SPRING EVENING ENRICHMENT SERIES

April 20: Strategies for a Positive IEP Meeting
Presented by Valerie Weyhing Ed.S. Autism Consultant

May 18: Guardianship & Alternatives
Presented by Thomas Kendziorski, Esq. Executive Director
The ARC of Oakland County

For more information or to register for these events, please go to our website at www.oakland.edu/oucares

OUCARES strives to offer scholarships and keep our program prices as low as possible. We are able to do so with the help of generous donations and sponsors.
Please contact us if you are interested in helping to fund OUCARES programs. Any help is greatly appreciated by OUCARES and all of the families we are able to serve.

OUCARES-Meadows is located at
1435 W. Auburn Rd. in Rochester, MI
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OUCARES—OU Campus is located at
2200 N. Squirrel Rd. in Rochester, MI

Registration forms are available on our website:
www.oakland.edu/oucares
Email: oucares@oakland.edu
Phone: 248-370-2424 / Fax: 248-370-4242

Rev 3/7/17

OAKLAND UNIVERSITY

Center for Autism - Outreach
OUCARES

SPRING 2017 RECREATIONAL PROGRAMS

Oakland University

SPORTS PROGRAMS

OUTDOOR SOCCER

Instructed by a psychologist, participants will learn to play the game of soccer through simple drills and small games. Goals include strengthening motor skills, direction following and cooperative interaction with peers.

Dates: Saturdays, April 22—June 17 (No Session May 27)
Ages: 4-9 yrs. **Time:** 9:30-10:30am
10+ yrs. **Time:** 10:30-11:30am
Location: Recreation & Athletic Complex RAI Soccer Fields (OU CAMPUS)
Cost: $60

JUDO

Instructed by Judo Steve, a 5th Level Black Belt with experience teaching individuals with ASD. Learn the basics of Judo while building confidence, self-discipline, listening skills, increase coordination and controlled movements. Judo is a fun way to exercise while also learning to follow directions and practice self-defense skills. **Siblings or peer buddies are invited to register for this program!**

Dates: Tuesdays, April 11—May 30
Ages: 6-12 yrs. **Time:** 6:00-7:00pm
Location: Pawley Hall Atrium **(OU CAMPUS)**
Cost: $80

SNAG GOLF

Starting New At Golf (SNAG) is simplified golf, allowing full shots, pitching, chipping, and putting using modified equipment. Goals include improving motor skills, direction following, and social skills. This program is for people with a diagnosis of Asperger's, High-Functioning Autism, or PDD/NOS. We will be using the OU Recreation Center and OU's Par 3 golf course throughout the program. **Siblings or peer buddies are invited to register for this program!**

Dates: Mondays, May 1-June 12 (No session May 29)
Ages: 8 + yrs. **Time:** 6:00pm-7:00pm
Location: OU Golf Course
Cost: $80 *Limited Scholarships Available*

SOCIAL SKILLS PROGRAMS

SOCIAL SKILLS

This program is for individuals with conversational language skills who have the diagnosis of Asperger's, High Functioning Autism or PDD/NOS. Designed to teach skills in social interaction, this program will encourage friendships and positive relationships among peers.

Dates: Thursdays, April 13—June 1
Grades: K-2nd **Time:** 4:30 - 5:30pm
3rd-5th **Time:** 5:30 - 6:30pm
6th-9th **Time:** 6:30 – 7:30pm
Location: Room 204 **Meadows Learning Center** (1435 W Auburn Rd)
Cost: $130 *Limited Scholarships Available (K-2, 6-9)*

TEEN SOCIAL CLUB

This program offers an opportunity for pre-teens & teens to meet new people and socialize while learning about different teen topics each week. The instructor will use a variety of techniques to encourage & demonstrate positive social interaction through games, conversation, shared interests and activities. This program is for participants with High-Functioning Autism or Asperger's with conversational language skills who do not need a 1:1 support.

