Transitioning Together

An education and support program for adults with Autism Spectrum Disorder and their families

Transitioning Together is an 8-week evidence-based education and support program for young adults diagnosed with ASD and their families. The program focuses on problem solving strategies during the transition to adulthood. During each group session, young adults discuss topics and practice skills related to goal-setting, social problem-solving and coping with stress, as well as have opportunities to engage in social activities with peers. Family members attend group meetings to receive information about transition planning and related topics and to learn strategies to problem-solve specific concerns.

This group is appropriate for adults who:

- Are aged 18-25
- Have a diagnosis of Autism Spectrum Disorder
- Speak in sentences to communicate
- Have a parent or family member who will attend the program each week

In the parent group, parents will:

- Learn about the transition to adulthood for individuals with Autism Spectrum Disorder
- Gain more information about community resources
- Engage in problem-solving in a supportive environment
- Connect with other families

For enrollment information:

(848) 445-9384 | www.is.gd/RCAASclinic