



ASAT COURSE CATALOG

Winter Session 2026

January 5, 2026 – April 3, 2026

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.

Winter Session 2026 REGISTRATION

- Winter Session begins Monday, January 5, 2026
- Add/drop Period: Monday, January 5, 2026 – January 16, 2026
- Winter Session ends Friday, April 3, 2026
- Course Registration should be completed by Friday, December 19, 2025

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: \$180, 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/Community

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

Description: This is a continuation of a CORE social communication class for second year students and CATCH students in the program who are employed or seeking employment. Lessons focus on professional communication skills including emailing and face-to-face encounters with supervisors and colleagues. Various social expectations at work and "hidden" rules of the workplace will be examined and discussed, including workplace ethics, how to convey confidence, when to ask for assistance or support, etc. Students will learn how to develop respectful professional relationships and how to identify, respect and maintain "boundaries" at

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

work. Some classes will be conducted remotely for the purpose of students honing their professional personas in virtual meetings. ***CORE CLASS FOR 2ND YEAR STUDENTS AND CATCH WITH ADVISING PLACEMENT**

Food Management & Planning 1: CORE 2nd Years/CATCH

Monday, 12:30-2:00

Location: On Campus

Cost: \$315, or included as part of F/T Residential & Day Programming

Description: The SLP and Special Educator team-up to teach this class. During “kitchen problem solving” activities, ASAT second year and CATCG students will learn how to make “on-the-spot” meals from ingredients, leftovers and lonely items found in their refrigerators and kitchen pantries. Students will learn how to work together in the kitchen as head chefs, kitchen assistants, cooking teams and food managers. Food inventories and advanced meal planning will be highlighted, and healthy food options and cooking techniques will be taught and reviewed. ***CORE CLASS FOR 2ND YEAR STUDENTS AND CATCH WITH ADVISING PLACEMENT**

Assistive Technology for Me!

Monday, 2:00-3:00

Location: On Campus

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

Description: Technology is meant to make your life easier, and this class will show you how. We will focus on how to better access your phone, iPad, and computer, with an emphasis on communication. The students will be given practical lessons that demonstrate how to use the apps that are already available on your device, AND apps that you can get to enhance a person's access to what they need support with.

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.**

Enhancing Expressive Language through Visual Literacy: CORE 1st Years

Tuesday, 10:00-11:00

Location: On Campus

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

Description: Visual literacy is the ability to decipher meaning and value from images. In this course, students will explore how visual literacy enhances one's ability to interpret and discuss messages and situations based on images or artwork presented to the viewer. Taught by the Speech-Language Pathologist, weekly activities will include sketching, drawing, and journaling to develop visual literacy, creative writing and conversation skills. This course is designed to enhance students' expressive language skills by teaching them how to discuss works of art as well as images they are exposed to every day, and images they create themselves. Students will learn to use context as a basis for communicating messages and ideas through a variety of visual modalities (e.g., body language, nonverbal signals, object language, sign and symbol language, logos, graphic art, fine art, etc.). Two field trips to local art museums will also be part of this course.

Self-Care Through Finance: CORE 1st & 2nd Years

Tuesday, 11:00-12:00

Location: On Campus

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

Description: Self-care is for everyone! Self-care does not have to be expensive. Discover cheap and free ways to take care of yourself because you deserve it. We will learn how to take care of yourself, reduce stress, build healthy habits, and feel good about your financial decisions.

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

Plan It, Prep It, Cook It, Store It! CORE 1st Years/CATCH

Tuesday, 12:30-2:00

Location: On Campus

Cost: \$335, or included as part of F/T Residential & Day Programming

Description: During “kitchen problem solving” activities, first year students will learn how to make “on-the-spot” meals from ingredients, leftovers and lonely items found in their refrigerators and kitchen pantries. Students will learn how to work together in the kitchen as head chefs, kitchen assistants, cooking teams and food managers. Food inventories and advanced meal planning will be highlighted, and healthy food options and cooking techniques will be taught and reviewed. Students will also learn how to store food appropriately after it is done cooking.

Men’s Group

Tuesday, 2:00-3:00

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.

The Ripple Effect

Tuesday, 2:00-3:00

Location: On Campus

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

Description: This is a class where compassion meets action. Students will be able to explore stories, challenges and triumphs of people and communities around us. From tackling poverty and homelessness to supporting youth, seniors, and marginalized groups, this class dives into the social issues that shape our world—and the incredible impact individuals can make by getting involved. Students will learn not just what the issues are, but why they matter and how they can help. Whether it’s through volunteering, advocacy, creative problem-solving or launching their own service project, they’ll see that giving back is a mindset.

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

Home Reset: CORE 2nd Years

Tuesday, 3:00-4:00

Location: On Campus

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

Description: Let's put your cleaning knowledge into action! In this class, students will use the skills learned in earlier courses to deep clean and organize their apartments. You'll practice cleaning routines, home maintenance skills, and build confidence in keeping your personal living space clean.