Dates: Tuesdays, April 11—May 30
Ages: 11-14 yrs. **Time:** 6:30 - 8:00pm
Location: Room 203 **(Meadows Learning Center, 1435 W. Auburn Rd)**
Cost: $130

Dates: Thursdays, April 13—June 1
Ages: 15-18 yrs. **Time:** 6:30 - 8:00pm
Location: Room 203 **Meadows Learning Center** (1435 W. Auburn Rd)
Cost: $130

SOCIAL CONNECTIONS for ADULTS

This program offers Adults with High-Functioning ASD or Aspergers an opportunity to meet new people and socialize while learning about relevant topics each week. The instructor will address important issues such as: making and maintaining relationships, workplace etiquette, social media and internet safety, community interactions and so much more.

Dates: Wednesdays, April 12—May 31
Ages: 18+ **Time:** 6:30pm-7:30pm
Location: Room 203 **(Meadows Learning Center, 1435 W. Auburn Rd.)**
Cost: $80.00

SOCIAL SKILLS PROGRAMS

ASPIE WOMEN TALK LIFE

NEW

Learn and laugh in this social group led by Tracey Cohen, self-described 'aspie author' of Six Word Lessons on Female Asperger Syndrome. Tracey will lead discussions on relevant women's topics including finding & keeping relationships, employment challenges, daily sensory issues, independence, and embracing aspie life in today's society. This program is for adult women with Asperger's or High-Functioning Autism with conversational language skills.

Dates: Tuesdays, April 11—May 16
Time: 6:30pm-8:00pm
Age: 18+
Location: Room 494 Pawley Hall (OU CAMPUS)
Cost: $60 *Limited Scholarships Available*

EMPLOYABLE SKILLS PROGRAMS

These employable skills programs are partially funded by the Ted Lindsay Foundation.

VIDEO EDITING

Participants will learn the foundation of filming videos and the core principles of basic video editing. Instructed by professional videographers & photographers. This program is designed for individuals with a diagnosis of Asperger's, High-Functioning Autism or PDD-NOS.

Dates: Mondays, April 10—June 5 (No Session May 29)
Age: 13+ yrs. **Time:** 5:30-7:00pm
Location: Room 204 **(Meadows Learning Center, 1435 W. Auburn Rd.)**
Cost: $200 *Limited Scholarships Available*

PHOTOSHOP DESIGN

Participants will learn the foundation of graphic design, including core art elements and creative design thinking. Participants will gain a thorough understanding of the tools necessary to create unique art and will be able to take home a final printed project. Instructed by professional graphic designers. This program is designed for individuals with a diagnosis of Asperger's, High-Functioning Autism or PDD-NOS.

Dates: Mondays, April 10—June 5 (No Session May 29)
Age: 13+ yrs. **Time:** 7:00-8:30pm
Location: Room 204 **(Meadows Learning Center, 1435 W. Auburn Rd.)**
Cost: $200 *Limited Scholarships Available*

SPORTS PROGRAMS

SWIMMING

Instructed by a certified lifeguard with experience working with children with ASD, the goals are for participants to become comfortable in the pool, understand water safety, and learn new swim techniques and strokes. Participants will be assessed during the first session and provided direction based on their skills. *Parents or guardians may be asked to participate if a 1:1 is needed.*

Dates: Sundays, April 9—June 11th (No Session April 16, May 28)
Ages: 5-10 yrs. **Time:** 10:00-10:45am
11-16 yrs. **Time:** 11:00-11:45am
Location: Aquatic Center Pool **(OU CAMPUS)**
Cost: $130

YOGA

This fun therapeutic movement program utilizes breathing exercises, yoga poses & movement activities to benefit the individual with ASD. The gross motor movements practiced are designed to positively impact fitness, self-regulation & motor performance in a relaxing environment. Bring a yoga mat. Classes are taught by a registered yoga instructor.

