



ASAT COURSE CATALOG

Spring Session 2026

April 13, 2026 – June 26, 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.

Spring Session 2026 REGISTRATION

- Spring Session begins Monday, April 13, 2026
- Add/drop Period: Monday, April 13, 2026 – April 24, 2026
- Spring Session ends Friday, June 26, 2026
- Course Registration should be completed by Tuesday, March 24, 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: \$150, 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.

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

SCC in the Workplace: CORE 2nd Years/CATCH

Monday, 10:00-11:00

Location: On Campus

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

Description: This class is a continuation from the winter CORE social communication class for second year students in the program and for students entering the workforce. Some of the classes will be conducted in a virtual meeting format so that students will hone their professional presentation and communication skills for Zoom and other remote meeting formats. Meeting remotely with other professionals happens frequently when individuals are introduced to potential future employers during the interview process.

During the spring term, students will examine healthy professional relationships and how to identify, respect and maintain “boundaries” at work. A majority of this class will focus on interview preparation, and the students will participate in mock interviews. Various social expectations at work and “hidden” rules of the workplace will be examined and discussed. ***CORE CLASS FOR 2ND YEAR STUDENTS AND CATCH WITH**

ADVISING PLACEMENT

Spring Cleaning: CORE 2nd Years/CATCH

Monday, 11:00-12:00

Location: On Campus

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

Description: In this class, the students will complete a spring cleaning of their apartment. They will organize their belongings, get rid of unneeded items and clean some of the little-noticed areas.

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

Cooking with Confidence: CORE 1st, 2nd & CATCH

Monday, 1:00-2:00

Location: On Campus

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

Description: The SLP and Special Educator team-up to teach this cooking class which will “kick off” the students’ week of meal planning and cooking problem solving. Building on kitchen safety and cooking skills taught during the winter term, students will learn to manage their food inventories more efficiently to plan for more “spontaneous” snacks, sides and meals from ingredients, leftovers and lonely items found in their refrigerators and kitchen pantries. Advanced meal planning will be highlighted, and healthy food options and cooking techniques will be taught and reviewed. Students will also plan their side dishes for “The Main Course” cooking class later in the week.

Zoology

Monday, 2:00-3:00

Location: On Campus

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

Description: Animal lovers unite! In this class, students will learn about different mammals, reptiles, amphibians, birds, insects, and fish. They will also learn about animal habitats, behaviors, and diets. Students will be able to go on virtual tours, through live cams of zoos and aquariums across the country.

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

Morning Meeting: CORE for Residential

Tuesday, 9:00-10:00

Location: On Campus

Cost: \$150 Included as part of F/T Residential & Day Programming.

Description: This course serves as a check-in where students complete any housekeeping tasks related to their programming. During this time, students may review schedules, organize materials, complete quick updates or paperwork, and address any responsibilities needed for the day. The meeting also provides an opportunity to discuss important reminders, ask questions, and ensure everyone is prepared for their activities. This structured start to the day helps students stay organized, informed, and ready to participate fully in their programming.

Figure-It-Out Language: CORE 1st Years

Tuesday, 10:00-11:00

Location: On Campus

Cost: \$150 Included as part of F/T Residential & Day Programming.

Description: Adults are expected to understand implied and indirect language, but this can be tricky if you are a literal thinker or have trouble thinking about language in a flexible way. Adults use a variety of language forms which are not always easy to understand. In this workshop, various forms of figurative language and humor will be explored. Students will learn ways to ask for clarification when they haven't "figured it out" during conversations. ***CORE CLASS FOR 1ST YEAR STUDENTS AND CATCH WITH ADVISING**

PLACEMENT

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

Personal Hygiene and Workplace Readiness: CORE 1st Years/CATCH

Tuesday, 11:00 - 12:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: This class focuses on the importance of personal hygiene and professional appearance when preparing for the workplace. Students will learn how daily hygiene practices—such as proper handwashing, grooming, clean clothing, and overall cleanliness—contribute to good health, confidence, and a positive impression in professional environments. The class will also cover basic workplace readiness skills, including appropriate dress, organization, punctuality, and maintaining a professional attitude.

ASD Awareness in the Real World: CORE 1st Years

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$150 Included as part of F/T Residential & Day Programming.

Description: In this course, students will develop an understanding of what Asperger's Syndrome /ASD is, of myths and realities related to public perception and of his/her own individual traits related to ASD. Students will develop the ability to explain ASD to individuals in the community who require an explanation of the diagnosis. This course will also discuss strategies about navigating the real world and provide knowledge about individuals' rights in the workplace and beyond.

Greek Mythology

Tuesday, 2:00-3:00

Location: On Campus

Cost: \$150 Included as part of F/T Residential & Day Programming.

Description: In this course, students will be able to explore the fascinating world of ancient myths filled with powerful gods, heroic adventures and legendary creatures. Through reading, discussion, and creative activities, students will examine famous myths such as the Trojan War, the adventures of Perseus, and the journey of Odysseus.

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

Pay It Forward: Westville Edition

Tuesday, 4:00-5:00

Location: On Campus

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

Description: This class is a community service based group where the students will work together to give back to the Westville community, in an effort to make a positive impact and difference in the place many of us call home.

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: \$165, 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.**

Assistive Technology- CORE

Wednesday, 10:00-11:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: In this class, students will explore and actively use a variety of assistive technology tools designed to support independence in daily life. Students will have the opportunity to try different devices and applications that can assist with tasks such as organization, communication, learning, and everyday routines. The class focuses on hands-on practice, allowing students to learn how each tool works and determine which ones may be helpful for their individual needs. Staff will provide guidance and support while encouraging students to build confidence and independence in using assistive technology.

