



ASAT COURSE CATALOG

Summer Session 2026

July 13, 2026 – August 28, 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.

Summer Session 2026 REGISTRATION

- Summer Session begins Monday, July 13, 2026
- Add/drop Period: Monday, July 13, 2026 – July 24, 2026
- Summer Session ends Friday, August 28, 2026
- Course Registration should be completed by Friday, June 26, 2026
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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.

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The Breakfast Club: CORE Residential/CATCH

Monday, 9:00-10:00

Location: On Campus

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

Description: This practical, hands-on class teaches students how to prepare quick, nutritious, and budget-friendly breakfasts for busy mornings. Students will learn basic kitchen skills, meal planning, and simple recipes that can be made in minutes or prepared ahead of time. The class explores healthy breakfast options such as smoothies, overnight oats, breakfast sandwiches, yogurt parfaits, egg dishes, and grab-and-go snacks.

Maid To Shine: CORE Residential/CATCH

Monday, 10:30-12:00

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Friday, 4:00-5:00

Location: On Campus

Cost: \$185 per session, or included as part of F/T Residential & Day Programming

Description: This class teaches students the fundamentals of cleaning and maintaining safe, organized, and hygienic environments. Students learn proper cleaning techniques, use of cleaning tools and supplies, sanitation practices, and workplace safety. The course develops practical skills, attention to detail, and teamwork. ***Residential and CATCH Only!**

2:1 Cooking: CORE Residential/CATCH

Monday, 1:00-2:00 or 2:00-3:00

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$125 per session, or included as part of F/T Residential & Day Programming

Description: Whether you're making a meal, side or dessert, work with your cooking partner to show off and develop more tips and tricks in the kitchen. In this small-group cooking class, two students work alongside one staff member to prepare recipes and build practical kitchen skills. The focus of the class is peer

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learning, where students are encouraged to share their knowledge, tips and tricks, techniques, and ideas with one another rather than relying solely on staff instruction. Throughout the process, students will practice skills such as reading recipes, measuring ingredients, food safety, and kitchen organization while supporting each other and working as a team. The staff member serves as a guide and facilitator, providing assistance when needed while encouraging independence, communication, and confidence in the kitchen. ***CORE Class for residential students and CATCH with advising placement!**

2:1 Cleaning: CORE Residential/CATCH

Monday, 1:00-2:00 or 2:00-3:00

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$125 per session, or included as part of F/T Residential & Day Programming

Description: Whether you're tackling the kitchen, bathroom, bedroom, or shared living space, work with your roommate to develop effective cleaning habits and create a more comfortable home environment. In this small-group life skills class, roommates work together to clean, organize, and maintain their apartment while building practical independent living skills. The focus of the class is collaboration and shared responsibility, with students encouraged to communicate, problem-solve, and support one another as they complete household tasks. Throughout the process, students will practice skills such as creating cleaning routines, organizing personal and shared spaces, using cleaning supplies safely, managing household responsibilities, and maintaining cleanliness standards. Staff members serve as guides and facilitators, providing support when needed while encouraging teamwork, accountability, independence, and pride in maintaining a clean and organized living space. ***CORE Class for residential students and CATCH with advising placement!**

Nutrition Analysis: CORE Residential/CATCH

Monday, 3:00-4:00

Location: On Campus

Cost: \$125, 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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Pet Calendar

Monday, 4:00-4:30

Location: On Campus

Cost: \$65, or included as part of F/T Residential & Day Programming

Description: Back by popular demand, let's work together to create the 2027 pet calendar! This course will specifically be working on creating flyers to advertise, creating due dates for everything needed, getting the calendar set up, and planning out the 2027 calendar.

Grocery Shopping: CORE Residential/CATCH

Monday, 6:00-8:00pm

Location: On Campus/Community

Cost: \$245, or included as part of F/T Residential & Day Programming

Description: Do you have everything you need for a successful and productive grocery trip? Before you take the bus to the store, staff will check-in with you before heading out to ensure you have your grocery bags, grocery cart, bus pass, list and money. 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. activities. This structured start to the day helps students stay organized, informed, and ready to participate fully in their programming.

Morning Meeting: CORE Residential/CATCH

Tuesday, 9:00-9:30

Location: On Campus

Cost: \$65 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

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Navigating New Haven Scavenger Hunt: CORE for Residential/CATCH

Tuesday, 9:30-12:00

Location: On Campus

Cost: \$300 Included as part of F/T Residential & 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.

Summer Salads: CORE for Residential/CATCH

Tuesday, 12:00-1:00

Location: On Campus

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

Description: This class will focus on the fresh, bright flavors we associate with Summer. A variety of salads will be made; from a classic house salad to a fresh pasta salad. The opportunities are endless!

Workplace Readiness: CORE Residential/CATCH

Tuesday, 2:00-3:00

Location: On Campus

Cost: \$125, or included as part of F/T Residential & Day Programming

Description: This class helps students develop the daily routines and life skills needed to be successful in the workplace. Students will learn how to establish effective morning routines, maintain personal hygiene and professional appearance, plan healthy sleep schedules, and prepare and pack nutritious lunches for work or school. Through hands-on activities, discussions, and goal-setting exercises, students will practice time management, organization, and self-care strategies that promote punctuality, reliability, and workplace success.

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Locating Housing: CORE 2nd Years

Tuesday, 3:00-4:00

Location: On Campus

Cost: \$125 or included as part of F/T Residential & Day Programming

Description: In this course, students will continue to learn about housing options once they move out into the community after graduation. Students will be able to visit current community member's apartments and ask questions about apartment life. As part of this class, students will be able to read and understand bills they may get in the future; electricity, internet, gas, etc.