Dates: Wednesdays, April 12—May 31
Ages: 8+ yrs. **Time:** 6:30-7:30pm
Location: Room 200 **(Meadows Learning Center, 1435 W. Auburn Rd.)**
Cost: $100

OUCARES LIL' KICKERS SOCCER

Lil' Kickers, the long-standing soccer program for children, is partnering with OUCARES to offer a fun soccer program for children with Autism in **southern Oakland County!** Certified Lil' Kickers coaches use innovative strategies and inclusive techniques to teach basic soccer skills in a fun and safe setting with the goal of players developing physical well-being and confidence. *This program is partially funded by a minigrant from the Brooksie Way*

Dates: Saturdays, April 1—June 3 (No Session April 15, May 27)
Ages: 4-9 yrs. **Time:** 12:30-1:20pm
Location: Total Sports (22777 Farmington Rd. Farmington, MI 48336)
Cost: $60 *Limited Scholarships Available*

SPORTS PROGRAMS

BASKETBALL

Participants will learn basic basketball skills such as dribbling, shooting, and team skills. Mastering these skills will involve listening, direction following and interacting with teammates.

Dates: Fridays, April 14—June 23 (No Session April 28, May 5, 12, 26)
Ages: 10-15 yrs. **Time:** 6:00-7:00pm
16+ yrs. **Time:** 7:00-8:00pm
Location: Recreation Center Gym **(OU CAMPUS)**
Cost: $60

VOLLEYBALL

Participants learn to play a sport while socializing and having fun! Players learn basics of volleyball while also learning team work, increasing their confidence, improving their motor skills and coordination. Program designed for individuals with conversational language skills who follow simple directions with a diagnosis of PDD/NOS, Asperger's, or High Functioning Autism.

Dates: Tuesdays, April 11—June 13 (No Session April 25, May 23)
Age: 16+ yrs. **Time:** 6:30-8:00pm
Location: Woodland Elementary Gym (6465 Livernois, Troy)
Cost: $40

BOWLING LEAGUES

OUCARES' Oakland "Strikers" & Macomb "Pin Crushers" Bowling Leagues provide fantastic opportunities for individuals with ASD to bowl in supportive and controlled environments. Social participation is encouraged to help participants develop friendships in a community setting. Price includes 2 games/week, bowling ball & shoes, and a pizza party.

Oakland Strikers

Dates: Saturdays, April 22—June 24 (No Session May 27)
Ages: 16+ yrs. **Time:** 10:00am-12:00pm
Location: Classic Lanes (2145 Avon Industrial Dr., Rochester Hills)
Cost: $60

New Day & Location

Macomb Pin Crushers

Dates: Saturdays April 8—June 10 (No Session May 27)
Ages: 16+ yrs. **Time:** 10:00am-12:00pm
Location: 5 Star Lanes (2666 Metro Pkwy, Sterling Heights)
Cost: $60

ADULT PROGRAMS

AFTER HOURS ADULT SOCIAL

This is a support group for adults with the diagnosis of Asperger's, High Functioning Autism or PDD/NOS. Come join us for pizza, conversation, cards, games, and fun! No registration required, come when you are able.

Dates: Tuesdays, April 11, May 9, June 13
Ages: 18+ yrs. **Time:** 6:00-9:00 pm
Location: Oakland Center **(OU CAMPUS)**
No cost for this program

PARENT PROGRAMS

EVERYDAY ABA FOR PARENTS

Instructed by Dr. Jessica Korneder, PhD, BCBA-D Assistant Professor at Oakland University & Director of the Oakland University ABA Clinic. This program is for parents or caregivers of children with autism (ages 2-8 yrs). Learn to use ABA (Applied Behavioral Analysis) techniques at home to develop your child's skills and reduce challenging behaviors. Attendees are encouraged to bring their own lunch. A 30 minute lunch break will be provided during the course of the day.

Date: Saturday, May 20
Time: 9am-4pm
Location: Pawley Hall Room 250K **(OU CAMPUS)**
Cost: $25 per person

TRANSITIONING TO ADULTHOOD

Presented by Karin Chandler, Life Solutions for Autism Founder & Life Quality Consultant. This program is for parents or caregivers of children with autism (ages 13-18 yrs). The focus of the workshop will be understanding all the diverse aspects of planning for your child's transition into adulthood. Time will be spent identifying Life Skills needed for success and options available throughout your child's academic career. Post-high school programming and opportunities, as well as available community resources will also be discussed. Attendees are encouraged to bring their own lunch. A 30 minute lunch break will be provided during the course of the day.

Date: Saturday, April 22
Time: 9am-3:30pm
Location: Pawley Hall **Room 204 (OU CAMPUS)**
Cost: $25 per person