

**Practical Life Skills Programs:
For Teens and Adults
with Asperger's Syndrome or Autism**

advocatesforsuccess.org

Purpose: To provide each member with an individualized outline for navigating the daily experiences of life. We employ the use of multiple interactions and visual imagery to assist in understanding social concepts.

- Practical Life Skills I & II are both 10-week programs consisting of one 90 minute session one evening per week
- Programs are open to young adults with Asperger's Syndrome or Autism every Fall & Spring in the Towson, MD area
- Groups are limited to ten members per program

**So what will you be doing in a Practical Life Skills Program? Plenty!
Each session includes lots of opportunities for growth and exploration. Here are some examples of group topics:**

Casual Conversation for Social Situations-

How to begin meaningful interactions, initiating & maintaining conversations, understanding humor, the use of compliments, joining in on group conversations, phone skills, voice intonation

Do's & Don'ts for Social Interactions-

Physical proximity, safety concerns, time limitations, taking turns in conversation, social cues

Job Skills-

Identifying appropriate jobs, skill matching, assessing strengths & weaknesses, making contacts, job search, resume writing

Time & Money Management-

Taking responsibility for yourself, using time effectively, using daily planners, budgeting

Advocating For Yourself-

Negotiating conflict, dealing with peer pressure, asking for help, identifying sources for help on the job and in the community

Leading a Healthy Lifestyle-

Recognizing, expressing, & managing emotions, dealing with change, reducing anxiety, relaxation strategies

Extracurricular Activities-

Identifying community groups, volunteer services, internships, and social venues

Dating-

Safety concerns, internet use, dating expectations, what constitutes a healthy relationship, how to get a date, illegal relationships, appropriate behavior for you & others

Program price is inclusive for all ten sessions in a program. Please contact Janet Palmer for pricing, exact meeting locations, and additional information.

Ask About: PRIVATE HOURLY COACHING with Janet Palmer for Teens & Adults on the Spectrum

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