



ASAT COURSE CATALOG

Fall Session 2026

September 14, 2026 – December 18, 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.

Fall Session 2026 REGISTRATION

- Fall Session begins Monday, September 14, 2026
- Add/drop Period: Monday, September 14th – October 2nd
- Summer Session ends Friday, December 18, 2026
- Course Registration should be completed by Friday, August 28th

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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Marvelous Mondays: CORE Residential/CATCH

Monday, 9:00-10:00

Location: On Campus

Cost: \$185, 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!

SCC in the Workplace: CORE 2nd Years/CATCH

Monday, 10:00-11:00

Location: On Campus

Cost: \$185 per session, 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.

Introduction To Perspective Taking: CORE 1st Years/CATCH

Monday, 11:00-12:00

Location: On Campus

Cost: \$185 per session, 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

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and signals are modified. Students will identify and understand why certain social behaviors and verbalizations can alienate others or enhance their relationships.

Social Etiquette While Entertaining Friends: CORE 1st & 2nd Years/CATCH

Monday, 1:00-2:30

Location: On Campus

Cost: \$275 per session, or included as part of F/T Residential & Day Programming

Description: The ASAT SLP and Special Educator team-up to teach this class which is a CORE class for first and second year ASAT students. Students will learn to formally and informally entertain friends and acquaintances in the classroom and in their apartments. Students will explore themes and types of celebrations and learn the social expectations for different events and audiences. With guidance from staff, students will prepare the entertainment space before they host events. They will also be expected to provide healthy snacks and hors d'oeuvres while planning fun activities. Mini social communication lessons will be embedded into this course.

Morning Meeting: CORE Residential/CATCH

Tuesday, 9:00-9:30

Location: On Campus

Cost: \$95 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.

Masonicare Volunteer Site

Tuesday, 9:30-12:00

Location: On Campus

Cost: \$585 Included as part of F/T Residential & Day Programming.

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Description: Students will gain meaningful volunteer and community experience in a supportive setting at Masonicare in Wallingford. Through hands-on activities, students will practice workplace and everyday life skills. Students will work alongside current Masonicare employees and residents in a variety of settings. Students will have the opportunity to assist with the recreation activities, set up in the dining room, amongst other tasks. **Limited space!**

Communication Concepts: Open to All

Tuesday, 1:00-2:00

Location: On Campus

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

Description: In this social communication class facilitated by the SLP, several communication theories and skills will be taught and reviewed. Recognizing, reading and interpreting nonverbal signals and contextual clues during interactions will be covered. Students will identify socially expected and unexpected behaviors, particularly when making friends and developing more serious personal relationships. Learning how to predict how others may be feeling in response to what we say and what we do is key to enhancing our relationships. Other communication skills will be practiced and honed, including telephoning and electronic professional communications. Mini social communication lessons will also be embedded during communication games to enhance student comprehension and generalization of skills.

Food & Kitchen Safety: Open to All

Tuesday, 2:00-3:00

Location: On Campus

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

Description: In this class, students will learn proper handwashing, safe food handling and storage, preventing cross-contamination, knife and appliance safety and effective cleaning and sanitation practices. Through hands-on activities and guided instruction, students will be able to build safe kitchen habits, increase independence and gain the skills needed to prepare meals in a clean, organized, and safe environment.

Weekly Recap

Tuesday, 7:00-8:00

Thursday, 7:00-8:00

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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!**

Community Safety & Resources: Open to All

Wednesday, 10:00-11:00

Location: On Campus

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

Description: In this class, students will be able to develop the skills and confidence to safely navigate the community while learning to access local resources. The class also focuses on personal and community safety, including recognizing safe and unsafe situations, pedestrian safety, emergency preparedness, using public transportation safely, asking for help when needed, and practicing self-advocacy. Through hands-on activities, and community-based learning experiences, participants will build the knowledge and independence needed to make informed decisions, access resources and participate safely and confidently in their community.

CHSC Newsletter

Wednesday, 11:00-12:00

Location: On Campus

Cost: \$195 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.

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Pet Calendar

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$185, 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.

Take a Break Night

Wednesday, 3:30-5:00

Location: On Campus

Cost: \$160 or included as part of F/T Residential & Day Programming

Description: This class will meet every other Wednesday in the fall term starting September 23rd. 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.

CVS Volunteer Site: CORE 1st Years

Thursday, 9:00-11:00

Location: Off Campus

Cost: \$375 or included as part of F/T Residential & Day Programming

Description: Each week, students will be able to walk to the local CVS and give back to their community pharmacy. Through this opportunity, students will practice important employment and life skills such as following directions, completing assigned tasks, organizing and stocking items, communicating with staff and customers and working as part of a team. **Limited space!**

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Health & Medical Care: Open to All

Thursday 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 recognize and treat minor illnesses, as well as how to access health care effectively. You will expand your knowledge of medical vocabulary and develop the ability to navigate medical providers and insurance companies.

Accessibility in Action: Open to All

Thursday, 1:00-2:00

Location: On Campus

Cost: \$195, 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.

Bus Transportation w/Transfers: CORE 1st & 2nd/CATCH/Ext COS

Friday, 9:00-12:00

Location: On Campus/Community

Cost: \$550, or included as part of F/T Residential & Day Programming

Description: In this course, students will have the opportunity to learn and practice bus skills. Students will follow the Transit app, demonstrate appropriate behavior and interactions on the bus, identify the correct stop and transfer bus lines as needed. Students will be able to learn the non-transfer bus route as well as expand upon their transfer bus skills.

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Banking, Budgeting & Meal Planning: CORE 1st & 2nd Years

Friday, 2:00-3:00

Location: On Campus

Cost: \$195 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 CATCH/Ext COS/COS

Friday, 2:00 – 3:00

Location: On Campus

Cost: \$195 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.