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. ***CORE CLASS FOR FIRST YEAR STUDENTS AND CATCH BY ADVISING PLACEMENT**

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

Home Organization: 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 workshop, students will work with staff to organize their space and their belongings. Students will identify a specific organizational goal to focus on during this session.

Professional Persona & Tales from the Trenches

Wednesday, 11:00-12:00

Location: On Campus

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

Description: Are you thinking about what career might be right for you? Have you ever wondered what a job is REALLY like? Then, this is the class for you! Each week, one or more guest speakers will come to class and talk to you about their jobs. They will tell you the behind-the-scenes information that you might not hear about at a career fair or in an interview. They'll let you know the good, the great, the bad and the ugly to help you think about your career interests. Our speakers will also share the course of their careers so far, and their plans for the future.

Accessing Community Resources: CORE 1st Years

Wednesday, 1:00-2:00

Location: On Campus

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

Description: Where can I go to get a haircut? What pizza places are around here? Where do I go for a dentist appointment? You'll be able to answer these questions and more about the New Haven area. This class will have students creating their own community resource binder to learn about the different establishments and services near the Chapel Haven campus.

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

Basics of Mindfulness: CORE 1stYears/CATCH

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 learn the basics of mindfulness and begin learning to apply it in their life. *** Advising Placement for COS members!**

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. ***Required for Residential students.**

Open Gym

Wednesday, 4:00-5:00

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!**

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

Board Games

Wednesday, 6:00-7:00

Location: On Campus

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

Description: There's nothing like a fun, relaxing Friday afternoon game time with your friends. Pick from one of ASAT's games or bring a board game from home to share with others. Life, Ticket to Ride, Phase Ten; the choice is yours!

Musical Theater

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 talk about songs, dance and storytelling. We will discuss different types of ways to express yourself through the arts. We will go over different genres of music and plays. We will watch different plays, different musicals and review key parts of them. Part of this class will be budgeting to go to a local play.

American Sign Language

Thursday, 10:00-11:00

Location: On Campus

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

Description: In this course, students are taught American sign language (ASL) vocabulary and grammatical structures. Students will also learn the ASL fingerspelling system, the use of gestural devices and how to appropriately use the signing space in ASL.

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

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: This is a CORE social communication class for first year students in the program. Expanding on theory of mind concepts covered in the fall semester, students will further expand their perspective taking skills and their ability to interpret others' nonverbal signals to. Students will analyze point of view by learning how to differentiate between "fake news" from other types of reporting, by examining advertising techniques, and through class discussions and video clip analysis. During a portion of the term, the SLP will focus lessons on developing the students' understanding of different types of relationships and how to develop and maintain friendships and healthy romantic relationships. ***First Year Students and CATCH Students with Advising Placement**

Non-Transfer Bus: CORE 1st Years

Thursday, 1:00-2:30

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.

Locating Housing and Bill Pay: CORE 2nd Years

Thursday, 3:00-4:00

Location: On Campus

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

Description: In this course, students will learn about housing following graduation. Students will follow steps to locate housing to live in, while also seeing the different types of housing that are available. You will learn how to find the available housing, apply for it, and how to pay for it. Students will also be able to read and understand bills they may get in the future. Students will discuss the importance of paying bills in a timely manner and the consequences of timeliness of payment will be explored.

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

The Appliance Chef: CORE 1st & 2nd Years

Thursday, 4:00-6:00

Location: On Campus

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

Description: The appliances in your kitchen can do so many things. We will use different appliances each week and make new recipes with them. We will apply prior knowledge and learn more to execute some delicious meals and build confidence in the kitchen. *****Residential students only!**

Banking, Budgeting & Meal Planning: CORE 1st Years

Friday, 11:00-12:00

Location: On Campus

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

Description: Master two important life skills at once, money management and meal planning! Students will learn to plan healthy, easy-to-prepare meals, build a weekly grocery list, and shop within their budget. You'll also learn essential banking skills, including budgeting for the week, monitoring your spending, and making basic transactions. Students will even visit the bank to practice withdrawing their weekly cash.

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: Build on the budgeting and meal-planning skills you already know. Students will continue to develop weekly meal plans, create realistic grocery lists, and practice staying within their budget. This course expands on day-to-day banking skills and strengthens financial independence by helping students manage ongoing bank transactions and weekly spending.

Bus Transportation w/Transfers: CORE 2nd Years

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

Friday, 1:00-3:30

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.**

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.

Creative Writing

Friday, 2:00-3:00

Location: On Campus

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

Description: Whether you are a paper person or a digital creator, this is the class for you! Use this space however you'd like, you can follow the guided prompts or let your creativity lead the way. This creative writing class helps you explore your thoughts, emotions, and ideas through reflective writing. Each week offers new prompts, supportive activities, and plenty of freedom to write in a way that feels right for you. We can't wait to see what you create!

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