Dating & Sexuality: CORE 1st Years/CATCH

Wednesday, 11:00-12:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: Ever wonder how to approach that person you are interested in and strike up a conversation? How about asking that person out on a date? What's considered appropriate flirting and dating behavior, and how do you recognize when someone has "crossed a line?" Learn how to establish boundaries in your relationships, from casual acquaintances to serious romantic partners. Hone your nonverbal communication so you feel and look more comfortable around others – groups and one-on-one! In this course, students will also discuss both the physical and emotional aspects of sexuality. Factual information, as well as concepts related to decision-making will be explored.

Spring Cleaning: CORE 1st Years

Wednesday, 1:00-2:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: In this class, the students will complete a spring cleaning of their apartment. They will organize their belongings, get rid of unneeded items and clean some of the little-noticed areas.

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

Anger Management: CORE 1st & 2nd Years/CATCH

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: Anger management will help students learn to recognize their feelings of anger and learn different ways to manage their anger. We will discuss the role of negative self talk and how it impacts our actions and our reactions to different people and events. Students will learn how to rate their anger and pair appropriate behaviors with their anger rating. The class will cover relaxation techniques, impulse control techniques, learning to substitute words and actions, using mental metaphors, recognizing the signs of anger in yourself and others and rewarding yourself for positive self control.

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.**

Fitness Sampler

Wednesday, 4:00-5:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: These sessions will allow you to explore a range of fitness opportunities available at our Chapel Haven fitness room as well as being outdoors. Each week's activities will be selected by the instructor and by the class participants.

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

The Breakfast Club: CORE 1st Years

Thursday, 9:00-10:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: Do you love breakfast but are unsure of what to make? Do you not have enough time to make a filling meal? Look no further than the Breakfast Club! In this course, students will learn to prepare a variety of breakfast foods, such as eggs, pancakes, French toast, oatmeal, smoothies, muffins etc. The students will be able to eat their meal together once they are done cooking.

American Sign Language Through Film

Thursday, 10:00-11:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: ASL Through Film is a class where students explore American Sign Language by watching and discussing movies, tv shows and video clips that feature ASL and Deaf culture. Through these visual stories, students will observe signing styles, facial expressions, body language, and storytelling techniques used in ASL. The class encourages students to practice recognizing signs, expand their ASL vocabulary, and gain a deeper understanding of Deaf culture and communication. Discussions and activities will help students reflect on what they see and apply what they learn to their own ASL skills.

****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: \$165, or included as part of F/T Residential & Day Programming

Description: This class is a continuation from the winter CORE social communication class for first year students in the program. Several classes will focus on developing relationships and language for enhancing one's personal relationships. Initiating and joining conversations, maintaining the topic, shifting the topic, filtering thoughts and conversational turn-taking will also be emphasized. Students will also apply their problem-solving skills to a variety of hypothetical and real-time social situations in this class. Social problems involve our interactions with others across settings, and how we choose to respond during these interactions, based on predicted social outcomes. Social problem-solving scenarios will be presented and "solved" by the group, utilizing the problem-solving process and reciprocal conversational skills. ***First Year Students and CATCH Students with Advising Placement**

Gardening

Thursday, 1:00–2:00

Location: On Campus

Cost: \$195 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.

Be Kind to Your Mind: CORE 1st Years

Thursday, 1:00-2:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: Our mental health is just as important as our physical health! Come learn about fun, alternative ways to incorporate positive psychology into your daily routine in order to combat overwhelming feelings, such as stress and anxiety, and feel much happier.

****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.

Graduation Committee: CORE 2nd Years

Thursday, 3:30-4:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: Graduation is right around the corner! Each week students will meet to plan out and accomplish tasks associated with ASAT Graduation including the invitation to families, the picture slideshow, and decorations for the event.

The Main Course & Simple Sides: Core 1st, 2nd & CATCH

Thursday, 4:00-6:00

Location: On Campus

Cost: \$230, or included as part of F/T Residential & Day Programming

Description: Each week, students will work collaboratively to make either the main course or a “simple side.” While the main course is cooking, students will prepare their sides in their respective apartments. Once everything is done cooking, everyone will meet together in the classroom space to enjoy their main course and “simple side” as a group. Students will be able to plan their sides with staff support during the Cooking with Confidence class. ***Residential students ONLY!**

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

Bus Transportation w/Transfers: CORE 2nd Years

Friday, 9:00-12:00

Location: On Campus/Community

Cost: \$495, 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, 11:00-12:00

Location: On Campus

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

Description: In this course, you have the creative freedom to do whatever you would like. You can paint, draw, color, knit, crochet, read, photography, Perler beads, digital art and more. Use our art supplies or bring your own. Maybe you can even create a project with another student!

Photography

Friday, 1:00-2:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: This beginner friendly photography class is designed for anyone who wants to take better photos, while exploring the culturally rich neighborhood of Westville. Learn how to capture beautiful photos while exploring the basics of light, composition, and creativity. No prior experience is needed—just bring curiosity and your camera.

****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, 2:00-3:00

Location: On Campus

Cost: \$165 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, 2:00 – 3:00

Location: On Campus

Cost: \$165 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.

Locating Housing and Bill Pay: CORE 2nd Years

Friday, 4:00-5:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: In this course, students will continue to 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.**