Communication Concepts: CORE 1st Years

Thursday, 11:00-12:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: In this introductory class, several communication theory and skills will be reviewed. Recognizing, reading and interpreting contextual clues and nonverbal signals will be covered. Students will identify socially expected and socially unexpected behaviors and make predictions about social consequences if messages and signals are modified.

Other important communication skills will be taught, including how to use the telephone effectively for social and professional phone calls, and for informational purposes. Basic phone etiquette and strategies will be reviewed, including voicemail greetings and messages. Professional electronic communication modes will also be introduced, including how to write and respond to professional emails, and the expectations of sending text messages depending on one's audience.

Pet Calendar

Thursday, 1:00-2:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: Calling all pet lovers! This course is designed to create a 2026 calendar for the ASAT program, featuring staff and student's pets. Students will use their creativity to generate themes for each month and include different events that may occur throughout the year.

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

Non-Transfer Bus: CORE 1st Years

Thursday, 2:00-3:30

Location: On Campus

Cost: \$295 or included as part of F/T Residential & Day Programming

Description: In this course, students learn to use the bus to travel to locations on non-transfer routes within the New Haven area. In this course, students requiring additional instruction will continue their exploration of the New Haven transit system. Students will also explore solutions to common transportation problems.

Cooking for One: CORE 1st Years

Thursday, 4:00-6:00

Location: On Campus

Cost: \$390, or included as part of F/T Residential & Day Programming

Description: Party of one? In this class, students will learn some easy, basic meals for breakfast, lunch and dinner in the ASAT teaching kitchen. Students will also learn basic kitchen safety and cooking skills to get in touch with their inner chef! * This class is not a meal replacement but we encourage all to sample the finished meal.

Food Safety & Kitchen Skills: CORE 1st Years

Friday, 9:00-10:00

Location: On Campus

Cost: \$195, or included as part of F/T Residential & Day Programming

Description: In this course, students will learn and practice different kitchen skills such as chopping, shredding, grating, peeling, and many more. Also in this course, students will learn how to safely prepare food in the kitchen, including following expiration dates, ensuring meat is fully cooked, proper storing and cleaning up properly.

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

Banking, Budgeting & Meal Planning: CORE 1st Years

Friday, 10:00-12:00

Location: On Campus

Cost: \$390 or included as part of F/T Residential & Day Programming

Description: Students will plan healthy and 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 prep their meals throughout the week. Students will continue to 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.

Banking & Budgeting: CORE 2nd Years

Friday, 11:00-12:00

Location: On Campus

Cost: \$195 or included as part of F/T Residential & Day Programming

Description: Students will continue to 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.

Open Studios

Friday, 1:00-2:00

Location: On Campus

Cost: \$195 or included as part of F/T Residential & 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 this time, students will be given space and materials to work on their own art. Storage will be available for your works-in-progress. Those without ideas will be given assistance in coming up with original meaningful projects.

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

Transfer Bus: CORE 2nd Years

Friday, 2:00-4:30

Location: On Campus/Community

Cost: \$490, or included as part of F/T Residential & 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.**