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!**

Mindfulness Through Movement: CORE Residential/CATCH

Wednesday, 9:00-10:00

Location: On Campus

Cost: \$125, or included as part of F/T Residential & 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 days, the group will benefit from mindful movements indoors.

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Hiking Club

Wednesday, 10:00-12:30

Location: On Campus

Cost: \$300, or included as part of F/T Residential & Day Programming

Description: Hiking is a long, vigorous walk on trails or footpaths. Students will be able to explore local state and city parks. They will be able to challenge themselves by hiking various trails and reaching various heights.

Cookbook Creations: CORE Residential/CATCH

Wednesday, 1:00-2:00

Location: On Campus

Cost: \$125 or included as part of F/T Residential & Day Programming

Description: In this hands-on class, students will collaborate to create a unique cookbook featuring their own favorite recipes and family traditions. Throughout the course, students will write, edit, test, organize recipes, and design cookbook pages. By the end of the class, students will have produced a published class cookbook that celebrates their culinary creativity, cultural backgrounds, and shared experiences.

Guided Painting

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$200 Included as part of F/T Residential & Day Programming.

Description: In this course, students will be able to relax and enjoy different beverages while they participate in a guided painting class. The students are able to bring their own ideas of what they would like to paint, as well what the instructor would like the group to do.

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Gardening

Thursday, 3:00-3:30

Location: On Campus

Cost: \$65 or included as part of F/T Residential & Day Programming

Description: This class is a continuation from the Spring Gardening class. Each week, students will be able to maintain and harvest what has been planted. Discussions of what can be grown in the fall will also be considered.

Social Recreation Planning Meeting

Wednesday, 4:00-4:30

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.**

Game Night

Wednesday, 4:30-6:00

Location: On Campus

Cost: \$185 or included as part of F/T Residential & Day Programming

Description: There's nothing like a fun, relaxing 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!

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Accessibility in Action: CORE: Residential/CATCH

Thursday, 9:00-10:00

Location: On Campus

Cost: \$125, or included as part of F/T Residential & Day Programming

Description: Put your knowledge of accessibility, assistive technology, and sensory needs into practice by helping design a more inclusive campus community. In this class, students will work together to plan a sensory-friendly event while exploring ways to make all campus activities more welcoming and accessible. Through brainstorming, problem-solving, and hands-on planning, students will identify accommodations, sensory supports, communication strategies, and assistive technology tools that can be incorporated into a variety of events and programs. The goal is not only to create a successful sensory-friendly event, but also to develop practical recommendations that can be easily implemented across campus to support individuals with diverse sensory and accessibility needs.

Coping Skills: CORE Residential/CATCH

Thursday, 10:00-11:00

Location: On Campus

Cost: \$125, or included as part of F/T Residential & Day Programming

Description: This class helps participants develop practical strategies for managing stress, emotions, and everyday challenges in a healthy way. Through discussion, activities, and skill-building exercises, participants will learn techniques for emotional regulation, problem-solving, communication, and mindfulness.

American Sign Language Through Film

Thursday, 11:00-12:00

Location: On Campus

Cost: \$125, or included as part of F/T Residential & Day Programming

Description: ASL Through Film is continuing to 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

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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. If you joined last semester, we will be watching even more than before!

Grilling 101: CORE Residential/CATCH

Thursday, 12:00-1:30 – **Residential/CATCH**

Thursday, 5:00-6:30 – **Ext. COS & COS**

Location: On Campus

Cost: \$185 or included as part of F/T Residential & 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 mealtimes.

Financial Literacy: CORE Residential/CATCH

Thursday, 3:00-4:00

Location: On Campus

Cost: \$125 or included as part of F/T Residential & Day Programming

Description: To learn the 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.

Bus Transportation w/Transfers: CORE 2nd Years

Friday, 9:00-12:00

Location: On Campus/Community

Cost: \$350, 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

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bus, identifying the correct stop, and transferring lines as needed. ***This is for any residential student who has passed their non-transfer assessment***

CHSC Newsletter

Friday, 11:00-12:00

Location: On Campus

Cost: \$125 or included as part of F/T Residential & Day Programming

Description: Whether you enjoy writing, drawing, painting, photography, graphic design, interviewing others, or sharing stories, this class is your opportunity to showcase the talents and experiences of the Chapel Haven community. Students will work together to create a newsletter featuring student artwork, creative writing, campus events, achievements, hobbies, and peer spotlights. Throughout the semester, students will develop skills in communication, collaboration, content creation, and basic publishing while helping share the voices and accomplishments of their peers. The goal of this class is to create a student-driven publication that informs, celebrates, and connects our community.

Banking, Budgeting & Meal Planning: CORE 1st Years

Friday, 2:00-3:00

Location: On Campus

Cost: \$125 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. ***CORE Class for residential students and CATCH with advising placement!**

Banking & Budgeting: CORE 2nd Years

Friday, 2:00 – 3:00

Location: On Campus

Cost: \$125 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

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Walking Photography

Friday, 3:00-4:00

Location: On Campus

Cost: \$125 or included as part of F/T Residential & Day Programming

Description: This photography class is designed for anyone who wants to take 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.

Open Gym

Saturday, 10:00-11:00 or

Sunday, 10:00-11:00

Location: On Campus

Cost: \$125 per session, 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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